

# ***SPIRITUAL ENLIGHTENMENT: THE PATH OF THE SEEKER***

**by Pete**

Spiritual Enlightenment is the Truth Seeker's Goal In Life.  
Journal of one man's path toward spiritual enlightenment by physical and mental purity, fasting, raw food diet, few words, natural living, good works, right thinking, and exhilaration of the mind.

The Goal In Life Is To Unite The Conscious Mind With The Soul  
Journal of one man's path toward spiritual enlightenment by physical and mental purity, fasting, raw food diet, few words, natural living, good works, right thinking, and exhilaration of the mind.

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## WHAT is SPIRITUALITY ?

Spirituality is not...  
Casually,  
Thinking about it,  
Talking about it,  
Going to church,  
Taking classes,  
Or reading books.

Spirituality is...  
Preparing your,  
Body and mind,  
To receive God's  
Inspiration:  
In your thinking,  
In your speech,  
And in your actions.

The Goal In Life Is Spiritual Enlightenment  
To Unite The Conscious Mind With The Soul

**"Though the aspirant should show devotion to many scriptures and teachers, he must take from all of them the essence only, as a bee takes the essence from many flowers."**

All of the above books marked \* came to me through inspiration. Pete

## Introduction: Enlightenment

The path to spiritual enlightenment is a razor's edge, steep and treacherous to the person who is foolish, on the right hand insanity and the left death.

Simply put, the rational mind thinks, the Soul just knows. The mind presented with this problem says, "Yes,  $100+150+235$ , let's see, that equals 485." The Soul, on the other hand, presented with the same problem just knows, 485. No thinking, just knowledge.

The major problem, as you can readily see, is to keep the 'rational mind' sane while crossing the unknown to the 'All Knowing Soul.' The path requires total dedication, discipline, knowledge and courage.

The path is not a 'Sunday stroll', but rather like a narrow ledge along a cliff face, interspersed with flat rocky plateaus. In the beginning the path may ascend sharply with great learning but soon the first plateau is reached which seems spiritually barren. These plateaus are places to rest, a place to apply what has been learned and a test of resolve. Resting overlong means to slide back, you must continue to ascend or be dragged down.

There is no fee at the gateway to the path leading to spiritual enlightenment. The key to enter, is the burning desire to know the truth. The materials required can be carried in a backpack: clothes for decency, a towel for bathing, paper and pencils for notes, a couple of books, whatever you need for the trail. The only other burdens you will carry are the truths you realize in your heart and mind as you ascend the path and the dawning knowledge that the earth and its people are living in almost total spiritual darkness. You must be strong to stay on the path.

You need no expensive spiritual workshops or classes, gurus or teachers, correspondence courses, retreats, or trips to India on the path. You the student are your own teacher, you just need to realize the truth and apply it as you ascend the path. You are an individualized conscious part of the 'Whole' all knowledge is within your grasp. All you need to do is to seek the truth, apply it, and with God's Grace you may reach the goal.

The journey on this path to spiritual enlightenment requires that you be as physically fit as possible, pure in body and mind, give up all desire for sex and the pleasures of food, eat a raw food diet,\* be clean in habitat and bath daily, continually study nature both seen and unseen, keep your mind and emotions under complete control, overcome disease and pain, become good and do good always, serve others, be gentle and kind in thought, word and deed, live a simple unassuming low profile natural lifestyle, use a minimum of speech in your daily dealings,

and continue on the path although you feel that you are failing completely. You have not failed until you give up.

This path is not an easy lifestyle for today, except for a few people. The ordinary person observing someone on the path might say, "Oh, that person seeking spiritual enlightenment is completely crazy." But then, "What virtue is it to be considered sane in a completely insane world."

"One person in a hundred thousand will find the true spiritual path, one in a million will walk it." It is better to never set your foot on the path than to do so and fail, because you will live the rest of your life with an underlying feeling of discontent, heartbreak and regret. If you can avoid this path, and live a happy life in this society, do so, if you cannot... dedicate your life completely to the path of the seeker and never give up.

The goal of spiritual enlightenment is the goal in life for every human being born on this earth, and it awaits each of us just over the horizon in our own mind. Stay on the path until the goal is reached.

Go with God and may Peace be with You.

P.S. As **Aldous Huxley** wrote, "There's only one corner of the universe you can be certain of improving... and that's your own self."

"How wonderful it is that nobody need wait a single moment before starting to improve the world." **Anne Frank**

## The **TRUTH** about **VISIONS** and seeing **NATURE SPIRITS**

Nature spirits are guardians and caretakers of all the plants and animals. Nature spirits can be seen by people that have purified their body. Nature spirits hide from modern man because he destroys their habitat.

Please,

To speak the truth  
Is like lighting  
A candle in darkness.  
The blind will not  
see it; nor hear it.  
But the seeker will,  
and follow where it leads.

5-12-00

I received inspiration and a sign today that I should walk the path again. And to record my experiences and openly published them on the Internet.

5-13-00

Pancake and sausage breakfast.

5-14-00

Started water fast.

5-18-00

Fell off water fast thinking about food... went to Smorgasbord and gorged myself on my favorite dishes. The food was delicious, but for that half hours pleasure of eating, I suffered the next twelve hours with terrible indigestion. A poor trade!

5-19-00

Started water fast again.

5-20-00

Woke up feeling really good. I saw a man who broke a contract with me years ago, and had not spoken to him since. He spoke my name in greeting and I just turned away. The thought came to me that I should let go of my offended feeling because it was binding us both. I turned back and walked over to him and asked him how he was doing and we had a good talk. I would be reluctant to enter into a contract with him again, but it felt good to have the air cleared between us.

5-22-00

Blew fast again. This time I was more moderate with my meal.

5-23-00

I have spent a great deal of time thinking about how to present this material. And, learning how to use this new computer. It's a 566mhz and really nice to work on. I have been struggling along on an old 486 for the past 4 years and a good comparison would be between a VW and a Rolls. Anyway, I've decided to install a web page on the net with a link to my journal which I hope to update every few days.

5-24-00

Now I am sure there will be a lot of people out there who will ask, "Who is this guy, Pete, and what credentials does he have to be talking about... Uniting the mind with the Soul." Does he have his Phd. in theology or philosophy? My answer is, "no"... no advanced degrees, no formal credentials. What I do have though is much better... personal experience.

Forgive me, another little aside: I was at a party in the city years ago and overheard a conversation between an MD and a young man with very long hair. The doctor was expounding on how much he knew about LSD. He said he had treated hundreds of patients that had taken LSD. The young man had been very quiet throughout the doctors recital, and finally asked, "Doctor have you ever taken LSD?" The doctor looked a little uncomfortable and said, "No." The young man said, "Well, Doc, you don't know a damn thing about LSD, all you know about is some people's, "bad trips." Then, he turned and walked away.

The point is, experience is personal, it is something you know as opposed to something you have been told, or read. Drugs are not part of my path.

5-25-00

In the early 1970's I walked the path for 3 years. I failed to reach the goal at that time. But I did gain experience. I learned a lot about the unknown and living with the forces and beings in the unseen world. My only credentials are my experiences and my ability to relate them to you honestly.

The following is a brief summary of my experiences as I remember them. Almost immediately

after I dedicated myself to the path I noticed that I was continually, "in the flow," that things were being done for me to make my life easier. Soon I began to have, what I would call spiritual insight and inspirational thoughts.

Through inspiration I was taught how to control my body temperature. Since I was fasting most of the time, or eating very little...just a bit of fruit, being able to stay warm allowed me great freedom. I could wander in the woods for days, sleeping on the ground at night, without discomfort. A large part of living a spiritual life is learning about nature and overcoming her limitations.

I soon developed foresight, I could 'feel' people coming my way. Or realize certain events were about to happen. I learned to, 'read sign' as the Indians would say. To understand the deeper meaning of things I saw and how they related to me. I was attacked by a bull in a bare field one time, he had large horns and charged at me at a full gallop. I stood and waited, there was nowhere to go. The bull stopped about three feet from me and swung his horns back and forth but didn't (couldn't?) come closer.

5-26-00

I began to hear voices both inside and outside my head. It was explained to me that, "it was against the law" for angels to appear to me or speak to me before I reached a certain level on the path. However, they were allowed to "impress" thoughts upon my mind. Very tricky business this! I found about half of the voices I heard (in my head) were right about half the time.

5-27-00

Along about this time I began to have visions both while awake and sleeping. The dream visions were like regular dreams except they were very clear and intense, and in vivid colors. The daytime visions were like my mind would turn on an internal video (with no sound) and I could see it with my eyes open or closed and watch it play out. The information in both types of visions was 100%.

I soon began seeing spirits of the dead. My body and mind were pure enough that I could see nature spirits out in the woods with my eyes open or closed. With my eyes open I saw the nature spirits with my regular sense of vision, with my eyes closed I was seeing them with, "Soul-Sight". These nature spirits appeared as globes of light filled with luminous fibers that floated about three feet above the ground. They were about the size of a basketball in various high tint colors; white, gold, red, blue, and violet. They were sometimes in groups of one color and at other times mixed. It amused me to see that the violet globes liked to sit on poison oak bushes. All of these nature spirits were very beautiful and moved with a gentle motion. I wish I had been pure enough to see them in their natural form.

The nature spirits along with some wild animals led me to the location of some natural power

points. At one place deep in the woods I saw a swirling mass of energy well up out of the ground. Another place was a healing spot. It was a place where the ground was hollowed out, because of so many animals coming to lay down there. This was the day the sun stood still. Time as we know it was suspended while I continued to experience many things.

5-28-00

By now my teeth were expelling their amalgam fillings without decay surrounding them. I have been bald headed since my early thirties, but now my hair was growing back at a rapid rate. When I was injured I felt no pain. I accidentally dropped a forty pound rock on my bare foot and it didn't swell up or bruise and or cause me any pain. No bones were broken. I began to develop some minor, (powers?) I don't know what to call them. I discovered quite by accident that if I lay my finger on the wheel head of a potters wheel with a 100lb fly wheel, the wheel would spin. (For you potters, it was even in the right direction.)

5-29-00

You understand that I lived in our ordinary worldly environment-reality and at the same time I was living in the, 'unknown and unseen' reality. The ordinary world and the spirit world for me were merged. I lived in this dual reality on and off for weeks on end. It took a great deal of discipline, courage, stamina and faith. I had no human friends with any understanding to talk to about my experiences and the nature spirits remained mute. I did hear them in my mind, but I was reluctant to get into conversations with the nature spirits in my mind.

When I did try and talk to a person that I thought was a friend, "they didn't want to hear it." And boy, they really didn't want to see any of it!! Friends are friends, but spooky stuff is spooky stuff and, "WE DO NOT WANT ANY OF IT!!!!"

5-30-00

It seems to me that it would be best not to talk to openly to anyone except another person on the path. Well, that's a sample of my experiences. My credentials. The cause of my failure was basically loneliness for human companionship and exhaustion. I had purified my body until I could see into the unseen, such things as nature spirits, but didn't have the mental purity or understanding to deal with what I was seeing.

## To live a **SPIRITUAL LIFE; PURIFY THE BODY AND MIND**

With purity a person can live a spiritual life and reach union with the Soul. A person living a spiritual life identifies with the Soul.  
A spiritual life seeking the Soul is a life worth living.

- 6-1-00  
It seems that ignorance and social conditioning create and sustain the illusion that the Body, Mind and Soul are separate entities. I believe The Body-Mind-Soul are one. I AM ONE. And each attribute effects the other. If the body or mind are fouled (impure) you cannot hear or see the message of the Soul, or live a spiritual life. Broke water fast, after four days, that I started on 5-28-00
- 6-4-00  
Began water fast today. Hope to do a least seven days. I am slightly over six feet tall and weigh 260lb I need to drop a 100lb in the next few months.
- 6-5-00  
Computer tutorial.
- 6-7-00  
Broke fast today on third day. No tutorial -- late, I was upset.
- 6-9-00  
Worked on computer today. E-mailed about computer tutorials. Began seven day water fast again.
- 6-10-00  
One thing I want to mention here is that the path will be different for every person. The same in some respects but personal in other ways. You are the final authority in what you do, you alone have the ability to choose what your path will be and how you will walk it. If you hear some voice in your head that claims to be an ancient Master, and says that you should do such and thus and follow his teachings...you should check this out very closely, and carefully, so you don't end up living some spirits fantasy. In your life, you are always the Master. You make the decisions, for what is right for you. Be as cautious of the value of such voices as you would of street corner gossips.
- 6-11-00

The Foundation or Basic Principle of my path is what I call, "The Formula."

IF, Almighty God is everything, both Matter and Spirit, seen and unseen, All Powerful, All Knowing, Everywhere Present, with nothing outside of His/Her Being., THEN, I have to be a conscious, individualized part of Almighty God.

This is the starting point. The Path is to consciously realize this Union between myself (rational mind) and my Soul=God. I believe this is the actual Goal in life for all Human Beings.

6-12-00

The first step on the path is your dedication to Almighty God, and living a spiritual life. Which is a reorientation of your thinking and living patterns and a covenant with Almighty God to do his will. There is no set form for this. My dedication went something like this. I spoke aloud, "I affirm that I Am one with Almighty God." "Thank you, Lord, for receiving me into your Being." "I will strive to my utmost to realize our union by living to my, Highest Light." "Thank You, that it is so."

If a person wants to dedicate themselves to the path, they should speak from the heart, and just say what they feel. Try never to deny your dedication in thought, word or action. This requires a bit of thinking.



**The Holy Covenant**  
from  
**The Oahspe Bible**

1. Then Tae [a representative of all men] and his hosts went into the midst of the Place of the Holy Covenant; and the hosts formed in a crescent, and Tae stood betwixt the horns thereof.
2. And, whilst thus standing, Tae, being moved by the Light of Jehovih [Almighty God] upon him, uttered the covenant, and his hosts, in concert, uttered the words after him.
3. And these words were called, **The Holy Covenant**, even as they are to this day, to wit:
4. Thou, O Jehovih! As Thou hast declared Thyself in the Book of Jehovih!
5. To Thee I covenant myself, to be Thine forever! And to Thee only, O Jehovih!
6. And I abjure all Gods but Thee.
7. And I abjure all Lords but Thee.

8. And I abjure all Saviors but Thee.

9. In this, Thy Place of the Holy Covenant, do I covenant myself unto Thee, to be only Thine, and forever!

10. My corporeal [physical] body, I dedicate and covenant unto Thee, to be in Thy service during all my life.

11. Because Thou madest it out of Thine own material, behold, it is Thine.

12. The workmanship is Thine; the material is Thine also.

13. I have no claim upon it; unto Thee, and for Thy service, do I resign it forever.

14. Into my charge Thou gavest it unto me, as the habitation of my spirit.

15. Because it is Thy gift, I will care for it, and keep it clean and pure, before Thee, that it may be acceptable to Thee, and to the presence of Thy holy angels.

16. My spirit I also dedicate and covenant unto Thee, to be in Thy service, henceforth forever.

17. My mind and soul, I dedicate and covenant unto Thee, to be in Thy service, henceforth forever.

18. My whole self, whereof I am made, soul and body, dedicate and covenant I unto Thee, to be in Thy service forever.

19. Out of Thine own self madest Thou me, soul and body, and they are Thine only, to be used by Thee forever.

20. Appropriate Thou me, O Jehovih, my corporeal body, and my spirit, my mind, my behavior and thoughts, to be of profit to Thee, for founding Thy kingdom on earth.

21. And I covenant unto Thee, Jehovih, I will search constantly into mine own every act and deed and word and thought, to make myself true in the practice of Thy highest Light upon me.

22. That henceforth, forever, I will search to find the highest Light, and I will practice the same toward all men, women and children.

23. Unto them will I not only do as I would be done by, but more; I will do for them, with all my wisdom and strength, all my life.

24. I covenant unto Thee, Jehovih, that, since all things are Thine, I will not own nor possess, exclusively unto myself, anything under the sun, which may be entrusted to me, which any other person or persons may covet or desire, or stand in need of.
25. Neither more will I talk of myself, either in laudation of what I am, nor of what I have done; but Thou shalt judge me, and hold me accountable for shortness in word and behavior, wherein, by any means, I may manifest self-esteem or covetousness for fame, or the applause of men, even for any good I may have done unto others.
26. Neither more will I censure, nor criticise, nor blame, any man, or woman, nor any child over fourteen years of age, as an individual, in all the world, for any shortness in word or deed they manifest.
27. For they are Thine, Jehovih, and not mine, to be led or driven by me.
28. To all these Faithists, [members of a community based on the Oasphe Bible] my brothers and sisters in Thy kingdom, will I deal and think and behave, in affiliation, as gentle and truly as were they my own blood and kin, brothers and sisters, or father and mother.
29. And over these babes, which Thou hast entrusted to me, will I be as loving and true as were they mine own blood and kin, sons and daughters.
30. According to Thy Light, which Thou mayst bestow upon me, will I raise them up to know Thee, and to be a glory in Thy kingdom.
31. First of my teaching unto them shall be, to make them know Thee, and to remember that Thy eye is upon them, and Thy hand above them, to bless them according to their wisdom, truth, love and purity.
32. And I will teach them the way of the communion of Thy angels; to develop them in su'is and sar'gis. [Clairaudience and clairvoyance]
33. Teaching them to live for the spirit within, rather than for corpor. [matter =body]
34. Teaching them by books and instruments.
35. Teaching them useful trades and occupations.
36. Teaching them music and worship.
37. Teaching them dancing and gymnastics.

38. And, in all things, developing in them all the talents Thou hast created in them, that they may grow up to be an honor and a glory on the earth, and to rejoice because Thou hast created them alive.

39. And I will emancipate them from infancy at fourteen years of age; and bestow upon them the rights of man and woman, in their thoughts, words, deeds, choice and actions.

40. Throwing upon them, at that age, their responsibility unto Thee, for their thoughts, words, ideas, behavior, as fully as I claim the same unto mine own self.

41. And now, O Jehovih, that this, Thy kingdom on earth, may be known and distinguished from the habitations of the Uzians, [the worldly] we make this our solemn oath unto Thee:

42. We will not, now, nor forever, make war, nor engage in war, nor take any part in war, for any God, nor Lord, nor Savior, nor country, nor king or other ruler on earth; nor will we aid nor abet war in any way whatever.

43. Neither will we now, nor forever, eat fish nor flesh of any creature Thou didst create alive.

44. And we swear unto Thee, Jehovih, in regard to these our babes, which Thou hast given unto our keeping, to found Thy kingdom on earth, we will raise them up to abjure war, like unto this our oath unto Thee, and to practice not the carnivorous habit belonging to the Uzians.

45. Neither will we use, nor permit to be used, in Shalam, any intoxicating drink, nor weed, nor root, nor gum, nor any other drug, for the contamination of human flesh by intoxication or for stimulation unnaturally.

46. Make us strong and wise, O Jehovih, in this our covenant and oath unto Thee, for Thine are the honor and the glory of all things, time without end. Amen.

6-13-00

Started going barefoot today to toughen up feet for when I go wandering around in the woods. I was told that going barefoot was the only way to slow me down so I could see what I was looking at. I believe that walking is proper speed for man to travel. If you go faster you miss a lot of stuff. Try riding down main street in your car at 25mph and read all the signs.

6-14-00

One of the first practical considerations is a place to live... a retreat. My retreat is a small rustic cabin in the woods with plenty of fresh air, sunshine and trees, a large stream nearby, secluded from neighbors, quiet, (no loud noise or flashing lights or strong odors). At first the noise-flashing lights- odors are not to disturbing. But a little further along the path as your body becomes more pure they become intolerable.

My wife, Juanita, and I have most of the modern conveniences. Electricity and phone service are necessary for the computer. A person could get by using a computer at the local library that provides E-mail service. I understand most do. I feel the computer is very important tool, first to put out the word about the path, exchange information, and to provide support.

Another important thing to have nearby is a good health food store that carries organic produce, in case you can't grow all you need. I find working in the garden a great pleasure and very relaxing. I can be upset about something and go out and work in the garden for an hour or so and feel completely at peace again.

So, the retreat can be any place a person is comfortable with; anywhere they can live a quiet spiritual life, a cave or castle it doesn't matter. The other things are necessities: fresh air, sunshine, trees, a body of clean water big enough to bath in, seclusion, quiet, no strong odors, or bright lights, access to a computer and a source of organic food.

Broke seven day fast today on the fifth day. Went to town to do shopping and got tired and hot and slightly confused and just lost it. I have decided when I fast from now on, to just concentrate on fasting and avoid all situations of possible stress.

6-15-00

Transitions are a difficult time. Some people think that living a spiritual life of the kind described in this journal means, selling all their worldly goods, cashing out their investments, and closing their bank account, and giving it all to the poor. Then don a robe and sandals, and go about the countryside living in poverty, doing good works and preaching the gospel. If a person has to do that... OK, but I think a wiser option would be to wait; just put that type of thing on hold and wait for inspiration and guidance.

Radical moves organized by the rational mind are completely unnecessary. Make your commitment and very slowly move toward an ideal lifestyle for your path. Money and possessions do not matter, how a person uses them, is what matters. As far as I can see, sack cloth, ashes, poverty and discomfort are not requirements of the path. My wife has taken a week off so I am going to put the fasting on hold and enjoy being with her.

6-16-00

For most people, starting their journey on the path, requires a "leap of faith". They want to do God's will, and live a spiritual life, but what is that? They want to purify their body and mind, and identify with the Soul, but how do you do that? What does it mean "to do good". How to move from their apartment in the city and start growing their own food and bathing in a creek. (You really don't have to bath in a creek all the time, just some of the time.) Hard questions for many people. For many people a great deal of faith may be required to give up their current lifestyle

and live naturally and live a spiritual life.

All may enter the path there are no limitations. No resume required. The path requires lots of hard work, discipline, sacrifice and study. It's a full time job, 24 hours a day every day. Many people will say, "fast", change my diet, give up all the things I like to eat?" " And no sex, YOU GOT TO BE KIDDING!" "I'm a spiritual person, but that's to much to ask." These people are not, "Chosen" or more like, "these people are not driven to seek the truth."

The thing to remember is,"slow and easy,"gets the job done. It make take some time for a person to be inspired to act, or time for things to be arranged for them in the,"unseen." Stay calm,"Stay on the path," and you will be shown what to do. As the Koran says,"God does not lie," and you can't cheat.

And as Charlie Brown says...  
"Life is like and ice cream cone...  
You take it one lick at a time."

6-17-00

What I have been doing over the past month is fasting to lose weight and learning how to use our new computer. Going bare foot and sunbathing every day. Cleaning up my language and practicing staying in the ,"here and now," both of which will take some time to accomplish. Reaching out to people, that I haven't gotten along with in the past. And thinking quite a bit about a home page and communicating with people that are interested in walking the path.

About going bare foot, there are many reasons for doing this. As I said before, it slows a person down. I think I can safely say that, we all need to slow down. More importantly going bare foot grounds a person to the earth. This allows certain exchanges between a person, and the sun and the earth. More on this later. " Boy, I hate it when a writer says that!" :-)

One of the first things after establishing a retreat is learning to live naturally. What I'm talking about is purely a physical thing, i.e., going bare foot and sunbathing. Learning to love a vegetarian diet. Maybe, growing your own food and flowers. Walking as a main mode of transportation. Avoiding the, 'rat race', stressful people and situations. Being calm, cheerful and happy.

For many people, this will take some doing. An appropriate quote here, (author unknown). "Almost everything modern man considers natural, is unnatural; and almost everything that he considers unnatural, is completely natural." Living a spiritual life is natural and brings peace.

Juanita, brought to my attention a beautiful quote from the Christian Bible. "But the fruit of the

Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control." Galatians 5:22,23

6-18-00

Some people will need to make money to meet their living expenses as they walk the path. This should be incorporated in their natural life style: gardening, vegetables-flowers-herbs, healing, crafts, the arts, music, odd jobs. Many people have natural talents which should be continued and developed. But the main focus should always be on the goal. Do what you like and need to do to live, it doesn't matter, always focus on the path. Be independent and self-sufficient. Living a spiritual life means living right here in this world...here and now. Always blend-in and maintain a low profile. Wear shoes to town.:-)

6-25-00

Had a nice week off with Juanita. Started 7 day water fast today.

## **FASTS and NATURAL DIET aid PHYSICAL and MENTAL PURITY**

Long fasts and a raw food diet is the quickest way to attain purity.  
A person should do many short fasts before  
attempting a longer fast.

7-1-00

Completed 7 day water fast. Wt. 240. Fast wasn't too bad, a bit sick/confused at times. Broke fast with a big piece of watermelon. Sat well on my stomach. From now on I'm dropping all meat, fish, fowl, eggs, soda pop and candy from my diet. I have been addicted to Pepsi Cola for the past few years. I had a couple of sleepless nights last week during my fast because of the cleansing of the caffeine out of my body.

7-2-00

I remember the first 7 day fast I did about 25 years ago. I tried to get past the third night for weeks, and finally succeeded. I woke the fourth morning with my mouth completely filled with a gelatinous mass that tasted and smelled like rotted meat. I was so sick that I rolled over and spit it out on the floor.

The next four days I felt so bad that I could hardly get out of bed. My body smelled like rotted meat and I tasted rotted meat all four days. This was an awful experience and took a 'bit of faith' to continue my fasting after the fourth morning. In previous years, I had been a heavy meat eater.

7-3-00

A simple list of diet upgrades: (Always drink plenty of pure water between meals.)

Omnivore Diet: meats, vegetables, fruit, nuts, grains, legumes, dairy products, eggs. Raw-cooked, fresh, canned or frozen.

Lacto-vegetarian Diet: vegetables, fruit, nuts, grains, legumes, dairy products, eggs. Raw-cooked, fresh, canned or frozen.

Vegan Diet: vegetables, fruit, nuts, grains Mix of raw, sprouted and cooked, mostly fresh.

Fruitarian Diet: Summer: mostly fruit and melons. Some +/-, vega., greens, sprouts. Winter: dried fruit, nuts, sprouted seeds and grains, some milk with greens, honey. All food eaten raw, fresh and in season.

Living food Diet: Same as above. All food eaten raw, fresh and in season. All nuts, seeds and

grains sprouted.

My destination is the raw food diet. The last time I was a Fruitarian I seemed to function very well on the diet. I didn't eat a lot or crave other food as many people do. I was very active physically.

7-4-00  
The first goal then is finding a retreat and learning to slow down and starting to live a natural life style. Cleansing the body and mind. And Studying: books at first, later on, learning by direct inspiration and doing. By the time a person is able to maintain a strict-raw food diet and has fasted some, their sex drive drops to zero. They can still have sex, but there is no longer a lusting desire for sex. I remember what a great feeling it was to relate to women, just as people, without sexual thoughts creeping into my mind.

Fasting and a raw food diet also 'deletes' those nagging thoughts of guilt and remorse that seem to run and rerun unbidden through the mind. I have read that thoughts are stored in the muscles of the back and legs. It may be true, in my experience, as the body is cleansed, the bad thoughts are released.

7-5-00  
As a person ascends the path 'things' begin to happen very fast. It is important to be ready mentally for the time when the bodies senses are pure enough to begin to see into the 'unseen world'. This is a time a person may need support. The rational mind may begin to, 'wobble a bit', and a person may need help in staying oriented. Always remember the, 'formula'... "you are One with Almighty God." Nothing can harm you! Get plenty of rest. E-mail others on the path and discuss your experiences, and feelings.

Take counsel only from other seekers on the path, because medical doctors and mental health counselors, and maybe family and old friends, will just declare you crazy and lock you up. **Remember, in the ordinary world, what you are doing is not rational.** In the East seeking enlightenment is a revered undertaking, in the West, however, it doesn't make money, so it's craziness.

Slow down and be comfortable -- stay on the path. This new reality is part of the 'truth' you have been looking for. You, your conscious self, coupled with the Almighty God's Being are the Master of it all, seen and unseen.

7-6-00  
Please understand that the little humorous statements in this journal doesn't mean that I am not serious. I am very serious about what I am saying. I just like to see the humor in things.

As I see it, seeking the truth and enlightenment should be a happy and joyous experience. And it is. Yet, I have seen and lived in the unknown and been very frightened (terrified) and have experience periods of insanity because my mind was not prepared or pure enough. If you are not serious, just fooling around, or dabbling, this is not the path for you. When I say the words: insanity, injury, and death; I'm not putting you on or trying to scare you.

If I had ran from that bull, he might have killed my body, or at least seriously injured me. One night out in the mountains, I stood on the very edge of a cliff without knowing it until later, but was inspired to turn and walk in another direction. If I hadn't caught that faint signal of inspiration, I might have experienced severe injury or death.

7-10-00

Had visitors the past four days. I feel a bit disoriented today."God, I Am, filled with peace and calm always."

7-11-00

Still out of it today. Feel fine physically, but mentally, I feel like I can't wake up.

7-12-00

OK today, feel great both mentally and physically. Doing some work around the place. Getting my mind geared up for another fast in a few days. Lacto-vegetarian diet holding well. Dropped sugar from my diet, and sweetened pastry like maple bars-- which I dearly love.

A warning to people who have taken hallucinogenic drugs. When you fast, and the body begins to cleanse the toxic matter out, you may experience some hallucinations about as strong as when you first took the drug. You are not going crazy... its just, what goes in, must come out.

I have heard that the herb Chaparral taken in fairly large doses for about 3 weeks will help to clean drugs out of the system. A person should check into this before they try their first fasts. (Books, health food stores, herb growers and dealers, naturopaths, new age healers)

7-13-00

The body has two cycles that the medical and health professionals seem to be unaware of, or ignore: nourishment and elimination. When a person takes in food the body is nourished through digestion and blood circulation. And when a person stops eating or fasts the body switches into the elimination mode and uses the same systems to cleanse the body of stored waste.

7-14-00

Started 7 day water fast this evening at 7pm. As toxic matter is released and cleansed from the body a person may experience a whole range of negative emotions and physical dis-ease. I sometimes wake up angry and stay angry all day. Then I might have a dull headache for two or

three days. Cleansing in one area of the body usually lasts no longer than three days.

Next I might feel good for a couple of days, then frustrated for no reason, or depressed, to hot or cold, feel like I am asleep all the time and can't wake up or can't sleep, then my legs or back will ache for a couple of days, and so on. Its not much comfort, but I often have to remind myself, that I did this to myself by eating the wrong things, and experiencing those strong emotional responses.

7-15-00

On two occasions in the past I felt that the fast was getting away from me, that my body was becoming overloaded with toxic matter and I was afraid I might die. I was confused, couldn't think straight, experienced long dizzy spells, and generally felt sick like a severe case of the flu. In both instances I ate a large tablespoonful of peanut butter and it stopped the cleansing process immediately.

If a person is doing a fruit juice fast and their body becomes overloaded with toxic matter, they should switch to vegetable juice for a day or so, to slow the cleansing process down. A person needs to learn the bodies signals. That's why its good to start slowly, a number of 1 day fasts, then 3 day, 7 day, and then after the 7 day fasts become somewhat easier, then try for longer periods. It would also be good to read all you can about fasting. (Health food stores)

7-16-00

I have read in a number of books that say a person can become, 'illumined' or reach union with the Soul by mental exercises alone. Theoretically, this seems quite possible. I am inspired, however, to follow and fulfill both the mental and physical laws that I have been shown. These are the guidelines for my path.

Physical purity

Mental purity

Fasting

Raw food diet

Right thought action

Few words

To do good

To be good

Natural living

Meditation

Exhilaration of the mind

Help others when they are in need

Be willing to give up my desires, for the sake of others

Be kind in thought, word and deed

Love my brothers and sisters as myself  
Return good for evil  
Love God above all else

7-18-00

Blew 7 day fast today on the fourth day.

7-19-00

Started exercise program today. Get up a sunrise, 5:30am +/-, walk a brisk mile(with shoes on) and then do some easy exercises.

7-22-00

Starting a series of one day fasts today which I intend to alternate with one day of eating a raw food cleansing diet.(Fresh fruit, melons, juice, leafy green salads, with a bit of avocado and tomato) Fast: loosen and eliminate toxins; eat: cleansing diet and sweep out toxic waste. My weight still hanging right at 240.

7-23-00

What seems to happen in the body is that your weight stabilizes according to how much toxic matter is in the system. When a person reduces the amount of toxic matter sufficiently the body will automatically lose another 15 or 20 pounds. And so on, until you reach your desired weight. This has been my experience every time I have fasted to lose weight and cleanse the body.

7-24-00

I believe that seeking to unite the conscious mind with the Soul to be the greatest endeavor that a man or woman can undertake. For us today, 'the path' is one of the last frontiers on earth. We have but to walk the path and realize the truths encountered along the way, and put them into daily practice. The path may be hard, but it is sure. Stay on the path, no matter how many small failures occur. Small failures, are just stepping stones, required to succeed. You haven't really failed... until you give up.

The beginning of the path can be likened to a talus slope. Small pieces of loose rock flowing down the slope from the base of a cliff high above. You can't get anywhere trying to walk up it upright so you must crawl on all fours. You crawl for a bit and stop to rest. You lift up to begin crawling again, and the whole slope breaks loose around you, and you slide back to the bottom.

This time you will climb more slowly and carefully and you will not stop until you reach the base of the cliff. Over half way up you come to a place where the talus is loose and deep and with every movement you slide back. You slide to the bottom, where you must decide to begin again and climb more carefully yet, or take a different approach, or quit.

The talus slope might symbolize a 7 day fast and the cliff, your first 30 day fast. The point here is that in the beginning everything is hard and there are no apparent rewards. After a number of slides, cliffs and plateaus the rewards begin to appear; but at first one must try, and try, and try, and try, until you succeed. Stay on the path.

7-25-00

I had, 'one of those small failures' this morning. The fasting and diet routine, I started three days ago was working fine, but this morning I started thinking about hash brown fried potatoes and gravy(I pick the small bits of sausage out) and off I went.

7-26-00

So what have I been doing out here in the woods for the past 3 months. My daily routine goes something like this: I get up around 5:30am(sunup) and pray and say my affirmations. Walk a mile and do exercises. Gets my blood moving. Take a dip. And rest a bit. Do daily chores: feed and play with dogs, water garden and flowers, tidy house. Weekly chores: sort clothes, wash and dry ( in town, we're short of water), do grocery shopping, pay bills, do banking, buy supplies, maintain cars, repair stuff around place.

Work on the computer, write or research. Study books. Work in the garden early. Walk bare foot, sun and air bath, deep breathing, I usually have a small glass of juice in the morning, and a light lunch of fresh fruit in the early afternoon.(most of the time, when I am not fasting, or completely losing it :-)

In the afternoon I work around the place, study, take a short nap, and later fix supper for Juanita and myself, usually a vegetable salad. We bath and retire around sundown. I say my prayers and affirmations in bed.

7-29-00

Started 3 day juice/water fast at 7pm today. People who have been lifelong heavy, 'meat, bread, potato, and gravy' eaters will be very ill during their first fasts. They should begin with a series of short fasts and gradually increase the number of days. Have faith, research and use common sense.

7-31-00

Broke fast after 2 days. If you cannot maintain a water or juice fast, drop to eating a raw food diet and some cleansing will continue. Another words, fasting is the quickest way of cleansing the body, but a raw food diet is also very cleansing, particularly the first few days after a fast. Sweeps the waste out of the colon.

## **UNDERSTANDING and FORGIVENESS lead to GOD**

God is everywhere present, all knowing, all powerful, all matter and all spirit. God is all there is. I AM that I AM.

9-1-00

Started ten day water fast.

9-2-00

Again, the first and most important thing in the beginning is to purify the physical body. Then soon after beginning to purify the body begin to cleanse the mind. One is either struggling upward or sliding back----no matter, the moments, days, weeks gain or loss----stay on the path.

Gains in the first 90 days: (%=The amount I did, compared to what I should have done)

fasting=30 days, 99%

here and now=failed

reading=75%

diet upgrade=99%

quit drinking pepsi=99%

eating pastry=failed

deleted foods=90%

quit drinking alcohol=95%

barefoot, sunbathing, deep breathing=50%

clean up language=75%

prayer and affirmations=50%

exercise program=failed

slept out under the stars 15 nights=50%

weight lose=failed

feeling much better=99%

pages of diary=15, 99%

learn computer=25%

9-3-00

Broke fast after 3 days. Just drank water all three days, thought about juice some. Will eat a couple of days and start a water or juice fast again. Try, try, try.

9-5-00

I have been doing deep breathing exercises for about four months now. I am finding quite often

now, my body just taking over and breathing in deep breaths of air without my thinking about it. Often catching me by surprise because I am thinking about something else.

Recently I have started thinking or internally chanting, 'I AM one with GOD' on inhalation and, 'I AM that I AM' on exhalation. Doing this (chanting) and repeating the Essene communions three times a day helps to remind me continually that I am on a spiritual path.

Old habits and thought patterns are hard to break and I find myself slipping back into them all too often. I know that with continual practice I will soon be able to lift my thinking above my old thought patterns and focus on the path all (or most) of the time.

9-6-00  
Had a nice day with Juanita. The dogs, ducks and rabbits have been fed. Chores done. Evening time, quiet time.

9-7-00  
Did a one day fast today. I'm trying one day fasts from supper the day before until supper the next day. Eating an evening meal of cleansing food. Worked well. Sauna today.

9-8-00  
Fasting today.  
When I last walked the path before I experienced what I called, 'mind ripples'. Every month or so I would become disoriented and extremely confused. Some times it would take me a day or so to realize I was being affected by a mind ripple. I don't know the source of these mind ripples but I have read that sunspot activity affects the earth's magnetic field which in turn affects some people's minds.

I knew a nurse that worked on the mental health ward at a hospital in a fair sized city nearby and would call her when I experienced a mind ripple and ask about the ward's population. Invariably she would say they had a full house as of last night or that morning.

Most of the patients that came in thought they were crazy or going crazy and were being treated for various types of insanity. When in fact most of these patients have a gift of being sensitive to the cycles in nature. It's not 'normal' to be sensitive to nature's cycles in this culture, so they are crazy, and being had by the system, and themselves because of the lack of information and understanding.

The hospital allowed visitors on the ward and for awhile I tried to help those patients that would listen to me. I remember one very nice man, I can't remember his name now, about thirty five years old who had a serious car accident and sustained severe head injuries.

After he was able to go home, from the hospital, his father who had passed on years before, came to visit him often and would sit on the edge of his bed at night and chat with him. He told his wife about his father's visits and his wife told the rest of the family and he soon found himself committed to the, "loonie bin".

This poor man was the victim of his families ignorance and the systems intolerance for any experience other than, what they call, "normal". Good grief!!! Well, we got to talking and he said, "I just want to go home." "I'm not going to hurt anyone, I don't understand why everyone is so upset." The man carried on a perfectly normal conversation and seemed normal in every respect except... that he saw and talked to his dead father. To me, a real gift. I asked him if he would like me to help him get out of there, and he said he would.

First I said, don't talk to anyone about your father except to people who will understand. Its OK to visit with your father, just don't tell anyone, particularly your family. I told him, I believed it was a gift and he had gotten his ability to see and hear his father because of his head injuries. And that he definitely was not crazy.

He said he didn't think he was crazy either, just confused and lacked understanding of his situation. He said he just wanted his life back the way it was before the accident and even wished his dad would stop visiting him. I asked him if he really meant that, and he said "no" that he really loved his father and was very close to him, and enjoyed talking to him.

I asked my friend the nurse the rules for getting out of there and she gladly told me because she did not think the man belonged in there either. I told the fellow what she told me. Get better slowly. Enter into the therapy groups. Tell the doctors that he was feeling a little better and that his father was visiting him less and less over time. Call your wife and family and talk normal, don't mention your father and if it comes up, down play it and say he hasn't been around for awhile.

Try to establish, "normal" relations with everyone. Keep up on current events, read the daily newspaper, memorize the headlines, always know the day of the week and the date. The doctors will ask you questions before your release: what year is it, what's the presidents name, what did you have for supper last night, count back wards from a hundred, what's your wife and mother's names etc. When they ask you how you feel, don't get carried away, just say, "Oh, I'm feeling pretty good now, a lot better than I was." The man was released some time later and went back to live with his wife and family. I never saw him again.

Most people don't know this but a psychiatrists or other mental health workers can get a persons civil rights suspended for observation for up to four days ( in the 1970's) even if that person voluntarily asks for help, even if they are not committed.

9-9-00

Eating today. Had a nice day with, Juanita. We went to town shopping and took a steam bath and then I spent some time teaching her to swim.

9-10-00

Fasting today. Sometimes when I am fasting I get what I call a, "sick stomach". My stomach seems to fill up with toxic matter that just sits there and hurts. I've found that I can clean my stomach out by taking one heaping teaspoon of psyllium seed mixed in a glass of warm water. Mix and drink in a hurry, because the psyllium seed swells and sticks to everything. You can buy psyllium seed at any health food store. They are much cheaper at health food stores that carry bulk herbs.

9-11-00

Eating today.

9-12-00

Eating today. One day fasts, from supper to supper the next day, and then eating a cleansing meal, are working well. Losing weight. Drinking two glasses of lemonade, made with honey, during the day to enhance cleansing. Feeling well generally.

9-13-00

Fasting today.

9-14-00

Fasting today. Working to be aware (remembering) that I AM one with God every minute of the day. And to do His Will, not mine. Remembering daily the three aspects of the path: purifying my body, purifying my mind, changing my thinking; so that I can unite with my Soul. Living here and now, with each breath.

God is Love, Light , Life, Law. God Is I AM. I Am One with God. God is All. I Am All. I AM Free. I AM, Love, Light, Life, Law. I AM Everything. I AM that I A.M. I reach for the awareness of this union with my mind and body continually.

Today is Unity's 2000 World Day of Prayer. "Centered in Your sacred presence, Dear God, I join my spiritual family in a prayerful partnership that blesses the world. May all people find peace in Almighty God's love and understanding. Amen."

9-15-00

Fasting today.

9-16-00

Eating today. Had a hot cake w/hash brown potatoes and gravy for breakfast. Disappointing meal. Tasted good but didn't set right. I spent a couple of hours afterwards asking, "Now why did I do that to myself?" I hope the experience will help me overcome my obsession with that meal. Had a steam bath in town.

9-17-00

Fasting today. Feeling very up.

Very briefly, I want to mention again: Physical purity without Mental purity + The unseen = insanity. While you are fasting, work on the mind every day; prayer, affirmations, forgiveness, meditation, study... work to lift the body and mind together. Remember that the world you live in now is insane, familiar and seemingly rational, but still insane. The path you now walk is the return to reality and sanity.

Have no fear because 'God and you are One' and God walks the path with you all the way. If fear creeps in say, over and over, "I Am One with God, I AM One with God, I AM One with God," and go on. Stay on the path. "God is Love, Light, Life, and Law." I give you these cautions from my own experience, maybe you won't need them at all, but NOW is the time to caution, later caution will be of no use.

9-18-00

Eating today. Steam bath this morning. Feeling well. Wt. 244.

9-19-00

Eating today. One mental trap that I experienced briefly was the radio talking to me. I have no idea how this works. I would be thinking a thought about something and someone on the radio would make a comment that fit right in with my thoughts. I listened to the radio for an evening, trying to figure out how this connection could work, and then turned the radio off and never listened to it again.

Later, I was trying to help a girl at the hospital physic ward that had an obsession that she was going to die before she turned thirty. I asked her how she knew this. And she said, "The TV tells me that every day." We were sitting in front of a TV and someone on a program said, "You don't have many days left," and the girl said, "see" and I said that I heard it but that it didn't mean anything. And she protested and told me that the TV was talking directly to her. I suggested that she turn the TV off, but she said that she couldn't do that.

This girl was completely caught-up (trapped) in the illusion that the TV was talking to her personally. When she doesn't die before thirty, the TV will probably give her another goal, until she figures it out, that what she is into, is insanity, and turns the TV off. She was very attractive and nice, and could have had a happy creative life, but was trapped in her obsessive illusion.

When I was a young man, I knew a woman in my hometown, that said the newspaper and some magazines had personal messages for her. She claimed the newspapers often answered her recent questions about her personal life. I believe she held to this illusion for most of her life.

When I had my experience with the radio, I had been working in the unseen for awhile. The thing is to always remember the goal: 'uniting the conscious mind with the Soul'. Little tricks of the mind or minor powers could possibly lead a person astray for a long time. The test is whether or not something you are doing helps you along the path. I plan to discontinue my newspaper subscription and watching TV soon.

9-20-00

Fasting today. Went grocery shopping in town. Had steam bath. My skin is becoming clear and smooth.

9-21-00

Fasting today. Went to dentist this morning. Juanita's nephew, flew to Tiawan today to teach school for a year.

9-22-00

Fasting today.

9-23-00

Eating today. Went to town, had steam bath and a swim.

I'm trying every day to remember to live in the here and now. When I'm writing in this journal or talking to someone I often refer to the past or the future. But in my own mind I try to stay in the present. And I am practicing at staying positive in thought, word and deed and to appreciate life.

It is an amazing experience to really see things you are looking at. When you stop looking at the woods and start seeing the individual trees. Each one is unique and grew from a single cell just as we did. When I think of that growth process I am in awe of all living things.

To really appreciate things around you requires that you slow way down and focus your attention on what you are looking at, instead of thinking about a million different things as you casually glance around, not really seeing anything.

I AM One with the Heavenly Father. (The male, spirit aspect of Almighty God) I have read that Almighty God is completely beyond man's comprehension. I believe this is so. It seems our best indicators of God's presence is in nature and nature spirits, heavenly angels, miracles, and the example of great spiritual leaders like Jesus and Buddha; and other ascended Masters, and our

own personal contact.

I believe that both Jesus and Buddha were just men born of woman like all of us today, and they figured out how to join their conscious mind with their infinite mind of the Soul. (Almighty God) In Buddha's case we have a complete history of his path from disillusioned prince to Illumined Being. Lost scrolls have been found in recent years that give us a clearer picture of Jesus' path.

There may be thousands of paths but the goal for all are the same. Like the spokes on a wheel all lead to the hub. Simplistic but true. It seems that all paths would be unknown until they are walked, however, there are a lot of teachers or gurus out there pointing to one way or another.

I believe the path, the Seekers Path, vaguely outlined in this journal is good because it allows for communication around the world with others on their paths; and the exchange of information, and the caring love of others of like mind... when a little support is needed.

9-24-00

Fasting today. I AM One with the Earthly Mother. (The female, material aspect of Almighty God.)

9-25-00

Eating today. I AM One with God's Love. The reason I have stressed mental purity so heavily is that what ever thoughts, feelings or attitudes you enter the unseen with you will find there. If you are fearful you will find many things to be afraid of, which I experienced in some measure.

If your body and mind are pure and your heart is filled with love for all of God's creation, you will find that love reflected in the unseen also. It's the same in this everyday reality, if you are fearful, you will find plenty of things to be afraid of, and if you are happy and cheerful you will be happy. Be Love.

9-26-00

Eating today. I AM One with God's Life.

9-27-00

Fasting today. I AM One with God's Light. Nitrates like nite (night) are darkness. "Nitrogen or darkness 66 and 666." (*Oahspe Bible*) The nitrate preservative in canned meats is a serious pollutant in the body. It dims the spiritual senses. Silver nitrate is the reflective material on mirrors (be careful around public mirrors). Nitrates are the basis for most modern day fertilizers used by commercial food producers. This is a good reason for eating organically grown foods.

Meat is high in nitrogen, one of the reasons for spiritual seekers vegetarian diet. Nitric acid is the basic material in most modern day explosives i.e. nitroglycerine, dynamite and gun cotton. Nitrous oxide gas used by dentists is a serious pollutant. I try and stay away from all foods and

materials that have nitrogen derivatives in them. More information needed. Please email me.

9-28-00

Eating today. I AM One with God's Law. Steam bath and swim.

9-29-00

Eating today. I AM One with God's wisdom.

9-30-00

Fasting today. I AM One with God's abundance.

## **PRAYING and PRAISE sends forth UNIVERSAL ENERGY**

The way to pray to unite with the Soul: "I AM the Christ."

" I AM one with God." Pray and affirm this often.

Pray without ceasing, let your life be a prayer.

10-1-00

Eating today. I AM One with God's forgiveness. One major ego-personality problem I have had for years, is holding a grudge. For small offense I might sentence a person to a year or two in my mental jail. This means I would avoid, ignore and not speak to them for that period of time. Whether they knew or not that I had them jail, I don't know, but I sure knew!

A good grudge requires a lot of maintenance. First, I get mad or angry at the original offense, then when I think of the offense or see the offender, I get mad all over again. And I have to remind myself continually about the whole episode, and justify their sentence. And I usually conclude that, 'they deserve every day they got'. Boy, when I had a half a dozen people in jail at one time, I'm was really a busy as judge, warden, jailer and sweeper.

This type of thinking is certainly, "nuts," and since I began walking the path again I have given it up completely. Now I try to forgive people there offenses immediately and forgive myself for being such a jerk, as to take offense. May those people that I sentenced, in the past, so ruthlessly and self righteously, forgive me. However, the offenders did not suffer the loss of, 'peace of mind', as I, the jailer did, keeping watch over all those fugitives and offenders of my perfect justice. This little, 'grudge game', was real insanity, and I knew it at the time. I am very glad to be free of it.

10-2-00

Eating today. I AM One with God's power. Juanita and I went to town shopping, and later we had a steam bath.

10-3-00

Eating today. "I AM One with God's perfection". I say this affirmation just before going to sleep and it really helps me get a good nights rest. My vegan diet is holding well. I have noticed recently that whenever I eat wheat flour products they bring me down both physically and mentally. As of tomorrow I am going to stop eating all wheat flour products: bread, pastry, gravy, white sauce, spaghetti, noodles, biscuits and buns, etc. This is the hardest one for me to give up, I really like all this stuff. I will continue on awhile with corn bread.

10-4-00

Starting three day water fast. I AM One with God's peace. Steam bath and swim.

10-5-00

Fast holding OK. I AM One with God's truth.

10-6-00

Eating today. I AM One with God's mercy. Had cleansing meal last night. Steam bath.

10-7-00

Fasting today. I AM Love. My feet have toughened up quite a lot over the summer. When you go barefoot the sun's rays pass through you to the ground and energize your whole body. Wearing shoes with rubber soles insulate you from the ground and the sun's energy. While hiking in the mountains I go barefoot so that if I step into an energy field I know it. If I have shoes on, I would pass right through the field, no matter how large it was, and never notice.

10-8-00

Eating today. I AM Light. Had a bad day today both physically and mentally. Stayed close to home. Often now I have dreams at night that verge on being nightmares. The subject of the dreams are like scenes out of wild movies or novels: drinking, fighting, sexual encounters, gun play, being lost, not being able to find something or some person.

I woke up this morning feeling very depressed after having such dreams the night before. I often feel guilty the next day. I wonder how I can be walking a spiritual path and have such dreams. I know the dreams are caused by toxic waste being released into my blood by fasting and they will soon pass. But they are still very upsetting. Faith. I am dedicated to the path.

10-9-00

Eating today. I AM Life. Took Juanita to town shopping. Steam bath.

10-10-00

Eating today. I AM Law. I remember eating a big delicious hamburger just before I started on the path and that night I had three wild sexual dreams in a row. The meat must have been taken from a young bull with very active hormones. This is a graphic example of what you take into your body immediately affects your consciousness.

And meat is very acid forming and develops mucus which clings to the body tissues and provides a breeding place for germs and parasites. Meat eating affects your thinking immediately and causes any number of long term problems in the body.

Fasting is the quickest way to rid the body of this toxic matter. Lemonade made with honey is a good solvent for mucus. A good subject to check out is the acid-alkaline balance in the body. (Health food stores)

10-11-00

Eating today. I AM Wisdom. Stacked firewood under porch and helped Juanita plant spring bulbs.

10-12-00

Fasting today. I AM Abundance.

10-13-00

Continuing fast. I AM Forgiveness. Went to town shopping today, got very tired.

10-14-00

Continuing fast. I AM Power. Feeling pretty good today. Broke three day water fast with cleansing meal.

10-15-00

Eating today. I AM Peace. Backslide! Pancake w/hash browns and gravy breakfast. Steam bath. Felt real good today. Drank to much ice tea which kept me awake late.

10-16-00

Eating today. I AM Truth. Had a quiet day at home with Juanita.

10-17-00

Eating today. I AM Mercy. I noticed last night that the living room lights were too bright for the first time. A sign that my body is really, 'house cleaning' and my senses are clearing. I didn't expect this to happen so soon.

10-18-00

Eating today. I AM that I AM. Steam bath.

10-19-00

Fasting today. Ate cleansing meal for supper We live in two realities. Nature or 'natural reality' which was created by God and 'man made reality' which is man's insane idea of what reality should be. Basically the seekers path bypasses the insanity of man made reality and seeks God's natural reality where he/she can live a truly spiritual life.

This is the reason for cutting down the input from the man made reality by limiting the reading of novels, magazines, newspapers, and watching tv/movies and listening to the radio. There is very little in entertainment, or the 'news' that is uplifting, but a lot of terrible things which are very depressing.

The idea is to live 'alongside' of man's insane reality, and use what we need from it for now, and not be involved in it or influenced by it.

The idea is to keep the mind completely at peace and happy all the time. Which I believe to be God's reality for us. And the best way of doing this is to avoid the emotional, 'yo-yo' affect caused by interacting in an insane world.

10-20-00

Once you are comfortable living a natural lifestyle and well along in purifying the body and mind you can begin to generate and use God's power. This universal energy which is within you and all around you is for everyone to use, if they just will. This energy is dormant until acted upon by your thoughts and feelings.

There is a certain amount of static inertia in the beginning, quite like starting a large engine by turning the flywheel, slow and hard turning at first, but as the engine gets up to speed, its very easy to turn. It is the same with generating and projecting Almighty God's universal energy. First you must believe in and come to know that God's power exists.

The following quote explains the process of generating God's universal energy:

"The moment you say wholeheartedly, with reverence and deep meaning, that God is in His Holy Temple and know this temple is your **pure body**, just as you present it and as you truly stand today, that you, the true Christ, live one with God right in this temple, and that your exalted body is a holy abiding place, a whole and all-inclusive abode, **you are an energizer**, an all-including and outpouring vessel for this true and divine principle to flow through. Then you pour out more and more of the God which you are and which you love."

"The Son accomplishes readily what the father accomplishes. This is also being humble to and bowing before this great power. This is true humility stepping forth in humble mien, one with your own driving force and power."

"By constantly contemplating, praising, blessing and giving thanks to this power you increase the flow and, as you do this, it becomes potent and more readily accessible to you. Pray without ceasing for your daily life is true prayer."

"By first KNOWING that this power does exist, then using it with absolute confidence, you soon become wholly conscious of it. You soon KNOW that it is all-inclusive in and through you. If you will let it flow, it will rush to you in every instance. It flows to you as you let it flow from you. Stand forth as God and give it out. This is God your Father in you and you and your Father are One. Not servants but SONS [and DAUGHTERS], of the First Primal Cause. All that I AM has, is yours; for you are I AM."

"It is not you who do the work, it is I AM in the Father and the Father in you brings forth great accomplishments. As you know that you work, one with the Father, there are no limitations, no boundaries, you know it is your divine right to accomplish all things."

"When you pray, enter your closet, the secret chamber of your Soul. There pray to your Father within; and your Father, who hears, will reward you openly. Pray and give thanks that you are able to give forth more of God to the whole world."

I have experienced this energy flow in the past and pray to experience it again and often. I begin my praying with the Lords Prayer. (Griping the flywheel.) I ask for God's blessings on my family and friends. And thank God that his blessings are fulfilled. I praise god for his Love. (The wheel moves ever so slightly.) Bless all people in all directions, "I bless all people to the North" etc. And ask God that they have food, clothing, shelter, warmth, health, happiness, and peace. I thank God for these blessings. (The wheel slowly begins to turn.)

I pray for all my brothers and sisters on a spiritual path. I list all my blessings and thank God for His abundance. I tell the Almighty of my awe of life and the beauty of nature. I then thank God for my life and all his creations. (The wheel turns slow and steady.)

I continue to pray, praise, bless and give thanks and the energy builds and flows outward with my silent words. You can say the words aloud if you like and make up your own words of prayer, again there are no rules. It is the continuing on with the praying, praise, blessings and thanks that builds the power. (Gets the wheel spinning, so to say.)

And the more often you attain the place of power within yourself the more confidence you will have, the sooner the energy will come to you the next time. To use this Universal energy for a purpose remember: invocation, relationship, truth, direction, but again, God knows your desires before you speak the words.

If you say your prayers in silence, you can pray anyplace and under any condition. Peace be with you!

10-21-00

Fasting today. Went to town shopping and to do laundry.

10-22-00

Fasting today. Broke fast at 1pm today with a large piece of cornbread. Ate cleansing meal for supper, with a piece of cornbread and syrup for desert.

10-23-00

Eating today. Backslider breakfast. I find it interesting that some spiritual books, which I feel are very good, directly contradict each other on certain facts .i.e. Whether Jesus was crucified or stoned to death? Whether person has to die to ascend or can a persons body be transfigured. These are just minor points which I try not to let influence my understanding of the main message.

10-24-00

Eating today. Spent nice day with Juanita at home.

10-25-00

Fasting today. Stacked firewood under the porch and getting ready for winter around the place. Made quick trip to town this afternoon (40 mi.ow) to bank and do grocery shopping. Steam bath. Ate cleansing meal for supper. A wonderful thing happens when your body is well on the way to being purified. One day you will wake up and feel again the thrill and excitement of being alive like when you were a child. You can't wait to get out of bed and see what the day will bring. You will feel happy and blessed and it will be so every morning and all day from then on. Stay on the path.

10-26-00

Eating today.

10-27-00

Eating today. I try to remember God the first moment I open my eyes in the morning. I say, "Good morning Lord, thank you for my Life, direct me throughout the day that I may do Your Will."

I pray, read the Essene communions, think of things to forgive and ask forgiveness for. I say to myself, "I forgive you for that, John," or, "I forgive myself for some offense and now I never have to think of it again." Forgiven and forgotten. When something is forgotten it is truly forgiven.

10-28-00

Eating today. Steam bath-swim.

10-29-00

Eating today.

10-30-00

Eating today.

10-31-00

Eating today.

With **PURITY** the **INNER VOICE** of the **SOUL** can be heard

Purify yourself and be the Master of Spiritual Light.  
And with Spiritual Light you will be Master of your Life.

11-1-00

Fasting today. Steam bath. Ate cleansing meal for supper. (Tomato, lettuce, cucumber salad with an avocado.) When the ego asserts itself put it (the ego) aside. Strive to live a life of humility and peace.

"When one learns to live from the Soul, the Self, and not from the mind, everything in life is clear and understandable. You know what you should do, where you should go, and life becomes simple and harmonious."

I am going to repeat Jesus' beautiful words from the preface to the Essene communions, From: ***The Essene Gospel of Peace.***

"To lift your eyes to heaven  
When all men's eyes are on the ground,  
Is not easy.  
To worship at the feet of angels  
When all men worship only fame and riches,  
Is not easy.  
But the most difficult of all  
Is to think the thoughts of angels,  
To speak the words of angels,  
And to do as angels do."

"To advance, you must come to see yourself as a master. You must conduct yourself as a master. There is no one who can teach you mastery nor is there anyone who can give you mastership, for they are already yours. Practice is required. You must live as a Master lives, think as a Master thinks, act like a Master acts before you would know a master if you were to meet one."

"Just how do you think a Master would meet the situations you have to face every day? Try meeting your problems in the same way. How would a Master speak to those about him? Try speaking in the same way. What would a Master's attitude be toward those about him? Try expressing the same attitude. Could you imagine a Master worrying about business? Would a Master gossip and hate and become jealous and angry? Would he flinch from some particular task?"

"Well, there is a pattern for you, for your own idea of how a Master would face life is exactly the way you should be facing it. If you will so face life, conscious that this is the determination moving in the Universe with which you are one, you will find the seeds of your own Mastership sprouting and growing into there full stature."

From: ***The Life and Teaching of the Masters of the Far East***

11-2-00

Fasting today. Yesterday I had an experience that I had before when walking the path. When your body becomes partially purified you may also experience this phenomena. When using the flush toilet I felt a drop of water come up and hit my right buttock. But when I felt my skin there it was dry. As you become more and more physically pure the drops of water increase until it feels like the pita-pat of a light rain hitting your bottom.

I have no idea what causes this but I stop it at home by moving the water tube inside the toilet so that it doesn't refill the bowl. When I am in town I cover the water with toilet paper or better, with sanitary seat covers. What ever is jumping cannot penetrate the paper.

I've had similar experiences several times out in the woods when I was inspired to lay down in the "healing pits" dug by animals. These pits are dug over some kind of force field. The first time I lay in one, it was early in the evening just after sunset and I began to feel a small amount of liquid form on my skin at various places on my body. It felt like the liquid was all of a sudden there and in a few seconds it would evaporate.

It was still light enough to see the skin of my right arm so I began watching. Pretty soon a very small shimmering puddle of liquid (maybe the amount of a quarter of a teaspoon) seeped up through my skin and lay there shimmering. Then after a few seconds the fluid slowly began to draw to the center and form a small round ball, that when complete, fell off my arm to the soil and disappeared.

I was awed and fascinated. I watched the process for a long time and finally caught one of the little balls before it hit the ground. It appeared to be some kind of hard shelled bug rolled up tight to protect itself. I had no idea what was happening, but I figured getting those bugs out of my body was a real good idea. So I lay there for quite some time.

Then I noticed a change. The bugs were hopping out of the ground, hitting my body forcefully, then turning into a shimmering puddle of liquid, which sank back through my skin. I watched it happen a couple of times then moved out.

These healing force fields which the animals had found and used were cyclic, bugs out for a

period of time and bugs in for a period. I had quite a lot going on at the time so I didn't get to study these animal healing pits as much as I would have liked to. I had no watch with me, but my experiences were always just after sunset and continued for some time. I found two different spots where this phenomena happened so if I was hallucinating, at least my experiences were consistent.

If you have either of the above experiences or anything similar, please e-mail me about it. Collectively we may be able to figure out what is going on. These experiences have been rattling around in my brain for years and I would really like some insight. Thanks. I am hoping the steam baths will clean some of this strange liquid from my body.

11-3-00

Fasting today. Steam bath and swim.

11-4-00

Fasting today. Broke fast this evening with backslider breakfast.

11-5-00

Eating today. Steam bath. Major breakthrough today. The past few days I have been communicating with a small, calm voice within myself. The voice claimed to be my spiritual self, my soul. I have had a lot of problems with inner voices in the past and I have been very reluctant to accept this voice's claim.

I was driving home from town today, praying as I often do while driving, "I AM one with God," and the voice said to me, "Sing it" I said, "Naw, I can't do that." The Voice said, " Try it." So I sang aloud, "I AM one with God," and my body was immediately filled with a thrilling feeling. I sang the words over and over and the feeling grew and then calmed.

The voice said, "I AM Yourself, and I will only talk to you about Truth: Love, Light, Life, Law, Forgiveness, Peace, Kindness and things of the Spirit. If a voice talks to you about other things it is not I, so you can always tell the difference. And I know that you are a very private person, so I will not bother you unless its important or you talk to me first."

11-6-00

Eating today. Juanita is home for five days, so I will put off fasting for that time. We went out and had a backslider breakfast this morning. I haven't had a problem staying off of any other wheat flour food except this pancake/hash brown potatoes and country gravy breakfast.

My Voice has explained to me that I have now awakened from the illusion of separateness and duality that I have maintained all my life. And that I am now on the path to uniting my conscious mind with my Soul. The Voice is the voice of my true self, my Soul, and when I can allow that

Voice to speak through me, and for me, I will be very close to complete union. I must also learn to live a life of the Spirit and remember who I am, and what I am every minute of the day. My Voice said that It would teach and guide me, and that it would not be long before I began to feel the beginning of the union taking place.

This is a completely new and different experience than I had on the path earlier. Before, most of my experiences were external. I did have a, 'jumble,' of voices trying to speak to me all the time. But I could never quite figure out which voice to trust.

Facing the Truth, and living the Truth every minute seems an awesome responsibility!

11-7-00

Eating today. I had a real nice day with Juanita yesterday. After praying this morning and reading the Essene communion for the day, my Voice told me that an old friend of mine needed love and would I please write him. I was thinking of a person that it could be and the Voice spoke the name of a person that I hadn't thought of in a long time. Interesting how that worked out! I'll write him today.

11-8-00

Eating today. Sent card to friend. Things are beginning to happen pretty fast.

11-9-00

Eating today.

11-10-00

Eating today.

11-11-00

Fasting today. Ate a lot in the past five days and have lost contact with the Voice. No desire to read.

11-12-00

Ate out today: backslider breakfast.

Gains in the first 90 days	Gains in the second 90 days
Fasted=30 days, 99%*	Fasted=34 days, 99%
Here and now=failed	Here and now=10%
Reading=75%	Reading=75%
Diet upgrade=99%	Diet upgrade=90%
Quit drinking pepsi=99%	Quit drinking pepsi=99%
Quit eating pastry=failed	Quit eating pastry=90%
Quit eating deleted foods=90%	Quit eating deleted foods=75%
Quit drinking alcohol=95%	Quit drinking alcohol=99%
Clean up language=75%	Clean up language=75%
Prayer and affirmations=50%	Prayer and affirmations=50%
Exercise program=failed	Exercise program=failed
Barefoot, sunbathing=50%	Barefoot, sunbathing=50%
Slept under stars 15=50%	Slept out under stars=0%
Weight lose=20 lb., Wt. 244	Weight lose=8 lb., Wt. 236
Feeling much better=99%	Feeling much better=99%
Pages of journal=15, 99%	Pages of journal=21, 99%
Learn computer=25%	Learn computer=10%

\*(%=The amount I did, compared to what I should have done)

Some new things I started in the second 90 days: steam bath=15%; quit eating wheat flour products=75%; maintained vegan diet=95%.

Some wins... some loses... try, try, try, and keep trying. I am on the path.

11-13-00

Fasting today, feel like I'm coming down with a cold. The germ theory for the cause of contagious dis-ease (lack of ease) is good as far as it goes. The basic cause of dis-ease is lack of physical purity. Deposits of slimy mucus and other toxic waste are perfect breeding grounds for germs to lodge in and multiply. Toxic waste and mucus deposits are the residue of an acid forming diet such as meat, grains and dairy products.

Fruits and vegetables are alkaline forming and not only nourish the body adequately but eliminate without leaving a residue. When a person has a pure body they are no longer subject to any kind of dis-ease. After a fruitarian diet is well established a person always have a fresh breath, clear nose, sweet tasting mouth on waking, no ear wax, a pleasant body odor, and a lot of energy.

In ancient Hindu scriptures, the yogi's say, "to live a spiritual life, make the blood as alkaline as possible." The body readily loses alkalinity on a daily basis, and retains acidity.. so it is necessary to eat a diet high in alkaline forming foods [daily] to keep the blood as alkaline as possible.

Broke fast early today.

11-14-00 to 11-21-00

Had a bad case of intestinal flu. Should have fasted to clear this up but ate every day because I felt so lousy.

11-22-00

Seem to be over intestinal flu. Stopped newspaper delivery today.

11-23-00

Ate traditional Thanks Giving dinner today. Food tasted great but felt lousy afterwards.

11-24-00

Fasting today. Feeling pretty dull and slow.

11-25-00

Fasting today. Feeling well. My Voice explained to me that forgiveness in my thoughts to those who have offended me in the past throughout my life is the first step in attaining peace and freedom. I have been doing this for about a month now and it really works. I have not been bothered by any nagging thoughts of being offended or guilt for my own actions that I have asked forgiveness for.

So far, I have not recalled any forgiven memories. I'm working mostly back in my teens and 20's now, not trying to remember, but just dealing with offending and guilt memories as they are presented to me. Some of these memories are pretty sorry and make me a bit depressed. I'm really glad to let them go.

I am told that this type of forgiveness, in my mind, works because in truth I am forgiving myself. Each person is a different aspect of one Being... Almighty God, and we all use His one mind.

Everything is One.

Forgiveness for, offenses to you or your guilt for offending others, spoken in your thoughts purifies your mind! I am experiencing this every day now, and it is true. "I forgive you. And now I don't have to think of that situation anymore." Or, "I forgive myself for that situation." "And now I don't have to think about that anymore." And that memory is deleted from your mind.

11-26-00

Eating today. Steam bath and swim. Did grocery shopping and laundry. A smile is light, a frown is darkness, laughter is light and a groan darkness. A pleasant word is light, a curse is darkness, a wave of the hand or nod of the head is light and a clinched fist or pointed finger is darkness. Eye contact is light, avoidance is darkness. A helping hand and sharing is light, withholding and selfishness is darkness. Health is light and dis-ease is darkness. Life is Light and death is darkness. Love is felt. Light is seen. Life is lived. Law is known. And Love is the Master of it all.

11-27-00

Eating today. Nice day with Juanita.

11-28-00

Eating today.

11-29-00

Fasting today. Blew fast. Steam bath and swim. Sometimes it seems the body and mind conspire against the Spirit.

11-30-00

Fasting today. Blew fast. Made deal with Cole to help us around the place.

## **SPIRITUAL LOVE is the LIFE FORCE of the HOLY SPIRIT**

The Holy Spirit is the Comforter that speaks with the Inner Voice.  
The Inner Voice of the Holy Spirit guides the seeker to the Soul.

12-1-00

Fasting today. Blew fast. I have lost contact with my Voice of my Holy Spirit again. It has occurred to me that I may be unconsciously desiring to eat to avoid dealing with my Inner Voice. There have been several suggestions from the Voice that have made me uncomfortable in the past few days. The things suggested were good ideas and I wanted to implement them, but not just yet, and consequently I feel guilty.

The whole idea of giving up or even sharing sovereignty over myself with a new and different voice (which is really me) in my mind is very unnerving. I have hoped and prayed all my life to hear the Voice of God, the Voice of my own Soul, the Holy Spirit, and when I do hear it, I begin defending myself against it. It sounds crazy, and it is crazy, and I'm really feeling the bind. When I do hear the Voice, it has three main themes----be patient, fast and exercise.

I have always been a bit balky when people try to tell me what to do. But this is the voice of the, "REAL BOSS", THE HOLY SPIRIT, THE GOD WITHIN ME and here I am fooling around and saying, "OK, but not just yet." I'm feeling very frustrated, with myself, and a bit confused. I feel blessed and undeserving at the same time. Split! I'm on the path!!! I keep wanting to justify my stupidity. I have read that my reaction is quite common when first dealing with the Inner Voice of the Holy Spirit.

12-2-00

Fasting today. Failed.

12-3-00

Fasting today. Just going to go ahead and eat.(7am) Actually I ended up fasting today. Went to a huge arts and crafts fair yesterday. I found several great Christmas gifts for Juanita. Then, I picked up Juanita that evening, and took her to the fair and showed her all the things I liked. Saved Santa a lot of work! :-)))

I have been browsing through my small bookshelf of spiritual books to find information about first encounters with the Inner Voice/Holy Spirit. I have found some sources and it appears that I am not as crazy as I think. What I am experiencing happens to many people. Like myself, many people at first, feel threatened by the presence of the Holy Spirit within themselves.

"If man would come to know the greater stranger... himself, let him enter his own closet and shut the door. There he will find his most dangerous enemy, [the ego-personality] and there he will

learn to master him. He will find his true self. [the Soul... his Holy Spirit] There he will find his truest friend, his wisest teacher, his safest adviser... himself."

"There he will find the altar upon which God is the undying fire, the source of all goodness, all strength, all power... himself. He will know that God is in the deepest part of the silence. He will find that within himself abides the Holy of Holies. [the Holy Spirit] He will feel and know that his every desire is in God's mind and is therefore God's desire."

"He will feel and know the closeness of the relationship of God and man, the Father and the Son. He will realize that only in consciousness has there been a separation of these which have seemed two... just as his spirit and his body have seemed to be two... but which in reality are one."

"To realize that God is the only power, substance, and intelligence may be confusing at first. But when man does realize the true nature of God and brings him forth into active expression, he will use this power at all times."

From: ***The Life and Teaching of the Masters of the Far East.***

I found the following quote in another source: "It is only when one's identity shifts to the Holy Spirit's thought system that the Atonement [at-one-ment] can be accepted with joy, **rather than terror.**"

Third source: "...if you are willing to follow the Holy Spirit through **seeming terror**, trusting Him not to abandon you and leave you there. **For it is not His [the Holy Spirit] purpose to frighten you, but only yours [the ego or personal self].** You are severely tempted to abandon Him [the Holy Spirit] at the outside ring of fear, but he would lead you safely through and far beyond."

And again: "The way is not hard, **but it is very different. Yours [the ego] is the way of pain**, of which god knows nothing. **That way is hard indeed, and very lonely. Fear and grief are your guests, and they go with you and abide with you on the way.** But the dark journey is not the way of God's son. Walk in the light and do not see the dark companions [the ego and other inner voices], for they are not fit companions for the Son of God, who was created of light and in light. The Great Light always surrounds you and shines out from you [your Holy Spirit]. How can you see the dark companions in light such as this. **If you see them, it is only because you are denying the light. But deny them instead, for the light is here and the way is clear.**"

"God hides nothing from His Son, **even though His Son would hide himself.** Yet the Son of God cannot hide his glory, for God wills him to be glorious, and gave him the light that shines in him. You will never lose your way, for God leads you. When you wander, you undertake a journey that is not real. **The dark companions, the dark way, are all illusions.** Turn toward

the light, for the little spark in you is part of a Light so great that it can sweep you out of all darkness forever. For your Father is your Creator, and you are like him."

"The children of light cannot abide in darkness, for darkness is not in them. Do not be deceived by dark comforters, and never let them enter the mind of God's Son, for they have no place in His [God's] temple. When you are tempted to deny Him, remember that there are no other gods [idols] to place before Him, and accept His Will for you in peace. For you cannot accept it otherwise."

The above excerpts are from: ***A Course in Miracles.***

That last paragraph is very important. Once you hear the Voice, you have to accept It, and follow It's guidance, or live the rest of your life in denial and insanity. That has been my, 'bind',... accepting ...when there is nothing else I can do. I just can't understand why this is so hard for me, accepting God's love, guidance, help and companionship as opposed to the insanity of separation in this crazy world.

**"Only God's Comforter [the voice of the Holy Ghost] can comfort you.** In the quiet of His temple [your body] , He waits to give you the peace that is yours. Give His Peace, that you may enter the temple and find it waiting for you. But be Holy in the Presence of God, or you will not know that you are there. For what is unlike God cannot enter His Mind, because it is not His Thought and therefore does not belong to him."

"And your mind must be as pure as His, if you would know what belongs to you. Guard carefully His temple, for He Himself dwells there and abides in peace. You cannot enter God's Presence with dark companions beside you, but you cannot enter alone. [All people are one being, using One Mind... God's] All your brothers must enter with you, for until you have accepted them you cannot enter. For you cannot understand Wholeness unless you are whole, and no part of the Son [all people] can be excluded if he would know the Wholeness of his Father." From: ***A Course in Miracles.***

From: ***GANDHI ON NON-VIOLENCE,***  
introduction by Thomas Merton

"God alone knows the mind of a person; and the duty of a man of God, is to act as he is directed by his inner voice."

After Juanita's days off, Monday and Tuesday, I am going to be more patient, fast and exercise. I do this willingly and with acceptance. I hope my stress level will go down and that I will be more physically and mentally comfortable. These references have helped to ease my mind a lot. I AM on the path.

My Inner Voice just gave me two more references He would like to be included in this discussion.

" As the false underpinnings [the ego's illusions] are given up, **the equilibrium is temporarily experienced as unstable.**"

The next quote I looked for a long time last night, and when the Inner Voice suggested it to me just now, I opened the book to the exact page. Already, I'm beginning to like this,'accepting'. Thank you, Lord.

"Consider the faith represented by the mustard seed. It [faith] comes to us from the Universal, through the Christ within, which has already been born within us all. As a minute speck it [faith] enters through the Christ, or superconscious mind, the place of receptivity within ourselves. Then it must be carried to the mount or the highest within ourselves, the very top of the head. We must then allow the Holy Spirit to descend. Now comes the admonition,'Thou shalt love the Lord, thy God, with all thy heart, with all thy soul, with all thy strength and with all thy mind.'"

"Think! Does the meaning come? Heart, Soul, Strength, Mind. **Is there anything to do at this point but to turn it all over to God, the Holy Spirit, the Whole-I-Spirit, in action. This Holy Spirit comes in many ways** [inner voice, dreams, visions, inspired thoughts], **perhaps as tiny entities tapping and seeking admittance.**"

"We must accept and allow this Holy Spirit to come in and unite with the minute point of light or seed of knowing and revolve around it and adhere to it just as particles of ice adhere to the central particle, and it will grow in form particle by particle, circle by circle, just as the ice, multiply and express that seed of knowing, until you are able to say to a mountain of difficulties, 'Be thou removed and cast into the sea,' and it will be done. That is God in expression thru the Christ in us."

12-4-00

A good friend had to go into a nursing home today. I felt really bad about it. With her particular health problems there was no way we could care for her.

12-5-00

Eating today. Birthday party for our little dog, Angel.(Papillon) All the dogs(5) and guests(3) had a great time.

12-6-00

Fasting today. Steam bath. Walked a mile. Went to town grocery shopping.

12-7-00

Fasting Today. Ate cleansing meal for supper. Worked around place. Walked a mile.

12-8-00

Fasting Today. Ate cleansing meal for supper. Worked around place. Walked a mile and did some exercises.

"When an individual starts for the Promised Land, the land of darkness must be forsaken, forgotten. He must leave the darkness and start toward the light. It is impossible to go and stay at the same time. The old must be forsaken, and the new adhered to. He must forget the things he does not wish to remember, and remember only the things he wishes to retain. One is as essential as the other."

"The vision only must be remembered if he wishes it **fulfilled**. He must remember by holding in mind the vision he wishes to reproduce. Every idea, thought, word or act must be true to the vision in order to bring it forth. This is true concentration, the concentration of devotion. The centering of the forces upon the essential. This is loving the ideal. It is only through love that the ideal can be given expression. Love makes the ideal become the real."

"If at first he fail, he must be determined and press on. This is the exercise of the will, the cry of self-confidence, the expression of faith directing the power toward the ideal. The ideal could never be attained without this conscious direction of power, this exercise of will, and yet it would be fatal to the ideal if the will, too, were not ideal. The will must possess the same quality as the ideal to serve. If the will does not possess the desire to serve, the power will wishes to direct cannot be released from the soul.

From: ***The Life and Teaching of the Masters of the Far East.***

12-9-00

Eating today. Walked a mile. Went over to help our friends move to a retirement home.

12-10-00

Eating today. Walked 2 miles today. Trying to remember every minute of the day that I AM one with God. That I AM a Soul living in a physical body; the Son of God, the Christ. The Voice whispers to me often throughout the day, "Remember who you are." When I am talking and joking with a group of people, and all of a sudden I hear, "Remember who you are," it's like waking from a dream.

While talking, I am enjoying the humor and exchange, but I have lost the consciousness of my real self. And then with sudden awareness, I realize that it was my, "ego self," or my created personality that had been rattling on. The thing is to remember who you are every second.

12-11-00

Eating today. Juanita and I walked a mile this morning. Today is our 17th wedding anniversary and of our being in love. Happy years!

I had a vivid sexual dream last night. The dream was like a young mans fantasy. Very realistic. I was sitting at a bar and a beautiful young woman turns to me and says, "Lets go someplace else." I replied, "lets go." We went to her place which was in the upstairs of a large hay barn which was in use. (I came from a ranching family.) Her apartment which was a large open room, was very tastefully decorated. She moved to the bed undressed and lay down and asked me to join her. Which I did. (The dream continued.)

When I awoke this morning I thought about making love to my wife. The Voice whispered, " Remember who you are. You can take pleasure in your body--or, you can take pleasure in your spirit. If you choose the spirit's pleasure, the dreams will leave you sooner." I chose the latter. I hope these dreams will end soon.

I wonder if these sexual dreams are some kind of a test. A test of sexual temptation. I wonder what would have happened if I could have remembered in my dream state that I was a happily married man and very much in love with my wife. If I had said to the young lady, "Thank you asking, but I must be going home to my wife now."

After thinking about it a great deal I realize that having sex for pleasure like eating for pleasure can be very detrimental to a person. Sex for pleasure as opposed to the spirits reason for sex--procreation. Eating for pleasure as opposed the spirits reason for eating--proper nourishment of the body. People have sex because it feels good. People eat what they like because it tastes good not because what they are eating is good for them.

The following is the story of an elderly man's life and his words after enlightenment. "While in my youth I, like the greater portion of humanity, decided that there was but one life to live and that was the gratification of the self in every way; so I determined to get the most out of that life. I made self- seeking the principle aim in life and I gave animal passions full sway, with the results that I dissipated the life fluids of my body until it was an empty shell."

"Let us follow the life of a person from birth to the end, as so many look upon death. The child is born. It is unconscious of the life-carrying fluids which course through its body, as they are inactive because the organs that generate life fluids are inactive and not yet developed. During this stage of development, if the child is normal, it is beautiful, active, and bubbling over with life."

"The life fluids are built up stronger and stronger, until the child reaches the stage of

development where the fluids are active, and they may be dissipated. If this dissipation takes place, in a few years the child begins to show age. The eyes lose their luster, the body its activity and grace; the features become set; in a few more years the brain loses its power to co-ordination with the muscles, and the body is that of a decrepit old man or woman, but the empty shell of the former self."

"Then take the person who has conserved all the life fluids and allowed them to circulate in their natural course through the body, and see how strong and vigorous that one is. If he does perceive that there is a greater scheme in God's plan for him, he will at all times conserve the life fluids in the body, as he soon finds that they are a necessary adjunct for perfect development."

"It was only a short time ago that your learned men began to know of the delicate system of arteries and veins composing the circulatory systems of your bodies. It is still left for them to determine that there is a far more delicate and subtle circulatory system throughout the body, which carries the life force to every atom. Through your nervous system this life force is sent to a set of cells in the brain.

"These cells in turn act as a distributor for the force and it is sent out to every atom in the body, along the nerves, for which it has an infinity. It also acts as a protection for the nerves. If the life force is dissipated, the cells become set, and cannot change for the new cells (that are formed to take their place) and the new cells are thrown off instead of the old ones, which gradually decompose and die. If the life force is conserved, the cells change as readily at five hundred years as at ten."

"The genius, as you consider him, as he begins to develop, has consciously or unconsciously acquired the ability to conserve and send the life forces in their purity through their natural channels; this condition has animated his body and creative faculty, and he sees that there is something higher for him to express than the ordinary. While he conserves the life forces and gives them free rein, he will go on to more and more glorious achievements; but if he allows sex lust to creep in, he quickly loses his creative power."

"The body has been first built up by conserving the life forces until the cells are of a finer texture than the lower order of person who has dissipated the life force. By this time the genius has risen to fame, and not having developed his deeper perceptive or God power, is carried away by self-glory. He forsakes his guiding light because he has not been fully awakened; in the urge for greater excitement, he begins to dissipate the life forces, and quickly loses all power."

"For if a man does raise his thought above the animal passions, and conserves the life forces until the body has begun to take on the finer texture, then allows himself to fall back, he will go back much more rapidly than one that has not been thus awakened."

"When one has been awakened so that he will conserve all the life forces and let them be distributed to the nerves in the natural way, then let them go coursing along the nerves to every atom in the body, without deforming it with thoughts of sex-lust or passion, the exhilaration will be permanent, and the sensation will far transcend that of sex. The serpent will be lifted up and will not need to crawl on its belly through the murk and mire of lust and passion."

"If man could understand that this life fluid is many times more vital than a corresponding amount of pure blood, he would conserve instead of dissipating it. But he shuts his eyes to this fact ( he may be entirely ignorant of it ) and goes on, either in blindness or ignorance, until the Reaper arrives. Then a wail goes up, for he does not admire the harvest."

From: ***The Life and Teaching of the Masters of the Far East.***

12-12-00

Eating today. Walked a mile. Worked on long overdue maintenance and repair on cars today.

12-13-00

Fasting today. Broke fast this evening with a salad and spaghetti sauce over bread. Walked two miles this morning. Went to town to buy some supplies, groceries and do laundry. Poured rain. Steam bath and swim.

12-14-00

Eating today. Walked a mile. Worked in barn today with Cole straightening out tools.

12-15-00

Eating today. Walked a mile. Had a 4 hour computer tutorial from an old friend who is an absolute genius on a computer.

12-16-00

Eating today. Walked a mile. Practiced a lot on computer, checking out my notes from tutorial. Everything checked out.

12-17-00 to 12-19-00

Eating. Sick in bed with flu.

12-20-00

Eating. Feeling some better today. Walked a mile this morning. Went to town grocery shopping, had steam bath and swim. Sister, our oldest dog (13), had a stroke today. Cocked head, continuous eye movement from side to side, back legs very weak, staggers and walks at an angle.

She is able to go outside to relieve herself. Took her to town today, she seemed to have a good time. We think she is making a good recovery. We had a cat named Beau that had a stroke when he was six years old and recovered fairly well and lived ten more years.

12-21-00

Eating today. Walked a mile+ today. I'm feeling better but not fully recovered. Sister getting around better today. Computer tutorial again in the morning.

A great deal of new spiritual information coming daily. And, I am also experiencing some sort of, 'time compression.' I have had two of these experiences in the past few days but can only remember one. My wife called me to tell me she was on her way home, from a place about 30 minutes away. In my experience she arrived about 5 minutes later.

I was shocked and pleasantly surprised at the same time. I hurried out to her car and blurted, "How did you get here so fast?" My wife replied, "What do you mean?" I said, I just talked to you 5 minutes ago and you were at the Mountain and now here you are at home. And she said no that we had talked about 30 minutes ago. Interesting! Maybe my illusion of linear time is beginning to show some cracks.

The sexual dreams have stopped completely.

12-22-00

Eating today. Walked a mile. Drizzling rain. Went to computer tutorial at 8am finished at noon. Great session! My computing ability goes up by about the power of 4 after each session.

12-23-00

Eating today. Walked 2 miles today. I am up and around all day, but still have the flu. Sister gaining.

"There is but one God, one Christ, One Union, One man; One general household, all brothers and sisters, all One." Everything is included in the One. God is One. ALL. If a person can grasp this, they are beginning to break through the illusion of man made reality. The Holy Spirit speaks to me daily.

12-24-00

Eating today. Walked 2 miles+. Sister really gaining--running around outside. I still feel pretty rough from flu.

12-25-00

Merry Christmas. Eating today. Walked a mile +. Drank a six pack of beer with a friend last

night. Christmas dinner with a tofu turkey planned for this evening. Having Cole over for the evening--dinner and the exchange of presents. Christmas dinner was a really happy gathering. Later that evening we listened to music from the 20's through the Beatles, and opened our gifts. Thumbs down on tofu turkey.

12-26-00

Eating today. Cole, Juanita and I walked a mile+ this morning. Ate leftovers. Steam bath.

12-27-00

Eating, morning walk with Cole and Juanita, cleaned up yard, not feeling well.

12-28-00

Eating, Juanita Dr.'s appt. steam bath, afternoon dentist, ate out.

12-29-00

Eating, computer tutorial, laundry, shopping, Juanita Dr., appt., ate out.

12-30-00

Eating, Cole and I went to breakfast, worked on computer notes.

12-31-00

Eating, ate out. I pray to the Holy Spirit of God for guidance throughout the coming year. May God Bless Us All.

## **FORTY DAY FAST** affirms **SPIRITUAL LIFE** to **ANGELS**

A Forty day fast was the traditional fast of the ancient prophets.

A forty day fast disciplines the body and frees the Soul.

A forty day fast purifies the body and mind.

The seeker knows the way  
Gazing always  
At the inner horizon  
Holding to the path  
Until the goal is reached.

1-1-01

Happy New Year! Since the mid-70's I have traditionally undertaken a long fast in January. (most years) Some years I have lasted only a couple of weeks, while in other years I was able to continue my fast for 30 or 40 days. This year I'm going to do a long water fast.

"Renew yourselves and fast. For I tell you truly, that Satan and his plagues may only be cast out by fasting and by prayer." *Jesus*

From ***The Essene Gospel of Peace, Book I***

Day #1 of forty day fast.

Feeling well. Still have a cold and sore throat. Walked a mile with Juanita today. We saw a salmon swimming up the stream behind our house. It was rather amazing, we were looking down at the water from the upstream side of the bridge and I said, "Isn't it strange, in all these years, we have never seen a salmon swimming upstream to spawn."

We crossed the bridge to the downstream side and looked over and Juanita exclaimed, "There's a big fish right below us." It was a salmon about two feet long with a tattered white tail. A first, on the first day of the year. Nice experience.

Very cold outside, we stayed around the house. Juanita sewed and I worked on the computer. Our work areas are right next to each other in the living-room kitchen, right across from our big wood stove. A cozy arrangement. Juanita and I started taking a home study course together. Looking forward to this long fast. Wt.245

1-2-01

Day #2 of forty day fast. Slept late, 8:30am. Feeling fairly well today. Juanita and I walked a mile. (slowly) Cleaned deep freeze after walk. This afternoon I helped Juanita clean house for a couple of hours. Took a number of rest breaks.

1-3-01

Day #3 of forty day fast. Wt. 239 Got up at 5:30am and went for a mile walk with Cole. Helped Cole clean up around our place until noon. Went to town shopping and had a steam bath and swim. Feeling OK-tired.

1-4-01

Day #4 of forty day fast. Worked with Cole around place.

1-5-01

Day #5 of forty day fast. Wt. 233 Walked a mile with Cole at 6:00am. Computer class. Learned a lot. Shopping, steam bath and swim. Feeling fair.

1-6-01

Day #6 of forty day fast. Walked a mile with Cole at 6:30am. Sleeping very well, had some cramping in my legs during the night. Switched from distilled water to mineral spring water today in hopes that the minerals in it will help relieve my leg cramps. Feeling OK, but very susceptible to the cold. My back and both legs ache some tonight. Steam bath and swim.

1-7-01

Day #7 of forty day fast. Wt. 231 Woke this morning feeling pretty good. Usually at this time in a long fast I'm having severe flu like symptoms. No leg cramps last night. Went to town to do, "a thousand year laundry," (meaning pretty big). Had a steam bath and swim. Took Juanita out for a pizza, one of favorite meals. I had water, which is a pretty thin meal.:-) Not a complaint, fast is going well.

The following quote is from the Oahspe Bible: "Thou shalt fast one day of the fourth moon all thy life, neither eating fish nor flesh, [ever] nor bread nor fruit, nor anything but water shall enter thy mouth."

1-8-00

Day #8 of forty day fast. Slept well. Woke up a few times. Mineral water seems to be helping my leg cramps. Fasting causes a person to have a terrible foul tasting mouth. When I go out among people I use a mint flavored mouth wash which I carry around in the car. I also remove the horns from a clove, crush it with my teeth and place it up along my jaw.

My inner Voice told me yesterday that "Union" is always immanent, be expectant. Practice being who your really are: the Soul, the Christ. And live in the here and now, pray, meditate, affirm, bless and praise and focus always on becoming conscious of your union with God.  
Be 'One' Now.

Helped Juanita clean house for about 4 hours, with plenty of rest stops. Walked a mile with Juanita this evening. Beautiful out. Still have a sore throat from the cold that started about a month ago. Persistent!

1-9-01  
Day #9 of forty day fast. Wt. 228. Feel well. I have nagging, 'catch', in my back that bothers me when I lay down. Juanita and I walked a mile about 7:30am. Today my Voice told me, "Just observe, don't judge and don't become emotionally involved. Allow things to flow by without affect."

Taking two of our dogs, Angel (Papillon) and Duke (German Shepherd) to dog obedience class this evening, which we jokingly call, "Military School".

All of us enjoyed the obedience class, the dogs especially because they got lots of attention, and lots of treats. It was fun. I had a steam bath and swim after the class, Juanita napped in the car.

1-10-01  
Day #10 of forty day fast. Cole and I walked a mile about 6:30am. Pretty bad ache in the middle of my back. Couldn't sleep, so got up about 2:00am and worked on the computer until morning. Slept a couple of hours this morning then helped Cole work around the place until 4pm.

Gandhi once fasted for 120 days. He believed that during a fast a person should rest and sleep as much as possible. I try and stay as active as I can and rest when tired. Fasting is a self induced illness and staying active helps the body to throw off accumulated toxic waste. I try and sleep my normal 7 or 8 hours, and sometimes I take a short nap in the afternoon.

Fasting is the quickest way to purify the body and realize that you are one with God. "The moment you say wholeheartedly, with reverence and deep meaning, that God is in this Holy Temple and know that this temple is your pure body, just as you present it, and as you truly stand today; that you, the true Christ, live one with God right within this temple; and that your exalted body is a holy abiding place." *Jesus*

From ***The Life and Teaching of the Masters of the Far East***

1-11-00  
Day #11 of forty day fast. Wt. 227. I walked a mile with Cole about 5:30am. Felt very rough all day. I had a bad back ache, very sore throat, my mind was filled with weird thoughts. I was often forgetful, had a hard time thinking clearly. Never the less, I had a really good computer class. We spent most of the time working on the Seeker web page. Did a little shopping in town and had a steam bath. Was glad to get home.

1-12-00

Day #12 of forty day fast. Walk, nap, back not so bad, worked on overhauling Geo Metro. I fixed dinner for Juanita and Cole, I had clear soup. (water)

The colon has the largest surface area of mucus membrane and is the easiest place for the body to secrete toxic waste for disposal. During a long fast a person has to assist the body in disposing of toxic waste accumulated in the colon by taking a high warm water enema. A normal colon will hold a gallon of water, if taken slowly. As the water is expelled the colon wall is washed clean.

If the toxic waste is allowed to accumulate for a period of several days a person can become very ill. During my first long fast, which lasted 32 days, I had solid waste, a quarter to a half a cup, pass from my body every day. It amazed me that my body had that much solid waste stored in it because I had been eating a vegetarian diet for some time and was very thin.

1-13-01

Day #13 of forty day fast. Wt. 224. I went for a walk, worked a couple hours on car, took cylinder-head to town, shopping, steam bath and swim. Feeling better today, back has eased up. I was sleepy all day, had to stop and get out in the air 3 times on the way in and returning from town. My inner Voice suggested to me today, that I need to approach my union with God as enthusiastically as I approach overhauling my car.

1-14-01

Day #14 of forty day fast. No walk. Napped some in the morning. Cleaned house. Napped again in the afternoon.

1-15-01

Day #15 of forty day fast. No walk. Went to the dentist today and had a tooth pulled. Juanita had three root canals done. We went shopping after and then home.

1-16-01

Day #16 of forty day fast. Juanita and I went for a mile walk this morning. Feeling good except for ache in the middle of my back. Not much energy. A long 40 day fast, cleanses the body of accumulations of toxic waste, gives the faster confidence, and brings the faster to the attention of the Heavenly Angels that he/she is serious about their spiritual life.

I have been told that great numbers of Angels are attracted to a person after a long fast is accomplished and are willing to assist them in any way they can, and do their bidding.

Took dogs to military school at 5:30pm for 2 hours and then I had a steam bath and swim.

Juanita napped in the car.

1-17-00

Day #17 of forty day fast. Cole and I went for a mile walk at 6:30am. We were up late (1am) so we both went home and had a nap. Cole came over to our place at 9am and cleaned parts on the car engine we are overhauling, and I sorted and cleaned tools.

We are having a birthday party for our little Doxie, Susie, tonight. She is one year old. Cole is coming with his two dogs and our five will be there---what a mess. I'm sure we will all have a yipping-yapping, barking, nipping, chewing, sniffing, and scratching good time. I'm cooking dinner for all, both dogs and people.

The menu for dogs is cheap canned ham from Holland, dog biscuits, jerky chews, and a bit of candy. I make the ham into a cake with a candle. The people menu will be a green salad w/tomatoes and avocado, steamed vegetables, spaghetti squash with sauce and garlic toast.

I am really into food vicariously when I fast. I love to watch people eat. I like going grocery shopping, the smells in the fresh produce section and deli are wonderful. I collect recipes out of magazines, every thing sounds so good. I read cookbooks like a novel. And I really enjoy cooking dinner for Juanita.

Once in a while I have to leave the scene. The trick is not to relate to food in my mind as something I should eat. I say to myself, "I am fasting now and I only drink water. "I NEVER, taste anything!!! If I taste something it is a down hill slide from there to the restaurant. Party was a great success, every one had a good time.

1-18-01

Day #18 of forty day fast. Went for a mile walk with Cole at 6:30am. Worked around the place all day.

Day #19 of forty day fast. Wt. 218. Went for a mile walk with Cole at 6:30am. Went shopping in town. Got home about 7pm. Steam bath.

1-20-01

Day #20 of forty day fast. Wt. 217. Went to town to do a big laundry and do some shopping, about noon. Steam bath.

1-21-01

Day #21 of forty day fast. No walk. Having trouble sleeping. Seems like I'm just, 'cat napping' off and on throughout the night. Got a little sleep this morning. Must be some stimulants reentering my blood stream so it can be expelled. Worked around the place all day. Getting excited about

gardening. Started two dozen grape cuttings today, and fertilized roses, shrubs and ivy. Pruned one grape vine.

1-22-01

Day #22 of forty day fast. No walk. Fast going well. Not sleeping well, and still having back pain and leg cramps at night. Went to a chiropractor this morning and had my back adjusted and the pain in my mid back was relieved. Did a little shopping, returned home, and spent the rest of the day with Juanita.

1-23-01

Day #23 of forty day fast. Wt. 215. No walk. Drank a couple of cups of chamomile tea at bedtime. I slept better, no leg cramps. Taking two calcium-magnesium tablets three times a day. Back still bothering me today. I have an appointment with the chiropractor in the morning again. He said the cramped muscles in my back would probably pull the vertebrae out of place again after his last adjustment. It's still a bit cold to work outside long, but I have a 'full blown' case of garden fever. So big planning sessions with catalogs are often taking place near the warm wood stove.

1-24-01

Day #24 of forty day fast. No walk. No sleep. Drank a pepsi to stay awake, it made me sick. Chiropractor's appt. Bought fruit trees. Cole worked on car.

1-25-01

Day #25 of forty day fast. Cole finished repairing car engine, started right up. Good job. I worked around the place. Back hurts some, but is generally better after chiropractic adjustments. No leg cramps last night. Slept well.

1-26-01

Day #26 of forty day fast. Wt. 213. No walk. Raining and cold. Computer lesson. Shopping. Sleepy driving, so took some caffeine tablets. Back still hurts some. My Voice told me today. "to take care of spiritual business first, because all else is irrelevant."

1-27-01

Day #27 of forty day fast. Walked a mile with Cole at 6:30am. Went to nearby city to buy fruit trees and soil amendments, 200 miles RT. Left at noon and got home at 10pm. Sleepy driving home took caffeine tablets. Angels near, in the flow with traffic lights.

1-28-01

Day #28 of forty day fast. No walk.

1-29-01

Day #29 of forty day fast. Feel very well this morning. Slept 12 hours last night. Looking forward

to the day.

1-30-01

Day #30 of forty day fast. Walked a mile with Juanita this afternoon. Back is hurting a lot. Worked around the house today.

1-31-01

Day #31 of forty day fast. Wt. 207. Didn't sleep well. Lots of back pain this morning. Went to town shopping.

## **JUICE THERAPY uses NATURAL LAWS to HEAL DIS-EASE**

Juice therapy has no harmful side affects.  
Juice therapy, herbs and fasting are natures great healers.  
Juice therapy is a very pleasant way to treat physical dis-ease.

2-1-01

Day #32 of forty day fast. Took a walk this morning. Worked on pickup truck later. Went to library book sale in the afternoon with Juanita. Got some good "how-to" books. Steam.

2-2-01

Day #33 of forty day fast. NO walk. Computer class, I had to take caffeine tablet to stay awake driving. Went shopping in the afternoon.

2-3-01

Day #34 of forty day fast. No walk. Worked around the place all day. Felt OK, lots of leg and back pain.

2-4-01

Day #35 of forty day fast. Wt.203. No walk. Has hardly rained this winter so we are still very short of water. Went to town early this morning and did a big laundry. Had a steam bath and swim. Still lots of back pain.

2-5-01

Day #36 of forty day fast. No walk. Had a chiropractic back adjustment this morning. Went to the dentist next and had two amalgam fillings removed. Did a little shopping and some looking around in town. Came home and I fixed a salad, garlic toast and vegetable lasagna for Cole and Juanita's supper. Still have a lot of back and leg pain this evening.

2-6-01

Day #37 of forty day fast. No walk. Had to go to county court house on business this morning. I had a steam bath and swim after. Went to the library and then came home. Drank three glasses of orange juice last night.

2-7-01

Day #38 of forty day fast. No walk. Went to town and had the chiropractor adjust my back. This seems to really help. Did a bit of shopping and came home. Visited Suzuki auto shop on the way home. Healed in Wisteria and Blueberry plants. Drank lots of orange juice today to clear toxins out of body.

2-8-01

Day #39 of forty day fast. Walked a mile with Cole at 6:30am. Worked all day around the place. We worked on the 1995 Geo, rototiller, mortar mixer engine, and computer. Had a good day!!! Drank some orange juice and ate the pulp. The pulp came out the next morning jet black. Must have been loaded with toxins.

2-9-01

Day #40 of forty day fast. Last day fasting. No walk. Really interesting computer class today. Ate, "backslider" breakfast of a pancake, hashbrown potatoes w/gravy at 7am. Boy, that food sure tasted good!!! Best meal I had all year. :-) Had lunch around 2pm at the local smorgasbord and Chinese takeout for supper later in the evening. A day of feasting. I was very ill all night from my over indulgence.

2-10-01

The thing I couldn't figure out during my fast was why I was having those leg aches, severe back pain, and constant drowsiness. I had never had those problems before during a long fast. I thought about it a lot and finally came up with the fact that the only thing I had done differently was to have my teeth worked on and some amalgam fillings removed.

After I finished my fasting I did some research and found that amalgam fillings are very toxic, particularly when broken up to be removed. I got my first amalgam filling when I was six years old and assume that I have been poisoned by mercury all my life.

When I had some of my fillings removed during my fast my body became overloaded with mercury and stored it away from my vital organs in my legs, causing them to ache. And my liver and kidneys also overloaded and couldn't handle that much toxic waste and caused my severe back pain.

Mercury in the system also creates an environment that allows candida to flourish. I had been having a lot of problems with candida (yeast overgrowth) since taking three large rounds of a very strong antibiotic called Cipro to cure a persistent infection. This was about four years ago.

The symptoms of candida are headaches, depression, anxiety, emotional instability, arthritic like joint pain, colitis, dermatitis, loss of muscle coordination, vomiting, vision impairment, fever, fatigue, drowsiness, memory loss, insomnia, kidney damage and failure. (and more)

Over the past four years I have had a good number of the above symptoms one right after the other, most of them very severe. Most Medical Doctors think candida is unlikely except in very rare cases, so I had to find an "alternative Doctor" for treatment.

My Doctor is an M.D., and he told me that anyone that has taken large continual doses of

antibiotics or birth control pills over a period of years and has amalgam fillings, probably has candida.

I am currently following a natural nutrient supplement detox protocol outlined in, ***Dental Mercury Detox***, by Sam Ziff, Michael F. Ziff, D.D.S., and Mats Hanson, Ph.d., published by Bio Probe, Inc., PO Box 608010, Orlando, FL, 32860-8010, 1997.

**"A Health Information Book...**To answer questions you may have on countering the effects of dental mercury exposure." I don't think mercury can be cleansed from the body by fasting alone.

2-12-01

Cole decided he had to move on and get a steady job.

2-15-01

I found the following quote very interesting and informative statement about the human condition on earth.

"Stop for a moment and just think of the allness of God or Primal Cause, with no beginning or end, with universal scope, and surround yourself in this. As you become faithful and worship this, and this alone, ONE GOD, ONE ALMIGHTY PRESENCE... you will find the vibrations of your body will change from the human to God or Primal vibration."

"As you think, live, move and become one with this vibration, you do worship, and what you worship; you idealize, you become. It is thus, with and for, all humanity. There is but one God, one Christ, One Union, One man; One general household, all brothers and sisters, all One."

"Do you not see then, that you belong to and are of God's Kingdom and not that of any demon which is created by man's own imaging faculty? Then, is it not a perfectly scientific and logical fact that **man is and can be god** or that he may image himself out of the God Kingdom and, therefore, create for himself a demoniacal realm which may seem real to him? I leave you to be the judge." [Bold Emphasis mine.]

"This is the only issue upon which humanity stands or falls."

"There is but one choice, one purpose, one truth, and one science; and this makes you free. You become God or servants, as you choose."

2-19-01

"The body,  
Is only a symbol,

Of the Soul,  
Or the man,  
Who lives within."

"This body does not need to be spiritualized. It is already spiritual but man's false beliefs about it have shut his mind to its radiance and limitlessness. Spirit is always Spirit. Man creates the materiality. There is but one body and that body is Spiritual. It is the temple of the Living God and God is in the Temple... let all the earth rejoice before God."

From: ***The Life and Teaching of the Masters of the Far East***

2-25-01

The following excerpt is from John Lust's excellent raw juice therapy book called, ***Drink Your Troubles Away***. Dr. Lust's book can be purchased from, Benedict Lust Publications, P.O. Box 404, NY, NY, 10156.

### ***JUICE THERAPY***

"Since the earliest ages, Medical Science has been of all the sciences the most unscientific. It has sought to heal disease by the magic of pills, potions and poisons that suppress the symptoms rather than attack the real cause of the ailment. It has always believed in the superstition that the use of chemical substances, which are in themselves harmful and destructive to human life, will prove an efficient antidote for the violation of natural laws."

"In this way, it has encouraged man to go to the limit in self-indulgence weakening and destroying his physical system, in the expectation that by simply swallowing a few pills or submitting to an injection of serum or vaccine he will be absolved of any ill effects arising from his bad living habits."

"From the earliest to the present time, medical hucksters have found it ten times easier to relieve a man of ten dollars by acting on his superstition than extracting one dollar from him by appealing to his reason and common sense. With this key to a gold mine in their pockets, the apostles of "orthodox" medicine have indulged in the most blatant outrageous and unscientific methods of curing disease because these have been in keeping with their medical prestige."

"Away back in primitive times, disease was regarded as a demon to be exorcised from its victim. The medicine man belabored the body of his patient with a bag, rattling with bones and feathers. No doubt in extreme cases the tremendous faith held by the patient in this method of cure really proved effective. But for this mental science should be thanked...not the bag of bones and feathers."

"In a later period, the docteur a la mode, between his pinches of snuff, would order his victim bled as a remedy for what he called spirits, vapors, humors, megrims or missims. These names were eventually replaced by full blown Greek or Latin names... equally as meaningless."

"Following this pseudo-scientific diagnosis and treatment came the drugging phase. The symptoms of the disease were attacked unmercifully by all kinds of drugs, alkalis, acids and poisons which, by suppressing the symptoms were supposed to enhance the vitality of the patient."

"All these cures have had their period of inception and extensive application... and fortunately, of certain disuse. Today the popularity of serums and antibiotics is at its peak. These, instead of being an improvement on the "medicines" of former times, on the contrary, introduce further toxins into the body, often with distressing and deadly effect."

"The policy of expediency is at the basis of medical drug healing. It is along the lines of self-indulgence, indifference, ignorance and lack of self-control that drug medicine lives. Mankind is exploited by a system of medicine founded on poisonous and revolting products, whose chemical composition and mode of attack are both equally unknown to their originators. This is called, "scientific medicine."

"The natural system for curing disease, on the other hand, is based on the return to Nature in regulating the diet, breathing, exercising, bathing and employment of various other natural forces to eliminate the poisonous substances in the system and so raise the vitality and health of the patient."

"Official medicine has at all times attacked the symptoms of disease paying very little attention to the causes. Natural medicine is concerned far more with removing the causes of disease than merely curing the symptoms."

"Natural healing is most desirable factor in the regeneration of the race. It is a return to nature in methods of living and treatment. It makes use of the elementary forces of nature, of chemical selection of foods that will constitute a correct medical dietary."

"There is really but one healing force in existence and that is Nature herself: that is, the inherent restorative power of the organism to overcome disease. Now the question is, how can this power be guided more readily and appropriately? By irritating drugs, serums and vaccines used by superstitious moderns or by the bland congenial forces of Natural Therapeutics?"

"Are not these natural forces much more orthodox than the artificial resources of the druggist? The practical application of these natural agencies, duly suited to the individual case are the true and whole art of healing."

"In nature's scheme of things there are pure liquids locked in the cells of plants that have definite therapeutic value. Just as we know that certain herbs have specific curative power, so do these plant juices which come from fresh fruit and vegetables." Juice Therapy.

"These juices, subtle in their action, yet more potent than any medicine, and without the toxic effect of drugs, can eliminate or prevent many of the chronic and degenerative diseases with which human beings are afflicted."

"Fresh fruit juices are the cleansers of the human system. Vegetable juices are the regenerators and builders of the body. Grown in healthy soil, they contain all the substances needed for nourishing the human organism, provided the juices are used fresh, raw and without preservatives."

Juice therapy, fasting and herbs are man's best treatments against physical dis-ease. Juice therapy is easy to administer even to children. Juice therapy has no harmful side affects. Juice therapy is a natural way of treating physical dis-ease.

## **FORGIVENESS, MEDITATION, PRAYER aids MENTAL PURITY**

Mental purity frees the mind.

Mental purity is the path to spiritual enlightenment.

Mental purity can be attained by "re-conditioning" the mind.

3-7-01

Where to begin. I have been very ill. I'm finding it very difficult to write. I will begin writing again by discussing mental purity.

3-10-01

Physical purity and strengthening the body is the first consideration on the path. This is accomplished mainly by fasting, diet and exercise. Mental purity and strengthening the mind should begin as soon as possible after a calm, routine lifestyle has been established. This inner work is time consuming and requires a lot of patience.

First let's consider mental purity from the negative aspect: a foul mind. Obviously, if a man or woman lusts after another, their mind is foul. A person who thinks or speaks of sexual fantasies, gossips, complains, says hateful things, criticizes, brags, has thoughts of revenge, cruelty, lies, uses sarcasm, uses put downs, belittles people, tells dirty jokes, curses, takes the Lords name in vain, their mind is foul. Most all of us are guilty of some of these faults at one time or another.

Negative emotional-thought patterns such as guilt, sorrow, fear, hate, anger, greed, grief, despair, envy, jealousy, avarice, and attitudes such as prejudice, low esteem, self pity, superiority, pride, all foul the mind. All of these things must be forgiven and forgotten to attain mental purity.

You may self-check your mind for some of the problems above by reading aloud the following affirmations that Jesus gives to the seeker. Can you read the affirmations clearly, forcefully and with conviction... or do you hesitate... or want to hesitate... or feel awkward? If you cannot read them without any feelings but the pure joy of the words... you need to look at what you need to forgive.

"God, my Father, the Divine Principle flowing through me, is all; and all that God is, I AM. I am the Christ of God, God-man."

"All that God my Father is, is for God-man to use, thus I AM is entitled to use all substance. In fact, God my Father is pressing out all substance to God-man in unlimited measure."

"God Principle is my Father; I AM the Christ of God; both in whole and complete union. All that God has, the Christ of God is."

"God my Father, in the midst of me there blazes a pure light and it fills every atom of my whole being with its great radiance. Life, Love, Strength, Purity, Beauty, Perfection, stand forth in all dominion within me. Now I know that I am God and one with God's whole universe."

"Now the radiance of this light spreads to God's vast universe and everywhere I know there is God's conscious life. My keynote is harmony and the theme of my song is God and God seals my song as Truth."

"I am free with the great light of Your Spirit, God my Father, Your seal is placed upon my forehead. I accept. I hold your light high, God my Father. Behold I am born anew. A Christ is here."

3-12-01

How does one go about changing their thought patterns and feelings? The first thing is not to give these dark thoughts any energy by responding to them or attacking them directly. The best approach is to ignore them and replace them. And as I mentioned earlier, negative thoughts are released from the mind as the body is purified. As the body ascends it seems to drag the mind upward with it toward mental purity.

Also truthfulness, or stating the truth, has a rapid affect toward cleansing the mind. Saying or thinking, "I am one with God", or, "I AM that I Am", which are both statements of 'Truth' are incompatible with thought patterns such as guilt, sorrow, fear, hate etc. You are either, 'one with God' or you are an ordinary mortal indulging in puny mortal thoughts. Both situations cannot be true. Think and or speak these affirmations every day until you make them stick and you establish mental purity.

Forgiveness is a powerful cleanser of the mind. Forgive others, and equally important, forgive yourself. Forgiveness frees the mind of both the forgiver and the forgiven. "Forgive us our trespasses, as we forgive those who trespass against us." "God, I AM filled with your forgiveness." Think it, be it, live it and never look back on the guilt, grief, sorrow again. Be free, know always you are one with God... A God Person... the Christ. You are mentally pure and full of love, light and life.

Meditation. I have a different definition for 'meditation' than most people on a spiritual path. Meditation to me means, 'to think about' or 'to study', as opposed to yoga, spiritual or Eastern meditation. Meditating on a spiritual subject or question, channels the mind to a higher spiritual consciousness. Another words, keep the mind busy thinking about spiritual things and you don't have time to think negative thoughts. And pretty soon you don't want to think about anything but spiritual things.

I was given a meditation when I last walked the path that had four variables: Life, Light, Love, Law. Place any three of these variables in the following frame in any order and you have a statement of Truth. The \_\_\_\_\_ of \_\_\_\_\_ is \_\_\_\_\_. For instance: The Love of Life is Law, obviously means 'self preservation'. The meaning of some combinations are more obscure ,to say the least. The Life of Life is Light. Well, I'll tell you what I was told, "think about it". The possible combinations are endless.

Another entry into this type of meditation that I used a lot was to, "try and prove every thing mathematically". You can use either algebra or geometry. I don't understand algebra, so I used geometry. This is a bit hard to explain. This discipline doesn't have any the to do with geometry as it was taught in school, except for drawing diagrams. Drawing a particular diagram stimulates your thinking as to the meaning of what you have drawn. For instance, when I placed the point of the compass on the paper, that point represents Almighty God, and everything develops from there.

The circle might represent the expanded attributes of God or Creation. The points of the upward triangle of the Star of David might represent: body, mind and Soul and the downward triangle points: thought, word and deed or any combination of word triune. The points where a right angle cross meet the outer circle might represent an overlay of time: 12,3,6,9 or the direction: N, E, S, W, or seasons, quarters of the calendar, etc. The whole point of this process, is to stimulate the mind and thinking, with the drawings. Be creative. All of these exercises will help you attain mental purity... keeps the mind busy, blocking your mental clutter.

I want to take a little break from talking about mental purity and point out to you that what I am saying here are just things I am trying. Please take the ideas in this journal, not as a plan, but as a possibility. Hopefully, you will incorporate some of these ideas, or something like them, in your life and actually use them to get rid of your negative thinking.

You have to apply and practice these disciplines to make any gains. You should practice as much as you can every day until you have overcome every block, large and small, on your path to the Goal: Mental Purity... and union with your Soul.

Illumination may come in a blinding flash, but to prepare your body and mind you must practice and idealize the goal and perfect yourself for that moment when you step forward as, 'The Christ'. Practice to become to Be.

3-15-01

Today prayer is mostly a supplication on the part of an individual for their self or others. This type of prayer probably developed out of the idea that man and God are separate. Man, bound to earth, praying to a God sitting on a big throne somewhere in heaven. Man begs God to grant

him a boon and this benevolent God considers the request and either grants it or not. This type of praying I am certain is well meaning... but doesn't have much power to accomplish. The Lord's Prayer, which is ancient, has a universal appeal and is universal in fact because it is a prayer for all mankind.

'Our' Father who art in heaven,  
Hallowed be Thy Name,  
Thy Kingdom come, Thy will be done,  
On earth as it is in heaven,  
Give 'us' this day, 'our' daily bread,  
And forgive 'us our' sins,  
As 'we' forgive those who sin against 'us',  
And in the hour of temptation,  
Deliver 'us' from evil,  
For Thine is the Kingdom,  
And the Power, and the Glory,  
Forever, Amen.

The Lord's Prayer is a combination of statements of Truth and supplication. I think it is very beautiful, and try to remember to say it every day.

Because I know that God lives within me and is my very being, I do not usually use supplication when I pray. When I pray I first invoke, "God", and then state my relationship to God... "God I AM", and then I make a statement of Truth and then direct that Power.

For instance, you thoroughly dislike your neighbor, John Doe. Several times a day you have the unbidden obsessive thought, "Boy, I hate that stupid obnoxious, John Doe". This thought is painful for you and you would like to be rid of both the obsessive thought and the accompanying emotion of hatred.

My approach to this problem would be to invoke, "God", state relationship, "God I AM" , make your statement of truth, "Filled with Your Eternal Love," And then give it direction. You feel your obsessive thought about, John Doe, coming on, but you quickly block it and think or speak your prayer: "God I AM, filled with Your Eternal Love, and I send that Love to my neighbor, John Doe, that he may find Peace and Happiness."

This prayer has power and will change your situation and help heal, John Doe. It will get rid of your obsessive thought, free you of your negative emotion and help, John doe, to find Peace and Happiness. (Invocation, Relationship, Truth, Direction) Using prayer in this fashion will soon help to attain mental purity. Your not attacking the unbidden thought at all or trying to change it, rather you are ignoring it and replacing it with a powerful prayer and healing thought.

3-17-01

If you are fearful or afraid of something you might pray like this: "God I AM filled with your COURAGE and that ALL POWERFUL FORCE surrounds and protects me." You don't mention the negative or 'fear' in your prayer, you ignore fear and affirm that you are filled with God's courage.

If you are in need of something: "God I AM filled with your Abundance and YOU fulfill my every need." You don't have to ask for anything specifically, "God knows your desires even before you pray." You fulfill your part of the Divine Law by stating your prayer: Invocation, Relation, Truth, Direction, and God will fulfill the Law. If what you need does not manifest itself immediately it is not God's fault. God is the LAW and your prayer was fulfilled. You did not have the power or the mental purity yet to bring it into manifestation into your reality.

The power you need is Faith or Knowing that your prayer was answered. You do not need to repeat your prayer, that would deny that you believe your prayer was fulfilled. In the following days and weeks, you might affirm your faith: "LORD, YOU fulfill my every need." And praise God and Thank Him, for God is All, and you are a part of that ONE ALMIGHTY BEING. Never let a negative thought, "I can't" or "HE didn't" enter your mind. You did, HE did, KNOW IT... it's finished.

God I AM filled with your LOVE and I send Your Divine Love to John Doe that he may find peace. God I AM filled with your LIGHT and It guides me throughout the day, every day. God I AM filled with your LIFE and I praise You and thank You for my Being. God I AM filled with your LAW that guides me on Your Path of Righteousness. Amen. God I AM filled with Your perfect health and my mind and body vibrate with and are filled with your life and energy.

Affirmations purify and strengthen the mind and may be said as often as you like. They may be thought, spoken, chanted or sang. Affirmations are TRUTH and raise your consciousness every time they are repeated. I am not suggesting that you spend long periods of time saying affirmations. I quite often repeat affirmations as I am driving along to town, or resting between tasks, or just when I feel like it. I usually think them a dozen times or so.

I AM that I AM  
I AM one with ALMIGHTY GOD  
Be still and know that I AM GOD

Make up your own affirmations and sing them to yourself. Remember there are no rules, you are free, you are ONE WITH GOD... create. In the past as I affirmed, I AM that I AM, for a time, I felt small electric charges pulsing through my body. It seems that I was connecting.

Praise, "Love thy God with all thy heart and Soul and strength." Live your daily life as a prayer. Dedicate EVERYTHING to God. God is my Life, God is my Being, God is everything, within me and without, my mind, body, senses, consciousness, "O, My LORD, thank You for my Being." I shall walk Thy Path of Righteousness all the days of my life and it shall be for Your Glory, forever, Amen.

3-20-01

Another consideration about mental purity is not to reinforce the negative thought patterns that already exist. Or enter environments that draw negative thought patterns out. It would be best to avoid people or places that do either. I have stopped reading novels and will not renew my magazine subscriptions. I still watch the news headlines on TV and read them on the computer. I will discontinue this soon when I become more cleansed, which will make the news even more offensive than it is now, if that is possible. I seldom turn on a radio. I occasionally like to listen to music.

My wife and I greet our neighbors and people we know with smiling faces and a happy, "Hi, how are you doing?" And with a wave, usually continue on our 'busy' way. I would like to think, that we are known in our area as friendly people.

A smile is a wondrous thing. Have you ever heard someone say, "I was walking down the street feeling kinda sad and I met this person and she/he smiled at me." "You know, it really made my day." That's what a smile can do. And if you want to add real power to that smile, bless that person silently "God bless you," or "Peace be with you."

Smile and laugh and sing and help others smile and laugh and sing. You are FREE for the first time in your life. And you have everything... everything you see is yours... YOU. That thought makes me smile. Bless your self and bless others. O God I feel your Divine Love flowing through my body, energizing me, as I send Your Love to those around me, and all Beings throughout the Universe. Dear God your love electrifies and thrills my body and mind as it flows through me. Your love exhilarates my mind and body.

God Bless all Beings to the East, God Bless all Beings to the West, God Bless all Beings to the North, God Bless all Beings to the South, God Bless all Beings above me, God Bless all Beings below me, may all Beings in the Universe be Blessed with Almighty God's Divine Love and Wisdom. Amen." (So be it) The word GOD is the most powerful word we can use. The word GOD raises your vibrations every time it is spoken. Speak and think the word GOD as often as you can.

Practice these things, or something like them, and purify your body and mind and unite your conscious mind with your Soul. You may want to write your prayers down and date them in your journal.

Physical purity can be accomplished by fasting and diet in a relative short time, but mental purity using the above methods takes much longer and requires considerable determination. Stay on the path until the goal is reached.

3-23-01

Started three day fast as 10 PM last night. "God I AM steadfast in all things that I undertake and with Your help I can accomplish anything. Amen." I strive daily for mental purity.

I drove my car quite a bit while living in the dual reality of the ordinary and the unseen. The most important thing to remember when doing this is FOCUS ON ORDINARY REALITY. Drive your car just as you would under ordinary circumstances, use your rear view mirrors, and turn signals, and obey all laws. You might think my cautions are a bit over stated but I assure you that they are not. I got into a number of 'near miss' accidents mixing my realities. It would be best not to drive at all if that is possible. Driving at night is almost impossible because of the oncoming headlights. Stay very alert and drive with extreme caution day or night, if you have to drive.

3-24-01

One thing I do not want to do is overly influence others by telling about my experiences or ways of doing things. I don't mind people using any idea I have, I just don't want anything to become doctrine. We're all on the path together... separately. I hope to exchange ideas, experiences, feelings, visions, inspirations, and advice with every one on the path. There will be as many ways of doing something as there are people involved. If someone freely tells me a better way of doing something, I'm going to use it, or at least try it.

What I'm trying to say is that each one of us is unique, and our experiences and abilities may not be anywhere near like anyone else. I was not experiencing the unseen reality long before I was dealing with nature spirits almost on a daily basis. It would be very sad if someone who was supposed to be dealing with Angels from Heaven or Ancient Masters entered the unseen realm and wonder where the nature spirits were and consequently block there true path and experience.

I'm not saying that this is going to happen, I don't know, just be free and open to God's will in your life and allow things to happen as they should without prior expectations.

3-25-01

Broke 3 day fast 7 hours early.

3-26-01

Starting a series of one day fasts. The past few days I have wandered from the path into

obsession with a new computer program, 'MS Front Page 2000', a web page builder, and a new Scanner. Also, I have been eating hash brown potatoes with gravy and a pancake every morning. This food is not good for me, but I have been taking great pleasure in it. I must work on giving up the pleasures of eating. Hard to do!

3-27-01

Finished one day of fasting. Eating today, plan to fast again tomorrow. Feel, 'kinda' flat today. I feel fine physically, but my mind seems to be in neutral.

3-28-01

One day fast today. These fasts are actually about 36 hours long. I start the fast on the evening before, fast through the day and through the night until the next morning. Feeling pretty good today. Made arrangements today to take a sauna twice a week.

A good 'sweat' twice a week really helps to cleanse the body. This can be accomplished in a sauna, steam bath, by intense exercise or in a home made, "Indian sweat lodge". You can find the plans and 'how to use' instructions for a backyard Indian sweat lodge at the local library or on the Internet. The labor and costs are minimal.

3-29-01

Finished fast and started eating today. My skin still feels like I can 'breath through it' from the sauna yesterday. During the sauna I rubbed my skin all over with a wet luffa sponge and again when I took a shower. I never feel this clean after a shower or a bath.

## **OAH SPE BIBLE teaches mortals to hear CREATORS VOICE**

**Oahspe** a new **Bible** with Jehovih's commandments to man for the present day. **Oahspe Bible** is a sacred history of the Earth and it's Heavens. **Oahspe Bible** describes life in heaven after death.

4-20-01

Worked on Seeker web page today. Still very ill.

4-21-01

I have often quoted the **Oahspe Bible** in these journals. The **Oahspe Bible** was transcribed from heavenly records around 1882 by John Newbrough. The book is filled with information and very interesting to read. The following quote outlines the purpose of the **Oahspe Bible**:

"Not immaculate [perfect or complete] is this book, *Oahspe*; but to teach mortals how to attain to hear the Creator's voice, and to see his heavens, in full consciousness, whilst still living on earth; and to know the truth, the place and condition awaiting them after death."

"After the creation of man...the angels of Jehovih [The Creator] taught the peoples of the earth to dwell together in cities and nations. And at the same time the Beast (self) rose up before man, [in man] and spake to him saying: Possess thou whatsoever thou wilt, for all things are thine, and are good for thee. Whatsoever thou findest to eat, be it fish or flesh, eat thou thereof, taking no thought of to-morrow. And man obeyed the Beast; and war came into the world."

"And man ate fish and flesh, becoming carnivorous, and **darkness came upon him**, and he no more heard the voice of Jehovih, or believed in Him. Jehovih called out to man to desist from evil; but man heard Him not. **For the cunning of the Beast had changed man's flesh, so that his soul was hid as in a cloud, and he loved sin.**"

[Today] saith Jehovih: "Behold, the seventh era is at hand. Thy Creator commandeth thy change from a carnivorous man of contention, to an herbivorous man of peace...and war shall be no more on the earth."

"O man of the earth, consider what thou puttest into thy mouth, for the atmosphere thereof is the food of thy spirit. And the habit thereof will be entailed on thy spirit for a long session after thy mortal death. The spirit of man take its place in the first heaven; according to his diet and desires and behavior so shall he dwell in spirit on the plateau to which he hath adapted himself during his earth life."

"If thou hast been a gross feeder on flesh, thy spirit will seek to linger in the atmosphere of gross feeders still dwelling on earth. The slaughter-house and the cook-house and the eating-house

shall be the places of thy spirits resort."

"And thy spirit shall feed therein and thereon; and thy companions shall be millions of drujas; [wandering spirits of darkness and evil] like vultures that flock to a dead carcass, and thou cannot away; like a loadstone, are these haunts to the spirits of darkness."

"This is as one of the stones that covereth up thy soul, and blocketh thy way to the upper grades. [heavens] Thy young spirit must remain within the atmosphere of the animal creation for a long season; like unto like, hast thou fashioned thy spirit to the flesh of thy body."

"According to the atmosphere of things, as to purity and sweetness, behold, thy Creator fashioned hath fashioned them in relative ascent above the earth. That which stinketh, resteth on the earth; that which is pure, is upward and high."

"O man, I have heard thee, in thy fullness, [arrogance] say: I must have my flesh-food; I must have my wine and beer and tobacco and opium."

"I say unto thee, if thou hast not strength in this day, neither shalt thou have strength to-morrow. What strength shalt thou gain by thy loss of thy corporeal [physical] body."

"Consider thy corporeal body as a ship, in which thy spirit is sailing across a wide sea of water. Better that thy spirit learn to acquire strength whilst it hath a corporeal body to ride in. After death, it floateth in the direction thou hast shaped it. Neither hast thou power to go against the current."

"Remember, O man, these are the lessons of thy Creator, which He gave unto thee, to learn to master the elements of thy surroundings."

"Stretch forth thy hand unto thy Creator, and swear thou unto Him, thou wilt conquer every passion that is unclean, and every habit not conducive to the purity of the growth of thy spirit."

"This is the beginning of thy resurrection; and thou shalt be thine own judge and master."

"Such is the resurrection of the spirit of men. Wait not for a Savior to save thee; nor depend thou on words or prayers; nor on hearkening to good sermons; flattering thyself, thou hast done well; but begin to save thyself."

"O man, that thou wouldst put thyself in the way of God! To put away the uncleanness of the body first, and the uncleanness of the spirit afterwards. Seek for the things that are pure and good, instead of criticisms and philosophies, that rise up out of thy contaminated fleshhouse."

"By purifying thy flesh, by purifying thy thoughts, and by the practice of good works done unto others, with all thy wisdom, love and strength. For through these only is there any resurrection for thee, either in this world or the next."

4-22-01

"To find harmony in Thee, O Jehovih; [Almighty God]  
To measure the Goodness of Thee;  
To rejoice in one's joys:  
To treasure Thy best gifts;  
To laud Thy Love;  
To Love Thee because Thou hast  
given me the power to Love,  
and things to Love;  
To rejoice in Thy fruits and flowers  
and all perfected things;  
To harp forever upon Thy glories  
And the magnitude of Thy creation;  
To sing praises to Thee  
For harmony wherever found;  
To Love to comprehend all good things;  
To find the good that is in all men and women;  
To rejoice in delights;  
To teach others to rejoice,  
And to search after all perfected beauties  
And goodness and righteousness and Love;  
These shall be my service unto Thee;  
My everlasting Father."

### ***Oahspe Bible***

4-25-01

"The first Virtue from the ***Oahspe Bible*** is to find Jehovih in all things and to Love and glorify Him."

"The second Virtue from the ***Oahspe Bible*** is Cleanliness; all peoples, old and young, shall bathe once a day."

"The third Virtue from the ***Oahspe Bible*** is to Eat no fish nor flesh, nor unclean thing; for what profit is it to bath the outer part if one putteth filth within."

"The fourth Virtue from the **Oahspe Bible** is Industry. Because the Father gave man neither feathers, nor hair nor wool; let it be testimony of His commandment that man shall clothe himself. To clothe one's self, and to provide one's self with food; these are the enforced industry upon all people. In addition to these, to labor for the helpless; to bathe them and to feed them, and house them and clothe them; these are the volunteer industries permitted by the Father that ye may prove your soul's worthiness before Him. Without industry no people can be virtuous."

"To keep one's self in constant action to a profitable result. To rise before the sun and bathe and perform the religious rites by the time the sun riseth; and to labor thereafter, not severely but pleasantly until sunset, this is industry."

"The fifth Virtue from the **Oahspe Bible** is of the same kind, which is Labor. There shall be no rich amongst you; but all shall labor. As ye develop your corporeal bodies unto strength by reasonable labor, so doth the act of labor develop the spirit of man to profitable growth for its habitation in heaven. For I declare unto you a great truth, which is, that the idle and the rich, who labor not with the corporeal body, are born into heaven helpless as babes."

"The sixth virtue from the **Oahspe Bible**, which is greater than all the rest, is Abnegation of one's self. Without denial of self no man shall have peace of soul, either on earth or in heaven. Consider what thou doest, not that it shall profit thyself, but whether it will benefit others."

"The seventh Virtue from the **Oahspe Bible** is Love. Consider when thou speakest whether thy words will promote Love; if not, then speak not. And thou shalt have no enemies all the days of thy life. But if thou can justly say a good thing of any man, be not silent; this is the secret to win many Loves."

"The eighth Virtue from the **Oahspe Bible** is Discretion, especially in words. Consider well, and then speak. If all men would do this, thou wouldst be surprised at the wisdom of thy neighbors. Discretion is a regulator; without it, man is like a tangled thread."

"The ninth Virtue from the **Oahspe Bible** is System and Order. A weak man, with System and Order, doeth more than a strong man without them."

The tenth Virtue from the **Oahspe Bible** is Observance. With Observance a man accepteth from the ancients such things as have been proven to be good, such as rites and ceremonies. Without Observance a man beginneth back even with the earliest of ancients, and thus casteth aside his profit in the world."

"The eleventh Virtue from the **Oahspe Bible** is Discipline. He that have not discipline is like a racehorse without a rider. A time to rise; a time to eat; a time to pray; a time to dance; a time to labor; these are good for any man."

"The twelfth Virtue from the ***Oahspe Bible*** is like unto it, and is Obedience. All good and great men are obedient. He that boasteth his disobedience to discipline is a fool and a madman. Greater and better is a weak man of obedience, than a strong man of defiance. For the one promoteth harmony; but the other ruptures it."

"Consider these twelve Virtues; they are sufficient laws unto the whole world. Man may multiply books and laws forever, but they will not make the family, nor colony, nor state, happy; without the adoption of these twelve Virtues."

### ***Oahspe Bible***

4-28-01

A Light, like a Small Star gathered...

"I AM the LIGHT! And the LIFE  
I quickened into life every living thing!  
Behold ME!  
I AM with thee.  
I AM never away from thee.  
Thou art mine now, and forever shall be.  
Look upon me!  
I AM in all things!  
Nothing is, or was, nor ever shall be without me!  
Hear My Love!  
I AM thy Creator!  
Only for Love, and for Love only,  
Created I thee, my beloved."

From: ***Oahspe Bible***

4-29-01

To live a simple life seeking spiritual truths is almost a completely alien concept in our culture today. And in our society, what people don't understand, they fear, and that fear causes them to say and do unkind things, or worse.

To live a spiritual life  
Is a simple thing:  
Truth answers all questions,  
Purity heals the wounds

Of the mind and body,  
And an attitude of love  
Lifts up every thing it touches.

From a practical point of view, the seeker lives in the ordinary world, surrounded by ordinary people, and should appear not to be different than anyone else. Good works, kindness and a helping hand will be accepted by almost everyone. Sympathy, a word of encouragement and a willing ear to listen are admirable qualities if served in small doses without fanfare.

"The only medium  
through which  
spiritual force  
can be transmitted  
is love."

However, I believe, the seekers inner world, seeking the truth with the goal of uniting the conscious mind with the Soul, should remain locked and hidden away like a precious treasure, from the ordinary world. Be ordinary, in the ordinary world, not drawing attention to yourself; be a person of light in your own inner world, always remembering who you are, and stay on your path until the goal is reached.

Here is an excerpt from the *Oahspe Bible* that I have always found interesting:

"Because the state is rotten, the politicians feedeth thereon; because society is rotten, the lawyer and court have riches and sumptuous feasts; because the flesh of my people is rotten, the physician findeth a harvest of comfort."

4-30-01

I am not my personality because I created that persona, which is an illusion. And I am not the clutter in my mind, which constantly demands my attention.. I am not my body because my body is a temporary dwelling, created for me to experience and gain knowledge about this material world. My real self, is my Soul which is one with God. If I am the Soul underlying these other things--how do I bring that Soul forth? What do I have to do to consciously realize my true being in my present reality?

The first requirement, is to prepare a pure dwelling place, my body, for my Soul to live in, in this material environment. The quickest way to purify my body is by fasting and once my body is cleansed, I can maintain that purity by eating a natural pure diet of raw fresh organic fruits and vegetables in season once a day.

Jehovih said:

"A pure man is as a clear glass; he can see out of himself, and, so, perceive My angels and Me." ***Oahspe Bible***

Second, during the time I am purifying my body, I must constantly work to purify my mind. I must resolve all inner conflicts, banish all feeling of guilt, regret and remorse, because they are all illusions which only exist in my mind. I must completely forgive all of my offenses toward others and offenses I feel others have made against me, because all offenses are just errors made because of a temporary lack of understanding.

I must free the mind completely of the past and not speculate about the future but live totally in the present. I must create an inner reality in which my mind is calm and completely at peace. And, I must learn to Love---Love unconditionally, all of God's creation, as God Loves. God Loves Me, and all of my Brothers and Sisters, and all of his other creations, unconditionally; because God is Pure Love. God is Love---I AM Love---The same Love---All One.

These are the things I must do to bring forth my Soul. To really be me.

God is Love

Love is  
The light  
The law  
The life  
of All.

Love is the  
Flowers scent  
Sunsets colors  
Fruits taste  
Sunshine's warmth  
And the sound  
Of kindness.

Love is All  
There is.

## **THE HOLY SCIENCE, teaches NATURAL LIVING**

Natural living depends on the selection of food, dwelling and company. Natural living today requires study, insight and determination. Natural living is the seekers lifestyle.

5-12-01

One year on the path today. Working to overcome the pain and dis-ease of mercury poisoning and candida.

5-19-01

The following quotes are from a little book called, *The Holy Science*, by Swami Sri Yukteswar Giri, (Yogananda's guru). The purpose of the book was, "to establish a fundamental harmony between the difficult Biblical book, *Revelation*, and the *Sankhya Philosophy* of India." One chapter of the book is devoted to natural living. The introduction to the book was written by Swami Giri in 1894 in Serampore, India, and the book was subsequently published in the U.S. by Yogananda's Self-Realization Fellowship located near Los Angeles, Ca.

"To understand what natural living is, it will be necessary to distinguish it from what is unnatural. Living naturally depends upon the selection of (1) food, (2) dwelling, and (3) company. To live naturally, the lower animals can select these for themselves by the help of their instincts and the natural sentinels placed at the sensory entrances... the organs of sight, hearing, touch, smell, and taste."

"With men in general, however, these organs are so much perverted by unnatural living from very infancy that little reliance can be place on their judgments. To understand, therefore, what our natural needs are, we ought to depend upon observation, experiment, and reason."

"First, to select our natural food, our observation should be directed to the formation of the organs that aid in digestion and nutrition, the teeth and digestive canal, to the natural tendency of the organs of sense which guide animals to their food; and to the nourishment of the young."

"By observation of the teeth we can find that in carnivorous animals the incisors are little developed, but the canines are of striking length, smooth and pointed, to seize the prey. The molars also are pointed; these points, however, do not meet, but fit closely side by side to separate the muscular fibers."

"In the herbivorous animals the incisors are strikingly developed, the canines are stunted (though occasionally developed into weapons, as in elephants), the molars are broad-topped and furnished with enamel on the sides only."

"In the frugivorous animals all the teeth are nearly the same height; the canines are little projected, conical, and blunt (obviously not intended for seizing prey but for exertion of strength). The molars are broad-topped and furnished at the top with enamel folds to prevent waste caused by their side motion, but not pointed for chewing flesh."

"In omnivorous animals such as bears, on the other hand, the incisors resemble those of the herbivorous, the canines are like those of the carnivorous, and molars are both pointed and broad topped to serve a twofold purpose."

"Now if we observe the formation of the teeth in man we find that they do not resemble those of the carnivorous, neither do they resemble the teeth of the herbivorous or the omnivorous. They do resemble, exactly, those of the frugivorous animals. The reasonable inference, therefore, is that man is a frugivorous or fruit-eating animal."

"By observation of the digestive canal we find that the bowels of carnivorous animals are 3 to 5 times the length of their body, measuring from the mouth to the anus; and their stomach is almost spherical. The bowels of the herbivorous are 20 to 28 times the length of their body and their stomach is more extended and of compound build. But the bowels of the frugivorous animals are 10 to 12 times the length of their body; their stomach is somewhat broader than that of the carnivorous and has a continuation in the duodenum serving the purpose of a second stomach."

"This is exactly the formation we find in human beings, though Anatomy says that the human bowels are 3 to 5 times the length of man's body... making the mistake by measuring the body from crown to the soles, instead of from the mouth to anus. Thus we can again draw the inference that man is, in all probability, a frugivorous animal."

"By observation of the natural tendency of the organs of sense... the guideposts for determining what is nutritious... by which all animals are directed to their food, we find that when the carnivorous animal finds prey, he becomes so much delighted that his eyes begin to sparkle; he boldly seizes the prey and greedily laps the jetting blood."

"On the contrary, the herbivorous animal refuses even his natural food, leaving it untouched, if it is sprinkled with a little blood. His senses of smell and sight lead him to select grasses and other herbs for his food, which he tastes with delight. Similarly with the frugivorous animals, we find that their senses always direct them to fruits of the trees and fields."

"We find that when extraordinary means such as excessive fasting, scourging, or monastic confinement are resorted to for the purpose of suppressing the sexual passions, these means seldom produce the desired affect."

"Experiment shows, however, that man can easily overcome these passions, the archenemy of morality, by natural living on a nonirritant diet, above referred to; thereby men gain a calmness of mind which every psychologist knows is the most favorable to mental activity and to a clear understanding, as well as to judicial way of thinking."

" Something more should be said here about the natural instinct of propagation, which is, next to the instinct of self-preservation, the strongest in the animal body. Sexual desire, like all other desires, has a normal and an abnormal or diseased state, the latter resulting only from the foreign matter accumulated by unnatural living as mentioned above."

" In the sexual desire everyone has a very accurate thermometer to indicate the condition of his health. This desire is forced from its normal state by the irritation of nerves that result from the pressure of foreign matter accumulated in the system, which pressure is exerted on the sexual apparatus and is at first manifested by an increased sexual desire followed by a gradual decrease of potency."

"This sexual desire in its normal state makes man quite free from all disturbing lusts, and operates on the organism (awaking a wish for appeasement) only infrequently. Here again experiment shows that this desire, like all other desires, is always normal in individuals who lead a natural life as mentioned."

"The sexual organ... the junction of important nerve extremities, particularly of the sympathetic and spinal nerves (the principal nerves of the abdomen) which, through their connection with the brain, are capable of enlivening the whole system... is in a sense the root of the tree of life. Man well instructed in the proper use of sex can keep his body and mind in proper health and can live a pleasant life throughout."

"The practical principles of sexual health are not taught because the public regards the subject as unclean and indecent. Thus blinded, mankind presumes to cloth Nature in a veil because she seems to be impure, forgetting that she is always clean and that everything impure and improper lies in man's ideas, and not in Nature herself."

"It is clear therefore that man, not knowing the truth about the dangers of misuse of the sexual power, and being compelled to wrong practices by nervous irritation resulting from unnatural living, suffers troublesome diseases in life ultimately becomes a victim of premature death."

"Secondly, about our dwelling place. We can easily understand, when we feel displeasure on entering a crowded room after breathing fresh air on the mountain top or in the expanse of field and garden, that the atmosphere of the town or any crowded place is quite an unnatural dwelling place."

"The fresh atmosphere of the mountain top, or field or garden, or of a dry place under trees covering a large plot of land and freely ventilated with fresh air is the proper dwelling place for man according to nature."

"And thirdly, as to the company we should keep. Here also, if we listen to the dictates of our conscience and consult our natural liking, we will at once find that we favor those persons whose magnetism affects us harmoniously, who cool our system, internally invigorate our vitality, develop our natural love, and thus relieve us of our miseries and minister peace to us."

"If on the other hand we disobey the warning of Mother Nature, without listening to the dictates of our pure conscience, and keep the company of unwholesome people, an opposite affect is produced and our health is impaired and our life shortened."

"Thus natural living is helpful for the practice of Yama. (Noninjury to others, truthfulness, nonstealing, continence, and noncovetousness.) Purity of mind and body being equal important in the practice of Niyama, (Purity of body and mind, contentment, and obedience.) **every attempt should be made to attain purity.**" [Bold emphasis mine.]

Natural living is almost exactly opposite of how modern man lives today. Natural living might be thought of as the, "old way" of living; the way our Great Grand Parents on the farm. Natural living is the lifestyle of the seeker of truth.

"What modern man considers natural... is completely unnatural; and what he considers unnatural... is completely natural."

5-20-01

## **MY MAN'S NATURAL DIET IS FRUGIVOROUS**

by

**Dr. Raymond Bernard**

Animals may be classified, according to their dietetic habits... into four major groups : herbivorous (the horse), carnivorous (the lion) omnivorous (the pig) and frugivorous (the ape).

As is evident from a consideration of the following anatomical facts, man is a frugivorous creature; his natural diet consists of fruits and nuts. This is so for the following reasons:

1. Herbivorous and omnivorous animals have hoofs, in order to roam around on grassy plains; carnivorous ones have claws, to grasp their prey; while frugivorous ones have hands, to pick fruit from the trees.

2. Carnivorous animals drink by lapping up water with their tongues; while man and herbivorous animals drink by-suction. The tongue of the former is rough; that of the latter is smooth.

3. Carnivorous animals sleep by day; man and herbivorous ones sleep by night.

4. The teeth of carnivorous animals have five times the hardness of the teeth of man and frugivorous animals. The former have highly developed incisors and pointed molars, while the latter have well developed incisors and blunt molars.

The argument that man is naturally carnivorous, or omnivorous, because of his "canine" teeth is fallacious, for these eye-teeth are much longer in the frugivorous ape which uses them to crack nuts.

5. According to Huxley's classification of animals, by the type of placenta, man is frugivorous. The placenta of the, carnivorous animal is of the zonary type; that of omnivorous and herbivorous animals is of the non-deciduate type; while that of man and frugivorous animals is of the discoidal type.

6. While all other animals are four footed, the higher-ape and man have two hands and two feet with flat nails instead of claws or hoofs. The former look from side to side as they crawl; the latter look straight ahead as they walk. The former have tails, and mammary glands on the abdomen; the latter are without tails, and have mammary glands only on the breast.

7. The alimentary canal of the carnivorous animal is three times the length of its trunk; it is smooth and non-sacculated, so that its putrescible contents may be quickly assimilated and eliminated. That of the ape and man, however, is twelve times the length of the trunk, being lined with sacculated valvular folds, so that its frugivorous contents may be retained for a relatively longer period.

8. The stomach of carnivorous animals is a simple sac; that of herbivorous animals has three or four compartments; while that of frugivorous ones has a duodenum, or a small second stomach.

9. The appendix of carnivorous animals is very small; that of herbivorous animals is larger; that of frugivorous ones is still larger; and that of man is largest of all.

10. Carnivorous animals have atrophied sweat glands and have no pores on the skin. Herbivorous and frugivorous animals do have pores and functional sweat glands.

11. The salivary glands of carnivorous animals are very small and produce an acid secretion which has little effect upon starch; those of man and frugivorous animals, on the other hand, are well developed, and produce an alkaline secretion which does affect starch.

12. The gastric juice of carnivorous animals has a decomposing and antiseptic influence upon meat, while that of man is far too weak to disintegrate its tough fibers.

13. The liver of carnivorous animals is much larger than that of man or frugivorous animals, and is able to destroy proportionately ten to fifteen times as much uric acid.

5-21-01

The following excerpt is from the, *The Yoga Aphorisms of Patanjali*, translated by Swami Prabhavananda and Christopher Isherwood.

"The internal organs of the body must be cleansed and strengthened by following a proper diet. Similarly, we must follow a mental "diet" in order to cleanse and strengthen our mind. We must regulate our reading, our conversation, and indeed, our whole intake of mental "food." We must cultivate the society of those who are spiritually minded."

"This does not, of course, involve an absolute taboo on certain person and topics, on the grounds that they are "worldly" or "sinful." Such negative Puritanism would only lead to self-righteous pride and a future desire for what is forbidden. What really matters, as always, is our attitude. [Which should be one of Love] If we never relax in the exercise of discrimination, we shall find that every human encounter, everything we read or are told, has something to teach us."

"But this discriminative awareness is very hard to maintain, and so the beginner has to be careful. The danger in gossip, "light" entertainment, ephemeral journalism, popular fiction, radio romancing etc., is simply this: they encourage us to drift into a relaxed reverie, neutral at first but soon colored by anxieties, addictions and aversions, so that the mind becomes dark and impure. Cleanliness of mind can only be maintained by constant alertness."

Natural living is simple living, taking from nature only enough to sustain ones self and family.

5-22-01

Sometime in the 1970's I came across a little booklet published by the US Agriculture Department during the great depression of the 1930's. It seems that President Roosevelt asked the scientist of the Agriculture Dept. to figure out the most economical and nutritious diet for the American people. And the booklet I found had the scientists findings.

They said for optimum health people should eat a 70% alkaline forming diet of fruits and vegetables, and for the other 30%, a diet of acid forming foods of meats, grains and dairy products. And if a person was sick, they should eat a diet of 90% fruits and vegetables.

I thought that was pretty good information. A little later on I got to wondering what information the Federal Government was putting out about nutrition at the present time. So I went down to the local county extension office and picked up all their free pamphlets on diet and nutrition.

What I found was very interesting. The present day material suggested that people should eat a diet of 70% of acid forming food: meat, grains and dairy products; and a 30% diet of alkaline forming foods of fruits and vegetables.

Further research turned up the fact that meat, wheat and dairy producers have large well funded lobbies in Wash. D.C. I found no information on lobbies for fruits or vegetable producers.

5-25-01

A short quote of interest from the Oahspe Bible:

**"Yesterday it was said, thou shalt eat flesh and oil;** because they supply certain things for the blood, without which man can not live; today it is proven otherwise." [Bold emphasis mine.]

When I read this years ago I remember thinking, "that's strange" because oil is one of the big three nutritional categories. (Years ago three, now four categories.) I went over to the local college library and found a recently published physiology book, which I thought was very good. When the authors didn't know for sure how something in the body functioned they always said something like, "We think" or "Its possible" or "Perhaps" it works this way. I felt this was a good indication of their reliability.

In the case of oil the authors said without equivocation that, "**the body can synthesize all the oil it needs from simple sugars.**" I wouldn't be surprised if in the years to come that they find out the same thing about protein.

Anyway, after that I stopped worrying about oil in my fruit and raw vegetable diet. I am committed to a natural diet and natural living.

## The SEEKER'S key to LIVING A SPIRITUAL LIFE is PURITY

Proper diet and cleansing fasts are necessary for the seeker to attain physical purity. Truthfulness, forgiveness, meditation and prayer are the seeker's path to mental purity. Living a spiritual life the seeker fulfills the laws of purity.

6-1-01

The Voice gave me a little poem today about speaking the truth which I think I will put at the beginning of my [2000 seeker journal](#).

6-17-01

Still very ill and in a lot of pain all the time. I'm up and around and working much of the day with a lot of rest breaks. I'm sleeping well at night, and not sleepy during the day like when I was fasting in January. I'm anxious to get back to writing in my journal on a daily basis. Need to begin working on physical purity.

The Voice speaks to me often, although I have slipped back to eating an cooked food diet. When I felt so sick and depressed after my long fast I started my old habit of drinking a large 44 oz. pepsi every day. I've managed to stop that the last couple of weeks. Bit by bit I hope to eliminate parts of my present poor diet and increase the purity of my body.

So, I'm pretty much starting over again upgrading my diet. Try, try, try. I have continued my computer lessons on Friday mornings. The Seeker web pages are coming along. They are very simple in design. The message is what is important. The seeker of truth will not require a pretty format.

6-18-01

Took Juanita to the closest international airport, so she could fly out to visit her mother for a couple of weeks. It's a 400 mile round trip from our home to the airport, and 8 hours driving. The one great disadvantage of living way out in the boonies. A small thing really, considering how much we both enjoy living out in the woods. Juannita often comments on the purity of the air and quietness of where we live. A good seeker retreat.

6-20-01

Up early. Working at putting pump in new well. Assembling electric panels.

As I mentioned before, transition periods are a time of vulnerability. Just before going to sleep and just after waking most people at times are susceptible to thoughts, feelings of desire and actions concerning sex. A person can raise their consciousness during those fuzzy transition

periods of wakefulness to sleep and sleepiness to wakefulness by praying to Almighty God and/or their Guardian Angels.

Prayer acts as a antidote for thoughts and feelings about sex. Its very hard for the mind to except thoughts or feelings of a sexual nature after a good heartfelt prayer. Prayer is an armor against unwelcome internal attack. When a vegetarian diet is well established thoughts and desires concerning sex will no longer be a problem. Physical purity removes all thoughts of lust from the seekers mind.

6-21-01

Installing electric panels for pump today. For years we have been using water from the roofs of our buildings stored in big tanks for bathing, washing dishes and laundry... but for drinking it lacks a bit in purity and tastes funny. So we buy bottled water in town to drink.

In our present day judicial system there is an axiom, "Ignorance of the law is no excuse." This axiom can also be very aptly applied to nature. If you break natures laws, whether you know them or not, you are guilty in either case and will suffer the consequences. You see sick people all around you; they have broken natures law, (God's Law) and are suffering the consequences. That is why it is so important to learn the laws we live under and apply them. A sick person will find it very difficult to follow their true spiritual path. God's first law is physical purity. A seeker continually works to fulfill the law of physical purity and remembers the old addage... "seek ye first the Kindom of Heaven and all else will be added unto thee."

6-22-01

Went to town shopping today; needed more wire for the pump. Did a laundry and bought a few groceries. I talk to Juanita on the phone every evening. She is having good time with her mother.

Most of the information that I have will be published in these journals. Some esoteric information will only be given out to serious seekers of the truth by email, because, it could be dangerous if used by people who are not dedicated to physical and mental purity and a spiritual path of light which leads to the union with their Soul.

A short bibliography of written works can be found at the bottom of the links page, for the seeker who is just beginning their path.

I have used quotes from several books a good number of times in these journals. I have done this to reinforce my statements and thinking, which I am presenting to you in these journals. Neither my statements nor the quotes I have used are the last word on any subject. You must judge for yourself, what is the truth for you. A seeker must discriminate... deciding what is true or false about whatever comes to them.

I am reporting the truth to you, that I have found through inspiration or experience, as I see it, as honestly and precisely as I can. The books I have been quoting are special, because of the way they came into my possession. They came to me through inspiration and I take that to mean that my guardian Angels felt like they contained information and truth that I needed to know.

Each seeker may be inspired to read certain books to provide them with information to help them on their path. I firmly believe that each seekers path is unique, it may be similar to the path of another seeker but not exactly the same. Each seeker may find their information in a different source but the truth and the Law, such as the first law of purity, remain the same. Books are just a tool... never a final authority. God alone knows all.

The set of six books, *The Life and Teaching of the Masters of the Far East*, were my Great Aunts, the spiritualist minister. She was a very kind, spiritual and knowledgeable person. Her words were gold. She was inspired to give me her set of books, and she ran after me, down a street in San Francisco, to give them to me, as I was just leaving on my way overseas during the Korean war. The information in these books is probably the best on how to realize the Christ within yourself, and how people live and act after they have attained that state. In these books the Masters assure us that a seeker can soon attain the state in which they live by exhilarating the mind and living a simple life of purity.

*The Essene Gospel of Peace Vol. I*, and the, *Oahspe Bible*, I found through angelic guided inspiration. I was living temporarily in a small town when I was on the path in the 70's. I had rented a small apartment and on both occasions when I found one of these books it happened the same way.

I became very agitated and restless and just could not settle down and stay in the apartment and study. So I went out. I had no idea of where to go or what to do. There was a small college in the town, and the thought came to me, to go to the college bookstore and browse through the books they had for sale.

I went there and began to look through the religious and spiritual section, and soon found the single copy of the, *Essene Gospel of Peace Vol. I*, that they had in stock. I read the introduction, browsed the book for a few minutes, bought the book and left the college bookstore. My agitation and restlessness were gone and I was completely at peace. I found the information in this little book so profound that I studied it for days on end after I bought it.

I found the, *Oahspe*, the same way, only it was in the city library. The information in both of these books have been very important in shaping my thoughts and guiding me on my path.

Juanita found, *A Course in Miracles*, in a box at a yard sale. She picked it up and looked at it for

awhile, and handed it to me, and said, "I think we should get this." It was just a dollar. I looked at it for awhile and said, "Naw", and tossed it back in the box. When we went to pay for the few items we wanted to purchase, Juanita laid the book on the table and I paid for it along with the rest of the items.

She was inspired to buy that book. When we got home, I began glancing through the book again, and ended up reading it for a week solid. :-)

I would recommend the four books named above as the most important to a seeker starting out on their spiritual path.

It is my hope that all seekers of the truth will keep a journal and communicate freely with others on the path about their experiences and the truths they have discovered. Information that could be dangerous to others if misused should only be shared after careful consideration.

I was very fortunate as a young man in my early teens and through my twenties to have a great aunt who was a spiritualist minister. She would discuss with me the spiritual possibilities and problems of life. We were both awed and inspired by Jesus' life and teachings.

Just suppose, Jesus was literally a, "son of man" as it is written in the scriptures. An ordinary man, born from the union of a man and a woman. And if this was true, then how did Jesus learn and accomplish the things he did? This was the question that we spent hundreds and hundreds of hours discussing over the years. **How did he do it?**

Thanks to Edmond B. Szekely we now have a translation of, *The Essene Gospel of Peace, Vol. I*, a scroll found in the basement of the Vatican, which gives Jesus' teachings on health, healing, purification, a natural diet and living a spiritual life.

By my late teens we had the formula: *"Every person is a conscious individualized part of Almighty God.* Direct contact with the Christ Being of God was/is possible, just as Jesus preached, and that anything is possible.

I made a naive attempt at the path in my early-twenties. I soon became scattered and felt I need more information. I went to college for several years, finding very little information of any use.

At 28, I married a physically beautiful girl from a wealthy family, that I met at the university. We had four children, two boys and two girls, and divorced eight years later. I spent the next few years drifting, generally wasted years, spiritually .

When I was forty two I became seriously ill. Medical doctors, with all their tests could not figure

out what was wrong with me, let alone formulate a cure. I was bed-ridden for months and was not getting any better. I finally decided in one of my more lucid moments if I was going to get out of the fix I was in, I was going to have to do it by myself.

I could read (shakily) a few minutes at a time. My eyes wouldn't focus properly and after ten or fifteen minutes I was exhausted. Over the next few months I tried all kinds of health cure methods. Some seemed to help, some did help, and others didn't do anything but drain my meager savings.

I finally discovered, almost by accident, (or by inspiration) information about fasting and a raw food diet in a book called, *Mucusless Diet and Healing System*, written by, Professor Arnold Ehret. It made a lot of sense, and I tried it.

It was like walking out of a thick cloud of fog. In thirty days I was so much better I could hardly believe it, in three months I was completely cured; and in six months I felt better than I had for the past twenty years. I had the first key to living a spiritual life: *physical purity*.

With this new information, and using my terrible debilitating illness as a spring board, I set out on my path again. I continued on for three years solidly on the path, but in the end failed, succumbing to loneliness, exhaustion and bouts of insanity.

Not the real old garden variety of insanity, I was just living in two realities simultaneously and it wore me down, and it wore me out. I lacked the knowledge to use the second key: *mental purity*. I knew of the idea of mental purity because of books I was inspired to find and read, but at the time I failed to bring it all together.

The third key is right thought action or *right thinking*. The world view conditioning of your parents, family and their friends must be put aside and the truth installed in its place. This is a difficult task requiring a lot of patience and practice. In truth you are the Christ, one with Almighty God.

We can develop a nice allegory using the symbolism of three keys and two hands. I have two hands and three keys which all have to be delicately balanced and turned in the lock at the same time. The keys are to the gate of Heaven. I can't do this alone! I need help! I need another hand!

I need your helping hand to open the gate for both of us-----we all need each other to open the gate for all of us. We need each other because we are One Being living in and through multiple bodies. You and I, and everyone else are One Being. Almighty God is One.

This is why the scriptures say, "Love your brother as yourself, (your brother is yourself) and, "Return good for evil," (you return good to a part of yourself that has fallen low, in hopes of lifting

him or her(yourself) up, even slightly) and to do good and share and bless and heal and feed and cloth and bath others.....yourself.

After my second failure on the path, I gave up, and asked God to forgive me and just allow me to live an ordinary life. I drifted again, doing this and that, until I was 50 years old, when I met Juanita. We married and we have lived happily for the past 17 years. I have always felt that I was a terrible failure in my spiritual life.

Then last year, I was inspired to walk the path again. I feel a very strong motivation to write and publish on the internet what I know about living a spiritual life. I hope these journals will be of interest to at least a few people seeking the truth, and help them on their way, along their own spiritual path.

6-23-01

Slept in a bit. I felt kind of slow today, so I worked around the house.

6-24-01

It is important that a seeker be very careful around other people. Most people in our society live a life of, "quiet desperation." They are conditioned by a commercial culture motivated completely by greed. Their lives are a catalog of unfulfilled fantasies; so they live vicariously through TV, movies, sports events, music, books, possessions, day dreams and other obsessions. They dull the boredom of their lives by satiating their senses with alcohol, drugs, food, daydreams, illicit sex, gossip and shopping.

A few search for something more meaningful but even our sources and distribution of information are rigged. Thankfully, the internet is relieving this last problem somewhat. But most people are trapped. Be careful, "You are as sheep in the midst of wolves... be ye therefore wise as serpents, and harmless as doves." It is hard to live a spiritual life openly surrounded by such unnatural darkness. Find a quiet retreat withdrawn from the chaotic world where you can live your life quietly and walk your path in peace.

When I walked the path before, I was particularly warned to avoid, "machine gun talkers," (people who are compulsive talkers and talk all the time) and extremely fat people. A few years later, after I had left the path, I became slightly involved with a, "machine gun talker," and it cost me dearly. Since then, I have been very careful around both of those kind of people.

6-25-01

Monday, back to work on the pump again. Usually putting a pump in a well is a simple thing, but on this job the well is 400' from the power source and 700' from the house. So there is a lot wire and pipe and ditch involved.

One of the important things about a raw food diet is that it eliminates well, as well as nourishing the body. Raw food does not create a sticky residue that clings to the intestines and muscle tissue. And equally important, a raw food diet can be eaten immediately, without cooking, which kills all the cells in the fruit or vegetable. Raw food, which is "live food" should be taken from the garden, washed and eaten, without delay.

For me, breaking the habit of eating cooked food is hard... hard. I have gone through the process several times and each time is just as hard as the last. I was conditioned as a child on the ranch to big meals of meat, potatoes and gravy, with butter spread thick on your bread.

6-27-01

One of the problems with going barefoot is that you can pick up worms through the soles of your feet. My mother would never allow me to go barefoot when I was a child because she was afraid I would get worms.

In the translated third century scroll, *The Essene Gospel of Peace Vol. I*, I read that members of their community were advised to eat dried figs chewed with almonds every day. I often wondered about this until I read an old pharmacopoeia and found that a mix of figs and almonds was an age old worm remedy. The book explained how the figs melted the fistula in the intestines where the young worms were hatched, and the poison in the brown hulls of the raw almonds destroyed both the adult and young worms.

There was an old style pharmacy (one of those with a soda fountain and an ancient pharmacist) in the town I lived in at the time, so I went in and inquired if they carried a worm medicine made from figs and almonds. "Yes," the elder pharmacist said, "we carry it", and took me to the back of the store where on a shelf was a small stack of fig and almond bars. They were about three or three and half inches long and three quarters of an inch square. I don't remember what the label said but I do remember asking him how long they had carried them and he replied, "We have always carried them."

So, when I am going around barefoot I try and eat a snack of three or four dried figs chewed with small handful of raw almonds every day. Figs are also a very good food for alkalizing the blood, which is important to do every day.

6-30-01

The early Israeli communities always had a strict "eugenic" code. They only married other Israelis... in good health and of sound limb. This in turn insured healthy offspring's and protected their society from degenerative diseases, particularly after the 1500's.

Venereal disease, particularly syphilis, was a scourge at that time and ran rampant and spread unchecked. "The sins of the father are visited upon the son." And in the case of syphilis, for six

generations.

The symptoms of a syphilitic heritage are poor muscle tone, receding chin, over bite of the teeth; and when the arm is held straight out from the side of the body with the palm up, the forearm bends slightly (or more) downward from the elbow. A person with no syphilitic heritage has firm muscle tone, a strong chin, teeth that bite exactly opposite from each other, the muscles in the arms and legs are always slightly taut and cannot be completely straightened. Their eyes are clear, they are bright and attentive, and physically, always appear about ready to spring into action.

The severity of the symptoms of a syphilitic heritage depend on the distance from the afflicted: five or six generations away, maybe slight loss of muscle tone and an over bite; and in the case of first or second generation away, possibly, severe loss of muscle tone, receding chin, over bite and an forearm that flops downward from the elbow when held straight out with the palm upward.

Today venereal disease is held in check by antibiotics, but now, "Aids" runs rampant and basically unchecked. The point of all of this. It may seem, "cold" to some people, but in my opinion, the health of a potential spouse should be a major consideration before any serious relationship begins. Physical purity is an absolute must for the seeker to live a spiritual life.

## **A SPIRITUAL LIFE means SEEKING THE SOUL**

The Soul thrives on truth, kindness, peace and love.  
Pollution of the mind and body often overshadow the Soul.  
The truth allows the mind the peace and love to unite with the Soul.

7-2-01

Family planning is a big thing today. There is an abundance of literature available. I think a good period of physical cleansing of short fasts and a strict vegetarian diet before conception (and after, until birth) would be a very good thing. Some people consult an astrologer to order their signs and the child's. I don't know much about astrology, but it does seem reasonable.

My first wife and I had four children with no planning. The youngest boy and the youngest girl were conceived in our sleep. Both of these children were interested in spiritual things, while the other two children were not. I'm sure there was some angelic intervention in the conception of the two younger children.

7-04-01

Picked Juanita up from the airport yesterday morning at 1PM. Long sleepy 200 mile drive home. Happy to be together again.

7-05-01

I just got the word today from my Voice to start back to work: cleansing, upgrading my diet and lifestyle. So Monday, I will begin again, "have patience, fast and exercise." I still feel lousy, but I look forward to it.

I believe that every person that can, should work several hours a week helping/serving other people. It should be a quiet endeavor, without fanfare, befitting your spiritual path. There are good ideas under the heading of, "kindness" and "charity" on the internet.

7-07-01

The seeker of truth works alone, even if they live in a house full of people, because the work is mostly internal. Only those in the unseen can help; the Holy Spirit, Guardian Angels and God. As the truths are learned and tested and applied to daily life they can be shared with other seekers. Each one helping his/her brothers and sisters to enter the kingdom of heaven.

What anyone of us can do, we all can do. And if a seeker should stumble and fall or wander from their path, others can be communicated with to help restore the fallen. This is my path in seeking the truth; to study, test, share and support. And to help build a leaderless network of truth seekers with no formal organization, institution or authority.

Walked a mile with Juanita this morning. Fasting today. Will have a raw vegetable salad for dinner tonight. Failed, fast and diet.

We were sitting around the house this morning and I thought it would be nice to do something fun, and what came to mind was going out for breakfast. So we did, it was great, but completely blew my physical upgrading for the day.

My family, maternal Grandmother, step-Grandfather and Mother, were all 19th century in there thinking and lifestyle. Work hard from sun up till sundown, then after sundown do things around the house for two or three hours until bed time. And in between, eat these enormous delicious meals served by the women at exactly 6:30, 12 noon and 5 o'clock.

My families idea of having fun was to go out to eat, which they seldom did, but when they wanted to be entertained, that was what they did. So, I guess I get my idea of, eating out, as fun and entertaining naturally. Hard conditioning to break.

7-08-01

Things I am working on now to remember every minute of the day:

Who I am.

To live in the here and now.

That everything is spirit.

That I am perfect in God's mind, I just need to realize it.

The goal, union with my Soul.

To stay on my spiritual path.

Things that I try to do every day:

Say prayers and affirmations.

Do good, be good.

Study and meditate.

Write in journal.

Deep breathing.

Walk barefoot.

Sun bathing

Exercise

Work to purify mind and body.

Hold to good diet.

Things I try and do every week:

Steam bath.  
Swim.  
Work several hours serving others.  
Computer class.  
Fast.

7-09-01

Walked a mile with Juanita this morning. Today I am going to try and establish a raw food diet. We had watermelon for breakfast. I ate three bananas during the day and at 4PM had a tomato, cucumber, avocado salad with no dressing. Didn't feel satisfied and an hour later ate two barbecued turkey sandwiches. I have to get all that kind of stuff out of the house.

7-10-01

There have been a number of interesting spiritual experiences in my family. The following was told to me by my Great Aunt about the passing of my Great Uncle. My uncle was a very dignified tall thin Scotsman, a sheep rancher, and a fine man.

In his later years, he used to sit in his rocking chair with his cat on his lap and look out at the happenings in their front yard. One evening he told my Aunt, "don't cry or mourn for me; tomorrow I am going to pass from this world." "I was gone for several hours today to a very beautiful place." The next afternoon my Aunt found him sitting in his rocking chair, dead, with his cat on his lap.

I loved that elderly couple a lot. Still do. One day, when I was a teenager, I was sitting on a horse with my leg wrapped around the saddle horn talking to my Great Uncle in his yard. He was quite elderly at the time. All of a sudden he said, "you wait right here a minute, I have some thing I want to give you."

A bit later he came out of the house and handed me a pair of beautiful silver inlaid spurs. I thanked him a lot and a little later asked him where he got them. "Oh," he said, "I rode a horse in a rodeo once, and they said I did pretty good, and handed me those spurs."

I found out later that my Great Uncle was quite a hand at riding bucking horses when he was a young man. I never wore those spurs, but handled them often, thinking of my Uncle and the day that he gave them to me. I'll always remember him smiling and handing me those spurs.

7-17-01

I have been having a lot of problems with my computer. The word processor program, Corel Word Perfect Suite 8, came on the machine when I bought it and has developed a lot of glitches. The final straw was when I "saved" the above work (7-11-01), and it didn't save it.

My friend, the computer wizard, said that I was using about 2% of what Word Perfect was capable of, and the other 98% was continually conspiring to glitch my 2% with all its automatic features. So, he loaded Works for Windows 3.0, an old tried and true word processor program, for me and it seems to work fine. I like it.

7-25-01

Had a dream about my mercury poisoning problem last night in which I saw the mercury flowing down and out of my body. The only thing I can think of is to go barefoot more. Sure hope it works because the symptoms are getting worse as time goes on. The muscles in my arms hurt so much that it is hard to type, and leg muscles feel all puffed up and pressing outward against my skin.

I've had a chance to have a steam bath and swim the last two Sundays and that seems to ease the affects of the poisoning somewhat. My weight is 273, bloated from water retention; my body trying to dilute and suspend the poison away from the vital organs. Just after finishing my 40 day fast in February I gained 30 pounds in 22 days. Making gains on my raw food diet.

7-26-01

After a while, as a person goes along their path seeking the truth, they will notice that there are long periods of time that nothing seems to happen. And then all of a sudden there may be lightning fast periods of acceleration. When nothing is happening, some people become bored and lax in their dedication. The problem with that is they will not be prepared when a period of light descends on them.

"Steadfast," is the keyword to making the most out of the cycles of inactivity and progress. These cycles are real and appear at various intervals in time. A seeker should try to live to their, "highest light," all the time, so that when a period of, "advancement," appears they can make the most of it.

What this means is to continually upgrade your physically and mental purity, work hard at doing good and being good, love yourself and others, and if you are bored, you are doing something wrong. Remember who you are.

7-27-01

Had a steam bath and swim Sunday. I have been soaking in an Epsom salts bath daily to pull toxins out of my body. Going barefoot as much as I can. Juanita and I walked a mile this morning. Eating a raw food diet. Yesterday I had a piece of watermelon for breakfast; peaches, raspberries w/honey for lunch; and a tomato, cucumber, onion, avocado salad with no dressing for supper.

I have read that spirituality grows within a person very slowly at first but exponentially like the

cells dividing and growing into a newly conceived baby. One cell divides into two, then two cells divide into four, and four into eight, and so on.

We help in the growth of our spiritual being by maintaining the proper inner and outer environment which allows our spirituality to develop naturally. We nurture our growing spirituality with a constant attitude of Love toward all things within and without.

We strive for inner simplicity which allows our mind to remain at peace, and develop a lifestyle of non-offensive outer simplicity which allows us to remain at peace with the world. Put aside all things that offend, either yourself or others. Live quietly and simply, stay on the path.

7-28-01

The body is the symbol of the Soul or the person that lives within. The Soul enters the body at conception. The Soul is bestowed upon the fetus through the natural union of a man and woman. The body is a temporary dwelling for the Soul, so that the Soul can experience the material environment of the earth. The body is transitory, the Soul is sacred and eternal.

The body can be altered to meet the conditions of the environment, the Soul is the providence of Almighty God and unchangeable. The Soul cannot be affected by any science of man or other Angels no matter how advanced. Advanced beings may be able to help create an animal to fit a particular environment, but they cannot create a Soul or alter it.

In the ordinary world after a baby is born the family and friends begin to teach the newborn their "world view" of things. This world view usually indicates that a person is a body and personality with a mind and that the goal in life is to "get ahead" and collect as much material wealth as possible and enjoy ones self to the fullest. And they will also probably teach the child the virtue of being good and the undesirability of vice.

As for the baby, when they become conscious of the world and they begin to build a personality by a hit and miss fashion to deal with their new environment. And all through their life they will identify with this personality and their body as being themselves. Very few people learn any different.

The above is, of course, an over simplification of what most ordinary human beings think and feel and how they live. And most people do feel there is something that they are missing and that there must be a higher calling than that which they are living.

People go through life thinking that they are the personality that they themselves have created. This is a complete illusion because if events in their life had been different. they would have created a different personality to meet those events or conditions. We are not a changeable fabricated personality or a transitory body. We are a Soul, an eternal unchangeable self-

conscious individualized part of Almighty God. Our Soul is part of Almighty God, and is the same Soul that is in every other human being. We are--One--Being.

A human being is created by the Almighty and has three aspects, a body, mind and a Soul. The body and mind, as we know them today, are transitory. Our mind today is involved with thinking and this will pass away as we begin to realize our ability to access pure knowledge. We will never lose our self-consciousness, but will learn to use it in other ways as we ascend.

The Soul in a newborn baby is holy, divine and eternal. How should we treat this Divine Being that has come into our midst, what should we say, what should we teach him/her about life here on earth and their place in it. The parents should remember that they are just caretakers of this new and wonderful being and they should be careful to teach the child appropriate things at the appropriate time.

For instance, it would only be appropriate to talk about or explain death of the body and the passing of the Soul to a higher plain, when the child is old enough to understand, and when a friend or family member has died. With young children it is a good idea to link a lesson with an actual event, because abstractions are hard to grasp.

The most important thing is to teach the child about God and their relationship to that Supreme Being. Teach the child that they are a Soul, living in a material environment, but that the Soul is not limited by that environment, but is free. As the child grows and can understand, they should be taught spiritual values, and how to keep the body and mind pure, and be introduced to different vocations so they can learn to use their hands as well as their head.

As the child continues to grow various talents may appear, music, painting, dance; and certain spiritual powers may appear as well, being able to see and hear Angels and be able to talk to them. Parents should make every effort to help the child to develop and understand these talents, and find appropriate teachers if they cannot teach the child themselves.

Parents are the producers and directors of the world environment of the child they were given to care for and they should help to open and expand the child's understanding of that world, rather than closing the child down to things, they themselves as parent guardians do not understand. Parents are guardians of the child's body, mind and Soul.

God bless all children  
Because they are the creators  
Of a new and better world  
Every day of their lives  
If adults would just allow  
That world to be.

## **NATURAL LIVING is the LIFESTYLE OF THE SPIRIT**

Natural living connects the spirit to the reality of nature.  
The seeker of truth is a spirit living in a human body.  
The body is a tool of the spirit to express God.

8-1-01

Continuing raw food diet. Feel better today.

Outer reality is where you work on those things that you do to maintain yourself in your daily life, things you do to purify your body, things you do to help and serve others, and perform, "random acts of kindness" when ever you can.

Inner reality is where you work on mental things which you do alone within yourself. Inner work involves mental purity, prayer, affirmations, meditation, visualization, thinking and study; this is where you really live.

Inner work can best be accomplished by finding a place where you can turn off the outer senses. A quiet place in peaceful surroundings where there is no noise or odors or other distractions. In such a place you can sit and close your eyes, withdrawn from the world of the outer senses, and explore your inner realm.

I usually start by taking a few deep breaths, then say The Lords Prayer, then ask that beings in all directions be Blessed. After this, I may just wait and watch the inner landscape; and/or calm the inner dialogue and emotions. In the latter case, I deal with what I am presented in thought or feeling. I forgive and ask forgiveness, send love and blessings, I pray for those that I know that need help and ask God and my Guardian Angels to assist them.

I sometimes say affirmations or meditate. Visualizations like visions are inner pictures. Most people visualize while daydreaming or reading. Inner visions are loaded with information and should be watched very closely. While working in the inner reality one must guard against worrying, speculating about the future, daydreaming, and going to sleep.

8-5-01

What are the characteristics of a natural man. One way of thinking about this is to picture what primitive man was like, and did, before he became self-conscious and had fire. Primitive men and women must have spent a lot of time in the open, most of their skin exposed to the elements: the wind (air), rain and sunshine.

They must have worked hard every day exercising all their muscles just to survive. They

probably walked barefoot several miles every day. They probably ate standing up browsing as they walked, and squatted down to defecate. They only drank water and the only sweet they had besides fruit and berries was honey.

If they bathed at all it was probably in the flowing water of a river or stream during the heat of the day. They probably lived in communal groups and shared everything. They probably ate, in season, raw fresh fruits, nuts, berries, seeds, tubers, forerunners of modern vegetables, insects and grubs.

All but the last two items are on the menu of the modern day vegetarian. It's possible that they ate other things as well. Eventually, the conscious use of fire was mankind's original sin against nature.

It is my firm belief that God provided in nature everything that mankind (both primitive and modern) needs to be happy and healthy.

The only requirement to live naturally is a quiet place with a lot of fresh air and sunshine, exercise daily and walk barefoot directly on the ground, bath in the living waters of rivers and streams, eat sparingly of fresh raw fruits and vegetables in season, drink only water or fresh squeezed fruit juice, and use raw honey as the only sweetener. Living communally and sharing everything with others would be a benefit to many people.

The natural position for defecation is squatting down with the thighs against the chest. Squatting places the the proper tension on muscles, large intestine and colon for elimination. This is the position used in Japan and most other Asiatic countries today. When a person is eating the proper raw food diet their stool will have a slight rough grainy texture and be light yellow-brown in color. The stool will not have an unpleasant odor, and will float on water.

8-7-01

For the seeker  
Living a natural life  
Walking the path  
Of mental and  
Physical purity  
With unconditional Love  
For all living things  
"All spiritual lights  
Will light themselves."

8-8-01

Things in our environment that add to mental clutter: TV, radio, newspapers, magazines, novels,

movies, stage plays, modern music, sports events, many internet sites, crowds, casual visitors, small talk with strangers, chatty conversation, gossip, current events, politics, desire, guilt, worry and emotional disturbances of any kind.

It is better to replace these things than try to suppress them. I have been working to release all of these things and have been able to let go of about 90% of them. I still watch the news on TV and read an occasional newspaper or magazine that comes my way.

8-9-01

The following are ways a person can save money: Drive a small car, like a Geo Metro, which gets 40 to 50 miles to the gallon. Have the cars oil and filter changed at Wal-mart or change it yourself. Walk or ride a bike depending on your circumstances. Buy and wear good used clothing.

For winter heating use the local indigenous fuel: wood, coal, and in some areas of the country, natural gas. Use solar energy when possible. Wash dishes by hand, and dry clothes on a line. Grow your own food in the summer, and root cellar the surplus: plant a winter garden. Buy produce for winter storage; potatoes, sweet potatoes, onions, carrots, cabbage, squash, and apples from local farmers or fruit stands in the fall and pay about a quarter of what the regular stores will charge later on in the winter.

Learn how to repair (within reason) everything you use: auto, electrical, plumbing, carpentry, electronics, appliances. Buy tools, hardware, kitchen ware, furniture, household and other goods at yard sales or second hand stores. Communicate by regular mail or e-mail, keep phone calls short. For entertainment, go on long walks in the woods, read, do computer research, watch a home video, garden, play with pets, maybe eat out once a week.

Make everything you can yourself, this adds pleasure to your life; both in the making and using. When building, look for and buy used materials, and think wabi-sabi. In all your dealings with strangers be low key and reserved, remember who you are and your path. Always be fair but don't be afraid to say, "no."

8-10-01

When a person is outside they should spend as much time with their skin exposed to the air and sunshine as possible. Decency dictates, that when people are around, men should wear shorts, and women shorts and a bra. However, as often as convenient, a person should seek a sanctuary and expose their whole body to the elements.

This private sunbathing place can be anywhere, a back porch, sheltered back yard, a mountain meadow, a private beach; but should be located in a secluded place so as not to offend other people (Not particularly for the others sake, but for your own "low profile.")

Exercise daily and walk a few miles. Work continually in your outer reality to purify your body by upgrading your diet to eating only raw fruits and vegetables and fast to remove the toxic wastes from your body. In the inner reality work to remove the mental clutter and break old habits of your cultural conditioning.

8-14-01

The seeker voluntarily accepts  
The role of a supporting actor  
Rather than that of a star.

8-20-01

I was doing some reading last night and came across this interesting quote.

"When your body dies, YOU do not die. The ultimate reality of what you are does not lie in your body, but in the spirit that continues to exist after you die. Most of you reading these words already believe that to be true."

"The real YOU, which is created in the image of GOD, is SPIRIT. It is that SPIRIT which is part of GOD, and which shares with HIM, HIS creative power. SPIRIT, which IS the reality of what you are, is alive and well right now, even though you seem to currently exist as your body. "

"Because SPIRIT is alive and well RIGHT NOW, and because it IS your source of creative power, your SPIRIT is active in this world, NOW. As such, it is your SPIRIT that determines what you experience, and what seems to happen to you."

"The physical world is controlled by the creative power of SPIRIT, and not the other way around. That awareness suddenly turns the world upside down, as you come to realize that everything in your life has its source in the creative power of your spirit. That awareness shall become for you a source of great peace and great joy."

"Your real nature is SPIRIT. And as SPIRIT you are free. SPIRIT lives without limitation. It is not limited by space or time. You could only say that SPIRIT exists everywhere, forever and ever, without beginning and without end. It is in this sense that we are created in the image of GOD, who likewise is SPIRIT. Soon, you begin to realize the implications of being SPIRIT, and of being totally free."

"In a word, the world, is a world of freedom. If you understood freedom in its entirety, freedom as it truly is, no further words would be necessary. You are free. That is all."

Today

Like every other day  
I awake to face  
Death  
Eye to eye.

Today  
Like every other day  
I awake and know  
That death  
Is an illusion  
For my Soul  
Is immortal.  
And free.

8-21-01  
From the *Song of God*, The Bhagavad-Gita.

"Yudhisthira turned, and saw Dharma, the personification of duty and virtue, standing beside him in the form of a crane."

"The crane asked:"

"What is the road to heaven?"  
"Truthfulness."

"How does a man find happiness?"  
"Through right conduct."

"What must he subdue, in order to escape grief?"  
"His mind."

"How does one reach true religion?"  
"Not by argument.  
Not by scriptures and doctrines; they cannot help.  
The path to religion is trodden by the saints."

And the last question the crane asked:  
"Of all the  
World's wonders,  
Which is the  
Most wonderful?"

"Yudhishthira answered:"

"That a man,  
Though he sees  
Others dying  
All around him,  
Believes that  
He himself  
Will never die."

Aldous Huxley in his introduction to the Bhagavad-Gita translated by Swami Prabhavananda and Christopher Isherwood explains that a Perennial Philosophy threads its way through many of the worlds major religions.

"At the core of the Perennial Philosophy we find four fundamental doctrines."

"First: the phenomenal world of matter and of individualized consciousness... the world of things and animals and men and even gods... is the manifestation of a Divine Ground within which all partial realities have their being, and apart from which they would be nonexistent."

"Second: human beings are capable not merely of knowing about the Divine Ground by inference; they can also realize its existence by direct intuition, superior to discursive reasoning. This immediate knowledge unites the Knower with that which is known."

"Third: man possesses a double nature, a phenomenal ego and an eternal Self, which is the inner man, the spirit, the spark of divinity within the soul. It is possible for a man, if he so desires, to identify himself with the spirit and therefore with the Divine Ground, which is of the same or like nature with the spirit."

"Forth: man's life on earth has only one end and purpose: To identify himself with his eternal Self and so to come to unitive knowledge of the Divine Ground."

The Goal In Life Is To Unite The Conscious Mind With The Soul.

8-24-01

When reading translations of ancient scrolls a person must view the information in context with the time it was written. For instance, consider an Essene scroll that was written 2000 years ago that says, " Bath from the crown of the head to the soles of the feet every day."

If that admonition were written today, we would expect a person to go in the bathroom and take

a shower, or run a nice tub of hot water and get in and bath, every day. Only in the homes of the very rich would a room be set aside for bathing in ancient times.

In most cases water was probably drawn from a well and only used for a quick wash-up. For a complete bath, the most likely possibility would be a nearby lake, river or stream. During cold weather water may have been drawn from the communal well, heated, and poured over the bathers head by a second person.

The ancient Essenes submersed themselves completely in a pool of running water set aside for that purpose every morning at sunrise in summer and winter. Taking a bath today, compared to bathing in ancient times, are two very different exercises.

So, when you are reading translations of ancient text, you must consider closely how people lived at that time, to gain any true understanding of the scripture.

8-26-01

It's funny (strange) how little bits of information come together like pieces in a puzzle. Years ago I read a book about Edgar Cayce in which he indicated that, "all cells in the human body have the potential of being self conscious."

A few weeks ago I received a newsletter from the Medical Doctor that is helping me with my mercury poisoning. He practices alternative medicine and often prescribes herbs and food supplements in his treatment. He wrote the following in his newsletter:

"One of the most exciting new areas of immune research and immune enhancement or balancing comes from the relative new area of study known as glycoscience. Without getting to technical, it is a new area of study of how certain essential [simple] sugars are needed and used by our cells to create a very intricate and necessary cellular "sign language" on the surface of the cell membrane, and used to communicate to other cells."

"This is vital for our immune system to function properly. What is being learned in this new area of study is that one very important factor causing the immune system to fail is poor or defective cellular communication."

The following excerpt is from an Essene ***Gospel of Peace***, Book I in which Jesus outlines what a person should eat in certain seasons. All of the food items listed are alkaline forming and almost all contain a simple sugar.

" From the coming of the month of Jiar, eat barley; [**maltose**] from the month of Sivan, eat wheat, the most perfect among all of the seed-bearing herbs. And let your daily bread be made of wheat, that the Lord may take care of your bodies. From Tammuz, eat the sour grape, that

your body may diminish, and that Satan may depart from it. In the month of Elul, gather the grape [**levulose & fructose**] that the juice may serve you as drink. In the month of Marcheshvan, gather the sweet grape, [**dextrose, levulose, fructose**] sweetened and dried by the angel of sunshine, that it may increase your bodies, for the angels of the Lord dwell in them."

"You should eat figs [**dextrose, levulose, fructose**] rich in juice in the months of Ab and Shebat, and what remain, let the angel of sunshine keep them for you. Eat them with the meat of almonds in all the months when the trees bear no fruit.[This is a natural worm medicine.]And the herbs which come after rain,[**cellulose, galactose**] these eat in the month of Thebet, that your blood may be cleansed of all your sins. And in the same month begin to eat also the milk [**lactose**] of your beasts, because for this did the Lord give the herbs of the fields to all the beasts which render milk, that they might with their milk feed man. So eat always from the table of God: the fruits of the trees, the grain and grasses of the field, the milk of beasts, and the honey of bees[**sucrose**].

All of these things lead me to believe that the original statement, "all cells in the human body have the potential of being self conscious," may be true.

It seems that in the Essene/raw food diet, Jesus is indicating what the body really wants is simple sugar.

"Yesterday it was said, thou shalt eat flesh and oil; because they supply certain things for the blood, without which man can not live; today it is proven otherwise." From: **Oahspe Bible**

Modern day scientist have determined, without a doubt, that the body can synthesize oil from simple sugar. I wonder about protein?

8-29-01

A couple of nights ago an old friend of ours came to visit and we got to talking about love. Is it an emotion? Does a person really feel love---like you feel anger. Or is it a knowing---like trust. We agreed that trust was a prerequisite of love and an attitude of willingness to love was required. But we really didn't reach a firm conclusion on a definition of love.

Juanita and I have been, "In love" for eighteen years. We continued talking about love after our friend went to bed. We decided that our love for each other was an intense caring for each other, a concern for the others welfare, based on long experience of trust, putting the other person first (always giving them the larger piece of pie:-) and working hard to insure their happiness.

Juanita makes me happy when I am with her and I am confident and at peace about our relationship when we are apart. And when we are together we are comfortable with each other. She says it is the same for her. No matter how difficult a day is I know that in the evening I will be with Juanita again and all will be well between us and with the world. She is my anchor in a

reality of love and peace in this world. We share in the love of Almighty God and in the search for spiritual truth.

The next day I looked up that beautiful passage in the bible about love. (1 Corinthians, 13) "Love is patient, love is kind. Love is not envious, works no evil, knows not pride; is never rude, nor selfish. Love is slow to anger, imagines no mischief, rejoices not in iniquity, but delights in truth. Love bears all things, love defends all, love believes all, love hopes and endures, love never fails."

"For in truth abide these three: faith, hope and love, but the greatest of these is love."

As for a definitive, one line or short paragraph definition for love, we found ourselves at a loss, but as Mister Antavaris said, "Love is love."

Although I cannot define love very well, I know in my heart that learning to love is the single most important lesson that we are to learn in our experience on earth. All is spirit... and that spirit is Love.

The nice thing about writing a journal like this, rather than a book, is that you can go back and update any section whenever you like. (11-2-04) I have been reading an excellent book written by Euell S. Andersen called ***The Secret of Secrets***. Chapter 7 is titled, [\*\*Loving and Being Loved\*\*](#), in which Mr. Andersen defines and explains the different aspects of love, both earthly and Divine.

**This book is one of the best I have ever read about the path of seeking union with God.**

## **SPIRITUALISM proves LIFE AFTER DEATH in SÉANCE**

A séance is a Holy Meeting of Spiritualists to communicate with spirits that have passed on. A séance is a natural phenomena and helps people understand life after death. A séance is misunderstood by most people.

9-8-01

I have been very busy the past few days, taking care of things around our place and working on our cars.

When I was seven my family became interested in spiritualism. Basically spiritualists believe in the Fatherhood of God, the brotherhood of man and communion of spirits and the ministry of Angels.

Spiritualism is a belief that there is life after physical death and that you can communicate in a séance with the spirits of those that have passed on. It was proven to me time and again that the spirits that I talked to in seances were the departed spirits of family and friends that they claimed to be.

For example, a spirit of a departed friend might relate in a séance to me in detail a previous experience we shared while we were together in this life that no one else knew about. Or, I might have gone shopping in the morning and to a séance in the afternoon and have a spirit friend comment on all the things I had looked at or purchased that morning.

In one instance on a weekend, a spiritual guide told me that I had put a part in backwards on a machine I was building at work. I checked on Monday and sure enough, a critical part was installed backwards.

Spirits of the dead (this really is a misnomer, because I said to a spirit friend one time at a séance that they were dead, and he immediately informed me that I had it all backwards, that they were alive and we were the dead) anyway, what I was going to say was that spirits of those that have passed on are not much different than when they lived on earth.

There is no great enlightenment when a persons passes from this earth. A person still has the good qualities and faults they had in their previous life. Just like on earth, they have to work and study and put into practice what they have learned to overcome their faults and shortcomings. And just like here on earth, spirits are not forced or coerced to become better.

A very old Alchemic saying goes something like this, "As it is in Heaven, so it is on earth: and as it is on earth, so it is in Heaven." (The lower realms of Heaven anyway.) One is a reflection of

the other. If there is a war on earth, there is a war in the lower plains of heaven, over the area of war on earth.

It was explained to me, the lower plains of heaven are not a paradise but a place of transition and possible strife on the way upward to the enlightenment of the higher realms. Most ordinary people, good people, ascend to a place that is beautiful, peaceful and orderly where they are met and welcomed by family and friends.

9-9-01

It is unfortunate that the term "seance" has been so abused over the years. When most people hear the word séance mentioned they laugh, snicker and carry on as if it was the funniest thing they had ever heard. I would like to take a moment and define what a séance really is from my experience.

A séance is a gathering of people to experience communication with their family and friends that have "passed on" into the spirit world. Sometimes there is just two people, the seeker and the medium, this is called a "private seance." A séance is now often called a "circle," "meeting" or "sitting" because the participants usually sit at a round table close enough to link hands at times to pray or give thanks.

There are several different types of seance. Sometimes the medium just goes into a trance and the spirits speak through and uses the medium's body. At a séance called a "Trumpet meeting" the medium goes into a trance and the spirits speak independently through a long slender conical trumpet made of cardboard or aluminium. The spirits voice has an unusual mechanical or "tinny" sound... like an old fashion telephone.

There is a type of séance where the medium is not in a trance and just gives messages. This probably the most common seance. There is a séance called a "Masters meeting" which is by invitation only, from the Masters involved, where on a regular basis, advanced Masters come to teach. The Masters at this type of séance "materialize" their body and you can touch them and they look and feel just like anyone else in the room... however, they are usually dressed in robes or clothing of their time.

I have been to all these different types of séance and found that they all were authentic and very helpful in understanding, "Life after death." There was never a specific fee for attending any séance that I went to and a monetary gift to the medium was not required but in any case was minimal. For a private séance in the 1960's which lasted an hour or hour and half I usually contributed twenty dollars to the medium for her time. She never asked for money... I left it under a flower vase on the table.

9-10-01

I checked the Internet and found these seven spiritualist principles:

- 1) The Fatherhood of God.
- 2) The Brotherhood of Man.
- 3) Communion of Spirits and the Ministry of Angels.
- 4) The continuous existence of the human Soul.
- 5) Personal Responsibility.
- 6) Compensation and retribution hereafter for all good and evil deeds done on earth.
- 7) Eternal progress open to every Soul.

9-11-01

Today terrorist attacked the World Trade Center in New York City and the Pentagon in Washington D.C. A very sad affair, like all senseless killing and destruction anywhere in the world. I feel terrible about the loss of all those that died and for their families that grieve for them. God comfort them all.

"Jehovih [the Almighty] said: Nor have I made wisdom possible unto any man or angel that knoweth not My elements, and the extremes of evil and good which I created." *Oahspe Bible*

9-12-01

Juanita and I are still in shock over the terrorist attack yesterday. Its hard to believe what happened is real.

I want to get back to relating my experiences about spiritualism soon, but for now, I am going to quote another passage from the *Oahspe Bible* that I have always found interesting.

"Because the state is rotten, the politicians feedeth thereon; because society is rotten, the lawyers and courts have riches and sumptuous feasts; because the flesh of my people is rotten, the physicians findeth a harvest of comfort."

9-13-01

Today is Unity's 2001 World Day of Prayer. "For yourself, your loved ones, and all who need God's help, pray with us."

The light of God surrounds us;  
The love of God enfolds us;  
The power of God protects us;  
The presence of God watches over us;  
Wherever we are, God is!

9-18-18

I guess my shock over the terrorists attacks has turned into depression because I just don't feel

like writing at all. I have felt depressed like this a few times before in my life, when we dropped the atom bombs on Japan, when President Kennedy and Martin Luther King were assassinated, and when President Bush Sr. declared the Desert Storm campaign a success, with only 67 of our armed forces lost. He neglected to mention that we killed a hundred and fifty thousand Iraqis.

9-19-01

Down! I know that what happens in the outer world should not affect my inner reality, but it does whether I will it, not to, or not. My understanding is not large enough to dispassionately witness the senseless death of thousands of human beings without feeling a terrible loss.

The following excerpt from: *The Life and Teaching of the Masters of the Far East*, sheds some light on the feeling of despair and depression after a terrible tragedy.

"By noon the second day, the wounded [Hundreds] had all been cared for and we made a last survey to make sure there were no more wounded among the debris. On our way to the lodge for lunch and a much-needed rest, one of the party voiced the thought which had been uppermost for hours in all our minds. Why this terrible holocaust, this destruction of life."

"We were tired to the very marrow of our bones and were completely floored by the shock. The brunt of the rescue work, especially in the early hours, had fallen to our lot. As it was, we were weary and heartsick, having undergone the most terrible experience of our whole lives."

"We arrived at the lodge, refreshed ourselves and sat down at the table completely unnerved. After the meal we retired to our rooms to rest and none of the party awoke till late the next afternoon."

"While we were dressing, it was suggested that we go directly to our sanctuary, as we called the upper room of the Temple. We left the lodge and started to walk to the Temple as had been the custom on previous occasions."

"We had proceeded to the ladder that led to the entrance of the temple, when the one who was in advance stopped, with one foot on the first rung, and said: 'What has come over us?' Just a day or two ago we were in seventh heaven of delight, going from place to place at will and accomplishing things in three months that we expected would take years to finish."

"Our food appears on the table, and all this without the least exertion on our part. Now, suddenly, we have slumped back into our old habits. I want to know why this sudden slump? I can see only one thing. Every one of us has taken upon himself the condition of the experience through which we have just passed."

"This is what is now hampering us and I for one am through with that thing, it is no part of me whatsoever. It is mine only as I worship it and hold to it and do not let it go. I step forth out of this condition into a higher and better condition and let go. I am entirely through with it. As we stood and stared at him, we realized he was gone, he had disappeared."

"We were nonplused for the moment as we saw this man attain; yet none of us would let go of that which was holding us back, though knowing full well that **we were still holding on to the condition that did not concern us in the least.**" [Bold emphasis mine]

"Consequently, we were obliged to climb the ladder, go through the tunnel, then up through the different rooms to reach our objective. When we arrived, we found our associate already there."

From: *The Life and Teaching of the Masters of the Far East*

9-20-01

I believe the attitude expressed in the above excerpt is correct, (A tragedy in the outer world has nothing to do with me.), however, I am a long way from realizing this attitude. I have thought about my situation, my feeling of despair, a lot the past few days, and have come to the following conclusions.

A seeker should withdraw from the ordinary world. Have as little to do with it as possible. I have said this many times before.

When a seeker inadvertently reads a headline about a tragedy, they should say a prayer for the victims, but pursue the news no further. If a tragedy should happen where they live, they should of course, give a hand, doing whatever they can to help the victims.

There is always going to be terrible tragedies in the ordinary world. The ordinary world is based on duality: love and hate, good and evil, light and dark, war and peace. This separation from God's Oneness is the cause of all the tragedy in the world.

The seeker's reality and world is based on the oneness of God: an internal world of love, good, light and peace; which will eventually overcome the duality of the ordinary external world. I realize I must work with all my heart to bring forth this vision into the outer reality.

I will no longer allow the tragedies of the outer ordinary world to affect my inner reality of the Oneness of God. God is all there is! It seems to me, that God allows man to created the duality of the ordinary world as a teaching tool to help man learn that love is easier to live with than hate, that peace is more satisfying than war, that good is more rewarding than evil and that light is more easily to live in than darkness.

Just writing these things down makes me feel a lot better. God help me to realize the truth in what I have written. God I Am One with Your Peace and I send that peace to all those that suffer and grieve. Amen.

9-21-01

Feeling better today.

When my second-cousin was nineteen he was killed by a gunshot wound to the head. He was the son of my Great Aunt who later became a spiritualist minister. I talked to my cousin at a séance after he passed on and he told me some very interesting things. He said he came to in the spirit world walking along a path in a beautiful countryside. He said, "I had the same clothes on the day I passed over but I was very agitated because I didn't have my shoes on and I looked and looked for them."

He continued along the path and after awhile met a friend that gently told him that he had passed on from earth life and that he had no shoes on because he was walking on sacred ground. His friend continued to tell him many things about life and death and living in the spirit world and that only the people living on earth had the arrogance to walk on sacred ground with their shoes on, because all ground created by Almighty God is sacred.

My cousin later told his mother that he had learned that if he had not died from the gunshot wound that he would have died by some other means, because it was his time to pass on. He indicated that a person cannot die before their time and cannot live beyond their time.

At another séance a spirit physician told me that when a person walks barefoot their body can pick up minerals from the earth that their body needs through the soles of their feet. And that the body can also expel wastes and toxins out of the body through the soles of the feet.

I have mentioned before that the body stores toxic waste in fat and muscle tissues as far away from the vital organs as possible. This is the reason that many people's feet swell up. If they would walk barefoot those toxins could be expelled from their body.

It may seem to some, that I am obsessed with walking barefoot. It's not exactly an obsession, but I do speak of it often because few people realize how important it is to go barefoot. Who pays any attention to their feet, other than putting their shoes on or when they hurt. If you want to live a natural/spiritual life it is important to walk barefoot as much as you can.

Here is a situation about barefoot walking that I would like you to ponder with me. Years ago I saw a travelogue that showed three native people, two men and a woman, walking along a trail high in the Himalayan Mountains. They were all barefoot. They wore wool pantaloons that came down to their ankles, some kind of a blouse, heavy wool derby like hats, and several layers of

what looked like wool serapes.

As night fell they prepared for bed at a flat place out in the open beside the trail. They placed a couple of the serapes on the bare ground and lay down on them very close together, a man on each side of the woman. Then they place all the other serapes over themselves as covers. But, all three of them had their bare feet exposed outside of the bottom of the covers.

It must have been freezing up there at night. Why did they leave their feet sticking out in the cold. I have speculated that maybe their feet acted as a kind of thermostat. Their bodies trying to keep their feet warm kept their bodies under the covers toasty. But then what kept their feet from freezing? They must have had super circulation! If you have any information about this situation, please let me know. Thanks.

9-22-01

My brother joined the navy during world war two when he was seventeen. After boot camp and training school he was assigned to a new class of cruiser just launched. After the shakedown cruise the cruiser went to sea and in the first battle took a hit in the powder magazine, was blown in half, and sank with all hands.

The sinking of the new cruiser was reported in the newspapers but my mother had not received any notice from the navy that my brother was killed. She was frantic with worry.

My mother had heard earlier about a woman who was powerful spiritualist medium in a city about 200 hundred miles from where we lived. She drove there and after much inquiry found out where the woman lived. As my mother stepped on the porch the woman opened the door, called my mother by name, and said, "Your son was not on that ship."

What had happened was that my brother had received a weekend pass (1600 Friday afternoon to 0800 Monday morning) from the ship, and hitch hiked 700 miles home to see our mother before he went to sea. My mother rented a private plane to fly my brother back but he was still late and AWOL. On arriving at the naval base my brother was thrown in the brig, and while awaiting trial his ship sailed without him.

Subsequently, my brother who was a medical corpsman, made 11 major landings on islands in the Pacific with the Marines. He never got a scratch. He was one of three in his medical battalion of 400 men that survived the war.

It is hard for any one to understand how terrible war is unless they have been there. My brother, while in his teens, spent three years tending the wounded and dying at one battle after another. On one ship during a landing they lost half of the crew, some 250 to 300 men.

The decks were so strewn with bodies and body parts that those still alive kicked the bodies over the side so that they could continue to man their battle stations. The decks were so slick with blood that the men had to hang on to something or each other to move around.

When my brother came back home from the war he was completely insane. At first, he would wake us up almost every night screaming. We would go in his bedroom and find him cowering under his bed or huddled in the corner of the closet. He spent most of his daytime hours drunk. We worked with him for the better part of a year, before he began to recover. God bless him, he was just a kid, and went through three years of unspeakable horror.

Two points. The woman, who was the spiritualist medium, had never seen my mother before, but called her by name and told her that her son was alive, which was true. The only way she could have known these things was by spirit communication. And the second point, is that you cannot die before your time no matter how often you are placed in harms way.

9-23-01

My Great Uncle, the sheep rancher, was aware of his passing from this earth and told me after his death that he found himself walking across beautiful rolling pasture land, "Great sheep country," as he called it. He said he remember walking very slowly because he was to old, and to stiff and sore to walk very fast. Later on he came to a river, and he told me, "I don't know why, but I waded into the river, and it felt so good that I just sat down and let the water flow over my head."

He said he didn't know how long he sat in the water, but after some time he stood up and continued to wade across. He said he realized that all his aches and pains were gone and as he felt his arms, body and face and realized he was a young man again. As he waded out of the water on the far shore all his family and friends were there to meet him. My Uncle had crossed over the river Jordan.

"And yet I believe  
That when you lose  
A person you love  
You gain another  
Guardian Angel  
That you know."

I talked to my Great Uncle at a séance once more in 1951 or 1952 and he told me he was doing very well. He said he heard that there was going to be an atomic bomb test in Nevada the next day and he was going to drive his train over there and watch. I was amused to hear that he had his own train.

I knew that he loved trains, and that he had worked on them as a young man. Before my Great Aunt would marry him, she made him promise to give up working on the railroad, "Because it was just too dangerous." So after they were married, he bought a 3000 acre spread in the foothills and raised sheep.

Years after my Uncle passed on I met an elderly man that had been one of my Uncle's ranch hands. He said my Great Uncle told him that he had made two mistakes in his life. "Buying two hundred dollar a head ewes in 1928 for new breeding stock, and quitting the railroad." My Great Aunt and Uncle lost their ranch when a "friend" called in a loan in the early years of the depression, which started with the stock market crash of 1929.

9-24-01

I was told at a séance that aborted babies arrive in heaven looking like little butterflies. And that spirits working with aborted babies catch them with butterfly nets and put them in a large aviary like structure covered with screen so they can care for them. As the babies grow and become heavier, they lose their ability to fly and drift down to the floor of the nursery. Then they are placed in cribs and are cared for much like new born babies on earth.

I have heard little children come into a séance room and say over and over, "I'm hungry, I'm hungry." And an adult voice said, "They are hungry for love." Made me cry.

I was also told that suicide is a very grave offense against God's laws and the punishment severe. One person I heard about that committed suicide floated in darkness until the time that they should have passed naturally from earth. And another was trapped in their body until the flesh had completely rotted away. That's too terrible to think about.

I inquired once at a séance about reincarnation and an ancient scholar was brought in to talk to me about his findings. He said that the heavens were vast and that there were many ways of doing things, but that he had found no evidence that a spirit ever returned to earth and was born again in a new physical body.

The *Oahspe Bible*, has this to say about reincarnation:

Jehovih [Almighty God] said: "As I have quickened the seed of the first born, so will I quicken all seed to the end of the earth. And each and every man-child and woman-child born into life will I quicken with a new spirit, which shall proceed out of Me at the time of conception. **[The spirit enters the body at conception.]** Neither will I give to any spirit of the higher or lower heaven power to enter a womb, or a fetus of a womb, and be born again."

The spirit-scholar did say that there was a "type of reincarnation" in heaven in that as spirit as they advanced left behind the body they had been using and entered a more refined body as

they reached the next higher plain of spirituality.

I met a Chinese woman years ago that told me how the early Eastern seers got the mistaken idea that a person could be reincarnated into lower animals. She said when spirits visited a seer they would often show them their "Clan sign" a bear or wolf or eagle; and from this the idea that people reincarnated into lower animals came about.

One possible explanation for the belief in reincarnation is as follows:

A mother's blood circulates through the placenta providing oxygen and nutrients to the baby. The mother's blood also passes on to the baby a complete history of all their ancestors. This history is passed on from mother to child ad infinitum (without end).

Some adepts can experience their ancestors' life in a type of holographic vision which arises from the history recorded in their own blood. They are present in the vision as one of their ancestors and actually relive part of that ancestor's life. When they return to their own present day reality, they interpret their vision as being one of their own past lives and believe they are a reincarnation of that ancestor.

I didn't witness this, but my Mother told me that she was at a séance once and she heard a noise like someone dragging chains around the room. A man spoke to her and said that he was completely covered and bound with chains of coins symbolizing all the money that he had swindled others out of.

He said he was looking for the people he had victimized so he could return some of the coins to them. He asked if he had stolen any money from my mother. My Mother said, "No," and then she heard the chains dragging away.

Years later at a séance we heard a sound like someone shaking a box with a few coins in it, and a voice said, "I've found almost all of them, I just have a few coins left."

9-25-01

I remember Mrs. Mary Taylor, the medium we visited, telling us about how she and her sister sat for seven years hoping to communicate with the other side, with no success. Then one evening the round wooden table they were sitting at floated up to the ceiling. Mary said that she and her sister ran screaming from the house. Afterward Mary became a very powerful medium. Often Mary's daughter, who had passed on, could speak right out to you in Mary's presence any place in their house.

The point here is that it took a seven year initiation period to show that Mary was serious about wanting to be a medium. Her powers developed rapidly after that seven year period. I am not sure about this, but it seems that a seven year initiation period is pretty standard in spiritual

endeavors.

Mediumship in itself is not really a spiritual undertaking because the goal is not spiritual advancement, but rather, to communicate with those spirits that have passed on from this earth. However, it is a method that can be used to communicate truly spiritual information from spirits in heaven to those who seek the truth on earth.

Again, information gained from communication with spirits that have passed from earth life should be checked very closely to make sure that it is the truth. I have been told that spirits living in the lower heavens are, "notorious liars."

I have never seriously tried to develop any mediumistic powers.

I believe that man cannot invent any machine, to do anything, that he is not already capable of doing within himself, if he would just work to develop that power. For instance, the telephone is just the outer manifestation of mental telepathy. I have been told that all inventions are first developed in heaven and then the spirits inspire someone on earth to build them.

At a séance in the early forties the spirits told us about a new machine, that would soon be in every household, that could show pictures, like a movie, of events taking place clear across the other side of the country. They were talking, of course, about television.

The purpose behind the development of the television machine in heaven was in hopes to develop a way for [spirits in heaven to communicate with their families on earth](#). So far, this has not happened. I wish it would happen, then maybe we could make right so many things that are wrong on earth.

9-26-01

I am trying to read, "sign" in the following situations.

About ten days before the terrorist attack on New York and Washington D.C., I was pulled over by a state police officer, in a town (#1) of 20,000, forty miles North of where we live. The officer said that I ran a stop sign, and asked for my papers, looked at them, called in the information, and then said he was just going to give me a verbal warning. He said for me not be such a hurry that I neglect to make a complete stop at every stop sign. I said, "OK, Thanks, I'll do that" and went on my way.

I was bit shaken by the incident because I hadn't been stopped for anything for at least fifteen years. And I thought to myself, that this type of thing usually happens in "threes", and wondered what I would be stopped for next.

On September 14th, I was stopped by a city police officer in a smaller town (#2) (pop. 10,000) twenty five miles North of where we live. The officer gave me a written warning for a burnt out tail light.

The next incident happened 3 or 4 days later in a very small town (#3) (pop. 5,000) just twelve miles North of where we live.. This town is too small to afford a police officer. I had backed in and parked in a disabled parking space in front of the City Hall Building, at the entrance to the library, where I was doing some community work. The parking lot was empty, and there was plenty of regular parking places, but I parked in the disabled parking place because it was closest to the library door.

A man pulled up in a city pickup and walked over to me and said, "What are you doing there!?" "You can't just pull in here and do anything you want!" "You have to have permission from someone in City Hall!" I told him what I was doing, and why I was parked there, and then he apologized and said he was sorry for jumping all over me.

So I ask myself, what is the message in these three encounters? Trouble coming closer from the North? And/or, "Warning, warning, be careful what you do." Maybe. Anyway, I'm going to be very careful driving and in my exchanges with other people during this period of heightened stress.

I'm sure that there is much more, sign, to read in this, but for now this is the best that I can come up with.

9-28-01

My friend who gives me computer lessons and who is helping me to design the Seeker web pages has canceled our last two Friday sessions (Sept.21&28) because he is, "snowed under" with computer repair work. Maybe people want better communication capabilities after the terrorist attacks. I don't know.

My friend lives forty miles North of us near where the state police officer stopped me. I am reluctant to travel North until I have more information about what is going on. Something important for me to learn or the sign would not have been laid on so heavy. I have learned the hard way, not to ignore things like this. I'm staying close to home until I learn more.

9-29-01

Last night Juanita read the above entries and immediately agreed that I should not go North to any of those towns and that I should stay close to home, until we have a definite answer to what those warnings were all about.

I can shop and do the laundry in a town 25 miles to the South. I don't get any bad feelings going in that direction. I think my friend, the computer wizard, will agree to come down to our house to

work on the web pages. As a precaution, we are carrying our drinking water with us wherever we travel.

All this is interesting, but a bit stressful. I thank those Beings that have made the effort to prepare this sign for me. May they also help me to solve the riddle. I AM ONE with God and His perfect Peace. I am on the path.

It is very important for a seeker to learn to read sign. It is one of the ways that Angels can legally communicate with us while we live on earth. Angels are also allowed to impress their thoughts on our minds, and control lesser animals (and maybe some men) in our presence.

Every animal has a symbolic meaning. When an animal comes into your presence it may carry a message for you, if you can read it's sign. The question is, "What does the appearance of this animal at this time in this place mean to me."

Out in the mountains one evening I had an owl attack me by diving on me and thrashing it's wing about my head and shoulders, screaming in fury. It continued to attack until I dropped to the ground and lay still. The owl didn't hurt me, but it did shake me up quite a bit. (The owl was saying, "don't go any further up the mountain tonight.")

I slept where I lay until just before dawn when the owl, screaming, dived on me again, just once. ("Wake up and get going, you can continue up the mountain now.") In this case the meaning of the sign was obvious, (after the fact) but most of the time the meaning is much more subtle and illusive. Later, I learned there was good reason for me not to be on that mountain top after dark.

If a person will pay attention all of nature is talking to them all of the time. You are part of the whole. ONE.

I have often wished that I had had access to a good spiritualist medium so that I could have attended a séance so that the spirits could have helped me to understand my experiences.

## To live a LIFE OF THE SPIRIT one must live their HIGHEST LIGHT

The highest light of the spirit is to realize that we have separated ourselves from God. And the goal in life is to reunite our mind and spirit with God.

10-5-01

As a person ascends the path they will develop "powers." These powers will be small at first, but as a person continues to ascend the path, using their 'gifts' in a righteous manner, the powers that follow will be more complex and potent. These powers are not spiritual attainments, but gifts **because** of spiritual attainment.

Powers should be used when needed, and then forgotten, or put another way, a person should not dwell on the powers they are capable of using, because this will not lead to further spiritual development but to mental aberration. An obsession with powers, or developing powers, is a downward path which will lead to darkness.

Powers are a double edged sword, they are very wonderful and very dangerous. Like a baseball bat is a wonderful instrument for hitting a home-run, the same instrument in a back alley on a dark night is another thing.

So, there are several considerations concerning the use of powers. If a person can use their gifts of power without becoming "attached" or obsessed with them, then I believe, it is all right to do so. But, on the other hand, if they find themselves, "a bit too proud" of their accomplishments using their powers, they should limit the use of any powers to extreme emergencies.

Powers are not spiritual development, anymore than a hand saw is a spiritual development, they are both tools, that should be used properly and appropriately, and then put aside until needed again. A person, not even a carpenter, goes around thinking how wonderful his hand saw is, and praising it and becoming obsessed with it. That would be crazy.

Powers are gifts in recognition of spiritual attainment. They could be seen as a **test** of a persons dedication or resolve to ascending their spiritual path. If a person is honest with themselves, and realizes that their 'ego' can not handle using a power without becoming attached to it, they should leave any and all powers completely alone.

Powers are a wonderful tool, but the flip side is that, they can be a trap set on the path to spiritual attainment. Only a selfless person should attempt to use any gift of power. Powers at times are useful, but they are completely unnecessary for spiritual attainment.

10-6-01

A simple illustration of a power, and an obsession with a power, is our use of words. Our whole culture is obsessed with words and talking. Words are not reality, but symbols for reality. We are so obsessed with words, as a symbol, that we completely miss the realities of the world we live in. Our human reality does not require words to exist, it just is, and to understand that reality what we need to do is, let go of definitions, just observe it and experience it.

In, ***The Teachings of Don Juan***, the author, Carlos Castaneda, indicates that Don Juan believes that our ordinary reality is held together by thinking and talking. If we can get beyond the rational mind we can experience human reality as it really is. This is exactly the goal of the seeker in uniting the conscious mind with the Soul.

As I have said earlier, the trick is, to remain sane while reaching across from the reality of rational mind to the "all knowing reality" of the soul. To do this, one must let go of rational thinking, at least, be able to set it aside for awhile. Some people are able to accomplish this for periods of time by Eastern meditation.

The way of the seeker, outlined in these journals, is to be able to move from our ordinary everyday reality to the reality of the Soul, at will. To be able to experience both realities simultaneously, without traumatizing the rational mind and going insane. This can be attained by living a simple, pure, natural, spiritual life.

John Van Auken in his very well written and understandable book about, "Passage in consciousness" meditation techniques, ***Spiritual Breakthrough***, says:

"Balance. Balance. Balance. With balance you will be able to awaken your Godly self while living in your physical self, and maintain some healthy sanity about it all. Experiencing humanity and divinity simultaneously requires an adroit balancing of realities in order to hold to sanity throughout the process."

Uell S. Andersen, in his book, ***The Greatest Power in the Universe***, relates the following story:

"I'd heard of a man hunting in the wilds of Canada, who one moment was stalking a moose and the next found himself crouched on the street of a city thirty miles away, gun in hand and still in his hunting clothes. The experience so unnerved him that he wound up in a mental hospital, and everyone thought he'd imagined it."

"There are moments in every life when the mind is bombarded with new information that literally transforms its nature.

Such moments bring one close to madness. The brink is reached, the chasm gazed down upon, one teeters on the edge of engulfment."



"The episode of the Buddha confronting the evil demons while sitting calmly beneath the Bodhi tree is symbolic of a very long phase of the [seekers] Journey. It is the period past the "despair unto death" when one faces the "raw Karma" of one's personal and collective unconscious. This phase of the journey can either drive one mad (the "insane" in hospitals are stuck at this point), or one can endure the coming to consciousness of one's complexes and of the archetypes, and one can acquire wisdom. To observe, "as one would watch the harmless games of children" is the secret of transforming one's Karma into wisdom. In this state of conscious meditation, "the flames of hell became wholesome breezes of perfume, and the angry thunderbolts were changed into lotus-blossoms."

From: *Physicians of the Soul*, by Robert M. May

The difference between people that do Eastern type meditation, which has great benefits for many people in our society, and the way of the Seeker, is that Eastern meditation is usually practiced for an hour or two a day, as time allows in their ordinary life.

The path of the Seeker, on the other hand, is a way of life. The balance that the Seeker is trying to attain is living their life so that they are comfortable and at peace in any situation or reality. They seek the truth in everything they observe and do.

The Truth is effulgent, and radiates it's own light. When a person hears, sees or reads the truth they know in their heart that it is the truth, because the Light of the Truth is the same light that Lights their Soul. God Is, and You Are, Light, Love and Truth.

10-7-01

All my life I have wondered whether it is right or wrong to kill pests that injure a person or foul their food and household. I am talking specifically about: misquotes, fleas, ticks, lice, ants, spiders, flies, wasps, scorpions; mice, gophers, moles, rats, some birds, raccoons, bears, cougars, and poisonous worms, lizards and snakes. I have tried all kinds of deterrents methods with little success: live traps, noise makers, and electronic devices.

Scientists have determined that carrots are alive and self conscious. And this is probably the case with all living food that we eat. So when we eat a carrot just pulled from the ground, we are eating and killing a self conscious entity. I am pretty sure that God intended us to eat carrots, so

then the question becomes: if it is all right to kill some living things, which ones is it all right to kill and which ones is it not.

A translation of the ancient Essene scroll, *Essene Gospel of Peace Vol. Book I*, there is a story about Jesus killing a large tape worm emerging from a man's mouth:

"And then they all saw with astonishment and terror that Satan was coming out from his mouth in the shape of an abominable worm, straight towards the steaming milk. Then Jesus took two sharp stones in his hands and crushed the head of Satan, and drew out from the sick man all the body of the monster which was almost as long as the body of the man."

The following quote is from Swami Vivekananda's book on the, *Bhakti Yoga, Yoga of Love and Devotion*:

"A good practice carried to an extreme and worked in accordance with the letter of the law becomes a positive evil. The stinking monks of certain religious sects, who do not bathe lest the vermin on their bodies should be killed, never think of the discomfort and disease they bring to their fellow human beings."

This surely indicates that Vivekananda thinks it is right and proper to kill body lice.

Every day medical doctors prescribe antibiotics and other poisons to kill living cells, bacteria's, viruses, and all kinds of molds and fungus.

In the *Oahspe* there is a quote that seems to shed some light on the situation:

"To kill My lambs and birds, and whatsoever I created alive, is as simple act, saith Jehovih. [Almighty God] Let no man waste much speech because of such destruction."

I do kill some pests, but still not without discomfort and guilt. If I can catch the pests, I transport them out in the woods and turn them loose. Rattlesnakes are dangerous but it is no fault of their own, and they really don't bother anything, if you don't bother them. I catch them and put them in a covered plastic bucket carry them out in the woods and turn them loose.

Cougars can be a terrible nuisance killing and eating farm animals, or just killing them for fun. And bears are death on bees and bee equipment. The state game commission is supposed to take care of catching and transporting these predators, but they never do, so it is pretty much left up to the individual. Bears and cougars are beautiful, but dangerous if cornered, and will eventually kill all of your animals. Since we got our five dogs, three or four years ago, we haven't had any more problem with these larger animals.

"What am I to do, Master, if I see a wild beast rend my brother in the forest? Shall I let my brother perish, or kill the wild beast? Shall not I transgress the law?"

"And Jesus said, All beasts that move on the earth...are given into thy power. I tell you truly, of all creatures living on the earth, God created only man after His image. Wherefore, beasts are for man, and not man for beasts. You do not, therefore, transgress the law if you kill the wild beast to save your brother's life."

"But he who kills a beast without cause...evil is the deed which he does." *Essene Gospel of Peace, Book I*

10-8-01

I have often quoted the *Oasphe Bible* in these journals. The *Oasphe Bible* was transcribed from heavenly records around 1882 by John Newbrough. The book is filled with information and very interesting to read.

I have spent many hours contemplating the following except from the *Oasphe*:

"Man only, of all My created animals, created I not perfect in his order, saith Jehovih. The most devoid of knowledge, and the most helpless of animals, created I man. The birds and beasts, move by my inspiration, perfectly in the order I made them; the bird doeth her work, and the hare fleeth from the fox. Thus differently created I man from all other things on earth; but **I gave him the foundation whereon he might attain to perfection.**"

"And I said to man: **Be thou observant of what thou shalt eat and drink, and where thou shalt dwell by day, and sleep by night. For all things shall write upon thy soul, the character and kind whereof they are made.**"

"If thou wilt be gentle, like the lamb, and non-resistant and docile, so thou mayst obtain great knowledge, feed thou upon herbs and fruits and cereals. But if thou wilt be ferocious, like a carnivorous beast, then thou shalt feed upon flesh and fish, and thy blood shall be hot, and thy spirit shall be stirred with passion and anger and contention and tattling and war and jealousy and love of vengeance."

"For whatsoever thou chargest thy blood with, **shall be charged upon thy spirit.** Because thou canst not feed on fish nor flesh but through destruction unto death, even so, **destruction unto death shall come upon thy soul.**"

"From thine own blood shall thy spirit be inspired, even according to what thy blood containeth. It is the contamination of the blood of man by carnivorous food, whereas thou shalt ponder."

"As there was a time when I created every animal perfect in its order; so also such a time come unto man. **And now is the dawn thereof.** By my direct inspiration upon them shall they learn to do all things perfect, in the order of man for which I created him."

"To accomplish which, thou shalt now, first of all, **adapt thyself to thy Creator**, according to My highest light upon thee: To put away thine inharmony in thy blood and flesh, and in thy soul. **Opening the way for My inspiration to come direct to thee, that thou mayst be one with Me.**" [Bold emphasis mine.]

The Goal In Life Is To Unite The Conscious Mind With The Soul.

Juanita has four days off, starting today, and we are planning on doing some fun things. However, we are planning to stay pretty close to home. US military forces attacked certain areas in Afghanistan yesterday and last night. I have had no further information or insight into the warnings I received last month.

10-10-01

I have speculated, just to myself, that, among other things, the whole human experience on earth is just one big experiment in eugenics. (The production of healthy offspring's by selected parents.) By which means the human species would be continually upgraded, physically, and in particular, spiritually.

I may have gotten this idea from reading an article of some material "channeled" to earth. My memory of the article is pretty vague, but I remember that there was supposed to be four teams of aliens working here in the beginning to develop a human creature that could live in the earth's environment. Each team developed a different race of the human animal. I say, animal, because they did not have a soul yet which made them, human beings. And as I remember it, these first human animals were only about three feet tall, and lived a very short life span.

I remember at a séance spirits talking about teams working to inspire certain couples on earth to meet, fall in love and marry. And that spirit researchers keep very complete and accurate records of these matches and there offspring's. This again sounds like a eugenics program. Anyway, I hope it is, because it seems to me that the human race as a whole is degenerating rapidly both physically, mentally and spiritually. Too many Twinkees and way to much TV and completely blind cultural conditioning.

My little daughter, Rosebud, who is in heaven told me that she was going to be my spirit guide[Guardian Angel] concerning conjugal love. (Pertaining to love and marriage on earth.) My daughter would be fifty years old in earth time, but many children in heaven choose to remain "little" until their parents pass over, and then the little spirit children can "grow up" in a family environment. I think all children would like to experience growing up in a loving family. Spirits do

not reckon age the same as we do. Their seasons are measured in good works and spiritual development

I have not spoken to, Rosebud, face to face in many years. I held her in my arms once at a Masters Séance where the Angels appear in a physical body. She was the first spirit to appear and looked to be about six year old. When she appeared, she ran into my arms shouting, "Daddy, Daddy, Daddy." I held her for a few minutes and we talked and then she had to leave.

I know in my heart that it was, Rosebud, and her team of Angel helpers that arranged for Juanita and I to meet, fall in love, and marry. It must have been a very complicated process because we lived three thousand miles apart and met on an educational field trip. I love you Rosebud. Thank you!

A Masters Séance is attended by invitation of the spirits and is usually a lecture by some very enlightened Angel or Angels. (A mortal that has passed on.) There are other types of Angels that are not mortals. This séance was a little different in that we were able to physically greet and shake hands, and embrace, many of our family and friends that had passed on. It was a wonderful experience.

"With God, anything is possible."

10-14-01

"The conditions necessary for the taught [A student of truth] are purity, a real thirst after knowledge, and perseverance. No impure soul can be really religious. Purity in thought, speech, and act is absolutely necessary for any one to be religious. As to the thirst after knowledge, it is an old law that we all get whatever we want. None of us can get anything other than what we fix our hearts upon."

"To pant for religion truly is a very difficult thing, not at all so easy as we generally imagine. Hearing religious talks or reading religious books is no proof yet of a real want felt in the heart; there must be a continuous struggle, a constant fight, an unremitting grappling with our lower nature, till the higher want is actually felt and the victory is achieved."

"It is not a question of one or two days, of years, but of a lifetime. The success sometimes may come immediately, but we must be ready to wait patiently even for what may look like an infinite length of time. The student who sets out with such a spirit of perseverance will surely find success and realization at last."

The above quote is from, Swami Vivekananda's, **Bhakti Yoga, The Yoga of Love and Devotion**. And, I agree with everything he says, however, I believe that God and his corps of Guardian Angels watching over human beings on earth will use any legal means, and any

human being to further the cause of enlightening this world.

God's love is a continuum:

"Hell  
Is perhaps  
The furthest  
outpost  
of God's  
Love."

I believe that the spirituality of human kind is a continuum, and that God will use any good person to the extent of that persons "highest light" to lift up his fellow human beings and so enlighten the world. All people are on a spiritual path whether they know it or not. No one is excluded, and we should excluded no one. Again, we are one human being, one spirit, one God. Everything is a part of the Whole... ALMIGHTY GOD.

I just don't believe that a person who occasionally, "is stirred with passion and anger and contention," is a bad man or lacking spirituality. It is recorded in the scriptures that both Jesus and John the Baptist, "lost it," on occasion. I think what Swami Vivekananda is talking about is the ideal person applying the principles of Bhakti Yoga. The Bhakti yogi and the seeker are both trying to realize the ultimate goal of uniting the conscious mind with the Soul. Becoming one with God.

The seeker's path differs from the ordinary, "good person or spiritual persons" path in that the seeker is always aware of the goal. And everything that the seeker does on their path is dedicated to reaching that goal.

Always remember, that the world is filled with darkness, and that darkness will rush in to cover the least spark of spiritual light. Keep a low profile, persevere in the face of continual failure and stay on the path. Stay dedicated to your path no matter what happens or how low you get. You are on the path until you give up... never give up!

10-18-01

God is Law...and that Law is Love. The law in heaven is love. The Angels in heaven have only one weapon against the dark forces... Love. The mandate in heaven from the seat of the God's Throne of Heaven and Earth to the lowest Angels, is that evil, darkness and ignorance can be overcome only by Love.

Love, by God's Law, is the only influence that Angelic Beings can legally use to lift up and enlighten the earth and its people.

A truly spiritual person is protected twenty four hours a day by a phalanx of Guardian Angels. The Angels protect these spiritual people from the legions of dark spirits that can gain access to the lower realms of heaven that brush against the earth surface. These Guardian Angels not only protect spiritual people on earth but shed their light of understanding and love upon them, to inspire them in their good works and sustain them in their times of difficulty.

If a spiritual person, or any person, should become obsessed with a dark passion such as revenge or vengeance or plotting harm against another person, that persons Guardian Angels are required by Angelic Law to withdraw from them; and allow any dark beings that the persons evil plotting draws up to them to become their guides and source of inspiration. Their Guardian Angels must stand by and allow the persons dark thoughts and plots and evil advisors draw them down.

This is why people instinctively fear the dark because it is the time of day that these dark beings can gain access to the earth's surface and claim the minds of people thinking dark thoughts such as hatred and revenge. With the coming of dawn the Guardian Angels can again return to their charge and try to inspire them to give up their obsession with dark plots.

If the person will give up their dark thinking and renounce it and ask forgiveness for their momentary period of insanity, their Guardian Angels will again gather around them and drive off the dark beings that the person has drawn to themselves and fill their mind again with thoughts of Light and Love. These Angelic Beings are guided by their Unconditional Love for the human being that they are drawn to, to inspire and protect.

I received this information years ago from spirit teachers at a seance. I don't remember their exact discourse but the above is the essence of their words.

Pray, until your whole life becomes a prayer. And thank your Guardian Angels every day for their protection and Love.

10-24-01

At the same time I was given the above information I was told that a persons Guardian Angels carry their spirit into the heavenly realms after they fall asleep at night to teach them spiritual things and to protect them from harm.

The following is an excerpt from a translated ancient Essene scroll, ***The Essene Gospel of Peace, Book I***, in which Jesus confirms this:

"Resist day and night the temptations of Satan. Wake not at night, neither sleep by day, lest the angels of God depart from you. When the sun is set, and your Heavenly Father sends you his

most precious angel, sleep, then take your rest, and be all the night with the angel of sleep"

"And then will your Heavenly Father send you his unknown angels, [I take this to mean, the angels we are not aware of] that they may be with you the livelong night. **And the Heavenly Father's unknown angels will teach you many things**, concerning the kingdom of God. For I tell you truly, you will be every night the guests of the kingdom of your Heavenly Father, if you do His commandments." [Bold emphasis mine]

"And when you wake up upon the morrow, you will feel in you the power of the unknown angels. And your Heavenly Father will send them to you every night, that they may build your spirit, even as every day the Earthly Mother sends you her angels, that they may build your body. For I tell you truly, if in the daytime your Earthly Mother folds you in her arms, and in the night the Heavenly Father breathes his kiss upon you, then will the Sons of Men become the Sons of God."

I find this passage very beautiful.

**GUARDIAN ANGELS** protect the **SEEKER** from **FATE**

Guardian Angels can see into the future and warn us of danger.  
Guardian Angels protect us from evil beings in the spirit  
world. Everyone has Guardian Angels.

11-1-01

I have been feeling a lot better the last couple of weeks. Started daily walks again. Guardian Angels watching over me.

We have stored our winter supply of red and sweet potatoes, carrots, onions, squash and boxes of apples in the back corner of the barn and have four cords of wood under the porch at the end of the house, to keep us warm all winter long. It's just nice to have the vegetables on hand and they cost about one quarter now at the local farmers stands as they do later on in the winter at the stores.

We put the studded tires on the cars next week, good for traction on icy roads, and put our emergency bags containing extra winter clothes, food and candles in the back seat, which we carry in the cars all winter, in case we are stranded in a snow storm.

The cabin is winterized with plastic sheeting over little used doors and windows and burning light bulbs have been placed in the pump house and other out buildings to keep them from freezing. We are ready for winter---more or less---I don't like the winter cold much any more.

In the following excerpt from, *The Essene Gospel of Peace Vol. I*, Jesus, discusses the seekers relationship with his natural family and his spiritual family:

"And your true brothers are all those who do the will of your Heavenly Father and your Earthly Mother, and not your brothers of blood. I tell you truly, that your true brothers in the will of the Heavenly Father and of the Earthly mother will love you a thousand times more than your brothers by blood."

"For since the days of Cain and Abel, when brothers of blood transgressed the will of God, there is no true brotherhood by blood. And brothers do unto brothers as do strangers. Therefore, I say to you, love your true brothers in the will of God a thousand times more than your brothers by blood."

"It is by love that the Heavenly Father and the Earthly Mother and the Son of Man become one."

11-2-01

I met a man the other day that said his ministry was the highway. Yes, he said, people think I'm

crazy, I put out water jugs along the highway over the mountain pass. It helps people you know. **How so?** Well, peoples cars overheat on that long upgrade, and when they do, there's water there to cool there cars down and refill their radiators. **Sounds like a good idea to me!** Yes, it is, and it helps a lot of people, but its crazy, doesn't make me a dime.

**Why do you do it then?** Helps people, ain't no other reason, it just helps people and if we all did alittle somethin to help other people this world would be a heck of a lot better place to live than it is today. **I agree with you there.** Well, it ain't really no big deal. I've been putting out water jugs along that highway now for ten years, ten years of nuttyness, helping other people, for no gain. **Well, that's real good.**

And you know, I never kept tract of how many jugs I was puttin out, I figgered maybe four or five hundred a year. **That's quite a few.** Well, yes it is, but this year I kept a close count, and between May 1st and October 15th I put out 1550 gallons of water. **Wow, that's a lot of water jugs and a lot of work.**

Naw, not so much work, maybe about six hours a week and you know it's a collaborative venture. I get the gallon jugs from a local recycling plant, you know they're crazy too, and the water from a gas station at the bottom of the hill. **Well, that's a help.** Yes it is, they have been real good to me, and they think what I'm doing is a pretty good idea and you know some of the truckers think so too, because occasionally one of them gives me a pretty good honk.

**Maybe they use your water.** Maybe they do, I don't know who uses my water, and it don't matter, ain't no rules to this game: use the water to cool your car off, wash your face, wash your clothes, wash your car, make some tea, ain't no rules, take the jugs, leave the jugs, (that's nice because I can use them again) take one jug or take ten, it just don't matter.

**That seems like a good attitude to have.** Yes well, you see, I do my part settin the jugs out, they do their part using them when they need them. Then we're even. **What about thanks?** No thanks needed, I know it helps folks, that's all the thanks I need. And occasionally, two or three times over the years, someone leaves a quarter in an empty jug, that gives me a good chuckle, because if they had to call a wrecker it would cost them fifty dollars just to hook up to their car.

I did get a million dollar thank you note one time in crayon from a little nine year old girl. She and her family were going on vacation when their old car overheated and they used a couple of jugs of water to cool their car off. She wrote the note on a piece of paper, folded it and left it under one of the full water jugs, it said, "God bless the person that put this water here." And then she told me about her family going on vacation. **Pretty nice.** Yep, pretty nice.

11-4-01

I awoke early this morning, long before sunrise. I stayed in bed awhile and as I lay there dozing

and my inner Voice spoke to me and gave me a beautiful analogy of the seekers path. The Voice told me that an impure body was like a swamp in a dark overgrown valley and an impure mind was like very stormy weather with sleet and hail and hurricane winds and tornadoes and that the goal was a sunny mountain meadow covered with wild flowers high above.

As the seeker climbs from the swamp through the tangles of brush purifying his body by fasting and diet, he must also continually purify his mind with love, forgiveness, affirmations and prayer. He must 're-condition' his mind from the world view that he is an dark ugly sinner that deserves punishment to the Souls reality that he is a perfect Being and one with God.

He must shut out all the clutter and insanity of the world and mentally work to 're-condition' his mind until he not only thinks he is one with God, but knows in his heart that he is one with God. What good does it do to reach the meadow if the weather makes it unlivable with blowing winds with sleet and hail and tornadoes tearing up the earth.

When the seeker finally reaches the meadow of his Soul strewn with wildflowers dancing in God's spiritual light he must be ready to accept what he is in reality... the Christ. The sun's light may be to bright to continually stay in at first, and he may have to seek the shade of the surrounding trees from time to time, but he must continue on until he can stand the full light of the sun and God's spiritual light.

And when he can live in the light continually pure in body and mind, the sun will stand still in the eternal here and now and the illusion of duality will be at an end and the world will be transformed.

Man alone creates  
The illusion of sin.  
and  
Man alone can  
Forgive that sin.  
and  
Man alone can  
Free the mind.  
and  
Man alone can  
Unite with God.

11-5-01

The Human Condition:

<b>World View</b>	<b>Spiritual View</b>
Personality	Soul
Thinking	Knowledge
Man-made	Natural
Illusion	Reality
Duality	Oneness
Indifference	Love
Darkness.	Light
Death	Life
Insanity	Peace
Time	Eternity
Wealth	Sufficiency
Fame	Humility
Power	Grace
Disease	Purity
Sin	Error

11-14-01

Again, the way stop the continual repetitious loop of mental clutter in your mind is not to fight it, but rather, to replace it, with the truth: affirmations, prayer, praise, singing psalms or spiritual songs, meditating on spiritual matters or listening to the your inner Voice. The idea is to consciously keep the mind busy so that unwanted clutter cannot enter the thought stream. Every time you say or sing, "I AM that I AM" or "I AM ONE with God" or pray, or think of spiritual things, you raise the vibrations and consciousness of the mind and soon the mental clutter will disappear.

11-15-01

For the past few days I have been obsessed with the idea that a good friend of mine was not acting very friendly and didn't care about me any more. This morning my inner Voice spoke a few words to me, explaining my friends situation, and my mind was immediately free. I not only could hear the words in my mind but I could literally feel the truth in them. A soothing feeling of relief.

My inner Voice said something like this: "Your friend still likes you, he just doesn't have time for you right now. He's starting a new business, and is worried about money and is worried about failing. When he has more time and energy, he will act like your good friend again." Seeing the situation with my friend this way, completely relieved my mind.

11-16-01

A seeker of truth needs to create an island of sanity for themselves and their families. A retreat from the ordinary world which is safe and secure physically, mentally and spiritually. An island which is surrounded by a circle of spiritual light, which they renew daily, and where the time is always the present, the only religion is the truth, and the only law is God's Law and Mother Nature's wish. A place where the insanity of the world is not allowed to enter; deep in the woods or high in the mountains.

Give thanks and praise to your Guardian Angels for watching over you. Your Guardian Angels protect you unceasingly from the evils both in the seen and unseen worlds. Your Guardian Angels are the ones that arrange the seemingly coincidental happenings that saved you from harm. I sincerely thank my Guardian Angels for all the times that they have helped me and my family.

11-18-01

Webster's Collegiate Dictionary's first definition of "fate" reads as follows: "What is ordained by the Gods."

Fate is an interesting thing. One man walking along a mountain path may look down and see his shoe lace is untied, and bend over to tie it, and a big rock rolls down the hill just where he would have been if he had kept walking. Another man may stop to tie his shoe lace and a rock rolls down and hits him, because he stopped. Fate? Guardian Angels?

Fate or chance is something that our Guardian Angels help us to deal with. They see future events in someone's life coming toward them through space and can predict or foretell the how, when, and where of the event. This is how many prophets make their predictions. Sometimes these events can be deflected or altered by prayer or other means. I don't know if Guardian Angels are allowed to alter events for a person but I do know they can warn them.

Three or four years ago, I had a dream vision of driving around a sharp corner and rear-ending another car. The dream was so real and clear that I knew there was a message in it for me from my Guardian Angels. Immediately I began to be very careful in my driving, but in the next couple of months I had several near misses, where I nearly ran into the back of another vehicle.

Once, I came to, staring at the end of a bunch of logs on a logging truck and was lucky to

recover in time to avoid a deadly collision. I don't know how that happened, it seemed like I was asleep at the wheel, and all of a sudden I became aware of the logs a few feet in front of the car. I swerved around the truck just missing the ends of the logs, a very near miss. My Guardian Angels brought me back to awareness in time to save my life.

During this time I tapped a women's rear bumper in a traffic jam. She got out of her car and glared at me, I shrugged an apology, but she found nothing wrong with her car and went on.

Then I ran into another women's car at a stop sign. The road coming into the stop sign entered the other road at such a severe angle that you had to look back over your shoulder to see if any traffic was coming. The woman in front of me pulled out of the stop and immediately stopped dead in the lane.

I made the stop and was looking over my shoulder as I pulled out and ran smack into the back of her car. I was doing about ten miles an hour or less. The woman acted as if she mortally injured, but luckily a county sheriff deputy was two cars behind me and saw the accident and told the woman to forget the acting, because she couldn't possibly be hurt.

She was very indignant and abusive to the officer and he almost ended up taking her to jail. My insurance company paid for a new bumper for her old car because I had scratched the old one.

The third event happened one night when Juanita I were coming home from town and we were passing the site of an accident in the opposite lanes of the highway. We had slowed way down and a man on a motorcycle looking at the accident ran into the back of our car.

He said that he saw our car to late, and dumped his bike and slid into our bumper. He was skinned up a bit but not severely injured. Our car was just slightly damaged but his bike was totaled. He had been drinking and the police officer took him to jail.

Those three very small accidents seem to have ended my problem with hitting another vehicle from the rear. I heartily thank my Guardian Angels for their warning vision and their help in keeping my accidents small. I'm very thankful that no one was seriously injured. I am sure that Juanita's and my Guardian Angels intervened to keep the young man on the motorcycle from being seriously hurt. It is to bad that most people are unaware of all the help and protection they receive from their Guardian Angels.

11-24-01

Two padlocks froze up (not from cold) today, one on the driveway gate and the other on the toolbox in Juanita's car. Interesting coincidence. I couldn't free up the gate lock with penetrating oil and had to hacksaw through the chain. The door lock on the refrigerator failed the next day.

11-25-01

The past week I haven't written anything because I have been editing the journals for publication and working about four hours a day on the index to finish it up. May your Guardian Angels watch over and protect you. Amen.

## **A PURE BODY is an instrument to EXPRESS GOD**

God is both spirit and matter.  
God the Heavenly Father is spirit.  
God the Earthly Mother is Matter.

12-1-01

My inner Voice whispers to me often every day to, "Remember who you are." "You are not an old man named, Pete, you are ageless, you are the Christ." "Remember every minute of the day that you are One with God, the Christ Being." "You and the Father are One."

The following terms are not the "American way" but are important for the seeker to understand them in relation to other people and to Almighty God.

Humility, humbleness, meekness, submissiveness, unassuming, modesty, obedience, compliance, submission, nonresistance, passiveness.

12-2-01

My Voice has been telling me every day for a month or so now, "remember who you are" [the Christ] but I don't seem to get any closer to that realization. In the East seekers meditate to stop the internal dialog and reach a super conscious state. I think this was what Jesus meant when he said, "This is getting quiet [quieting the mind] right where you are."

[\(The Seeker p.4\)](#)

This internal dialog or mental clutter can also be stopped or quieted by replacing it with truth: in prayer, affirmations, blessings, contemplation, praising, and giving thanks. These things not only stop the internal dialog bringing quiet but will also awaken the power of God within.

"God is that power which is generated and exhilarated by your own thought action. This does not take long years of study, nor need you go through training or hardships or deprivation."

"The moment you say wholeheartedly, with reverence and deep meaning, that God is in this Holy Temple and know that this temple is your pure body, just as you present it, and as you truly stand today, that you, the true Christ, live one with God right within this temple, and that your exalted body is the holy abiding place, a whole and all-inclusive abode; you are the energizer, an all-including and outpouring vessel for this true and divine principle to flow through. Then you pour out more and more of the God which you are and which you love."

"It is true that this power is within and all about you, but it is inactive until you think of it and know

that it does exist; then you see it flowing from you in limitless measure. You worship, you praise, and with your ever expanding love, you pour out to all mankind that they may see the Christ, the God-man standing forth triumphant."

"Thus I say, pray without ceasing. Your daily life is true prayer."

*Jesus*

From: *The Life and Teaching of the Masters of the Far East*

The seekers path then is to first purify the body and the mind to create a holy temple; and constantly love God and all of His creations. You pray and praise and give thanks, replacing the mental clutter in your mind every minute of the day; and you practice being the Christ, your true self, until you realize it and it becomes fact. Stay on the path, and help your conscious mind to unite with your Soul.

The truth is  
Sunshine  
To the mind  
Sweet thoughts  
The butterflies  
And the flowers.

12-3-01

Modern man does not seek to live in harmony with nature but actually opposes nature under the euphemism of, "developing our natural resources" which means destroying nature. Nature provides every thing we need to live happy healthy lives without any development or destruction.

We need to develop an attitude of conservation and sufficiency. When you have sufficient to meet your needs, you have enough. No one needs more than that accept for psychological or abstract reasons. To have more than their neighbors or to set themselves apart and above others.

This type of material accumulation and status seeking is insanity. Unfortunately the whole modern world is caught up in this craziness of, "conspicuous consumption," consuming more than they need and seeking status from their processions. A very unsatisfying, unfulfilling and hollow way to live.

Enough is enough!

Sweat and toil

Noise and stink  
Smoke and fire  
Muck and mire  
Making what  
They think  
Is everyone's  
Hearts desire.

Seek the truth, accept from nature her gifts sufficient to meet your needs, be kind and thoughtful and unassuming, and follow your spiritual path with steadfastness and courage until you reach the Goal. "Take care of your spiritual life first, all else is irrelevant."

12-4-01

"God is your divine ideal, the focal point upon which every thought and act is centered. It is in this way that you bring forth the divine spiritual man, the Christ of God, the word made flesh. The flesh is God as well, and God is around the flesh. Make your subjective one objective, a willing and all-wise worker with God Principle. Head straight for the goal, the divine spiritual life that God within you is, and sees for all."

"I thank you God,  
For Life and Light,  
Abundant, full and free;  
For perfect boundless,  
Wealth and power,  
Unhampered liberty."

"The first step is to fully and completely control all outer activities of thought, mind and body. With the thought always uppermost that you are cultivating the habit of perfection, the God habit, the Christ of God habit. Do this wherever you are, every time it comes to you during your working or resting hours.

"See this perfect presence within you. Get in the habit of seeing this perfect presence as your real self, this Christ of God presence. If you cultivate this with love, reverence, devotion and worship, it becomes a habit and soon it is all of you, your daily life and existence."

"Then go a little further. See a Divine White Light, dazzling in purity and brilliance emanating forth from the very center of your being. See it shining forth with such brilliance and glory that it emanates from every cell, fibre, tissue, muscle, and organ of your whole body. Now see the true Christ of God standing forth, triumphant, pure, perfect, and eternal. **In a short time** you have brought forth Divinity. You are once more the Divine Christ, the first-born of God."

"It is a well known fact that the oftener you say or use the word GOD, knowing it to be the highest principle in-dwelling and flowing through you, the greater the benefit you will derive from it. Allow me to repeat, 'You cannot say GOD or use the name too much.'"

"See God as Creative Principle flowing through you; concentrate and energize that principle, and send it out with more dynamic influence. Because of the fact that it always flows through you as well as around you, you are able to give it a greater impetus by sending it out with the whole force of your being, impelling it outward. Man's body is the medium through which this force is transformed and added impetus is given it, in order to do a greater work and to be sent forth in greater form."

12-5-01

"Jesus went on to say: I shall talk to you just as I wish you to talk to yourself. If you will make these statements true or make them part of yourself, you will need no other. These statements are in no wise to be used as formulas. Students can use them to bring their thoughts in accord with Divine Principle or, as many say, to train their thoughts to one point. We use the word GOD as often as possible, repeating it many times."

"God, my Father, the Divine Principle flowing through me, is all; and all that God is, I AM. I am the Christ of God, God-man."

"All that God my Father is, is for God-man to use, thus I AM is entitled to use all substance. In fact, God my Father is pressing out all substance to God-man in unlimited measure."

"God Principle is my Father; I AM the Christ of God; both in whole and complete union. All that God has, the Christ of God is."

"God my Father, in the midst of me there blazes a pure light and it fills every atom of my whole being with its great radiance. Life, Love, Strength, Purity, Beauty, Perfection, stand forth in all dominion within me. Now I know that I am God and one with God's whole universe."

"Now the radiance of this light spreads to God's vast universe and everywhere I know there is God's conscious life. My keynote is harmony and the theme of my song is God and God seals my song as Truth."

"I am free with the great light of Your Spirit, God my Father, Your seal is placed upon my forehead. I accept. I hold your light high, God my Father. Behold I am born anew. A Christ is here."

From: *The Life and Teaching of the Masters of the Far East*

Your pure body  
And pure mind  
And conscious  
Thought action  
Are the keys  
To the Freedom  
Of your Soul.

12-6-01

"The body is an instrument through which to express God. It is the greatest known instrument to express spirit. It is here for you to present God every moment. Not to present materiality, or hypnosis, or phenomena, but to present spirit. We are God. We cannot make a separation, and if we refuse completely all separation, we would be out of all material conditions."

"If you call the body material, it is denying God and profaning the Temple. You are worshipping a material condition more than you are worshipping God. That is how you get into hypnosis. The moment you deny God you are in a hypnotic influence."

"This body does not need to be spiritualized. It is already spiritual but man's false beliefs about it have shut his mind to its radiance and limitlessness. Spirit is always spirit. Man creates the materiality. The **body is spiritual and the Temple of the living God.**"

"This is how man comes to know and understand the One Presence and One Power. It is all One. One reality. And everything works and operates under that One Power and One Presence according to its own law." [Bold emphasis mine.]

From: *The Life and Teaching of the Masters of the Far East*

Body-Mind-Soul, All One, All Spirit. God is One total being, nothing else exists. And we are a conscious individualized part of His Being. Matter is spirit in a different form, but it is still spirit. We are all One Being, His Being, our Body-Mind-Soul, are His Body-Mind Soul. We think we are separate, and we created a material body to be separate in, but our separateness and materiality is only and illusion of our mind.

And we as the human race live in a collective separateness which is held in place by the excepted world view of things. We are spirit (body-mind-Soul), His spirit, and for the purpose of learning we seem individualized, but we are all one spiritual Being, His Being. And the goal of our lives is to reunite our mind which thinks it is separate, with our Soul, which is God's Spirit. We are working our way back to God.

Like rays  
of the sun  
We are  
Separate  
But still  
One.

I am on thin ice here and it's really easy to get to skating in mental circles. I am not trying to explain or define God. I believe Almighty God to be incomprehensible. What I am trying to do is present what I believe to be a workable concept of a persons relationship to him or her self, to other people, and to God. I believe the ultimate and final definition is, "ONE."

12-8-01

Denial can take many forms. Denial can be expressed in thought, word or action. If you say, "My body is the Pure Holy Temple of God" and eat a hamburger, you deny your former statement by your action of eating impure food. If you say, "My spirit lives in eternity" and then say, "I am 40 years old" you deny your former statement by your word. If you say, "I am one with God and them think, "I can't do that" you deny your previous statement by thought, because God can do anything.

These are just three examples of denial but there are hundreds of ways you can deny your spirit. I don't want to labor the subject of denial because it is not our interest here. The way to avoid denial completely is to live, speak and think the truth. This is not as hard as it sounds.

Starting from the point, "I am the Christ" and continuing on from there in thought, word and action with that beginning statement always in mind, denial will never be a problem. As with all undertakings, it's a matter of practice. Continual practice will bring realization. "Remember who you are."

12-9-01

Learning to live a spiritual life is quite similar to learning to play a musical instrument. Both require dedication, a willingness to learn and constant practice. The notes played on a musical instrument the first few weeks is hardly recognizable as music.

And so it is with the seeker struggling against his/her world view conditioning. The first few weeks there is no recognizable change. But as practice continues the scales are learned and the prayers and praises are sung and lived, the novice soon realizes confidence and harmony.

There are some people that have the gift of music. They can play anything they hear by ear, while others have the talent and dedication to become concert performers. Most people with determination and willingness to practice can become excellent musicians.

And so it is with the seeker of spiritual truth, with determination and constant practice they can soon realize the goal. An 'up attitude' of optimism and happy confidence helps the seeker to maintain their balance as they ascend the path.

12-10-01

It is a fact that the average person in our society eats much more food than they need every day. To digest one good American home cooked meal requires as much energy as it does to work all day. The energy wasted on digesting food that a person overeats could much better be put to use building up the body.

Overeating often causes an accumulation of toxic wastes that causes disease. Toxic waste also increases a person desire and need for sleep. It is best to eat a moderate meal once a day of natural raw organically grown fruits, nuts, sprouted grains and vegetables in season.

An apple  
A day  
Will keep  
The doctor  
Away

True enough!

If you eat just  
One apple  
Or two a day  
And nothing  
Else.

12-11-01

Our 18th wedding anniversary today. We went out for lunch. Juanita was very beautiful and happy. Only 18 years... young lovers.

12-12-01

When I walked the path before in the early seventies I was inspired to visit Indians around the state. This was about the time President Nixon retired in disgrace. The mental fabric of the nation was in tatters and many strange things were happening in nature.

It seems to me that what holds our nation together is that we all pretty much believe the same things. When we find out that one of our leaders is a scoundrel it rends the fabric of that belief system and causes a lot of mental aberrations which are reflected in nature.

The first Indians I visited was a family I new that lived in the foothills in the Eastern part of the state. I went to high school with there son, Patrick. Patrick was home and we had a good talk We were sitting in a small meadow in front of their cabin talking about this and that and eventually I asked, "What would you do if life as we know it were going to end next week?" Mr. Patrick, the father, answered immediatly, "We would move our people up in the mountains to our sacred ground and live there and dance the sacred dances." I was really impressed with his answer and thought, "how nice to have sacred dances to dance when the world ends."

Mr. Patrick got up and went in the cabin a couple of times while we were talking and I noticed that both times he "claimed" the group that was still sitting, by walking completely around them. And later when he and his wife left for town he had his wife drive around our group instead of backing around and driving off.

As I drove away from the Patrick's cabin I looked up on the side of a high rounded mountain a couple of miles away and saw a large Indian symbol plowed in the stubble of a fallow wheat field. The symbol was very symmetrical, with crossed "S's" in a circle and must have been at least a hundred yards across. I would have liked to known the story behind that. But it was to late to ask.

The next group of Indians I visited was about 70 miles further East, across the border in the next state. I was driving down the highway near a Indian reservation when I was inspired to turn left on the next dirt road. I drove down the road a little way and came to a meadow in the woods. There was several teepees set up around the edge of the meadow and in the center was a gathering of about two hundred Indian people. Thirty or forty young men and women in full regalia of beads, feathers and buckskins were dancing to drums played by a dozen or so old men.

An inner Voice said to claim the whole group. I got out of the car and walked slowly around the gathering. Most of the people not dancing wore western cloths, so I fit right in wearing jeans, bright shirt, knee-high moccasins and a Stetson. As I completed my circle the voice said to claim them again. So I went around again. And again.

When I finished circling the group for the third time the Voice said for me to go stand by the Chief, the tall man wearing the white cowboy hat. I went half way around the crowd again and stood next to the tall man who was watching the time very closely, on the wrist watch held in his hand.

He didn't look at me, but said that his Great Grandfather had rode horseback over a thousand miles to the Cheyenne nation to learn this dance. When the time was up the Chief lifted his arm and spoke a few words in his native tongue, the drums stopped and the dancers drifted into the

crowd.

The Chief turned to me and said, "Son, we're in a lot of trouble. And it's going to take both our peoples to get us out of it. You people understand technology, we don't know anything about machines, what we know about is nature. What we are doing here today is teaching our young folks, the ones that will listen, the old dances. And we are teaching the old ways to any one that will listen, Indian and White alike. They are going to need to know how to do things the way our Grandfathers did them in the old days."

The Chief started another dance but didn't look at his watch. He said to me, "Do you read sign?" I said, "yes, some." He said, "Good, you watch your sign close." And he said, "You should learn Chinook, it's an old Indian trade language, and all Indians understand it. Most any old Indian will be glad to teach you, it only has about two hundred and fifty words or so.

We talked awhile longer before I got going, I don't remember any more of our conversation. We exchanged addresses and later, wrote a few letters back and forth. He was a good man and dedicated to teaching. I assume he had me sized up when I claimed his group three times and maybe he was hearing voices too, because he started right in talking to me when I stood beside him like he knew me.

I crossed back into my own state and the next day while I was driving South I looked across the valley and there was a giant grasshopper, that must have been at least a hundred yards long, stamped out in the dry grass. I have thought about these big symbols a lot and think they must have been tribal totems put out to be seen from the air. If you have any information about these large symbols I would like to know. Thanks!

I drove down into the state below ours to visit some old friends. Nothing much happened there except one day I was driving along a back road and suddenly, there was a loud bang, like a hammer was thrown into the side of my car. I looked back and there was an Indian woman with braids standing at the edge of the woods. I didn't go back because I was socializing with a friend, and didn't think he would understand. I have regretted it ever since. It is really important to, "grab the moment" because things seldom present themselves a second time.

The next Indian I visited was the Chief of his tribe located in the Northern part of the state where I visited my friends. He was a mild soft spoken man, also a teacher, and very concerned about his young peoples drinking and their use of drugs. We talked a while out in his yard and then he invited me into his house and introduced me to his wife.

They were both elderly people and had a nice home and seemed fairly well off; not rich but comfortable. We talked awhile and the Chief asked me if I liked smoked salmon. I told him yes I did, but that I had given up all flesh food because I was trying to live a spiritual life. His wife

perked right up and said that her Grandfather was the medicine man of their tribe when she was a little girl. [This must have been around 1900-1910]

She said the thing she remembered most was her Grandfather talking to a group of young men and saying, "When man places his foot upon the moon and when the spider web [electric lines, roads, rails?] reaches across the nation from ocean to ocean, that will be the beginning of the end. You young bucks keep your braids [old ways] because you are going to need them."

That trip was twenty eight years ago and I don't remember much more than I have related here. I met some good people and learned a lot. It was a good trip.

### **The Ten Indian Commandments**

Remain close to the Great Spirit  
Show great respect for your fellow beings  
Give assistance and kindness whenever needed  
Be truthful and honest at all times  
Do what you know to be right  
Look after the well-being of mind and body  
Treat the earth and all that dwell on there with respect  
Take full responsibility for your actions  
Dedicate a share of your efforts to the greater good  
Work together for the benefit of all mankind

12-20-01

When I pray or say affirmations my breathing immediately changes and becomes deep and steady. Sometimes my breathing in and out seems to be in time with my thoughts or words. It seems like my body is responding to my thought process. As I continue to pray I often feel a pleasant tingling or slight surge/flow of energy through my body. Its hard to describe the feeling. It is a pleasant physical feeling. This must be the beginning of the generation of energy that Jesus speaks of when he said, "God is that power which is generated and exhilarated by your own thought action."

God is Love  
And he that  
Dwelleth in Love  
Dwelleth in God  
And  
God in him.

(1 John 4:15)

12-25-01

Merry Christmas. I'm still a little hung up in the world view about some things. Christmas is a fun time at our house.

12-31-01

The past year has been a hard year for me. I have been under the cloud of candida and mercury poisoning which I have not yet succeeded in overcoming. But I remain steadfast on my path even though I don't feel like I am making much progress. The poison in my body seems to overshadow my natural feeling of optimism and well-being.

The gains I have made this year are more of an intellectual understanding of what I need to do rather than the realization that would come from doing it. Put another way, I have been reading and thinking about the benefits of prayer more than I have actually spent praying. Knowing what to do is a gain, but small in comparison to the rewards of actually realizing the goal.

And dealing with my own inner reality or world is a new experience for me. When I was on the path before, I was caught up in the phenomena of the spiritual reality of the natural world about me. And I entered that spiritual reality completely out of balance within myself.

I had purified my physical body and senses until I could see spirits of the dead, and nature spirits, and hear voices both inside and outside of my head, and see energy fields and other phenomena, but, I was not prepared for these experiences mentally.

I lacked mental purity. And seeing into both the material and spiritual realities simultaneously finally wore me down and drove me crazy. My final condition was not exactly insanity, but more like complete mental and physical exhaustion. I was so worn out and confused that I didn't know which end was up. It took me the better part of a year to recover.

In the year previous to my bout with exhaustion, and particularly the last three or four months, I was continually being inspired and taught things concerning mental purity. The way the teachings came to me, was that I would wake up one morning and wonder about the meaning of a certain word, color, sign or symbol, or geometrical diagram and I would be obsessed with that subject and its meaning for the next two or three weeks, and some times longer.

The final period of teaching concentrated on love. Love as a power, a healer, and the sustainer of life in all things. Love and Light and Life and Law All One. Every thing as One---God.

But unfortunately, I didn't get it, or I didn't get it quick enough and I wore out before I could find my balance. And this was very regrettable because I failed to "grasp the moment" so many times when a chance for some enlightenment was presented to me.

I studied, wrote down and proved my inspirations by day at my desk in the small cabin which I built on a mountain side and by night I wandered the ridges and mountain tops guided by voices and small bright lights.

When I became too exhausted to carry on I would drop to the ground and sleep where I lay until sunrise. When I awoke, I would walk home, often several miles, and begin the whole process over again.

So what I have been trying to do in these journals the past year and a half is to relate my past spiritual experiences as honestly as I can, give warnings of possible pitfalls, suggest possible methods to help other seekers to ascend their paths, and record my current struggles upward.

I have already recorded most of my previous insight and information that I have gained in my lifetime of on again and off again attempts to ascend my spiritual path. Whether I was dedicated to my path or not, I have always been preoccupied with the spiritual aspect of life.

What I am hoping for now is that other seekers will come forward and share their truths, insights and experiences as they walk their paths toward the goal of uniting their conscious mind with their Soul. At the moment, I have no idea as to the form or format of the exchange of this information. But, I have faith that as more seekers become involved that "methods" will be shown to us and evolve. Please email me with your thoughts.

Tomorrow I start my yearly long fast. Last year I fasted 40 days on water. This year I am going to do a fresh fruit juice fast. Fresh squeezed fruit juice is much more cleansing (and tricky) than water. By fasting and prayer I hope to cleanse the poisons, that are keeping me down, out of my body. I thank my Earthly Mother and Heavenly Father that it is so.

I hope everyone has the best every year in 2002. May God Bless US ALL.

## **JUICE FASTING is much more CLEANSING than a WATER FAST**

Juice fasting is the best fast to detoxify the body.  
Juice fasting aids healing and rejuvenation.  
Juice fasting is much easier to maintain.

A spiritual person  
Performs random  
Acts of kindness  
And  
Delights in the  
Simple pleasures  
Of the Spirit.

1-1-02

Happy New Year. Today I begin a long juice fast.

Day #1 of juice fasting. Feeling well. My inner Voice has suggested that I repeat over and over, "I Am the Christ" as often as possible to bring that thought forward in my mind. So that, the Christ, is the first thing I think about in any circumstance.

It seems to me as I start thinking, "I Am the Christ" it is spoken by my usual mental voice and then my inner Voice soon takes up the chant. My usual mental voice must be the voice of my personality, my ego self that separated from God, and my inner Voice is the voice of my true self, the Christ.

As I start my affirmations the voice of my personality seems subdued and almost reluctant to say, "I Am the Christ" but when my inner Voice takes over, that voice is full and vigorous. It seems the personality knows that it is lying and that my inner Voice knows it is speaking the truth. When the inner Voice says, I Am the Christ, it knows that it is the Christ, and that Christ is my true self. I AM that I AM.

Jesus said that prayer and affirmations help focus the mind: "Students can use them to bring their thoughts in accord with Divine Principle or, as many say, to train their thoughts to one point." If a person can remember every minute that they are the Christ this knowledge will soon govern every thing they think, say and do. When a person can remember, then they can think it and soon they will be able to do it... express the Christ outwardly with confidence.

My inner Being, my Holy Spirit, is very gentle with me. It does not coerce or force me to do anything. My inner Voice agreed in the beginning of our relationship not to speak to me unless I

spoke to It first, or in an emergency. I was very happy the other day when I was gabbing away with a neighbor, my inner voice spoke up and said, "Remember who you are." Many references refer to the Holy Spirit as the comforter. Comforting those that had separated themselves from God.

I have been working with my inner Voice for a year now and have finally come to the full realization that It is my true self. I am now willing to humbly submit myself to this Holy Being which inhabits this body with my personal self.

"And he arose, and did eat and drink, and went in the strength of that meal forty days and forty nights unto Ho'-reb the mount of God." [He fasted for forty days and nights.]

"And he came thither unto a cave, and lodged there; and, behold, the word of the Lord came to him, and He said unto him, What doesn't thou hear, E-li'-jah?"

"And he said, I have been very jealous for the Lord God of hosts; for the children of Israel have forsaken thy covenant, thrown down thine altars, and slain thy prophets with the sword; and I, even I only, am left; and they seek my life, to take it away."

"And He said, go forth, and stand upon the mount before the Lord. And behold, the Lord passed by, and a great and strong wind rent the mountains, and brake in pieces the rocks, before the Lord; but the Lord was not in the wind: and after the wind an earthquake; but the Lord was not in the earthquake."

"And after the earthquake a fire; but the Lord was not in the fire; and after the fire **a still small voice.**" 1 Kings 19:12 [And this was the Voice of the Lord.] [Bold emphasis mine.]

It seems that the Holy Spirit does not require a persons attention all the time, or even much of the time, leaving the gift of free will intact. A reference that would support this idea, is found in the, **Essene Gospel of Peace, Book I**, where Jesus says, "And now I speak to you in the living tongue of the living God, through the Holy Spirit of our Heavenly Father." So before Jesus said that, he must have been speaking as just, 'Jesus the man', who had free will to say what he would, from his own experience.

1-2-02  
Day #2 of juice fasting. Still feeling well. Full elimination does not start until about the third day of a long juice fast. Some times I feel very ill by then and other times it's not so bad. Juice fasting is really a self induced illness, which cleanses the body, cures dis-ease, and prepares the Holy Temple for the living God.

Again, I want to caution anyone walking a spiritual path that starts hearing voices, whether they

are voices of a great Master, spirits of the dead, Angels, or the inner Voice of the Holy Spirit, be careful who you tell this to, because in this society, hearing voices is insanity. Be particularly careful about mentioning hearing voices to family members and friends, because they feel like they have the right to protect you from your insanity; and counselors, mental health people and medical doctors will lock you up in a flash for observation.

Also, if you do not feel confident about hearing a voice or voices, and you catch yourself saying things like, "I must be going crazy" then maybe you are, so it's time to back off and rethink what you are doing. Unless you are rock solid mentally, dealing with inner voices may cause you a lot of mental and emotional problems. I have heard that if you are living "to high" spiritually one way to come down is to eat a steak and drink a shot of whiskey every day. If you need to talk to someone about hearing voices, talk to another seeker.

### **THE BIO-CHEMISTRY OF PSYCHIC POWER**

From: *The Greatest Power in the Universe*, by Uell S. Andersen

There is a bio-chemistry of psychic power which your present program of nutrition serves well but may serve even better with deeper understanding. This bio-chemistry centers around the blood platelet, a tiny energy vesicle to which medical science currently ascribes the sole function of clotting the blood at the entrance to a wound.

The blood platelet is capable of receiving a psychic energy charge, and when all blood platelets have received such a charge, the individual achieves direct contact with the Master Mind, and all of its intelligence and energy are accessible to him.

The only way in which the blood platelet can receive a psychic energy charge is by passing through the pineal gland, but any constriction of the blood vessels closes this gland and prevents the blood platelets from entering. Fear, anxiety, and anger cause such constriction as do all Time foods [Acid forming].

Only rarely in modern man is the pineal gland sufficiently open to permit charging of blood platelets, and these occasions are more than offset by his ingesting substances which immediately remove the psychic charges. Such foods are psychic poisons.

The blood platelet has three poles, and when it passes through the pineal gland, the center pole receives a positive charge while the two side poles receive negative charges.

Then, as the platelet circulates through the bloodstream, the positive pole picks up a negatively-charged particle while the two negative poles each pick up a positively-charged particle. At that point the platelet is fully charged.

When all the blood platelets have been fully charged, the very next platelet to pass through the pineal gland receives a positive charge on all three poles, and the person achieves direct contact with the Master Mind. His psychic powers then rapidly develop.

## **THE PSYCHIC POISONS**

Foods which act as psychic poisons by removing psychic charges from the platelets are, in the order of their destructiveness: Pork, spinach, chocolate, refined sugar, bleached flour, alcohol, tobacco, and coffee. [I think we can assume that many acid-forming foods are, "psychic poisons.]"

The pig blood platelet is charged exactly the opposite of the human platelet. It carries a negative charge on the center pole and positive charges on each of the side poles. Consequently, when pork, ham or bacon are ingested they set up a chain reaction in the blood stream, which removes the charges from every blood platelet. Even a perfectly functioning psychic organism would take twenty-seven days to recover.

The iron in spinach cannot be assimilated by the human body due to the presence of oxalic acid. As a result, that iron accumulates in the digestive tract and withdraws charges from the blood platelets.

Distilled water is the only compound that is perfectly balanced and so always sides with the Forces of Balance. To avoid the Forces of Imbalance, use distilled water.

1-3-02  
Day #3 of juice fasting. Yesterday evening I started feeling like I was coming down with the flu. I

soaked in a warm Epsom salts bath for about a half an hour and rubbed my muscles down with a vibrator. Felt a lot better. I have been drinking 4 glasses of fresh squeezed orange juice a day and lots of water.

I began having quite a few weird thoughts last evening as cleansing started in earnest. This always happens when toxic matter is released into the blood and is nothing to worry about, just something to be endured. I just try and avoid these thoughts by praying, saying affirmations, reading or working on the computer.

I also forgive myself and others for the actions that caused these bad memories, using the same method I mentioned before, "I forgive myself for that and now I don't have to think about it anymore." Amen. (So be it.) Feeling pretty rough this morning.

"If man would come to know the greater stranger... himself... let him enter his own closet and shut the door. There he will find his most dangerous enemy, and there will he learn to master him. He will find his true self. There he will find his truest friend, his wisest teacher, his safest adviser... himself. There he will find the altar upon which God is the undying fire, the source of all goodness, all strength, all power... himself. He will know that God is in the deepest part of the silence."

"He will find that within himself abides the Holy of Holies. He will feel and know that his every desire is in God's mind and is therefore God's desire. He will feel and know the closeness of the relationship of God and man, the Father and the Son. He will realize that only in consciousness has there been any separation of these which have seemed two... just as his spirit and his body have seemed to be two... but which in reality are one."

As Jacob said, "This [body] is none other but the house of God and this is the gate to heaven."

"God is within the Soul as wisdom, love and truth... and is brought out into form, or expression, through consciousness. [Thought action of the mind.] According to your faith be it unto you. All things are possible to them that believe."

From: ***The Life and Teaching of the the Masters of the Far East***

1-4-02

Day #4 of juice fasting. Feeling a bit rough. Went to see computer tutor about web page. We are about ready to publish. Subject index finished.

What does it mean, "If man would come to know... himself, let him enter his own closet and shut the door." [door(s) to the senses] It literally means to find a quiet place where none of your senses are disturbed and close your eyes and look and listen to your inner world. This is a type

of meditation. Closing your eyes and becoming quiet.

You should be relaxed, sit up straight with your hands in your lap, close your eyes, and calm your mind. I usually begin by taking a few deep breaths, sitting quietly for few moments and then say the Lords Prayer. You can pray, say affirmations, ask blessings for others, or talk to God, which all have a calming affect on the mind. There are no rules.

If for some reason you are afraid, ask your Guardian Angels to protect you. There is nothing to be afraid of. Then sit quietly. Thoughts will pass through your mind, don't hold on to them, just note there nature, and let them go. The same with visual pictures. You can think about this stuff later, for now, just keep your mind and emotions calm. Don't go to sleep. If you get really sleepy, take a nap and meditate later.

The above only takes a few minutes. You will find your own pace with a little practice. Now remind yourself, that God holds you in his mind as the perfect being that He created... The Christ. "I am the Christ, God's perfect creation." We have always been perfect beings, but we have created imperfection and illusion through our wrong thinking. This is what this is all about, to break the habits of our old conditioned thinking patterns, our world view of things, and re-condition your mind to the truth. And, that truth is that we are one with God... The Christ... just as he created us.

You had nothing to do with building your body, creating your conscious mind and senses and soul; God did all of that. God created you out of Himself. Your body, mind, senses, and Soul are His, body, mind, senses and Soul. You just think you are separate from God and your brothers and sisters because you accepted the world view of others. You and God are One Being. God is not some long bearded Being that lives some where up in the clouds, God lives right with you in your body. God is yourself. You are God.

Reminding yourself that you are perfect, The Christ, puts you in contact with the Divine Mind. God's mind. Your real Mind. It is important to still the personal mind so that the Divine Mind may come forth. And the Voice that speaks to you from the Divine Mind is the Voice of your Holy Spirit. Your Inner Voice, your real self. The Christ.

Your Inner Voice is that "small still Voice" that lives in the silence of your inner world. Once you stop the random thoughts of your personal mind your Inner Voice will speak to you. This is not a long drawn out process. With a little practice you will begin to hear and recognize your Inner Voice and then it will know longer be necessary to meditate to make contact.

My Inner Voice speaks to me only about spiritual things: Truth, Love, Light, Life, Law, Forgiveness, Peace, and Kindness. And when It teaches me, It suggests that I do or try something, my Inner Voice never orders me to do anything. In writing this journal I quite often

just sit and listen until my inner self inspires me with the words I write. I can feel the love and caring my real self has for this prodigal trying to return home.

As a beginner in these meditations, after you have calmed the mind, listen to the quality of the voices that are your thoughts, analyze the message and motives of these voices/thoughts. If these thought-voices cause you any pain, make you wince or want to draw back, they are not the Voice of your Inner Being.

Your Inner Voice is the 'Comforter' referred to in the scriptures, and is only going to speak to you, your separated self, your personality-ego, with love and kindness. Your real self wants you to return to It, and be free of all the misery and insanity of this world. "The kingdom of heaven lies within."

The Goal in Life is to Unite the Conscious Mind with the Soul. Stay on the path.

All of the above comes more naturally when you purify the body and the mind. "With purity, all spiritual lights, light themselves."

1-5-02

Day #5 of juice Fasting.

The following beautiful quote is from: ***The Life and Teaching of the Masters of the Far East***, by Baird T. Spalding.

"Know ye not that Christ dwells within you and in all? Know ye not that your body is pure, perfect, young, beautiful, divine? Know ye not that God created you an exact image and likeness of Himself and gave you dominion over all things? You of yourself are always the Christ, the perfect Son of God, the only begotten Son of God, in whom the Father-Mother is well pleased. You are pure, perfect, holy, divine, one with God, all Good and each and every child has a right to claim this Sonship, this Divinity."

1-6-02

Day #6 of juice fasting. 5 AM. I am feeling pretty good. Slept well.

In the past when I would fast for seven days I would have a 'dream vision' on the sixth night. Then one night I had a vision that was very frightening and asked that the visions be stopped. I have had dream visions since warning me about something but not on the sixth night of a fast. I would like the dream visions on the sixth night of my fasts to return. Thank you. Amen

1-7-02

Day #7 of juice fasting. Feeling pretty well this morning. I had a bad spell last night for a couple of hours, 'Let me out of here!!!' but that went away after a short nap. All a person can do over

rough spots is ride them out. It helps to pray.

I drank lots of juice and water during the day. I am surprised that I feel this well. I worked on the computer most of the day, did some laundry, kept the wood stove going and did the chores this evening. I have a few muscle aches and pains but nothing serious. I am having an occasional leg cramp at night. I am still rubbing my muscles down with a vibrator and taking an Epsom salts soak for a half hour or so once a day. Seems to help, I can feel relief afterwards.

To seek  
For life  
Turn inward  
Because if  
You seek  
Life in  
The world  
You surely  
Will lose It.

1-8-02  
Day #8 of juice fasting. I feel like I have the flu again. Woke about 5am with a bad headache, my mind a jumble of wild thoughts caused by the elimination of toxic waste. I drink a mouthful of liquid acidophilus every morning to thwart any over growth of yeast (candida) which might be caused by the sugar in the orange and grapefruit juice that I am drinking during this fast.

After I went to bed last night I said affirmations timed with deep breathing. "I am the Christ" breathing in and, "I am one with God" breathing out. As I continued to say my affirmations my arms lifted upward and moved about, like I was dancing, gracefully timed with my breathing. I was relaxed, concentrating on my words and my arms seem to move about on their own.

My arm movements seem to express in motion the feeling of the words I am saying. This has happened many times before when I have been praying. It is a very pleasant experience, and it makes me feel more involved, like I am giving forth my prayer with my arm movements.

1-9-02  
Day #9 of juice fasting. Juanita and I went to town shopping yesterday. I felt very well; better than most days in the past year. I am more optimistic now of overcoming my mercury poisoning and candida. I have been drinking lots of juice and water every day. And I drink a mouthful of liquid acidophilus when I first get up to counteract the yeast overgrowth caused by the sugar in the orange juice.

Later, I open and mix in a couple of capsules of calcium-magnesium citrate in my first glass of

juice to overcome the leg cramps that I have been having most nights. This seems to be working because I don't have any candida symptoms and my legs have stopped cramping at night.

This is pure speculation, but, it seems that my personality-ego knows that it is under attack by my fasting to purify my body. It continually feeds me painful thoughts or memories of my past offenses toward others. My ego knows that my goal is to unite my conscious mind with my Soul, which would mean it's own demise.

So, it seems, my ego is trying to increase my guilt and lessen my self esteem, so that I will leave the path. But I know that what I have done in the ordinary world are just errors and do not affect my place in the Kingdom of Heaven. God continues to see me as his perfect, pure, divine creation.

This quote made by Jesus recorded in the, *Essene Gospel of Peace Book I*, does not exactly fit my situation, but it is relevant.

"And now Satan sees that the true lord of your body returns, and that it is the end of his power. Wherefore, in his wrath he gathers his strength once again, that he may destroy your bodies before the coming of the lord."

1-10-02

Day #10 of juice fasting. I was very agitated last night but finally went to sleep. I woke up this morning feeling pretty well. Went to town shopping today.

1-11-02

Day #11 of juice fasting. Feeling fair, well enough to drive fifty miles to my computer lesson. I had a good lesson, it was a long trip home. Sleepy. I hope I don't start falling asleep and driving off the road again this year.

1-12-02

Day #12 of juice fasting.

Switched fast to water because acidophilus was holding up elimination by keeping my body locked in the nourishment mode.

1-13-20

Day #13 of juice fasting. OK this morning. The other day I saw a little globe of water caught on a leaf with the sun making it sparkle. We have a place on the back corner of our property where dozens of leaves often catch and hold little sparkling globes of water. I love standing there and moving just a little to see different globes light up.

The soul is like

A drop of water  
Sitting on a leaf  
Tiny crystal clear  
Longing to join  
The far ocean  
To be yet again  
Whole an dear.

1-14-02

Day #14 of juice fasting.

I feel fairly well today. Drinking some orange juice to see if I can do it without candida acting up.

1-15-02

Day #15 of juice fasting. Feeling well today. I experience some real cleansing last night with the passing of lots of mucus. It seems that I can drink the juice OK. I was feeling a bit like I would like to eat some food last night. So I juiced up a quart of orange juice and drank it over the next half hour. I felt full and satisfied afterwards and no longer craved food. I have been working steadily the past few days on my web page doing final editing and getting it ready to publish.

The seeker does not appear to live much differently than those living around them. Its a matter of quality of life and the goals they are trying to achieve, that sets them apart. The seeker works to maintain themselves and advance spiritually every day, quietly and without fanfare. They realize the necessity of maintaining a low profile and living a quiet peaceful life. To ascend and unite with their Soul is their only goal in life.

They know the path is straight, steep and narrow and a serious undertaking but they walk it confidently with a joyous heart. Every day is filled with awe and the wonder of discovery, and they can see with their soul-sight that the goal is just over there on the horizon. They know if these things are not happening in their life that they are doing something wrong and need to change. Life is the teacher, and never wrong. Stay on the Path.

1-16-02

Day #16 of juice fasting.

fasting. Early last evening I passed some tissue. Couldn't tell what it was, tumor or parasite. Didn't sleep well last night. I feel very strange this morning, empty, uncaring. Maybe lack of sleep. Still weigh around 265. I hope to lose a 85 pounds more during this fast, and keep it off by establishing a strict vegetarian diet afterwards. I am keeping this thought (plan) firmly in mind.

I had a cord of wood delivered today, stacked it under the porch. Feel better this afternoon.

1-17-02

Day #17 of juice fasting.

Didn't sleep well last night, so slept in late. I felt OK when I got up.

1-18-02

Day #18 of juice fasting. I was really sleepy this morning. I went to my computer lesson and did a bit of shopping after.

1-19-02

Day #19 of juice fasting. Cold today. There is deep snow in the mountains all around us. Just an inch or so on the valley floor. The temperature is below freezing at night but warms up into the low forties during the day. I feel pretty well this morning. I got really tired of orange and grapefruit juice so the past couple of days I have tried drinking canned tomato juice. A nice change but it doesn't work. Tomato juice has salt in it and makes me retain water. And it seems to stop the elimination cycle, so tomato juice is out.

1-20-02

Day #20 of juice fasting. Felt OK this morning. Feel a bit restless and uncomfortable this evening. Some words from an early seeker of the truth.

"The thought of truth led me on."

"I walked after it and did not wander."

"I received the face and fashion of a new person..."

"And all that have seen me were amazed and I was regarded by them as a strange person."

### ***Ode of Solomon***

1-21-02

Day #21 of juice fasting. The first thing is to purify the physical body. Fasting is the easiest and surest way of doing this. The body needs to be purified to create a Holy temple for the Living God. The Living God is your true self which lives in the body with your personality/ego self, which has tried to live separate from God.

When the physical body is pure the God self can come forward and live and function in His Holy Temple and teach the personal self to be the Christ. With this training and the purification of the mind the Living God and the personal self can unite as One Being. The personal separated mind unites with the All Knowing Mind of the Soul. It is finished. One Being. This is the path to unite the conscious mind with the Soul.

1-22-02

Day #22 of juice fasting.

Purify the body by fasting, bathing and a pure diet.

Purify the mind with forgiveness, affirmations and prayer.

Seek to unite the conscious mind with the Soul by:

Living a Christ like life and right thought action;

Pray continually to replace the mental clutter in your personal mind,

Thank God for your life, and all his many blessings,

Bless your brothers and sisters and all Beings,

Praise God for all creation; His power, presence and knowledge,

Love and Worship your Creator, Almighty God, with all your heart and mind and Soul. Pray without ceasing, make your daily life a true prayer, And let your Love flow forth to everything, every minute of your life.

Be Love, in every word you speak,

Be Love, in every thought you think,

Be Love, in every act throughout the day,

Be Love, for it is the only way, to really Be.

1-23-02

Day #23 of juice fasting. Feeling well. I was very restless last night and didn't sleep well. Slept in until 10am.

The following is a quote from: ***The Life and Teaching of the Masters of the Far East.***

Jesus said:

"When you amalgamate yourself with God, nothing is impossible to you. You not only have all the Father has but you are all the Father is. The Whole-I-Spirit in creative action abides in you. When you accept this, then you, as well as all others, will sing ALL HAIL, the power of the Christ name, not the name of Jesus, the personal, but the Christ."

"Let Angels prostrate fall; bring forth the royal diadem [Regal power and dignity] and crown Christ Lord of all. You do not crown the personal Jesus, you crown Christ; and Christ deserves the most magnificent of all diadems in the Christly crown. There are no diadems to great or divine for the crown of the triumphant Christ."

"In all meekness, place the crown of Christ upon your head and, unless you yourself do this, no other can place it there for you."

[You have to realize the Christ yourself, no one else can do it for you.]

"You see, that whosoever will, may come. Come forth and become the triumphant Christ. Whosoever will, let them come."

1-24-02

Day #24 of juice fasting. I am feeling fairly well, a bit stretched or squeezed, as my cells and muscles press the toxins out. One thing I do occasionally (not more than once every two or three weeks) when I am fasting is to take a "Pleasant purge." A regular purge is usually something like a heaping teaspoon of Epsom salts in a glass of water and it goes through you like a whirlwind. It is just too violent.

When I am feeling, "stuffed up" I take a pleasant purge which is a large paper cup of fountain 7-UP with a small amount of ice. Don't drink it fast, just steady, and in about 45 minutes it will pass through you carrying all the stored up waste with it. When the first 7-UP passes through; I stop drinking and throw the rest of it away.

1-25-02

Day #25 of juice fasting. Feeling pretty good this morning. Computer lessons today. Computer lesson went well, I learned a lot, extra good session. The past few days it seems that I have been, "in the flow." I have opened the phone book twice to the exact listing I was looking for.

This morning I found a way to change a complicated setting on my computer on the first try. I had no idea what I was doing or why; but I got the correct results. "Thank you Lord, Guardian Angels, whoever takes care of small things like that, I really appreciate it. May I learn to do God's will in every thing I do. Amen."

1-26-02

Day #26 of juice fasting. Feeling well today, a bit restless. Wt. 258. The sign I received in September 26, 2001: "Warning, warning, be careful what you do," must have been a general caution, because I have had no problems to date. "God I Am one with your love and perfection. Amen." I have been very careful and will continue to be so.

The following excerpt is from Professor Arnold Ehret's book:

**Rational Fasting, "For physical, mental and spiritual regeneration,"** first published in Germany in 1914.

Editors note:

"Professor Ehret... the man behind the book... used his system of nutritional behavior on thousands of men and women. The results were breathtaking. It frequently changing them into dynamic new and vital persons attaining peak mental and physical performance."

## **"SPIRITUAL REBIRTH THRU THE SUPERIOR FAST"**

"All experts, except myself, believe you live on your [food] reserves during a fast. You, however, know now, that what is called metabolism is simply the elimination of waste."

"The Muslim or Hindu fakir, the greatest religious ascetic and faster in the world today, is usually very slender. I learned that more thoroughly cleansed the body is the easier it is to fast and the longer you can stand it. In other words, when you are free from all waste and poisons, and when no solid foods are taken, then the human body functions for the first time in its life without encountering obstructions."

"The elasticity of the entire tissue system and of the internal organs, especially of the spongy lungs, responds to a single intake of breath with an entirely different vibration and an efficiency never known before. You ascend into a higher state of physical, mental and spiritual being. I call that the "Superior Fast."

"When you eat only the foods which I recommend, [Fresh fruits and green vegetables] then your blood will be regenerated miraculously and your mind will function extremely well. Your former life will take on the appearance of a dream, and for the first time in your existence your conscience awakens to real self-consciousness."

"Your mind, your thinking, your ideals, your aspirations and your philosophy will change fundamentally for the better. Your Soul will shout with joy and triumph over all misery of life. For the first time you will feel a vibration of vitality thru your body like a slight electric current that shakes you delightfully."

"You will realize that fasting and superior fasting (and not volumes of psychology and philosophy) are the real and only key to a superior life; to the revelation of a superior spiritual world."

1-27-02

Day #27 of juice fasting. I am feeling very well. Slight pain in the center of my chest. Cleansing in the area of my hiatal hernia. Six inches of snow on the valley floor today. 38 degrees F.

The following quote is from the author of, ***The Life and Teaching of the Masters of the Far East***, by Braid T. Spalding.

"The reason man's life has seemingly gone into decay is that he has disregarded the basic fact of life. The basic fact of life is that the entire system of the Universe is one single unit and that man is an integral part of this system. He is in no sense separated from it and it is only his notion that he is an isolated being that has lost for him his rightful place and authority."

1-28-02

Day #28 of juice fasting. Feeling well. All my life I have liked to read. In the past I read novels for entertainment, like most people watch TV. Since the first of the year when I started this fast I have decided to read only spiritual books or books that contain certain 'how to' information. So far this has worked out well.

1-29-02

Day #29 of juice fasting. I am feeling very well again today. I have noticed the past few days that my senses of sight, hearing and smell have been clearing up and improving.

The following is a quote by Albert Einstein that expresses the same thought as Mr. Spalding above.

"A human being is a part of the whole called by us 'the universe', a part limited in time and space. He experiences himself, his thoughts and feelings, as something separate from the rest... a kind of optical delusion of consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening the circle of understanding and compassion to embrace all living creatures and the whole of nature in its beauty."

1-30-02 and 1-31-02

Days #30&31 of juice fasting. I had a severe computer problem. The machine would start up but would now allow me to access the desktop. I had to take it to my friend to fix. Fast continues about the same.

## FIRST LAW of PHYSICAL PURITY creates HOLY TEMPLE

Physical purity is God's first law. Physical purity can be attained by fasting and proper diet. Physical purity is a must in living a spiritual life.

2-1-02

Day #32 of juice fasting. Feeling very well today. Juanita and I went to the library book sale. We found a number of good 'how to' books and a few books on spiritual living that looked interesting. We went shopping after the book sale and were both very tired when we got home.

2-2-02

Day #33 of juice fasting. I am feeling fair today. Worked all day on monthly web page keywords and titles. Drinking a half dozen glasses of juice and three or four glasses of water a day. The less liquid you take in the stronger the elimination. A delicate balance not to become overloaded with toxins.

2-3-02

Day #34 of juice fasting. Feeling OK. Found an interesting little quote by, Dr. Bhagat Singh Thind:

"Minds are like parachutes;  
they function only when open."

2-4-02

Day #35 of juice fasting. Went to town with Juanita to do shopping and laundry. Had a bit of a weak spell in town that lasted all evening.

2-5-02

Day #36 of juice fasting. Feeling better this morning. Just took an Epsom salts soak and realize that I'm still feeling a bit weak.

The first law is physical purity.

A person purifies their body to create a Holy Temple.

When the body is transformed into a Holy Temple the God self can act through the body. The God self using the inner voice teaches the personal self how to realize the Christ.

"Without purity, no man can see the Creator, with purity, all men can see Him, and hear Him."  
(*Oasphe Bible*)

"The Hindu says: If God wished to hide, God would choose man to hide in. That is the last place

man would look for God."

"The trouble with the masses of humanity today is that they are trying to become something that is already right within. We are seeking and searching everywhere outside ourselves for God, attending countless lectures, meetings, groups; reading innumerable books; looking to teachers and personalities and leaders, when all the time God is right within. If mankind will let go of the **trying** and **accept that they are**, they will soon be perfectly aware of the reality." [Bold emphasis mine]

### ***The Life and Teaching of the Master of the Far East***

2-6-02

Day #37 of juice fasting. Feeling pretty good today. Computer locked up yesterday afternoon and became completely unusable; finally got it going this morning. I became pretty frustrated with my computer yesterday.

This morning I had the realization that, "Everything is God." And that God is Love, and that I should deal with every situation with Love. Align myself with God in all situations. I work every day to keep the realization that, "I am the Christ," at the forefront of my mind. That is my inner reality.

It seems that the realization that, "Everything is God", not only includes me but everything in my outer reality. It just seems to me that, "Everything is God", gives me a real basis for dealing with all situations in the outside world. "Everything is God", just asks that I extend my love to the situation and make no judgments.

2-7-02

Day #38 of juice fasting. I am feeling fairly well, slight upset stomach. I mixed up a heaping teaspoon of psyllium seed in a warm glass of water and drank it. It seemed to help after awhile.

A beautiful morning prayer in India:

"I go forth this day in all things immersed wholly in God and God's abundance. The conquering Christ stands forth one with God's abundance and in every activity of this day. Now I know that I am God's supreme child. I move each moment of the day immersed in God and God's divine love. God! God! God! The great flame of love flows through every atom of my whole being. I Am the pure golden flame of God. I pour this divine flame through my physical body. The conquering Christ salutes you, God, my Father. Peace! Peace! Peace! The great peace of God prevails."

### ***The Life and Teaching of the Masters of the Far East***

From: **GANDHI ON NON-VIOLENCE**,  
introduction by Thomas Merton

"Where there is ahimsa [non-violence] there is truth, and truth is God. How He manifests Himself, I cannot say. All I know is that, He is all pervading, and where He is, all is well."

"Don't listen to friends, when the Friend inside you says, "Do this."

"Prayer from the heart can achieve what nothing else can in the world."

"The future will depend on what we do in the present."

2-8-02

Day #39 of juice fasting. Feeling very tired this morning. My computer friend worked on my machine today. He uninstalled Windows 98 and reinstalled, replaced a 128 meg memory card we had put in, and now, the machine seems to work just fine. Hope it holds. Had a spell of really wanting to eat last night. Drank a glass of tomato juice.

2-9-02

Day #40 of juice fasting. Feeling pretty well this morning. Determined to continue fast. Computer working well.

2-10-02

Day #41 of juice fasting. Feeling OK.

2-11-02

Day #42 of juice fasting. Feel like I'm coming down with the flu, no energy, weak and hurt all over. These are a common symptoms during a long fast but they usually occur earlier on. We had planned on going to town today, but decided against it. Will see how I feel tomorrow. I broke my fast this evening with a small garden salad and a couple of hours later, had a small fresh fruit salad.

2-12-02

Feeling well today and very comfortable in my body. This long period of fasting was very cleansing for my body.

2-13-02

Feeling very well. Thinking a lot about cooked food.

Sometimes, it's scary to realize that you are not just a human being with a body, mind and

personality, born to live for a time and then die, but much much more! That you are the Christ child, living with God right in your body.

2-14-02

I am feeling very disappointed that I still have my candida and mercury poisoning problem. Today, it seems that I have reached one of those barren spiritual plateaus. I am not interested in much anything and feel ambivalent about my spiritual life. I know this will pass soon... I need to do more fasting... work on physical purity... I am on the path.

2-15-02

On my previous long fasts I would usually feel slightly ill for the first week or ten days, then I would have a couple of weeks feeling like I had the flu, about day 26 I would wake up feeling great, and have lots of energy, and this would continue until the end of the fast. This was the general pattern of my long fasts for years.

Last year, 2001, during my 40 day water fast, I was slightly ill some of the time during the first 10 days. I had been having some amalgam filling removed and replaced and on day 9 developed a severe back ache. The back pain along with leg cramps at night continued almost daily until the end of my fast.

I was also very sleepy during the day, particularly while driving. I had to stop often and get out of the car and walk around in the fresh air before I could continue driving.

I often felt sick but did not have the usual two week stretch of flu symptoms and I didn't have a breakthrough around day 26. I was sick more or less and in pain every day of the fast.

This years (2002) fast, 42 days on fresh squeezed fruit juice and water, I felt sick more or less throughout the fast. I didn't have any pain in my back or legs and did not have any sleepy spells while driving. I had no long spell of feeling like I had the flu after the first 10 days of the fast and no breakthrough at day 26.

The lack of pain in my back and legs and the lack of sleepy spells during my 2002 fast indicates to me that quite a lot of mercury was eliminated during the year 2001. I am hoping that my long fast next year will see the end of it.

2-16-02

***The Gospel of Nature***  
by Swami Rama

"When one learns

To hear  
The music of Nature  
And  
Appreciate Her beauty  
Then  
His Soul  
Moves  
In harmony  
With  
The Whole."

2-25-02

"Listen, My Beloved,"

"Life is a journey. There may be times in your life when you wonder about your journey and ask, Where am I going?"

"You are continually moving toward Me, toward living in an awareness of My presence within you. Every mountain you climb, every valley you pass through, every river you cross brings you closer to Me, closer to a continual consciousness of your oneness with Me."

"Beloved, I am with you always. I am with you on your uphill climbs, and I am with you when you feel low in spirit."

"I am your strength when you need energy."

"I am the light by which you walk when you need guidance."

"Remember, beloved, as you walk your life's path, as you learn and grow, I am with you now and always."

From: ***Christ in You***, Unity School of Christianity.

***I AM GOD'S WILL***

by El Morya

I AM God's will manifest everywhere,  
I AM God's will perfect beyond compare,  
I AM God's will so beautiful and fair,  
I AM God's will with bounty to spare.

I AM God's will now taking full command,  
I AM God's will making all to understand,  
I AM God's will whose power is supreme  
I AM God's will fulfilling heaven's dream.

I AM God's will protecting, blessing here,  
I AM God's will now casting out all fear,  
I AM God's will in action here well done,  
I AM God's will with victory for each one.

2-26-02

I am feeling much more optimistic today.

The Seekers path leading to uniting the conscious mind with the Soul, and Heaven on Earth.

1. To begin the Seeker makes a covenant with Almighty God to live to his\her highest light, to do God's will and seek union with their Soul.
2. The next step is to find a quiet place to live, a retreat, figure out how to maintain themselves and live a natural lifestyle.
3. The third step is to begin work on physical purity, eat a vegetarian diet, and keep one's covenant with God.
4. Work to remove the mental clutter from the personal mind and attain mental purity.
5. Seek understanding about one's, "real self," and meditate to quiet the personal mind so that the Inner Voice may be heard.
6. Continue with the inner work of uniting the conscious mind with the Soul by following the guidance of the Inner Voice, study, continue to grow mentally and spiritually, learn to love others.
7. Continue with the outer work by maintaining physical purity by eating a raw food, vegan-fruitarian diet; sharing with and serving others, being kind, patient and forgiving in thought, word and deed, and continue on the path until the goal is reached.

2-28-02

It is interesting to realize that a persons, education, social status, connections, political affiliations, income, bank account, stocks and bonds, credit rating, possessions: home, car,

clothes, jewelry; and their intelligence, skills and talents have no relevance to their spiritual life, unless rightly used. These things in themselves will not advance a person one step on the stairway to spiritual enlightenment or heaven. A sufficient amount of these things are necessary to live, but the right attitude toward and right use of material possessions and talents determines a persons spiritual development.

A poor person with purity and love in their heart toward others is much more spiritually advanced than a smart, well educated, wealthy person who only thinks about amassing a larger fortune.

## The INNER VOICE guides the SEEKER to the SOUL

The Inner Voice is always calm and pleasant.  
The Inner Voice always speaks with love.  
The Inner Voice always speaks the truth.

### ***Inner Voice***

Make God your guru,  
Let him tell you what to do,  
Listen! He is calling, calling you  
Take time to listen, have courage to obey  
The inner voice is calling, calling you.  
There are voices all around us,  
That of enemies and of friends,  
Do this, don't do that, the chorus never ends.  
But I shall always listen, to that quiet inner voice,  
It is still and definite, and I've made my choice.  
Make God your guru,  
Let him tell you what to do,  
Listen! He is calling, calling you  
Take time to listen, have courage to obey  
The inner voice is calling, calling you.

Darakshan, X  
Vizianagaram: Besant English Medium High School  
Online edition of, ***The Hindu***, India's National Newspaper,  
"Inner Voice," Saturday, Jan 12, 2002

3-1-02  
My inner Voice explained to me, that the reason It did not speak to me during my fast, was because the toxic waste in my blood makes it impossible to communicate clearly. Since the end of my fast my Inner Voice has spoken with me almost every day. My personal self/mind will be rambling on about some remembered injustice, slight, painful experience or guilt or other mental clutter, and my Inner Voice will remind me that I'm the only one that remembers that stuff, no one else remembers it, and it is in the past and I should just let it go.

And the experience I'm so worried about had no basis in reality anyway, because it involved my personal self which is an illusion that I created to deal with the fearsome world I was born into. This illusion was further reinforced by the "world view" of my parents, relatives and their friends.

My Inner Voice reminds me that what I am in reality is the Christ Being, one with God. And that the personal self that I created and always saw as myself, and separate from God, is an illusion. All that I have experience in my past life up till now has been a kind of fantasy, some of it a very nice fantasy, but still an illusion never-the-less. I Am part of God, one with God, I Am part of the Whole, I Am whole. I AM!

My Inner Voice tells me now that I am aware of my true identity that I will always be on the path to union with God, which is the highest aspiration of human kind. No matter how often I forget, no matter how far I wander into the darkness, I will always return to the true goal of life... to unite my conscious mind with my Soul... to become one with God.

Jesus admonished us, "not to judge"; not to judge ourselves or others, because we would only be dealing in fantasies, one illusion judging another illusion. There is little reality in this world or among its people today except for love, acts of kindness and service. Only a few live a true life, outside of the illusion of separateness, one with God. This is the seekers goal. Stay on the path. Realize your union with God.

Souls are  
Like snowflakes  
No two  
Are the alike.

3-5-02  
Last night I was thinking about keeping the awareness that I am the Christ in the forefront of my personal mind. I realize that lately I have been more aware of that idea during my every day activities. Quite often now, the thought that I am the Christ, just comes to my mind. A kind of, "dawning" that just comes over me. The idea often, still surprises me, and I wonder if it can really be true. Then my Inner Voice will say, something like, "You are the Christ, you are a conscious part of the whole of god, you are the I am of that I AM."

And often now, when I am talking to a person, or enjoying chatting with a group of people, my Inner Voice will quietly whisper, "remember who you are." This gentle reminder helps me remember to listen more and talk less. "A multitude of words is not without sin."

I have been working on this change of perspective for several months now and sometimes I feel a definite, "lift in spirit" when the thought, that I am the Christ comes to me. My Inner Voice sometimes reminds me to, "be happy and count your blessing because they are many." I am working all the time now to let go of my mental clutter and to maintain a feeling of physical, mental and spiritual well-being.

3-13-02

I am eating a strict raw vegetarian diet now.

I believe that living a spiritual life is a simple matter. I like things to be simple, uncomplicated and natural. The seekers path that I have outlined in these journals is simple, straight-forward, natural and will quickly lead to the goal.

(I am having some problems at the present time with mercury poisoning and candida but soon those problems will be overcome and I will continue to ascend.)

It seems only reasonable to me, that if I want to have God live and function through my body, that I should purify my body and create a Holy Temple for God to live in. And likewise, I need to purify my mind so that my personal thoughts do not offend God, and so that I can receive the thoughts of God's Divine Mind and hear His Voice, which is my Inner Voice.

As I have said many times before, the quickest way to purify the body is by fasting and eating a natural raw vegetarian diet. The mind is purified by truthfulness, forgiveness, meditation, affirmations, praise and prayer.

Uniting the conscious mind with the Soul is accomplished by realizing and bringing forth the Christ. This is facilitated by following the guidance of the Inner Voice in the right use of thought, word, deed and by developing an attitude of love, compassion and service.

I work every day at building my awareness that I am the Christ. Every minute that I can remember that I am the Christ, is a minute spent touching the Christ Consciousness. As I think... I am. My Inner Voice Guides my way.

There is no doubt in my personal mind that I am, Pete. I **Know** that I am Pete. While I am expanding my awareness that I am the Christ every day, I am also working to build up my awareness so that I **Know** that I am the Christ, just the same way that I **Know** that I am Pete. I must learn to **Know** and feel that I am the Christ... learn to identify my self as the Christ. I am the Christ. I AM.

I am working on changing my thinking and feelings from the separateness of my personal mind to the wholeness of the Divine Mind. I try to live in the here and now, at one with the whole of nature, at one with my brothers and sisters, at one with God. My true self... I AM that I AM.

All this may sound complicated, but it is simple, it is living my life at a much higher level physically, mentally and spiritually. I feel I am becoming a better and more caring, sensitive person. To make these changes requires faith, discipline, and determination. My guide is my Inner Voice.

Jesus said in, *The Life and Teaching of the Masters of the Far East:*

"God is that power which is generated and exhilarated by your own thought action. **This does not take long years of study, nor need you go through training or hardships or deprivation.**"

Anyone who will really try to purify their body for three months will realize the truth about the path outlined in these journals. The physical, mental and spiritual results are immediate and very uplifting. This way is not new, but thousands of years old, and has been buried by orthodox teachings because the priesthood of all ages and places has wanted to suppress the truth and keep the people in bondage.

Maybe you cannot agree with what I am saying or doing. That's fine. My purpose here is to tell you what I am doing, and the results I get. And I hope you will do the same for me...tell me what you are doing and the results you get, on your path to uniting your conscious mind with your Soul. Sharing experiences and information is an important part of the seekers path as outlined here.

We are all one Being, trying to overcome our separation from God, to return to God, to become one with God, to become Whole. **ONE.**

Whatever way you choose... stay on the path. Let your Inner Voice be your guide.

My Inner Voice  
Is my guide  
My Inner voice  
Always speaks true  
My inner Voice  
Brings me peace  
My Inner Voice  
Words of my Soul

3-17-02

I became so emotionally upset today, thinking about a verbal exchange I had with a person last week, that I lost control of my raw vegetarian diet. I ate a tofu meat loaf sandwich, which Juanita had prepared. No big deal really, but it does illustrate the point I have mentioned several times, to withdraw, and live a quiet, peaceful life where the mind can always be calm and serene.

3-19-02

First day of spring. Soon I will be going barefoot outside again and sunbathing and gardening.

Something a seeker should be aware of (and beware of) is alternating current electricity close to their body. Alternating current electricity is regular household power. Alternating current, because it pulses, interferes with the bodies natural direct current which flows steadily from positive to negative poles.

In cold climates, hot water bottles or heated bricks wrapped in towels should be used instead of heating pads or electric blankets. And a person should be careful not to sleep next to a wall with power lines running along inside, close to the body.

There has been some evidence found that overhead power lines can cause cancer. It would be a good idea not to live for any length of time near any high voltage electrical power transmission equipment.

Electricity is very useful but it is not natural, it is manmade, and should be used with care. When I say a seeker should live a natural lifestyle, I don't mean that they should give up all modern conveniences and move into a cave like the sadhus in the Himalayas.

If someone feels they need to live in a cave to live a spiritual life, that's fine, but I don't think that it is a necessity. It does matter, some, where you live, but the main thing is how you live.

3-20-02

We are both blessed and cursed by living in the modern world...in a technological society; but I don't think we should reject all technological conveniences just because they are man-made and not natural. We should be aware and careful when using energy and devices that are man-made and could harm us, but some of them can be used to great advantage.

For the first time in history, common people, have the means to communicate worldwide, almost instantly, through the use of the computer and the internet. It may seem a bit strange to think of using high technology to impart spiritual knowledge, but the fact is that we are here, now, in this time and place, and the technology is available to everyone. It would be foolhardy not to use it.

Now for the first time, a seeker of truth, can withdraw a bit from the ordinary world and practice living a spiritual life and still be able to explore for spiritual truths around the world without stepping out of their front door. We have the means to exchange spiritual information and experiences, have companionship and support from people of like minds and be able to decide for ourselves how much we want to be involved at any given time.

I believe we should make use of the things that we need in the ordinary world, leave the rest, and not get involved in the insanity.

We have the possibility of both the privacy of a cave in the high Himalayas and the access to communication and information from all over the world. I believe, we, as modern day seekers of the truth, are blessed with a rare opportunity to realize our full spiritual potential and help create Heaven on Earth. Use the computer to exchange ideas with other seekers... but always listen to the Inner Voice for true guidance.

3-21-02

To give food  
Is an offering  
Of love  
To the body,  
To give love  
Is an offering  
Of food  
To the Soul.

The following quote states exactly how I feel about the seekers path.

"I ask nobody to follow me. Everyone should follow his own inner voice." **Gandhi**

Gandhi also said, "I have known many meat eaters to be far more non-violent than vegetarians." It is an interesting fact that Hitler was a vegetarian.

It seems that some people are predisposed to spirituality and they may have no understanding at all about what they should eat. They may live a very moral spiritual life, but their spiritual growth will be inhibited by their lack of physical and mental purity.

3-23-02

I have not been able to reestablish my raw food diet that I lost control of on  
3-17-02.

I believe that sincerely praising others achievements expands a persons spirit, on the other hand, seeking praise diminishes it.

I have often read the following two lines in the Friday Morning Essene Communion about the Angel of Air. I have wondered if the Essenes were referring to some type of Yoga meditation which controls the rhythm of the breath. And if so, which school of yoga would they be referring to?

"For the rhythm of thy breath is the key to knowledge,  
Which doth reveal the Holy Law. "

This afternoon I was reading an excerpt from Alice A. Bailey's, ***The Light of the Soul***, and found the following paragraphs:

"The Yoga Sutras [of Patanjali] are the basic teaching of the Trans-Himalayan School to which many of the Masters of Wisdom belong, and many students hold that the Essenes and other schools of mystical training and thought...are based upon the same system and that their teachers were trained in the great Trans-Himalayan School."

"Patanjali was a compiler of teachings which, up until the time of his advent, had been given orally for many centuries. He was the first to reduce the teaching to writing for the use of students and hence he was regarded as the founder of Raja Yoga school."

It seems that the early Essenes may have incorporated the spiritual teachings of Patanjali and the breathing discipline of Raja Yoga meditation.

The book, ***Raja Yoga***, is of particular interest to me because of the way the book came to me. The day I was leaving to go overseas during the Korean War, my Great Aunt (the spiritualist minister) was inspired to give me her set of, ***The Life and Teaching of the Masters of the Far East***. (See [6-22-01](#)) She also gave me two other small books that day: ***The Impersonal Life***; and ***Raja Yoga***, by Swami Vivekananda.

Books that come to me through my own inspiration, I feel have important information that I was meant to have. And I feel the same way, about books that others were inspired to give me. I am very grateful for the books that have "come to me", and I thank all those who have helped in my receiving them.

3-24-02

Basically, all dis-ease of the body and of the mind are caused by what a person eats.

3-27-02

I lose contact with my Inner Voice when I fast and my blood becomes foul from elimination of toxic waste, when I continually eat a poor diet and my blood becomes polluted with impure foods, or when I become emotionally upset. It seems that my Inner Voice needs physical and mental purity to function.

3-31-02

Easter Sunday.

"Through His life and ministry, Jesus demonstrated enduring lessons of love, compassion, and forgiveness. His life was a prayer of peace and fulfillment. As I walk my path in life, I choose to follow the footsteps of Jesus."

"Inspired by His loving message:

My view of the world comes through eyes sparkling with hope and courage.

My heart fills with warm feelings of understanding and appreciation for others.

My hands reach out to those around me to offer support and encouragement."

"I follow the spiritual principles for living taught by Jesus, the Master Teacher. As I do, I express love, compassion, and forgiveness, I have newfound hope in my heart, for I am assured that my every need is met by a loving, all-providing God."

"Jesus showed humankind the way to live abundantly, to bring peace to the Soul and peace to the world. These lessons have found a home in my heart, and through them I am developing a deeper relationship with God day by day."

From: ***The Christ in You***, Unity School of Christianity.

May your Inner Voice guide you all the days of your life.

## LOVE is the key to REALIZING I AM THE CHRIST

The Love of Christ I AM.  
I Am the Love of Christ.  
The Christ of Love I AM.

4-1-02

Yesterday was Easter Sunday... a beautiful day here.

"The Tree of Life is located in the midst of the paradise of God. The very depth of our own Soul. And of all the rich, abundant fruit that grows and ripens on it to the fullest perfection, the most perfect and life-giving, is Love."

"Love has been defined by those who perceive its true character as the greatest thing in the world. I might add that it is the greatest healing force in the world. Love never fails to meet every demand of the human heart. The Divine Principle of Love may be used to eliminate every sorrow, every infirmity, every harsh condition and every lack that harasses humanity."

"With the right understanding and use of the subtle and illimitable influence of Love, the world may be healed of its wounds, and the sweet mantle of its heavenly compassion may cover all inharmony, all ignorance, and all mistakes of mankind."

"With wings outstretched, Love searches out the arid spots of the human heart, the waste places of life, and with seeming magic touch redeems humanity and transforms the world."

"Love is God... eternal, limitless, changeless, going beyond all vision of infinitude. The end we can only vision. Love fulfills a law of its own, consummates its perfect work, and reveals the Christ within the Soul of man. Love is ever seeking an inlet whereby it may flow forth into the Soul of man, and pour itself out as all good to him."

"If it is not disturbed by man's perversity and discordant thinking, God's eternal, changeless current of love flows ever onward, carrying before it, into the great universal sea of forgetfulness, every appearance of inharmony or ugliness which disturbs the peace of man."

"Love is the perfect fruit of the spirit; it goes forth, binding up the wounds of humanity, drawing nations into closer harmony, and bringing peace and prosperity to the world. Humanity must be charged with this current of Love from the great Omnipresent Life if it would do the works of Jesus."

Seek God  
And love Him  
With all your heart (emotions)  
With all  
Your mind (thoughts)  
With all  
Your strength (will)  
With all  
Your Soul. (being)

"Jesus was a man the same as all men are today. He suffered, was tempted and tried, just as you suffer because of temptation and trials. We know that during His residence on earth in the visible body Jesus spent hours every day alone with God and we know that, in His early manhood, He went through just what we have gone through, and what you are going through today."

"We know that every man must overcome the mortal, the fleshly desires, the doubts and fears, until he comes to the perfect consciousness or recognition of the indwelling Presence, this 'Father in me,' to whom Jesus ascribed the credit of all His mighty works.

"He had to learn as we had to learn, and as you are learning today. He was obliged to try over and over again as you are doing. He was obliged to hold fast as you are obliged to hold fast today, even with clenched fist and set teeth saying, 'I will succeed, I know the Christ lives within me.'"

"He soon found that this did not take long years of weary plodding through dogmas, rituals, creeds, formulas and initiations...[This does not take long years of study, nor need you go through training or hardships or deprivation.]"

"He realized that that for which he was seeking was right within himself. He knew that in order to be the Christ he must declare that he was the Christ; then with pure motive of life... thought, word, and deed he must live the life he sought, in order to incorporate it within his own physical body."

"Jesus went through the perfect crucifixion of self, that He might lead His people to God; that He might show them the way out of sin, sickness, and trouble, that they might manifest the Father in them; that He might teach all that the same Father lives in all and loves all."

"None that follow Jesus' life and teachings closely can help but love Him. He is our perfect elder brother."

From: ***The Life and Teaching of the Masters of the Far East***

4-2-02

The results of physical and mental purity for you will be: the Living God will live in and function through your body; you will hear the inner Voice of your Soul; you will realize freedom of your personal mind from the mental clutter and feelings of guilt and remorse; you will be free of all bad memories; you will have tremendous energy; you will not feel any pain when you are injured; you will always be optimistic and hopeful; you will never be sick; you will be free of sexual lust; and you will be at peace with yourself and others.

You can easily prove the truth of these statements for yourself.

4-3-02

When a person sets out on a project, say, to overhaul the worn out engine in their car, they don't focus on the worn out engine, they focus on the "ideal," the completely overhauled engine with all new parts.

And so it is with the seekers path. The ideal is the Christ consciousness that we desire to express. We put behind us and forget the old ways of the personal self. We are not that person any more. We are the Christ... one with God.

We focus or concentrate our energies, our love on that ideal Being. Since our very being...God, is love; we need to express love, let it flow through us, to connect ourselves to the Whole of God. We need to completely let go of our old ways, our old self, and let God's love flow through us and renew our being.

We direct our love both inward to God, and outward to all of His creations. Everything is God. Love God by worship, praise and obedience to His laws. Love God's creations by letting your\His love flow through you to your brothers and sisters, angelic beings and to all of nature.

When a brother or sister reaches out to you for a helping hand, take their hand and let your love flow through you to them by helping them to meet their needs. Do what you can, quietly, without fanfare and then move on and let them get on with their life.

To love is a learning process, the more you practice letting love flow through you by helping others, the more you will understand and gain confidence, and the more your spirit will grow. Love is food for the Soul.

We don't need to go around looking for things to do or people to help, that would be the way of the old personal self. We should live our life and let others live theirs. Let things be. We are not

going to save the world by our actions, only little pieces of it, once in a while, as God directs.

The seekers path is to unite their personal conscious mind with their Soul. That is the Goal. Our Soul will inspire us and our inner Voice will guide us on our path and will show us where we need to give a helping hand.

At first, it may be hard to reach out with a helping hand, even if we know it is the right thing to do. We don't want to interfere, or we don't want to offend or be put down or rejected, or embarrassed...all old self stuff.

When God inspires us to give a helping hand, we should act immediately. We don't need to know all the whys and wherefores. If we hesitate, we may miss the moment.

When I was on the path before, I went to visit my children in a nearby town and was staying in a small hotel. One evening I went out and walked to a small convenience store to buy something I needed. In the store parking lot a man who was obviously very drunk, was trying to turn his pickup around.

I was inspired to ask him if I could drive him home. My old rational mind talked me out of it, and the moment passed. I left the parking lot, the man was still struggling to turn his truck around, and walked back to the hotel.

When I got back to the hotel, I sat down in the lobby by a large picture window that faced the street. A few minutes later a policeman pulled the man in the pickup over right in front of the hotel. I watched as the officer pulled the man out of the truck, handcuff him and pushed him in the back of his patrol car and drive off.

I felt terrible. I could have helped that man. (myself) What of it, if he had of said, "no" or, "get out of here." Inspirations like this are so subtle, so quiet, little undemanding feelings that we should do something; and a person just has a minute or so to act. Such inspirations are very easy for the rational mind to talk a person out of.

The thing is, the Soul doesn't think or reason why, It just "knows" and inspires us to act. Once we are inspired, the decision to act or not, is ours. And again, there may be just a moment to make that decision. It takes practice to let your Soul act through you, to be the Christ, to Love.

Life is the seekers path: Law the guide, Love the way, Light the goal. Love is the life, light and law of the Soul. The Soul yearns to join with the mortal self of man in infinite love and light.

4-4-02

The following except, was written by Glenn Goytil. The author, a born again Christian, gives

eloquent down-home advise on what it takes to make a marriage work.

"To achieve true love, you must go beyond the initial infatuation and stick it out through the tough times; you must work out the hypocrisies of your personalities; you must grow as people and resist being greedy when it comes to love. True love expresses deep caring for one another, it involves unselfish giving and an awareness of your partners needs and desires, it means enjoying each other and not taking each other for granted, it involves commitment, fidelity, and mutual respect; and it doesn't have as much to do with thrills and glamour as does false love."

"It involves honoring and cherishing one another, playing together, taking time to love, and using the friction that you encounter in your relationship to help you grow. If it is to last, it must be worked at and cherished; it must be a high priority, or it will deteriorate. It is best to resolve conflicts and talk to each other on a daily basis rather than play a guessing game to determine each other's needs and wants."

"Generally speaking, the closer the match between each other's desires, the greater the magic of the relationship. It is best to be honest with each other but also to know when it is better to leave things unsaid. Truth can be used as a scalpel, or as a sword, to cut out a cancer or to fight a bloody battle. Be careful how you use the truth."

"I have found that if you use the truth to heal and never hurt, you can say almost anything you want, and the person to whom you are speaking will not be offended. In all things let your kindness and concern come through, and it will be received as such. Know when to be outspoken, when to walk on eggshells, when to put your foot down, and when to lighten up. If you don't get a handle on these things, your relationship is bound to be stormy."

4-5-02

"God's laws are changeless, the same as they have ever been. While they are immutable, they are beneficent, for they are good. When we live in conformity to them, they become the very foundation stones on which we build our health, our happiness, our peace and poise, our success and attainment. If we abide fully in God's law, no evil can befall us. We do not need to be healed, we are every whit whole."

"How well we realize that in the great heart of humanity there is a deep homesickness which never can be satisfied with anything less than a clear consciousness or understanding of God, our Father. We recognize this hunger as hearts cry after God. There is nothing the human soul so longs for as to know God. 'Whom to know aright is life eternal.'"

"We see people ever shifting from one thing to another, hoping they will find satisfaction or rest in limited, mortal desire. We see them pursuing and gaining these things only to find themselves

still unsatisfied. Some fancy they want houses and lands; some, great wealth; and some, great learning. We are privileged to know that man has all these things within himself. Jesus the Great Master, attempted to have all see this."

"In Jesus, the Christ or Central Spark which is God in us all, living in every one today, was drawn forth to show itself perfectly ruling the material body or flesh man. It is in this way that He did all His mighty works, not because He was in some way different from you. He had no greater power than all have today. He was not in some way a Son of God and we only servants of God."

"He did these works because this same Divine Spark which the Father has implanted in every child born, was fanned into a brighter flame by His own efforts in holding Himself in conscious communion with God Himself, the source of all Life, Love, and Power."

"The first step is fully and completely to control all outer activities of thought, mind, and body with the thought always uppermost that you are cultivating the habit of perfection...the Christ of God habit. Get into the habit of seeing this perfect presence as your real self, this Christ of God presence."

"If you cultivate this with love, reverence, devotion, and worship, it becomes a habit and soon it is all of you, your daily life and existence. In a short time you have brought forth Divinity. You are once more the Divine Christ, the first-born of God."

From: ***The Life and Teaching of the Masters of the Far East***

4-6-02  
What does it mean to live a "natural lifestyle" today? Does it mean living in a cave or log cabin you built by hand; or driving a horse and buggy rather than a Cadillac; or joining a nudist colony and going around unclothed all the time. Yes and no; where you live is part of it, and how you get around, and sunbathing is certainly a major factor in natural living.

The major considerations in living a natural lifestyle are the things that you take into the body and mind. The things you eat and drink, and the medicine you take. The water you drink and use to bath. The rank smells or pollution in the air you breathe. The things you watch on TV, videos and movies, and the things you read. The news and music you listen to. The clothes with toxic dyes that you put on your skin, and the other things that touch your skin such as soap, cosmetics, lotions and shampoos.

The environment you live in is also very important. You cannot live a quiet peaceful life where there are strong odors, lots of noise or flashing lights; such as next to a stock yard or a garbage dump, a wrecking yard or rifle range, or an amusement park or next to a freeway.

The best place for a seeker to live is in the countryside or woods, somewhat removed from neighbors so that you can sunbathe, walk barefoot, bath nude in the living water, and generally live a quiet, peaceful life without comment. Common sense, inspiration and your Inner Voice will guide you in finding a retreat.

Whether you use modern conveniences or do everything by hand doesn't matter. You can walk everywhere; or ride a bicycle, or drive a car, doesn't matter, just as long as you get enough exercise. Wash your clothes by hand or in an automatic washing machine; dust and sweep by hand or use a vacuum, again, this type of thing doesn't matter.

What matters is, being comfortable and at peace, physical and mental purity, right thought action, developing an attitude of love, being kind and serving others, staying on the path and uniting the conscious mind with the Soul.

I am aware that modern conveniences, machines, electricity and automobiles are not natural by definition. If one is **careful in their use**, they do not matter, because they do not affect the body or the Inner Self. They save time and energy, and make life much more pleasant; but I will not argue with anyone that wants to do everything by hand.

"C'mon, Bob, let's go to the movie..." "Naw, I'd rather stay home with my Dad."

4-11-02

It has been a little over three months since, "My inner Voice has suggested that I repeat over and over, 'I Am the Christ, as often possible to bring that thought forward in my mind. So that, the Christ, is the first thing I think about in any circumstance."

This has worked pretty well. I have an awareness that, I Am the Christ, throughout the day now. On waking, first thing in the morning, I immediately think of God living in me, and thank Him for my Being. I am still thinking or saying, "I Am the Christ," on inhaling; and, "I Am One with God," on exhaling many times a day. Sometimes I think, "I send my Love and Blessings to all Beings," on exhaling.

When I meet someone on the street now the first thing that comes to my mind is, "I am the Christ." This helps me to think about things more closely before I say them and to clear my mind of judgment. This new awareness is definitely reflected in my behavior: thought, word and deed.

I know that this is just a beginning, and that I have a long way to go. But I am optimistic because this was suggested to me by my Inner Voice and it is working out. Through this I am gaining confidence in the guidance of my Inner Voice.

4-14-02

The evolution of my thinking in regards to my being "the Christ" was a slow, long drawn out process, in which I was at first unbelieving and frightened, and then awed and dismayed. "How can an ordinary person like myself be the Christ?" Unthinkable!

The awareness dawned slowly until I finally excepted the idea. I excepted the idea in theory because I still shuddered at the idea of saying, "I am the Christ," even to myself. The more I studied and thought about it, the more reasonable it became...that all people, including myself, are the Christ Being.

I was then able to cross the boundary, where I could say with certainty and full belief, "I am the Christ." Then I was able to begin in earnest to work toward realization. I now affirm dozens of times daily, quietly to myself, "I am the Christ," and thank God within, for his blessing of life and for all of creation.

I talk to God often, but not often enough... I am still making that transition from trying to learn from books to learning from the All Knowing Spirit that lives within me.

I have always loved to read. I guess it is just a habit to turn to books to try and learn about something. I have the All Knowing God living right within me and I am trying to learn how to realize the Christ from a book. I am really stupid!

My inner Voice gently tells me, "Don't say things like that...you are the Christ." "Never deny who you are...you are the Christ." "Thank you Lord, I am the Christ, I am one with God."

Realization of the Christ is a learning process. A realization of being... of being a Being that was previously hidden from my knowledge by ignorance. The ignorance of the collective world view passed on from generation to generation.

I am not learning to be, but rather unlearning things in my personal mind so that I can be my real self. It is like my Soul, my Christ Self, is buried under a huge pile of mental debris of wrong thinking that I am working to remove to free myself. My real self is trapped under that pile of wrong thinking but I cannot at this time realize it or free it because the wrong thinking holds me fast.

Soon... or just as long as it takes, and I will be free. I am on the path. "I am the Christ. I am one with God." When I pray now I often feel a slight electric charge (exhilaration) flow through my body.

4-18-02

Sometimes I come to these spiritually barren plateaus where I just don't care about my spiritual life. I feel lost and nothing interests me; I feel like I'm not making any progress at all.

Intellectually I know this is not true at all. I have made tremendous gains in the past two years even with my problems with mercury poisoning and candida.

I have no thoughts about quitting the path! I know I'm just having some barren days and they will soon pass. I pray to be released from this bleak spiritual landscape.

"I am the Christ... I am One with God." I am on the Path.

4-20-02

Last night I started rereading, ***How To Know God, The yoga aphorisms of Patanjali***, translated with a commentary by, Swami Prabhavananda and Christopher Isherwood, and found a very timely commentary:

Book I #30. "Sickness, mental laziness, doubt, lack of enthusiasm, sloth, craving for sense-pleasure, false perception, despair caused by failure to concentrate and unsteadiness in concentration: these distractions are the obstacles to knowledge."

"When an aspirant enters upon the spiritual life, he naturally does so with great enthusiasm. The first steps he takes are almost always accompanied by feelings of peace and delight. Everything seems easy, so inspiring. It is therefore very important that he should realize right from the start, that this mood will not continue, uninterrupted, throughout the rest of his course."

"Religion is not simply a state of euphoria. There will be relapses; phases of struggle, dryness, and doubt. But these ought not to distress him unduly. Conscious feelings, however exalted, are not the only indications of spiritual progress. We may be growing most strongly at a time when our minds seem dark and dull. So we should never listen to the prompting of sloth, which will try to persuade us that this dullness is a sign of failure. **There is no failure as long as we continue to make an effort.**"

"...you can attack your sloth on the subconscious level by quiet persistence in making japa.\*[affirmations] You are never too weak or too sick for that. And sloth will relax its hold upon you, little by little, when it understands that you really mean business."

\*japa means to repeat a mantra, "of one or more holy names,"  
AUM, I AM, I AM that I AM, God I AM, I AM the CHRIST,  
I AM ONE with GOD etc.

This morning as I was waking up I was given a vision. The vision was of my mind flowing through my body. It was a stream of mist without banks or bottom with all kinds of things floating in it. My inner Voice said to me that the floating things were impure thoughts and if I would give up one thing a day that causes pollution in my mind or body I would soon purify my mind. I

decided to give up toast and cocoa at bedtime, which I like very much.

4-24-02

Book I #21. "Success in yoga comes quickly to those who are intensely energetic."

"Theoretically, there is no reason why we should not achieve the state of perfect yoga [union] within the space of a single second--since the Atman [Soul +/-] is eternally within us and our ignorance of this fact could be instantaneously dispelled."

From: ***How To Know God, The Yoga Aphorisms of Patanjali.***

4-27-02

"What is Japa? [***Japa Yoga***] What is its rationale? What is its process? Japa is the repetition of a Mantra, a potent syllable or syllables, a word or combination of words, done with the object of realizing the truth embodied in the Mantra. The object may be mundane like achievement of certain states of affluence, health, power, or it may be spiritual, say, the attainment God [consciousness]..." I am the Christ... I am One with God.

"In any case the Mantra which is chosen for Japa has the necessary power within it and by constant repetition can be evoked into operation to effectuate the purpose. The vibrations set up each time the Mantra is repeated go to create in the subtler atmosphere, the conditions that induce the fulfillment of the object in view."

"The Divine Name, [AUM, I AM that I AM, etc.] for instance, has the potency to stamp and mold the consciousness which repeats it into the nature of the Divinity, for which the name stands, and prepares it [the mind] for the [realization of God] reception of the gathering Revelation of the Godhead."

From: ***Japa***, by M. P. Pandit

Love is all there is... I AM the Christ... I AM ONE with God. I AM LOVE.

## PATANJALI describes MEDITATION to attain UNION with GOD

Meditation will free the mind from the bondage of the personal self.  
Meditation helps a person to see the world in a different light.  
Meditation is one of the best treatments for stress.

"There is no way to happiness,  
Happiness is the way."

*Buddha*

5-1-02

### ***The Yoga Sutras of Patanjali***

"It is not known exactly when Patanjali lived, or even if he was indeed a single person rather than several persons using the same title. Estimates of the date of the *Sutras* range from 5,000 B.C. to A.D. 300. In any case, he did not in any sense 'invent' *Raja Yoga*, [The Royal Path to Union] but rather systematized it and compiled the already existing ideas and practices. Since that time he has been considered the 'Father of Yoga,' and his *Sutras* are the basis for all the various types of meditation and Yoga which flourish today in their myriad forms."

"*Sutra* literally means 'thread,' each *sutra* being the barest thread of meaning upon which a teacher might expand by adding his or her own 'beads' [commentary] of experience, example, and so on for the sake of the students." From: ***Integral Yoga***

The *Sutras* are sometimes called aphorisms which means, a short sentence stating a general doctrine of truth.

In the following text I have tried to render Pantanjali's Sutras and commentaries in simple plain English so that the seeker does not have to refer to countless references to grasp the spiritual meaning.

The content and meaning of the commentary for each sutra vary a great deal among sources. I chose the commentary or parts of commentaries that best expressed the seekers point of view as

outlined in these journals.

The seeker attempts to reach union with God through physical and mental purity, right thinking and exhilaration of the mind. Patanjali's Raja Yoga outlines a path to union with God by controlling the mind... meditation. Both are valid paths. The seeker can learn a great deal about how the mind works and ascending the spiritual path from Patanjali's sutras, even though they do not practice meditation.

"Though the aspirant should show devotion to many scriptures and teachers, he must take from all of them the essence only, as a bee takes the essence from many flowers."

I have drawn from the following excellent sources:

***How to Know God***, by Swami Prabhavananda and C. Isherwood

***Integral Yoga***, by Sri Swami Satchidananda

***Patanjali's Meditation, Yoga*** by Vyn Bailey

***Psychology of Mystical Awakening***, by Swami Savitripriya

***Raja Yoga***, by Swami Vivekananda

## Part I. Patanjali's Yoga Sutras---Concentration.

### 1-1. Now, instruction in Yoga.

Yoga means union... to unite the personal self with God. Yoga is also the science or 'how to' of accomplishing this union by meditation.

5-3-02

### 1-2. Yoga is the stilling of the Mind.

Union can be accomplished by stilling the mind. Stilling of the mind does not mean inducing a trance state but becoming completely aware or fully conscious.

5-5-02

### 1-3. Then a persons consciousness is abiding in Reality.

"When the lake of the mind becomes clear and still, man knows himself as he really is, always was and always will be. He knows

that he is the Soul. [God] His 'personality,' his mistaken belief in himself as a separate, unique individual, disappears."

From: ***How to Know God***

5-7-02

**1-4. Otherwise, (when not concentrating) the personal self identifies with the thought waves of illusion of a separate reality from God.**

For instance, someone blames me; this produces a modification, (vritti), in my mind, and I identify myself with it, and the result is misery." From: ***Raja Yoga***

What this sutra is saying is that when you are **not** identifying with your Soul, your Christ self, you identify with the personal mind's world view of yourself, which is illusion. Meditation helps a person to contact and realize their true self.

5-9-02

**1-5. There are five kinds of thought waves, some are troublesome and some are not.**

Even though, some thought waves are troublesome... "it is through these very workings of the mind that we are studying yoga."

From ***Patanjali's Meditation Yoga***

5-11-02

**1-6. The five kinds of thought waves are: right knowledge or truth; wrong knowledge or error; imagination; sleep; and memory or remembering.**

"Right knowledge: "What's wrong with knowing the truth? How can that possibly be classed as something troublesome, as an obstacle or a mental process to be restrained? A weed can be defined as a plant in the wrong place. Many of our distractions in meditation come from right knowledge in the wrong place--facts which force their unwelcome presence on our attention. They are actually harder to dismiss than the fantasies or vague daydreams precisely because they do reflect an objective reality." From ***Patanjali's Meditation***

***Yoga***

5-12-02

Two years today on the path.

5-13-02

**1-7. The basis of *right knowledge* is direct perception; inference or correct conclusion; inspired spiritual texts or teachings.**

"You can only be certain that your understanding is correct if there is a mutual agreement between three sources: your own direct personal perception; logical conclusion you reached based on inference [a logical conclusion from given data or premises] (i.e., where there is smoke, there must be fire); receiving verification through examples in the scriptures or through the spoken words of an Enlightened Master." From: ***Psychology of Mystical Awakening***

5-15-02

**1-8. *Wrong knowledge* or error is based on deceptive appearances.**

Wrong knowledge: "...also has its roots in reality, though in this case, the reality is misrepresented in our mind."

"The next class of *vittis* (thought wave) that arises is the mistaking of one thing for another, as a piece of mother-of-pearl is mistaken for a piece of silver." From: ***Raja Yoga***

"The classic example given in yoga literature is that of a piece of rope which is mistaken for a snake. In this case, wrong knowledge will cause us to fear the rope and avoid it or kill it."

From: ***How to know God***

"Error comes to us through the same channels as truth, which makes it so much harder to detect. If the end result [of our perception] does not correspond to objective reality, then we have error, instead of right knowing." From: ***Patanjali's Meditation Yoga***

5-17-02

**1-9. *Imagination* is based upon images which have no real**

**existence.**

"Imagination occurs when you, the Conscious-Seer, scan the recorded impressions in the mind and embark on mental fantasy... " From: ***Psychology of Mystical Awakening***

Other sources translate this sutra to mean:

**"Verbal delusion arises when words do not correspond to reality."**

"A common form of verbal delusion is jumping to conclusions. We hear somebody speaking and form a hasty and inaccurate picture of his meaning. In political speeches one often finds... verbal delusions. Such expressions as 'the spirit of democracy,' and 'the American way of life,' and so forth, bear rich crops of verbal delusion every year, in newspapers [on TV] and over the radio." From: ***How to Know God***

5-19-02

**1-10. Deep *sleep* is the lack of consciousness and movement of thought waves in the mind.**

Deep dreamless sleep occurs when there is a break in consciousness between the Knower and the personal mind.

"...so only the brain-wave pattern characteristic of mental void is produced." From: ***Psychology of Mystical Awakening***

Sleep is unconsciousness, while meditation is super-consciousness.

5-21-02

**1-11. *Remembering* or memory are thought waves not forgotten that return to consciousness.**

"Memory [remembering] suggests the deposit of past experiences into which our retrieval system delves. Memory plays an enormous part of our mental life. Not only are past experiences recalled, but subconsciously they color our waking hours. Reactions of fear, anticipation and aversion are triggered by our memories that have become part of us. Some are personal and identifiable, some are repressed and subconscious. Memories may [certainly will] have to be dealt with if we are to attain serenity and freedom."

From: ***Patanjali's Meditation Yoga***

5-22-02

**1-12. Stilling the thought waves is accomplished by continual practice coupled with detachment.** This leads to meditation.

**1-13. *Practice* is repeated effort to permanently control the thought waves in the mind.**

5-25-02

**1-14. It becomes firmly grounded by long and constant effort, with great love for the end to be attained.**

"Margot Fonteyn, at the very peak of her career, still attended ballet class every day. She tells us that all top ballet dancers do the same. 'Miss one class,' she says, 'and you will notice it. Miss two classes, and your teacher will notice it. Miss three, and the public will notice it.' From: ***Patanjali's Meditation Yoga***

"The first qualification for the practice is that it should be done for a long time. And it should be without break. And the last qualification: 'in all earnestness.' That means with full attention, with the entire application of your mind and with full faith in your achievement. We need all these three qualities: patience, devotion and faith." From: ***Integral Yoga***

"So our practice, regular and punctual, is to continue uninterruptedly for a long time. Yoga practice can and should be a continuously rewarding experience, part of our daily life. Time is needed, for the end result will involve deep-seated and fundamental changes in mentality and outlook. Ingrained habits may have to change, behavior patterns to be reversed, neural currents rerouted. Repetition, with fidelity and perseverance, is the way." From: ***Patanjali's Meditation Yoga***

5-27-02

**1-15. To overcome the desire for objects seen or heard of is non-attachment.**

"The first thing you must do is form the habit of relinquishing highly charged emotional attachments to certain things, and aversions to others, in order to eliminate this basic cause of

emotional suffering. You can recognize an attachment by becoming aware of every intense desire, expectation and demand that an object, person or event be responsible for your pleasure and happiness."

"And you must give up your dependency on others to make you happy. This does not mean that you should give up friends and family, or not enjoy life, it only means that you should not become emotionally addicted so that you feel that you cannot survive or be happy without their approval, or their supplying your deficiency demands."

"To eliminate attachments and aversions you must learn to raise your Center of Consciousness up and out of the lake of the [personal] mind and remain poised in the place of the Director. This is the way to eliminate this cause of unnecessary suffering, and get off the emotional pendulum that swings between the opposites of desire and fear, love and hate, which creates conflicting waves in the mind that collide with each other and create a stormy life experience." From: ***Psychology of Mystical Awakening***

5-28-02

**1-16. One ceases to desire any manifestation of nature when they attain knowledge of the Soul.**

"Once you become free from emotional suffering caused by desires and fears, your mind and emotions will become calm. Then you will become aware of the permanent presence of Divine Consciousness and Love within your heart, which is so much more satisfying and complete than the best experiences of impermanent objects of the world. This is the highest state of non-attachment."

From: ***Psychology of Mystical Awakening***

5-29-02

I have been having a hard time for the past six weeks or so because of a terrible falling-out with a friend. The issue has been resolved but I was so emotionally upset that I am still not a peace within myself. This kind of thing takes a devastating toll on a persons spiritual life. I have lost all verbal contact with my inner Voice.

I have not been able to do any upgrading on my diet. I have been eating mostly a 50\50 raw and cooked vegetarian diet. Every time I eat cooked food now I am gently reminded of Jesus' words in the, *Essene Gospel of Peace, Vol. I*, "But I do say to you: Kill neither

men, nor beasts, nor yet the food which goes into your mouth. For if you eat living food. the same will quicken you, but if you kill your food, the dead food will kill you also." I plan to do a long fruit fast starting in June.

Jesus said, "pray without ceasing," in, ***The Life and Teaching of the Masters of the Far East***, and I believe he meant this literally.

I don't pray as much as I should which lifts the vibrations of a persons whole being, but I do continue to practice Japa, repeating my mantra often, "I am the Christ and I am One with God." I am on the path.

5-30-02

A couple of times in the past few days I have had an intense flash of intuition that I am not Pete, my personal self, but something other. Its like I am standing off looking at myself and knowing that the "Looker" is separate from the Pete being viewed. The experience is not frightening but different and interesting... really got my attention for a moment.

Still no contact with my inner Voice or I would ask what is going on. The thought does come to me that its my 'true self' looking at the illusion, of Pete and Pete's world, and knowing that my true self is separate from the illusion. Like I (my true self) is standing off and looking at Pete and his actions and realizing that no matter what happens to Pete, my true self will be unaffected. Like watching a movie, I see it and hear it but it is really not a part of me.

5-31-02

We got [www.seekeronline.org](http://www.seekeronline.org) published on the internet today. I will continue to write about Patanjali's Sutras and meditation next month.

## EXHILARATED THOUGHTS ENLIGHTEN THE MIND

"You worship, you praise, and with your ever expanding love, you pour out to all mankind that they may see the Christ, the God-man standing forth triumphant." Exhilarated thoughts bring forth the Christ.

6-1-02

What are exhilarated thoughts? Exhilarate means to animate, delight, energize, enliven, excite, gladden, invigorate, lift, stimulate, thrill, vitalize. Really nice words. I personally think in this case exhilarate means a mixture of lift-energize-thrill. The meaning of thoughts and mind in this case mean the thoughts of the personal mind. The personal mind of an individual still separated from God or God's Divine Mind. The thoughts of the personality-ego which is the created being of our own personal illusion. The thoughts and mind that we use in our every day living.

So what we are trying to do, when we say, "exhilarate our thoughts?" What we want to do is to lift up the thoughts of our personal mind, spiritualize them, and energize them. This process causes energy to flow through our body. And this is what thrills our body. We exhilarate our thoughts which causes God energy to flow through our body and enlighten our mind.

What does enlightenment mean? Synonyms for enlightenment are: advise, apprise, civilize, counsel, educate, illuminate, indoctrinate, inform, instruct, teach and undeceive. All of these words except illuminate infer the communicating of information. To me illuminate means to light up.

So I think we can safely say that part of what enlightenment means is being educated, or receiving knowledge. It seems to me that being educated or gaining knowledge, however, does not imply any spiritual attainment. What a person needs to gain spiritual attainment from knowledge is understanding or spiritual light on the subject. We need to illuminate the mind to be spiritually enlightened. I have had no personal experience with illumination of a "light up" nature, so from here on, I will rely on written sources. If we are one with God, we are the same as God, we are God, and what we are trying to do is return to God consciousness... to unite our conscious (personal) mind with our Soul.

"Pure white light is God Life. Through man only do the pure rays of God Life emanate or manifest."

"This is not emotion nor infatuation; this is a clear, calm vision of man, standing forth from God, in full dominion and mastership. This is the mastership of all humanity; not anyone is excluded. Back of the form is pure crystal, dazzling white light emanations. It has come forth from pure white light, it is formed of pure white light; therefore, **man is pure white light**. This light is life."

"We lift these bodies up until their shining radiance becomes a blaze of pure, white light and together we have returned to the Father from whence all have come forth."

"When anything is made plain, we are enlightened regarding it. The light shines forth into our conscious concept. Soon the LIGHT of LIFE will shine forth to your watching eye, as it has to all the great ones. Many of these great ones are portrayed standing forth in a great blaze of light. Although you may not see it, [now] this light is real and is life, radiating from your body."

"God is that power which is generated and exhilarated by your own thought action."

"You will soon find that, by fixing your thoughts and attention steadfastly on God and His divine perfection, you can raise the vibrations of your body so that they will blend so harmoniously with those of the divine perfection, that you are absolutely one the the divine perfection and thus one with God."

From the above statements we can conclude that enlightenment is not only the gaining spiritual knowledge and understanding but the actual illumination or lighting up of the mind and body. The body-mind-Soul are One.

Exhilarated thoughts enlighten the mind *and body*.

Quotes from, ***The Life and Teaching of the Masters of the Far East***

6-2-02

The problem: Separation from God.

The solution: Union with God.

The method: Unite the conscious mind with the Soul.

"Do this either by work, or worship, or physic control, or philosophy, by one, or more, or all of these,---- and be free. This is the whole of religion. Doctrines, or dogmas, or rituals, or books, or temples, or forms, are but secondary details." *Swami Vivekananda*

No matter what system you use, spiritual illumination is granted by God's Grace alone.

"Follow the example of all the angels of the Heavenly Father and the Earthly Mother, who work day and night, without ceasing, upon the kingdoms of the heavens and the earth." ***Essene Gospel of Peace, Book I***

6-5-02

## Part I. Patanjali's Yoga Sutras

**1-17. Concentration upon a single object may reach four stages: examination; discrimination; joyful peace; and simple awareness of individuality." [pure I-am-ness.]**

From: *How to Know God*

"Samadhi is defined as an **Expanded State of Consciousness** that allows one to come face to face with Truths about the universe, God and man that can only be experienced when one's Consciousness temporarily transcends the limitation of the intellect, mind and senses."

From: *Psychology of Mystical Awakening*

There are four levels of samadhi defined in the commentaries of this sutra. If a seeker is interested in understanding these states of awareness, please refer to the primary sources. Swami Savitripriya's excellent book, *Psychology of Mystical Awakening*, is very readable and covers this subject thoroughly.

6-7-02

Raw fruit-veggie diet holding well, 7 days now. I want to mention that there is no "one" way, or one system in attaining union with God. There are as many ways to break through the illusion that we are separate from God as there are people struggling to do it. There are no rules... except God's rules. Seek out God's laws and apply them in your life. If someone says to you, "Oh, you can't do it that way," or "You have to have a Guru," or "This is the only way to enlightenment," ignore them and seek your own path. You are the Master of your life and of your spiritual path.

A true spiritual path proves itself. As you walk toward a light, the light becomes brighter. As you apply God's laws to your daily life you immediately begin to ascend. In my own experience, when I walked the path before, as I worked to purify my body and mind, change my thinking, and studied; I could feel the changes every few days. When you are on a true spiritual path, one that leads to union with your Soul (God), you feel it immediately, and things happen very rapidly. Stay on the path.

"These, then, are the rules of light: That which is self evident; That which is axiomatic; That which is substantiated by facts; That which hath a parallel in known things; Things that lead to peace, order, and the lifting of thy neighbor and thyself." From the *Oahspe Bible*

6-9-02

**1-18. "There is another samadhi, which is attained by constant practice of the cessation of all mental activity, and in which the chitta [mind] retains only the unmanifested**

**impressions."**

"This is the perfect super conscious state which gives us freedom."

Before reaching this state... "A man may attain all the powers and yet fall again. There is no safeguard until the Soul goes beyond nature."

"Knowledge is power, and as soon as we begin to know a thing we get power over it, so also, when the mind begins to meditate on the different elements it gains power over them. This samadhi implies the questioning of the elements, as it were, that they may yield their powers to the man who meditates upon them." From: ***Raja Yoga***

**"There is no liberation [or enlightenment] in getting these powers"** [Bold emphasis mine]

"The possession of what we call ***occult powers*** only intensifies worldliness, and, in the end intensifies suffering. Though as a scientist Patanjali is bound to point out the possibilities of his science, **he never misses an opportunity to warn us against these powers.**" From: ***Raja Yoga***

6-10-02

Went back to a mixed raw and cooked diet today.

Stimulation? Most people in this country are addicted to stimulation. When they are bored they seek out an exciting novel, a thriller movie, the loudest music, the spiciest food, the most uninhibited dance, the fastest and most dangerous car race, the most violent sports playoff, the least or loudest clothes, the meanest boxing match, the wildest party nightclub-bar-saloon. They want to do something exciting, have a good time, live a little.

For the seeker of truth a calm mind is necessary to live a spiritual life.

"Be still  
And know  
That I Am  
God."

From: ***The Impersonal Life***

6-12-02

**1-19. "The samadhi just described passes not beyond the bounds of the phenomenal world; it passes not beyond the Gods and those concerned with the concrete world."**

From: ***The Light of the Soul***, by Alice A. Bailey

"Occasionally... a rare Soul spontaneously enters into the fourth stage of Samadhi and knows, 'All of this is Me', without having needed to practice any spiritual disciplines in this life. His or her Consciousness simply, without effort, merges into oneness with the sum total of the basic matter of the universe, called Prakriti, at which time even the concept of being separate, embodied individual ceases to exist."

From: ***Psychology of Mystical Awakening***

6-15-02

**1-20. By others [who are not the rare Soul spoken of above; this samadhi] is attained through faith, energy, memory, concentration, and discrimination of the real.**

1. Having faith that you can succeed.
2. Having the determination to succeed.
3. Remembering God's laws and practicing them.
4. Keeping the mind concentrated on the Goal.
5. Making the right (free-will) choices.

6-16-02

**1-21. "Success in yoga comes quickly to those who are intensely energetic."**

**1-22. "Success varies according to the means adopted to obtain it--mild, medium or intense."**

"Theoretically, there is no reason why we should not achieve the state of perfect yoga [union] within the space of a single second--since the Atman [Soul] is eternally within us and our ignorance of this fact could be instantaneously dispelled." From: ***How to Know God***

6-18-02

**1-23. Or enlightenment may be attained by total devotion to the living God within.**

"...for in the end it is God's Grace alone which opens the door to eternity, not the practices."

From: ***Psychology of Mystical Awareness***

6-21-02

**1-24. God is the Supreme Being untouched by the illusions created by the personal self of man.**

God's reality is perfect. Worldly man's reality is illusion. Man's goal in life is to break through the

illusion he has created and reunite himself with God's perfect reality.

6-23-02

**1-25. God is all-knowing; in man it [all-knowing] is only a germ.**

Most ordinary people's knowledge of spiritual truth is only a seed or potential. Once a person becomes interested in the truth that seed begins to grow and with the proper applications in one's life the growth of a little truth can become great wisdom.

**1-26. God has taught man throughout the ages because He is not limited by time or space.**

6-24-02

**1-27. God's name and Being is expressed by the word OM.**

OM is pronounced AUM... 'a' as in father, "aaaaaah" (the sound coming from the back of the mouth or throat, with the lips parted); 'u' as in human or the sound of 'o' in moon, "ooooooo" the sound resonating in the mouth by slightly closing the lips; 'm' as in hum, "mmmmmm" the sound made by closing the lips. Each sound should flow into the other; and each sound should last for three or four seconds.

'A' is the beginning or creation, 'U' is the preserver or sustainer, 'M' is the end or culmination. Birth-life-death. AUM is the most sacred word and all other sounds are contained in it.

"AUM is the Word of glory, and is the Christ in us, the hope of glory..the sound of conscious life itself as It is breathed forth into all forms."

"It is the sound which brings into manifestation the incarnated Soul, the Christ..."

"The Word when rightly apprehended causes...the Christ aspect of divinity to shine forth resplendently." From: *The Light of the Soul*, by Alice A. Bailey

6-25-02

**1-28. Chanting the word OM [AUM] is a great aid in attaining enlightenment.** Japa Yoga is the repetition of a mantram. "A holy name which will elevate your mind should be taken as a mantram. By repeating it constantly, a part of the mind gets linked to that. It is a golden cord between you and the Lord or the Cosmic Force."

"Japa...is a very powerful technique, and at the same time the easiest, simplest and the best.

Almost every religion advocates the repetition of God's name because all the prophets, sages and saints experienced and understood its greatness, glory and power."

"We say it is the easiest because you need not go to a particular place or have a particular time for it. It is not somewhere outside you, but always within. Wherever you are, your mantram is with you. To worship a form you have to have a picture or an image and a place to keep it. But in mantra practice it is always in your heart, the most sacred place..."

"Do not bother about the meaning in the beginning. Let the repetition become a constant habit. When it becomes a firm habit, then you can think of the meaning without forgetting the repetition itself, because it has become a habit already." From: *Integral Yoga*

**1-29. From this practice comes the removal of all obstacles and the realization of the Soul.**

6-27-02

**1-30. "Sickness, mental laziness, doubt, lack of enthusiasm, sloth, craving for sense-pleasure, false perception, despair caused by failure to concentrate and unsteadiness in concentration: these distractions are the obstacles to knowledge."**

**1-31. "These distractions are accompanied by grief, despondency, trembling of the body and irregular breathing."**

"When an aspirant enters upon the spiritual life, he naturally does so with great enthusiasm. The first steps he takes are almost always accompanied by feelings of peace and delight. Everything seems easy, so inspiring. It is therefore very important that he should realize right from the start, that this mood will not continue, uninterrupted, throughout the rest of his course."

"Religion is not simply a state of euphoria. There will be relapses; phases of struggle, dryness, and doubt. But these ought not to distress him unduly. Conscious feelings, however exalted, are not the only indications of spiritual progress. We may be growing most strongly at a time when our minds seem dark and dull. So we should never listen to the prompting of sloth, which will try to persuade us that this dullness is a sign of failure."

"No temporary failure, however disgraceful or humiliating, should ever be used as an excuse for giving up the struggle. **No failure is ever really a failure unless we stop trying altogether---** indeed, it may be a blessing in disguise, a much needed lesson."

From: *How to Know God*

6-28-02

**1-32. "The practice of concentration on a single subject (or the use of one technique) is the best way to prevent the obstacles and their accompaniments."**

"The point here is that we should not keep changing our object of concentration. [Our techniques or path] When you decide on one thing, stick to it whatever happens. There is no value in digging shallow wells in a hundred places. Decide on one place [technique] and dig deep."

From: *Integral Yoga*

6-29-02

**1-33. "Undisturbed calmness of mind is attained by cultivating friendliness toward the happy, compassion for the unhappy, delight in the virtuous, and indifference toward the wicked."**

From: *How to Know God*

By cultivating and nurturing these attitudes they will soon replace the the unpleasant thoughts and emotions that disturbs the mind.

6-30-02

**1-34. The mind may also be calmed by the controlled intake and retention of the breath.**

"Patanjali does not give many particulars directions about pranayama [controlled breathing]..."\*

"He means that you simply expel air, and draw it in, and hold it for some time--that is all; and by that the mind will become a little calmer."\*

"Mental disturbance and despondency are accompanied by irregular breathing: rapid, shallow and uncontrolled."\*\*

\*From: *Raja Yoga*; and\*\*From: *How to know God*

Most of us has heard someone say to a person that is angry or upset to, "just take a deep breath." This helps to get their body and mind back under control. For all practical purposes the mind can be calmed by slow, deep, regular breathing.

It is important to be calm and at peace. Little can be accomplished spiritually without peace of mind. It is easy for someone to say, "no matter what happens, remain calm and peaceful." I hope and expect to reach a place in my life where I can remain calm under any circumstance, but for now I am not there. So I avoid people, places and things that upset me.

I avoid food and drinks that upset my system because its hard to be at peace with a stomach ache. I say, "Hi," and pass on by people that have a tendency toward confrontation. I avoid places, particularly where there are a lot of people drinking or highly charged emotionally protest meetings, where disturbing scenes or violence may occur. This is not difficult because I am not interested in these things anyway.

I am careful about what I read or watch on TV. I don't listen to the radio or go to rock concerts, rodeos, or sports events. I avoid crowds or any situation that will upset my mind. I try to keep my mind calm and peaceful, like a lake on a clear sunny day without a breeze.

To live a spiritual life the mind must be at peace. So, be at peace, and stay at peace, by not allowing anything that is not peaceful to enter your inner kingdom.

"You are the unchangeable Awareness in which all activity takes place. Always rest in peace. You are eternal Being, unbounded and undivided. Just keep Quiet. All is well. Keep Quiet Here and Now. You are Happiness, you are Peace, you are Freedom. Do not entertain any notions that you are in trouble. Be kind to yourself. Open to your Heart and simply Be."

Swami H.W.L. Poonja

Your affirmations, prayers, praise and exhilarated thoughts will bring forth the enlightenment of the Soul.

## **FORGIVENESS is the SEEKERS PATH to a CALM MIND**

Forgiveness is one of the greatest healers of all.  
Forgiveness sets yourself and others free of past offenses.  
Forgiveness brings peace of mind, mental and physical health.

"You must be the change you wish to see in the world."

7-1-02

### ***FORGIVENESS***

10 Stepping Stones to Spiritual,  
Physical and Emotional Health  
through forgiveness.

by Gerald Jampolsky, M.D. and Diane V. Cirincione, Ph.D.

"In business as well as in our personal lives nothing causes more stress and diminished output than relationship problems. It is our fault finding and condemning others as well as ourselves that not only causes us stress but also has the potential of being injurious to our health. The grievances we hold on to someone we feel has wronged us or the grievances that we carry with us from old and new personal relationships can play an significant role in many of the illnesses that we seek medical attention for."

"If you saw an advertisement about a new drug that guaranteed to free everyone from anger, grievances, guilt and shame, as well as many of the headaches, backaches, insomnia and other ailments that are frequently caused by our angry emotions and unforgiving thoughts, and if you were told that this remedy had no side effects, that it was impossible to overdose on it, and that it was free, wouldn't you rush out to buy that drug? "

"The simple decision to forgive will do that and so much more. Through conscious forgiveness, you will find yourself feeling peaceful, happy, fully alive and with a zest for living that is beyond your imagination. The fact is that holding on to grievances and unforgiving thoughts is like putting toxins into the mind. We would never knowingly ingest poison, yet we continue to keep angry, toxic thoughts in our minds. Our emotions affect our immune system and every organ in the body. Holding on to "attack thoughts" and grudges is like taking poison and expecting someone else to die!"

"The decision not to forgive is actually a decision to continue suffering. Why then do so many of

us find it so difficult to forgive? [Or ask for forgiveness.] We believe it is because we do not understand the function and benefits of... [forgiveness]. It is essential to realize that to forgive someone is not to condone or approve of a horrendous act. It does not mean that the individual is not responsible for what he or she has done. Forgiveness simply means that we have made the decision to heal our own minds by letting go of the hurtful past, a past that our anger and judgments cannot change."

"Zalinda Carusa Ziegler is an example of how toxic thoughts affect the body. Fourteen years ago her nineteen-year-old son was murdered by a casual acquaintance who was convicted of the murder and sentenced to prison. Whenever he was up for parole, Zalinda, with her family and friends, would testify that this man should never be released from prison. She believed that he had committed an unforgivable act and should remain in prison for the rest of his life."

"Through the years, Zalinda developed an increasing number of medical problems. Her hair began falling out; her gall bladder acted up; she had gastrointestinal problems; and she frequently felt depressed and agitated. Zalinda realized that revenge had become her primary purpose in life and that stoking the fire of what she considered her justified anger preoccupied most of her thoughts."

"It was about this time that she read one of our books, ***Love is Letting Go***, of Fear, and decided that rather than anger and revenge, she wanted peace of mind. She began visiting this murderer in prison, and initially shared only her anger and lack of forgiveness with him. After several months, she began to notice a few positive characteristics about this man."

"As time went on, she was able to forgive him and even became instrumental in his parole from prison. The day he was released, she was there to drive him away from the prison. Simultaneously, all of her medical problems disappeared. Zalinda continues to work with prisoners, sharing her powerful story of forgiveness and healing."

"Several years ago we met a physician who told us how he and his brother had had such a terrible disagreement that they did not speak to each other for over seven years. This physician finally recognized that his angry, unforgiving thoughts toward his brother were simply boomeranging back onto him. He decided that he was not going to hang on to the hurtful past, called his brother, and invited him to have breakfast the next morning."

"He did not know how his brother would react and there was a long silence before his brother agreed. They shared a two-hour breakfast and all the hostility of the past dissolved and they parted friends. Three days later his brother was killed in an automobile accident."

"Forgiveness is the bridge to love, peace, happiness and well being. It allows us to say good-bye to guilt, blame and shame. It purifies the heart and soul and puts us in touch with all that is

sacred. Through forgiveness, we connect with that which is greater than our self and become the person God intended us to be."

"The key to forgiveness is the willingness to make the effort. How long it takes depends on your belief system. If you think it can't be done, it won't happen. If you believe it will take years, that will be your experience. But if you are willing to believe that it can be done in an instant, that is all it will take."

7-4-02

## The Stepping Stones to Forgiveness

#1

"Be open to the possibility of changing your beliefs about forgiveness. Recognize that forgiveness is an act of strength, not weakness."

#2

"Be willing to let go of being a victim. Choose to believe that holding on to grievances and unforgiving thoughts is choosing to suffer. Find no value in self-pity."

#3

"Remind yourself that your anger and judgments can't change the past or punish someone else, but they can hurt you. The events of the past cannot hurt you now, but your thoughts about the past can cause you immense distress and pain. Recognize that any emotional pain you feel this moment is caused only by your own thoughts."

#4

"See the value of giving up, not some, but all of your judgments. It is no coincidence that the happiest people are those who choose not to judge and know the value of forgiveness."

#5

"Recognize that holding on to anger will not bring you what you truly want. Ask yourself this question, 'Does holding on to my justified anger really bring me peace of mind?' Anger and peace; judgment and happiness do not occur at the same time."

#6

"See that there is no value in punishing yourself. Once you truly recognize that your angry, unhappy thoughts about the past are poisoning your life, you will embrace forgiveness and know the meaning of love."

#7

"Believe that forgiveness means giving up all hope for a better past! Accept your past, forgive your past, and embrace the present and future with hope! There is no law forcing you to remain a victim of the past."

#8

"Choose to be happy rather than right. When we stop trying to control others and focus instead on our own thoughts, we give ourselves the gift of freedom and peace."

#9

"Believe that you have the power to choose the thoughts you put into your mind. Perhaps the greatest gift we have been given is the power to choose loving thoughts rather than angry ones. Your mind is not a dumpster that will remain unaffected by the trash you put into it. Treat it like a garden and it will blossom."

#10

"Be willing to make peace of mind your only goal and believe that forgiveness is the key to happiness. Regardless of the chaos around us, we can know peace if that is our single goal. Choose not to let outside circumstances or people decide whether you will be happy. Anger, judgments and unforgiving thoughts make suffer, and releasing them brings us joy. It truly is that simple!"

7-5-02

## ***FORGIVENESS***

Forgiveness is the freedom  
From memories of the past

Forgiveness is the promise  
Of a mind that is at peace.

Forgiveness is the courage  
To right what can't change.

Forgiveness is the love  
Allowing people to forget.

"Forgiveness has a two-fold mission. It frees both the erring and the loved one, for back of the application of forgiveness is a deep and radiant love, a love founded on principle; a love that desires to give for the joy of giving with no thought of reward. True forgiveness purifies and blesses all, and begins in the heart of the individual." From, ***Life and Teaching of the Masters***

## ***of the Far East***

7-6-02

The surest way of healing your hurt feelings is to forgive the person that has offended you. It may not be possible to forgive the other in person, but you can forgive them in your mind with prayer. Each time you say a sincere prayer of forgiveness it soothes the hurt and heals the pain, until the offense is forgotten, which is real forgiveness.

7-8-02

"May it be, Oh Lord,  
That I seek not so much to be consoled  
as to console, to be understood as to understand,  
to be loved as to love. Because it is in giving oneself that  
one receives; it is in forgetting oneself that one is found; it is  
in pardoning that one obtains pardon."

## ***Saint Francis of Assisi***

7-10-02

### **Part I. Patanjali's Yoga Sutras**

**1-35. Certain forms of concentration will result in extraordinary sense perception.** If a person concentrates on the tip of his tongue he will develop supernormal taste; and if they concentrate on the tip of their nose they will smell wonderful scents etc. These minor powers have little value in themselves, but are sometimes used by teachers to lure the student on to greater concentration.

7-11-02

**1-36. Another form of concentration is to fix the mind upon the Inner Light of the Divine Being within.**

"See this perfect presence within you. Get in the habit of seeing this perfect presence as your real self, this Christ of God presence. If you cultivate this with love, reverence, devotion and worship, it becomes a habit and soon it is all of you, your daily life and existence."

"Then go a little further. See a Divine White Light, dazzling in purity and brilliance emanating

forth from the very center of your being. See it shining forth with such brilliance and glory that it emanates from every cell, fibre, tissue, muscle, and organ of your whole body. Now see the true Christ of God standing forth, triumphant, pure, perfect, and eternal. In a short time you have brought forth Divinity. You are once more the Divine Christ, the first-born of God." **Jesus**

***From The Life and Teaching of the Masters of the Far East***

7-12-02

**1-37. Concentration may be attained by meditating on an enlightened soul.** Christ or Buddha or some other illumined Master.

7-13-02

**1-38. Or by meditating on the knowledge that comes from a dream or deep sleep.**

7-14-02

**1-39. Or by meditating on a Divine Form or symbol or anything that is Good.**

7-15-02

**1-40. By these meditations the mind is able to attain concentration, the thought waves are calmed, and the seeker becomes able to contemplate the most minute thing to the infinite**

7-16-02

**1-41. "Just as the crystal takes the color from the object which is nearest it, so the mind, when it is cleared of thought waves, achieves sameness or identity with the object of concentration. This achievement of sameness or identity with the object of concentration is known as Samadhi."**

From: ***How to Know God***

7-17-02

**1-42. to 1-51.** These nine sutras outline the ascending degrees of Samadhi. [Expanded states of consciousness]

Have Forgiveness.

## **INVOCATION of the MASTERS brings GUIDANCE**

Masters primary work is to enlighten the people of this world.

Masters guidance does not limit a persons freewill.

Masters must be asked before they will help.

|

8-1-02

I AM that I AM. God is All there is. God is both matter and spirit.

God made All there is out of Himself. God created man. God created man out of himself, and One with Himself. God gave man freewill and his body, mind and Soul; dominion over all creation; and the power to create.

God is perfect and without error. God always sees man as his divine self... perfect... the Christ. God sees man creating an illusion that he (man) is separate from Himself (God). Man has freewill to create anything that he wants. No matter what man creates, God always sees man as his divine self... The Christ. God does not see any error in his Christ son for creating an illusion that he is separate. All is well with God and His creations, and ever shall be.

However, all is not well with man and his creation. Man in his ignorance has created the illusion that he is not perfect and divine but a limited mortal man. The illusion that he is not the divine, locks man away from his true self... the Christ. And from this came the duality and insanity of the world in which we live today.

What are we to do? We can with the help of God through contact with our inner voice eventually work our way out of the illusion of the 'world view' of life today. This path is the true spiritual path and will lead to the Goal. Man with the guidance of the inner voice alone can reach the Goal, but, for many, there will be a lot of hit and miss and trial and error, and 'reinventing of the wheel.'

In theory, I believe, we need no other guidance than that of the inner Voice... The Voice of God. However, I'm wondering if it would not be a good thing to also ask for the help of men and women that have walked the path before us and reached the Goal, to also help us. To have both internal and external guidance.

If one man can do something; all men have the potential to do the same thing. That difference in potential is what I am trying to address here. A few men and women are strong, vital and very intelligent; and very spiritual. They may follow their path with little error and faltering on the way to the Goal.

Then there is a large population of people in the middle that are just ordinary... neither strong

nor weak, real smart nor dumb... just people that are spiritual with ordinary gifts and talents. I believe that these people will need all the help and guidance they can get. They may need the vision of a radiant figure beckoning them onward and upward.

And there is a large population of people that have no spiritual understanding at all. These people are not bad, they just have no spiritual inclination. They and their children and their children's children will ascend at the same rate as the 'world view' is lifted up.

It is my understanding that the Masters must be asked for their guidance before they are free to help. This is not the same as the initiation of a Guru or becoming a student of a certain teacher. Guidance does not in any way limit freewill, you can either accept it or reject it. The Masters send out their inspirations, what you do with them is up to you.

I now invoke with all my heart, mind and spirit the help of Jesus, the Masters of the Far East, and all other Masters that have ascended the path to union with God to help and guide myself and the others that follow the path of the seeker outlined in these journals, and for all humankind. Thank you... may it be so.

I ask this guidance for everyone, however, everyone must ask for this guidance for themselves.

8-6-02

"...on the right hand insanity" How to keep the rational mind sane while crossing the unknown to the "All Knowing Soul."

When you ascend you begin to see into the "unseen" or spiritual realm. This leads to conflicts in the rational mind. You may be walking down a street and see a man standing on the corner and right beside him you may see the transparent figure of a spirit. The world view of such an experience is that you have gone insane. In this society, to see spirits or hear voices is insanity.

You are not insane. You have purified the body until you can see into the unknown realm that lies between you, your personal separate self, and your SOUL, which is in the realm of the spirit. This unknown realm is a land of duality where both the 'world view reality' of the rational mind and the realm of the spirit exist simultaneously.

In dealing with the physical man and the spirit standing together on the corner the first thing to remember is Jesus' admonition, "Thou shall not judge." You don't judge what you see, and mainly you don't judge yourself. You don't have any experience to make an effective judgment about any of this experience. If you run away screaming, "My God, I've lost my mind, "you have lost the ascended ground you have gained.

So don't judge, **just observe**, and remain as calm as you can. Try not to allow this experience to change anything in your inner reality. Go about your business and maintain your routine. Do what you came to town to do, then go home and do whatever you were going to do that day. Calm yourself, if you are upset, try to relax, play soothing music, clean house or take a nap.

The best defense against insanity while dealing with the unknown is to maintain your daily routine. Get plenty of sleep, eat right and at your usual time, and make a lot of time for leisure activity... music, reading, gardening and study. **Do not**, allow anything to pressure you to, "hurry up." You are the boss in and about your own life in this reality or any reality. Guard closely God's gift of freewill, your will, to do as you see fit. In your life your judgment is sovereign and final. Never yield and inch on this point to anyone, mortal or spirit, voices inside or outside of your head, angels, devils or demons: they suggest and persuade, but only you have the right to make the decision to act.

"When a person  
Talks to God  
They call it a  
Prayer.

When God  
Talks to a person  
They call it a  
Hallucination."

### ***A Vietnam Vet***

8-10-02

If you become upset by what you see in the unseen world, you will begin to worry and fret. Your mind will speed up, begin racing, and you will not be able to sleep, eat right or maintain your daily routine. The loss of your inner calm... 'peace of mind,' will open your mind to bouts of insanity. This beginning slippage of the rational mind is not serious, but if it is allowed to continue unchecked it could lead to real trouble.

I don't know if your path will lead you into the unseen or not but I want to assure you that if it does there is no reason to panic. Just stay calm, look at things squarely and learn what they have to teach you. Once you enter the unknown, it will continue, because it is part of nature and natural, and you will either learn to live in both realities in harmony, or not. The main thing to remember is not to resist or fight it, just let things flow and observe.

If you need to talk to someone, talk to another seeker on the path, **Do Not**, talk to parents, old

friends, medical doctors or mental health people because they will have you locked up and medicated. When you have to deal with ordinary people remember what is considered "normal" in this society and speak and act accordingly.

8-12-02

If you have to 'bail out' stop all practices of physical purification, eat cooked food including a steak and a shot of whiskey every day until you come down. I first heard this at a lecture by Peter Caddy when he left Finhorn to speak on the West Coast and around the Pacific Rim.

Years later I read, *Talking to Heaven*, by James Van Praagh, a world-famous spiritualist medium, in which he states: "Red meat, in particular, slows down the vibration of the body and in doing so slows down one's higher ranges of sensitivity." And... "Alcohol lowers the body's natural vibratory rate and should never be used when one is preparing to open oneself up to the spiritual worlds." What you want to do, to come down, is lower the body's vibrations by eating red meat and drinking alcohol, thereby protecting your sanity.

If you want to continue on your path and try to cross the unseen later, work on your mental purity and strengthen and purify your mind and stay physically fit.

If you lose your mental balance and allow your mind to worry all the time, begin to race, so that you cannot sleep or maintain your daily routine, you need to immediately stop what you are doing and go over the truths that you know. **You are one with God, nothing bad can happen to you.** That is your solid ground to stand on. Your fortress. Re-establish your daily routine, ignore the unseen until you feel strong enough to venture slowly and carefully out on your path again. Take a break and regain your balance. Do this as often as you need...the world is not going to be lost if you take a break from your path.

On the other hand, if you begin to really think your efforts are what is holding the world together, you are into, "Delusions of grandeur." If you begin to think of yourself as somebody above and beyond, that the outcome of this age on earth is up to you, then you have gone a little bit nuts. Usually in a day or two your common sense will kick in and that particular little bout of insanity will be over. So, calm down, analyze what happens to you, regroup and stay on the path.

8-15-02

When these things begin to happen it is really good to have the support of other seekers. There is no reason to feel ashamed or embarrassed, the main thing is to maintain the ground you have gained. One of the main problems, for ordinary people having mental problems, is that they are reluctant to talk about them. This is only natural for any one... nobody wants to be thought of as crazy.

For the seeker of truth, this condition is different. It is self induced. Like a fast, which is a self induced illness...that makes you well and/or purifies the body, a walk in the wonderland of the unknown is self induced irrationality, therefore insane; but for the seeker, it is not insanity, but an expanding of their reality. With a calm mind and balance you will begin to see how the unseen world influences ordinary reality.

8-17-02

In the beginning dealing with the unseen world may be very stressful. Seeing the spiritual as well as the physical reality may cause you to become anxious, worried, confused, unable to concentrate, set your mind racing, cause you to spend sleepless nights and upset your routine completely. As you struggle to maintain, you may begin to hear a clamor of inner voices telling you to do all kind of things.

If you cannot calm down and gain control, as time goes on under this stressful condition you may slip into false thinking, false beliefs and get involved in various delusions and obsessions. You may fancy yourself a great master, Jesus, or even God. After common sense kicks in and frees you from this round of nuttyness, you may become depressed because of the stupidity of the whole affair. Don't despair, this happens to a lot of people, and I am speaking from experience.

You may become obsessed or preoccupied with a persistent idea or emotion from which there seems to be no escape. You may become paranoid, having a feeling of persecution, by itself, or in combination with your delusions and obsessions. You have taken a little side trip to crazyville, but you are not clinically insane. You need to slow way down, reason things out and re-establish your daily routine. And talk things over with other seekers on the net. One of the major ideas of the seeker network is to provide a solid support system, for when things like this happen.

8-18-02

As I said before, I speak from experience. When I walked the path before in the 70's and was living in and experiencing both the seen and the unseen daily, I had a number of short bouts with temporary insanity. Fortunately, I was able to reason my way out of these bouts and continue on my path. Unfortunately, in the end I became utterly exhausted and collapsed. Minimal support and companionship would have kept this from happening.

The point of all this is how to avoid the insanity and nervous exhaustion caused by dealing daily with the unseen-unknown reality of the spirit world. First, this unseen reality is as natural as the our ordinary everyday reality. It exists and can be dealt with as normally as we deal with ordinary reality. Second, you need to purify and strengthen the mind, and your body; you need

to be as physically fit as possible and mentally pure as possible, before you approach the unseen. And third, you should establish and religiously maintain a daily routine which grounds you and limits the amount of the unseen reality you experience in a day. You will learn to deal with it...and you need to learn to turn it off and ignore it.

And by all means, email other seekers and ask for help and/or support when you need it, or even if you don't need it. Invoke the Masters. Stay on the path.

"Peace Be With You." ***Essene Gospel of Peace***

## ***LIFE & TEACHING of the MASTERS of the FAR EAST***

The ***LIFE & TEACHING of the MASTERS of the FAR EAST***, are the same as most ancient writings of Hindu philosophy and the Christian Bible. ***The LIFE & TEACHING of the MASTERS of the FAR EAST***, contain many lessons for man today.

9-1-02

These writings:

Braid T. Spalding went to India-Nepal-Tibet in 1894 with a group of eleven scientists. He stayed for three and a half years researching and translating the text of their ancient spiritual scrolls. During this time Mr. Spalding lived and worked with the Great Masters of the Himalayas and recorded how they lived and the principles they lived by. He published the first year of his notes in volume I. of, ***The Life and Teaching of the Masters of the Far East***, in 1924. This was the beginning of a six volume series.

Mr. Spalding notes were taken stenographically, so the quotes are the exact words as spoken by the Masters. Mr. Spalding editor states that:

"There is nothing in the, ***The Life and Teaching of the Masters of the Far East***, that is not contained the most ancient religious writings of the Hindu philosophy. Nor is there anything that is taught in these writings that is not taught or implied in modern religion or metaphysics. There is nothing in Mr. Spalding writings that is not duplicated in the Bible or the practices of Jesus Christ."

In the final paragraph of the *Forward* to volume I. Mr. Spalding notes:

"The Masters accept that Buddha represents the Way to Enlightenment, but they clearly set forth that Christ IS Enlightenment, or a state of consciousness for which we are all seeking---the Christ light of every individual; therefore, the light of every child that is born into the world."

9-3-02

I have taken some small liberties in transcribing the following excerpts from, ***The Life & Teaching of the Masters of the Far East***, to clarify their meaning and to make them more readable.

"Life lived by the average individual is hypnotic; that is, the majority of men and women are not living life as it was intended at all. Not one in a million feels the freedom to live how he or she

inwardly feels they should live. They have come under the world opinion of themselves and this is the opinion that they obey, rather than the law of their own being."

"They live under the delusion that they are mere human beings, living in a merely material world, and the only hope of escape is to die and to go on to what they call heaven. This is not what was intended in the plan and purpose of life. Obedience to one's inner nature, the expression of life as they instinctively feel it ought to be expressed, is the very foundation of life and the only true mode of living. True mastery is living the instruction of the inner teacher, the inner self, and not seeking the opinions of the world."

9-6-02

This morning Juanita told me about a recent study that found, that the average 4 year old child laughs 400 times a day.

The average adult in the happiest countries: Sweden, Denmark and Finland laugh 16 times a day. The US was 11th down on the list, so adults here laugh even less.

Why do 4 year old children laugh?

Maybe because:

They live in the here and now.

Everything is new and a delight.

They harbor no grievances.

They are hard to offend.

They have no cares.

They feel no guilt.

Most adults love them...

And their Mother and Father,

Care for and comfort them.

And adults don't laugh anymore because they are care worn and guilt ridden and are world weary of it all. To be free again, as a child, adults need to learn to laugh again and live in a fashion that laughter implies.

Jesus said:

"Verily I say unto you. Except ye be converted, and become as little children, ye shall not enter into the kingdom of heaven." **Math 18:3**

"Let the little children come to me, and do not stop them; for it is to such as these that the kingdom of God belongs." **Luke 18:16**

9-8-02

"The gathering of thoughts from teachers and books, building them into the conscious nature of ones being, is to establish a false understanding which is largely hypnotic. The mere making over of one's consciousness according to the thoughts evolved by another's mind is to impose a false condition on the individual."

"Instruction received from without must be taken into the mentality and assimilated, analyzed, checked with the deepest facts of one's own inner nature in order to determine if it be true to the Self. The reality of life is that which moves out from the very center of ones being."

"Mastership is everyone's possibility but this state is not achieved through reading, study, or theorizing, but by actually living the life which the masters live."

"Have you not noticed that when you speak what you feel, just as when you do what you feel is right, that you are free? Also when you speak that which does not meet the sanction of your innermost feelings, you feel you have limited or bound yourself. Notice the difference when you act according to someone's instructions and when you obey what you instinctively feel to be the right thing to do. This of itself should teach us that the way of life is from within out."

From: ***The Life and Teaching of the Masters of the Far East***

9-10-02

"Seek not the law in your scriptures, for the law is life, whereas the scripture is dead. For I tell you truly, all living things are nearer to God than the scripture which is without life. God wrote not the laws in pages of books, but in your heart and in your spirit. I tell you truly, that the scriptures is the work of man, but life and all its hosts are the work of our god."

"You do not understand the words of life because you are in death. All manner of abominations have their dwelling in your body and your spirit...so the word and the power of God enter not into you...for the body is the temple of the spirit and the spirit is the temple of God."

"Renew yourselves and fast."

*Jesus, The Essene Gospel of Peace Book I*

9-11-02

"Overcoming is all a matter of learning to drop all seeming conditions of mind, body, and affairs and to begin life over again at its beginning. Start with the idea that you are that Self which you inwardly long to be and so devote yourself to being that Self that everything else is forgotten. Once you have found your Self, and have become that Self, you are the Master."

"Mastership is bringing to the surface what is buried within. This is brought about only by deep meditation and consulting with the self, which is the only master one can ever find that will lead

them to the goal of life."

***The Life and Teaching of the Masters of the Far East***

A person can train themselves to be calm by avoiding all things that stimulate to body and mind. They can re-educate the mind by repeating affirmations and calm the mind with meditation. To be at peace one must maintain an optimistic attitude and do some worth while work or service for others. Changing oneself is a slow process but with determination one can become anything they want. "I am the Christ, I am one with God."

9-12-02

Today is ***Unity's 2002 World Day of Prayer:***

"The grace of God is divine love that is blessing me every day of the year."

9-17-02

"The forces of life are silent and that is the main reason for the silent nature of the masters. That is the way they keep in harmony with life itself. Even the Scriptures teach in substance that a multitude of words is not without sin. Only when we speak in harmony with what we inwardly feel do we let ourselves out into complete harmony with the true determination of life."

"The mind is completely unified and harmonized by denial and rejection of every thought that does not spring from one's innermost nature. This clears up the entire stream of consciousness that leaves the individual free to think and act as he should in perfect harmony with the Universal Mind. This is the very essence of mastery."

"Speaking and living in this oneness without a sense of division is the greatest gift to man for he was given " a sound mind ", according to the scriptures. In other words, he started out being in perfect oneness with his source: he was sound, whole, and Jesus said we must return to this state of sound-minded-ness. "Tarry at Jerusalem until the Holy--whole-- Spirit comes upon you," or until you return to the sense of oneness with the Universal Mind."

"This life of oneness is the life of the masters and anyone may live that life if he will drop his alliances with institutions and religions and races and nations and accept his alliance with the Universe."

From: ***The Life and Teaching of the Masters of the Far East***

9-18-02

Happiness  
For one

And All  
Or...  
Happiness  
For none  
At All.

9-20-02

"All separation is purely a matter of individual hypothesis. One cannot really be separated from the whole for they are created within it, are a part of it, and are like unto it. Love is the great unifier in the consciousness of man and to keep oneself always in an attitude of love is to progress toward oneness. It is the only preserver of life and health and ability."

"One need not try to love everybody but they must eternally seek to keep their nature whole through the increase of love. When one's nature expands in love, they will sooner or later find themselves in a loving attitude toward all men and, in this attitude, they not only lift themselves but all those around them into that same oneness. There are no divisions in an awakened sense of love."

From: ***The Life and Teaching of the Masters of the Far East***

9-23-02

"FOR YOUR HEAVENLY FATHER IS LOVE  
FOR YOUR EARTHLY MOTHER IS LOVE  
FOR THE SON OF MAN IS LOVE"

"It is by love, that the Heavenly Father and the Earthly Mother and the Son of Man become One. For the spirit of the Son of Man was created from the spirit of the Heavenly Father, and his body from the body of the Earthly Mother. Become, therefore, perfect as the spirit of the Heavenly Father, and the body of your Earthly Mother are perfect."

"And love your Heavenly Father, as he loves your spirit. And so love your Earthly Mother, as she loves your Body. And so love your true brothers, as your Heavenly Father and your Earthly Mother love them. And then your Heavenly Father shall give you His holy spirit, and your Earthly Mother shall give you Her holy body."

"And then shall the Sons of Men like true brothers give love one to another, the love which they received from their Heavenly Father and from their Earthly Mother; and they shall all become comforters one of another. And then shall disappear from the earth all evils and all sorrow, and there shall be love and joy upon the earth.

"And then shall the earth be like the heavens, and the kingdom of God shall come. And then shall come the Son of Man in all his glory, to inherit the kingdom of God. For the Sons of Men live in the Heavenly Father and the Earthly Mother, and the Heavenly Father and the Earthly Mother live in them. And then with the kingdom of God shall come the end of the times."

***Jesus, The Essene Gospel of Peace Book I***

9-25-02

"One does not gain mastery or illumination by going to India and sitting at the feet of a master. One gains mastery by listening to the deepest facts of their own nature and obeying what they learn. There is no help that is needed that is not available instantly if one but turns in this direction and proceeds from this fact. All the power of the Universe is back of every high motive, every true impulse that stirs man's inner nature."

"It is like the germ of life within the seed and all the forces of nature move to bring it forth into its full expression of all its potentialities. This is the manner of the masters and their instruction is always that you must be true to the Self, live a life of the Self, express what is inherently true until you are outwardly what you inwardly long to be."

"When we return to this motive of life, all that there is in the Universe begins to move in upon us to manifest itself through us. There is no lack, except in the realm of hypnotic ideas that have clouded our mind from reality. Back in our native oneness, where we consciously receive what the Universe is pouring out upon us, there can be no lack in any phase of our being nor in our affairs."

***The Life and Teaching of the Masters of the Far East***

9-27-02

I went to India  
Seeking wisdom  
I was taught  
Many truths  
And gained  
Much knowledge  
I returned home  
To live quietly  
And found that  
The wisdom  
I had sought  
Was always

Right within me.

9-28-02

"The Quantum Theory is the approach of Science to this basic fact of life and there can be no true science, religion, social structure, or successful living outside the undefeatable and indissoluble oneness of all things. This is the road to mastery, the life of the masters, and the only true life there is. It is to be found just where you are in the secret places of your own inner nature."

"The masters teach that liberation is to be found in this and in no other way. Christ, speaking in the man Jesus, said the same thing when he said, "no man cometh unto the Father but by me." The same Christ in you, speaks the same message to you."

From: ***The Life and Teaching of the Masters of the Far East***

9-30-02

Several years ago Juanita and I planted four varieties of seedless grapes along the South side of our cabin among the porch posts and beams. They have just in the past week become sweet enough to eat. They are very tasty. We have a large crop of grapes this year, so I am going to eat grapes only for the next week or so.

## **WABI-SABI adds SPIRITUAL RICHNESS to LIFE**

Wabi-Sabi means living a simple natural lifestyle; enjoying nature and the beauty of things modest and humble.

Wabi-Sabi means getting rid of the unnecessary.

Simplicity is the core of things wabi-sabi.

When walking through nature  
Be sure to mind every step  
Leaving only a very light  
*Footprint.*

10-1-02

An old friend came by the other day to visit and brought me a magazine article about Wabi-Sabi, written by Leonard Koren. The article is excerpts from Mr. Koren's book, ***Wabi-Sabi: for Artists, Designers, Poets and Philosophers***. A copy of Leonard Koren's book may be obtained from: Stone Bridge Press, PO Box 8208, Berkeley, CA 94707, USA. ISBN 1-880656-12-4

### **The Culture of Simplicity**

**The sixteenth-century Japanese tea master and Zen monk, Sen no Rikyu, refined the culture of Wabi-Sabi.**

Wabi-Sabi is the beauty of things imperfect, impermanent and incomplete.

It is a beauty of things modest and humble.

It is the beauty of things unconventional.

Wabi-Sabi---deep, multi-dimensional, elusive---is the perfect antidote to the pervasively slick, saccharine, corporate style of beauty.

Get rid of the unnecessary. Wabi-Sabi means treading lightly on the planet and knowing how to appreciate whatever is encountered, no matter how trifling, whenever it is encountered. "Material poverty, spiritual richness" are wabi-sabi bywords. In other words, wabi-sabi tells us to stop our preoccupation with success---wealth, status, power and luxury---and enjoy the unencumbered life.

Obviously, leading the simple wabi-sabi life requires some effort, and will, and also some tough decisions. Wabi-Sabi acknowledges that just as it is important to know when to make choices, it

is also important to know when not to make choices: let things be. Even at the most austere level of material existence, we still live in a world of things. Wabi-sabi is exactly about the delicate balance between the pleasure we get from things and the pleasure we get from freedom from things.

Mud, paper and bamboo have more intrinsic wabi-sabi qualities than do gold, silver and diamonds.

"Greatness" exists in the inconspicuous and overlooked details. Wabi-sabi represents the exact opposite of the Western ideal of great beauty as something monumental, spectacular and enduring. Wabi-sabi is about the minor and the hidden, the tentative and the ephemeral: things so subtle and evanescent they are invisible to vulgar eyes.

Like homeopathic medicine, the essence of wabi-sabi is apportioned in small doses. As the dose decreases, the affect becomes more potent, more profound. The closer things get to nonexistence, the more exquisite and evocative they become. Consequently, to experience wabi-sabi means you have to slow down, be patient and look very closely.

Things wabi-sabi are unpretentious, unstudied and inevitable looking. They do not blare out, "I am important" or demand to be the center of attention. They are understated and unassuming yet not without presence or quiet authority. Things wabi-sabi easily coexist with the rest of their environment.

Things wabi-sabi are appreciated only during direct contact and use; they are never locked away in a museum. Things wabi-sabi have no need for the reassurance of status or the validation of market culture. They have no need for documentation of provenance.

Things wabi-sabi can appear coarse and unrefined. They are usually made from materials not far removed from their original condition within, or upon, the Earth and are rich in raw texture and rough tactile sensation. Their craftsmanship may be impossible to discern.

Simplicity is at the core of things wabi-sabi. the essence of wabi-sabi, as expressed in tea, is simplicity itself: fetch water, gather wood, boil the water, prepare tea, serve to others.

The simplicity of wabi-sabi is best described as the state of grace arrived at by sober, modest, heartfelt intelligence. The main strategy of the intelligence is economy of means. Pare down to the essence, but don't remove the poetry. Keep things clean and unencumbered, but don't sterilize. (Things wabi-sabi are emotionally warm, never cold.) Usually this implies a limited palette of materials.

It also means keeping conspicuous features to a minimum. But it doesn't mean removing the

invisible connective tissue that somehow binds the elements into a meaningful whole. It also doesn't mean in any way diminishing something's "interestingness", the quality that compels us to look at that something over, and over again.

MODERNISM	WABI-SABI
Logical, rational world-view	Intuitive world-view
Absolute	Relative
Universal, prototypical solutions	Personal solutions
Mass-produced / modular	One-of-a-kind / variable
Expresses faith in progress	There is no progress
Future-oriented	Present-oriented
Believes in control of nature	Believes nature uncontrollable
Romanticizes technology	Romanticizes nature
People adapting to machines	People adapting to nature
Geometric organization of form	Organic organization of form
The box as a metaphor	Open bowl as a metaphor
Artificial materials	Natural materials
Ostensibly slick	Ostensibly crude
Needs to be well-maintained	Accommodates degradation
Intolerant of ambiguity	Comfortable with ambiguity
Everlasting	To every thing a season

The lifestyle of a seeker should be wabi-sabi: (elegant simplicity)

10-7-02

The past few days I have been reading a book called, ***Living with the Himalayan Masters***, by Swami Rama. In his book the Swami tells how the 'Sadhus' live. A sadhu is a seeker of the truth who is in service of the Lord; one who has chosen to devote his life to spiritual practices.

Chapter 1 p.37, "***How We Live in Caves***"

"In our cave monastery the tradition goes back four or five thousand years, and is well remembered. We have records of who the first masters were and how the tradition began."

"Those who are really committed to a life of austerity can live conveniently in certain parts of the Himalayas, where there are small caves to accommodate four or five people. There are no bathrooms, kitchens, or other conveniences, and yet the monasteries function very well."

"For light inside the cave there is a stick of incense called, dhoop, which is made of herbs. When it burns it gives light, and when it is extinguished it gives fragrance. It burns well and one can read the scriptures in its soothing light."

"The cave is kept warm by the, bhooni, a fire which is never extinguished. This fire is constantly supported by huge wooden logs, and is regularly and vigilantly fed additional fuel. Sufficient fuelwood is collected in the summer for winter use."

"In our cave we live comfortably on barley, potatoes, wheat, gram, [chick-pea] and corn, which is grown up to 6,500 feet in the mountain villages. There are several varieties of roots that look and taste like sweet potatoes... varieties of mushrooms...[and] nutritious vegetables are also grown during the summer on the banks of nearby streams."

[They eat one meal a day.]

"Every village maintains a cottage industry which produces high quality woolen blankets, carpets, and warm cloth."

"A narrow, perennial stream of water flows from our mountain cave. During November and December, when the water freezes, we simply melt snow. In other caves where I have lived... fresh water is not easily available. We would fetch water from a distance of three or four miles." [The sadhus bath every day before sunup in the nearest river.]

"It is important to make one's life creative and helpful, but before doing so, one should make contact with his own potentials [inner voice] deep within, by disciplining himself and gaining control over mind, speech, and action. If discipline such as that taught in the cave monasteries is practiced even for a few years, the flower of life will bloom forever. A person who has gained such self-mastery lives in the world and yet remains above it, unaffected by worldly fetters and problems."

The sadhus live in these caves because it requires little to maintain themselves and the remoteness deters most visitors who would interrupt their quiet lifestyle asking questions and favors. In later years many of these sadhus go out among the people and teach what they have learned during their meditations.

These seekers live in a remote traditional retreat, which requires a lot of maintenance, but allows them to live a peaceful, quiet, low profile, natural lifestyle. In this primitive setting, even though there are a lot of chores, they have plenty of time to study and meditate.

10-15-02

The ordinary working person in the city wakes to an alarm clock, groans, hits the snooze button through six to ten cycles, stumbles out bed, late, stumbles on into the shower, takes care of their morning ritual in the bathroom, dresses, rushes downstairs and grabs a cup of coffee (To get them going.) and a piece of toast, rushes out to their car, drives to work, cursing the traffic, breathing heavy exhaust fumes all the way, never noticing a thing along the way because they are already mentally living through the days work that lay ahead.

They get to their office, greet their fellow workers, have another couple of cups of coffee and a doughnut, battle through paper work and a multitude of phone calls until lunch, then they rush out to a little hole in the wall cafe that serves a cheap meal. (And maybe have a couple of drinks to calm their nerves.) After lunch they continue the same aggravating work until quitting time at which time they go to the closest bar and have a few drinks to relax.

They drive home a bit tipsy, have a couple of more drinks, fix a TV dinner which they eat in front of the tube watching the cops justifiably kill a dozen or so bad guys that deserved to die and fall asleep until awakened by the loud buzzing of the TV, then they stumble up and fall in bed. The next morning they start the same routine again with the loud buzzing of the alarm.

This is a terrible scenario, but millions of people do something similar every working day of their lives. They are trapped for one reason or another in a job that they hate and a life that has very few rewards. They may grumble and think it's not right, but they don't know what else to do. Time goes on and unfortunately they have very little time to enjoy their life or the beauty in nature that is all around them.

This type of lifestyle is the "world view" that is promoted by our society. This is the way, they say, to get ahead, raise their family and enjoy a leisurely life in your "Golden years." Planned education, planned marriage, planned parenthood, planned future, planned retirement, and planned funeral.

10-20-02

The seeker living in their mountain retreat lives a much simpler, healthier and a much more rewarding life. They may have few modern conveniences and bank their savings in their cookie jar, but they do have the luxury of time to enjoy their life and the beauty of nature around them. And they have peace of mind while undertaking the most important quest a human being can make: to unite their conscious mind with their Soul.

The seeker makes no effort to get ahead because they have already reached their goal in accumulating material things. They enjoy making and using the few things they need to accomplish their daily tasks. The seeker enjoys every day of their life, one day at a time, and

they have God's most precious gift of all "**FREEDOM**" of body, mind and Soul.

I saw her standing  
In a meadow  
In her bare feet  
The breeze lifted her long hair  
She turned and saw me  
I said, "Hi Sis"  
She smiled and nodded  
She seemed to glow  
I glanced away  
When I looked back she was gone.

Wabi-Sabi

## **LIVING FOOD gives LIFE TO THE BODY: DEAD FOOD brings death**

Living food provides unlimited energy and keeps the body pure.

Living food helps a person to be more in tune with their body.

Living food nourish the body and keeps it free of dis-ease.

***Man does not die, he kills himself*** by Jean Finot

Jonathan Smith wrote, "The best doctors in the world are: Doctor Diet, Doctor Quiet, and Doctor Merryman."

11-1-02

"For your body is that which you eat, and your spirit is that which you think. For if you eat living food, the same will quicken you, but if you kill your food, the dead food will kill you also. For life comes only from life, and from death comes always death. For everything which kills your foods kills your body also. Therefore, eat not anything which fire, or frost, or water has destroyed."

"Master, where is the fire of life?" Asked some of them.

"In you, and your blood, and in your bodies."

"And the fire of death?" Asked others.

"It is the fire which blazes outside your body, which is hotter than your blood. With that fire of death you cook your foods in your homes and in your fields. I tell you truly, it is the same fire which destroys your foods and [destroys] your bodies, even as the fire of malice, which ravages your thoughts, ravages your spirits."

"So eat always from the table of God: the fruits of the trees, the grains and grasses of the field, the milk of beasts, and the honey of bees."

"For all these are fed and ripened by the fire of life; all are the gifts of the angels of our Earthly Mother. But eat nothing to which only the fire of death gives savor, for such is of Satan."

***Jesus, The Essene Gospel of Peace Book I***

11-2-02

What are living foods? Living foods are fresh organic fruits, vegetables and herbs, sprouted seeds and grains, legumes and nuts, whole raw milk, and raw unfiltered honey. Dried fruits, vegetables, nuts, seeds, and herbs stored for winter are also considered living food. This is the only acceptable storage method for winter foods. Heating food for canning and freezing food kills their enzymes.

11-3-02

"In the following quotes Jesus outlines the laws of eating and diet. Taken from the, ***Essene Gospel of Peace, Book I***

"And when you eat, never eat unto fullness. So give heed to how much you have eaten when your body is sated, and always eat less by a third."

"Let the weight of your daily food be not less than a mina, [a pound] but mark that it go not beyond two."

"Trouble not the work of the angels in your body by eating often. Eat only when the sun is highest in the heavens, and again when it is set. And if you will that the angels of God rejoice in your body...then sit but once in the day at the table of God."

"Eat always when the table of God is served before you, and eat always of that which you find upon the table of God." [Eat food as it ripens in season.]

"Eat not unclean foods brought from far countries, but eat always that which your trees bear." [Or locally grown organic food]

"For your God knows well what is needful for you, and where and when. And He gives to all peoples of all kingdoms for food which is best for each." [Eat only foods which grow in your area.]

"And when you eat, have above you the angel of air, [lungs] and below you the angel of water [bladder]." [Sit or stand straight when eating]

"Breath long and deeply at all your meals, that the angel of air may bless your repasts."

"And chew well your food with your teeth, that it become water, and then the angel of water turn it into blood in your body." EGofP

"Chew food 25-50 times per mouthful. An alkaline-forming enzyme called ptyalin is present in our saliva. The more you chew any food, the easier it digests and the more alkaline-forming it becomes. For instance, brown rice (acid-forming) if chewed 100 times per mouthful becomes alkaline-forming because of the increased ptyalin mixed with it as well as the increased digestability of liquid. This does not mean that all acid-forming foods

can be made alkaline-forming by increased chewing, however, but this will help to move these toward the alkaline side." Dr. Theodore A. Baroody

"And eat slowly, as it were a prayer you make to the Lord."

Don't drink while eating.

I read an ancient scripture once that said, "To live a spiritual life, make the blood as alkaline as possible."

Alkaline-acid balance\*\*\*\*\*

Morning alkalizing drink; 3 figs in a pint of water soaked overnight, drink water for morning drink, eat the re-hydrated figs and almonds together for lunch.

The way I came to realize what man's natural diet really is, was by thinking what man ate before he had the use of fire. It was raw, therefore living, fresh, local, organic and in season. And if you subtract the grubs, worms, frogs, mice and fish that he could eat raw, you basically have to believe they ate a fruitarian diet. Because man, both modern and I'm sure ancient, like a sweet taste the best of all. And since they didn't have fire they had to live in a temperate climate near the equator, where there is a lot of natural growing fruit, nuts and berries.

Transition diet\* Recipes: Parsley salad, coleslaw, carrot and raisin salad, frozen banana ice cream, figs and almonds fall back dish: cooked oatmeal and raisins w/honey and cinnamon

appliances\*\*\*\*

Problems with food: milk=antibiotics; honey=apistan; fruits&vegs=pesticides etc. organic the answer, grow your own better

11-20-02

The following is a page from, *Daily word*, a small magazine (4"x 5 1/2") but extra large in spiritual insight and inspiration, put out by, The Unity School of Christianity. I believe these people are doing a great work!

Juanita subscribes to the, *Daily Word*, and when she reads a particularly good day or page she brings it to me to read. I think the following page is excellent.

## "WEDNESDAY"

**"I am a spiritual being who is filled with the life and light of God."**

"There is more to me than what others may perceive because I am so much more than what my physical appearance may suggest. As a spiritual being living a human experience, I am complete and whole: spirit, mind and body."

"Jesus is my example, for He was able to bring His spiritual nature into everyday expression--demonstrating in daily life the complete unity of both the human and divine aspects that are within each person."

"Jesus lived from an awareness of God's presence within Him. The presence God lives within me also. Just as Jesus realized the truth of His being, I, too, recognize the life and light of God within Me."

11-?-02

Pain, my experience, caused by toxic mater in the body, quotes from, *The Essenes*

\*\*\*\*\*8

The following excerpt is from, ***The Life and Works of Josephus***, written by, Josephus Flavius, a 1st century Jewish historian and statesman.

"Their courage and uncommon tranquility [Of the Essenes]cannot be disturbed by the greatest calamities, adversities or troubles. They can bear suffering and pains with the greatest calmness and strength of mind. In defense of anything good and just they gladly prefer death to life."

"During the Roman war they have indeed been subjected to great calamities and suffering. All conceivable forms of suffering [torture] have been invented and used to make them deny their faith, deride their lawgiver. All these efforts have been in vain."

"Unshaken in their determination, they have suffered these excruciation's in silence and with great endurance. Many of them have in the very pain rebuked their enemies with the sharp sword of the word of truth."

Some even laughed at their tormentors and said that they were helping them to hurry on home. [To Heaven]

"They have then, to the great amazement of the bystanders, in a calm mind and joyful mien, given up the spirit... "

Their lack of pain was due to their purity and diet of living food. Pain is caused by acid mucus deposits in the body attacking damaged nerves.

## ***SPIRITUALISM BASICS* outlines CONCEPTS of RELIGION**

Spiritualism can be looked at as having three main parts: a belief in God, Natural Law, and spirit communication. Spiritualism is called a religion, a philosophy, and a science. Spiritualism has proven to be the truth.

# **Spiritualism Basics**

by

Joseph A. Loffredo, Jr.

12-1-02

## **Introduction: Spiritualism**

Many people associate Spiritualism with psychic readings and "predicting the future". Reactions to this association often range from "it's of the devil" to healthy skepticism to a complete dependence on readings to continue daily living. Many people have a very flat understanding... you go to the medium, get a reading, and that's the end of it.

You're familiar with those movies that show the end of the story in the first 15 minutes and then spend the next hour and a half showing you how everything came together that way? Readings can be compared to the first 15 minutes of the movie. The problem is that many people watch the first 15 minutes and walk away thinking that they know everything they need to know.

The purpose of this writing is to give you the hour and a half that you missed so that you have a more accurate understanding, a greater appreciation for what Spiritualism is, and a clear perspective of how readings and "predicting the future" fit into the overall picture. The purpose is not conversion but exposure. Spiritualists never convert anybody. You decide what to believe. You are encouraged to continue your learning beyond this writing and experience things for yourself. Make an effort to understand and don't be too quick to dismiss something that may have value for you. Keep an open mind.

12-2-02

## **The Earth Plane**

It is best to start out with square one - the earth plane. This existence that we commonly share is called the earth plane. The cars, houses, roads, grass, trees, streams, towns, cities, countries, mountains, deserts, and oceans, are all part of the earth plane. So is the sky, stars, moon and planets. Everything that is part of your "normal" perception is on the earth plane, man-made or natural.

## **The Spirit World**

There is an existence called the spirit world. The spirit world exists in the same space that the earth plane does and is all around you. Imagine you are standing in a fog. The fog is all around you. Everything else that is normally around you is there also, whether you see it through the fog or not. Where does the fog stop and the "everything else" begin? In this way the spirit world exists in the same space as the earth plane. This is not a perfect analogy but it illustrates the point.

## **Spirits, Spirit beings or Spirit**

People on the earth plane always have people from the spirit world around them. Whether you are Catholic, Jewish, Baptist, Hindu, Christian, Indian, Spiritualist, Buddhist, Moslem, or Atheist, it makes no difference.

Spirits are not normally visible. To continue the fog analogy, someone standing 10 feet away from you in a dense fog can't be seen, although the person is there. Spirit people can be perceived. Sometimes you may actually see a spirit person... often just a face or head, or perhaps the entire body. This appearance may be visible to you only (subjective), or may be for everyone to see (objective). You are not "just seeing things". Spirits can and do show themselves to people on occasion, and when they do, it is usually on a subjective basis.

Who are these people? They are people who have passed over ("died") and are now living in the spirit world. They are commonly loved ones or relatives, but they may be your guides and teachers.

12-3-02

Life is growth and progression. All those experiences you've had in life that you can't understand or would never want to go through again are a part of that progression. So are those experiences of feeling "on top of the world". Guides and teachers are helping us to learn life's lessons and become better people on all levels: spiritually, mentally, emotionally, and physically... regardless of which religion, if any, you believe in.

## **"Spirit"**

The term "Spirit" is used in several ways in Spiritualist literature. Spirit can mean an individual person who is living in the spirit world. Spirit can mean the spirit world itself, or the influence of the spirit world on the earth plane. Spirit can mean God, also called "infinite intelligence" or "the God of your understanding" in Spiritualist literature. The dictionary meaning for spirit is "essence".

12-4-02

## **Vibration**

There is a quality of the universe called vibration. Every thing and every one vibrates. Vibration can be thought of as being on a scale from low (and slow) to high (and fast). Your vibration is low when you are depressed because you have lost your job or have turmoil in your family. You walk into a room where two people have just had a violent argument and you can "cut the tension with a knife" the vibration is low also. When you get up in the morning, it's a beautiful day and you have that feeling that "everything is perfect" or you are feeling love for someone, the vibration is high.

Vibration is more than your moment-to-moment happiness or unhappiness. When you walk into your aunt's house the vibration is different than it is when you walk into a friend's house or your workplace or a church or an auditorium. The feelings you have are somewhat of an indicator of the vibration.

Things vibrate the same way people do. Buildings, cars, trucks, bridges, roads, houses, hills, mountains, and streams. Rocks vibrate... it is just so slow and solid that you don't normally perceive it.

Animals and plants vibrate. Cats, bats, rats, dogs, hogs, spiders, snakes and elephants. Trees, plants, flowers and grass vibrate too.

Color is vibration - black, red, orange, yellow, green, blue, indigo, violet, and white.

The God of your understanding is of the highest and purest vibration.

The person you are, the way you treat others, and your self, the things you do. and don't do, and the way you live your life largely make your vibration what it is. Your vibration is built up from life's everyday experiences and how you approach and handle them. Positive thoughts help bring about positive (higher) vibration.

12-5-02

## **Mediums: Spiritualism**

The spirit world is of a higher vibration than the earth plane. You can raise your vibration high enough to make contact with the spirit world and the people in it. Conversely, people in the spirit world can lower their vibration and touch down into the earth plane.

Mediums are people who are able to raise their vibration high enough to contact and communicate with your loved ones, guides, and teachers in the spirit world. A medium becomes the message bearer for the guides, teachers, loved ones, and other spirits around you who want to talk to you, let you know that they love you, and help you progress spiritually.

## **Personal responsibility and Spiritual Progression**

Spiritualism teaches that you are responsible for your own happiness and unhappiness. Your happiness and unhappiness are largely determined by how you look at things. Negative things do happen and you have no control over some of them. But you can control your reaction and the point of view you take in dealing with the negative. Besides, an uncontrollable negative in your life today can have a positive affect on other areas of your life years later.

You can make changes to improve yourself and your life, which in turn affect your vibration. Spiritual progression takes time... it doesn't happen in a minute or overnight. You have to make a start in the right direction first. Your guides and teachers will help if you sincerely ask.

12-6-02

## **Natural Law**

How do you progress spiritually? There is a set of rules to live by called Natural Law. In practice, they are like the laws of physics... unbreakable. It is like dropping a glass from your hand... it always falls to the ground. There are no exceptions to Natural Law. The more you live by Natural Law and apply it in a positive way, the higher your vibration. The closer you come to God.

## **Law of Vibration**

You are already familiar with the Law of Vibration... all things vibrate and positive thoughts, positive actions create a positive (higher) vibration.

## **Law of Attraction**

The Law of Attraction states that like attracts like. The simplest way to see this law in action is to look at your self and the people around you. The people you are the most comfortable with and relate to are of a "like mind" in some way. Look for the similarities in the people around you... family, co-workers, and friends... their attitudes, opinions, outlook on life and spiritual makeup. Now think about the people who you can't stand, are very uncomfortable with and don't want to be around unless you have to. See the difference? Like attracts like.

Apply this law with the Law of Vibration. Your vibration is determined by who you are and how you live your life. People with a similar vibration will be attracted to each other, on a spiritual level. If you are a hateful, jealous and cruel person then you will attract people who are hateful, jealous and cruel. If you are a kind, loving, and warm person, then you will attract people who are kind, loving, and warm. The Law of Attraction operates in the spirit world also. You tend to attract the spirit people that are "just like you". As you live your life closer to God, and Natural Law, your vibration raises and people of a higher vibration will be attracted to you both on the earth plane and from the spirit world.

You can see the Law of Attraction and Law of Vibration working together when a person makes genuine, positive changes to their life. Alcohol abusers who quit the habit are a fine example. Initially, the abuser's life revolves around getting drunk. Their "drinking buddies" lives also revolve around getting drunk. They are together because they have something in common they can relate to, similar needs, interests, and outlook, i.e. have a similar vibration. When the abuser changes his or her life and stops drinking because they honestly "don't need it"... i.e. have begun progressing spiritually... the drinking buddies fall by the wayside. The abuser is not interested in the drinking buddies, and vice versa, because he or she is "not like them" anymore.

Since the abuser's vibration is now a bit higher and different than the drinking buddies' vibration, the attraction for them is broken. The Law of Attraction hasn't stopped working at all... before long, the abuser will be with other people whose vibration is also "a bit higher." Like is still attracting like.

The Law of Attraction applies primarily to the spiritual and mental realms. In the physical, opposites attract. Although it is not used, it may be clearer to say that the Law of Spiritual Attraction is "like attracts like" and the Law of Physical Attraction is "like attracts it's opposite".

12-7-02

## **Law of Thought**

Have you noticed that people with a negative outlook seem to be surrounded by negativity and negative thinking in general? Think about these people who are chronically miserable... complaining that the world has short changed them, others are always getting ahead faster than they are, and how things could be so much better if only things were done their way instead. Their world is largely a reflection of the negative thoughts that they generate.

Thoughts, both positive and negative, play a large role in your life. Your thoughts and your way of thinking are part of your being and vibration. Everyone is living in an ever-changing sea of thought. The waves, tides, and currents produced by your thoughts has an affect on others... and their thoughts affect you too.

Don't dismiss this by saying that your thoughts don't have an affect on anything. They do. Negativity, bitterness, and jealousy cast darkness over your being as surely as love, kindness, and compassion spread sunshine. That sunshine, or darkness, affects how you feel and react to things, and is also reflected towards others when you come into contact with them.

Thoughts are very powerful. Thoughts, with feelings behind them, are just as powerful as actions. Your thoughts, and your way of thinking, are the base for your being and vibration. Since "you are what you think," to a degree, change your thinking for the better and you will change yourself as well. Of course, it won't happen over night, but will change over time.

Your thoughts are not isolated to yourself. You don't think in a vacuum. Thoughts with enough energy behind them can be perceived by others. For instance, how many times has a friend or relative called you on the phone and you tell the person that you had just been thinking about him or her? Or vice versa? You probably just take this experience for granted, but there is more to it. You sent out a thought, most likely subconsciously, and your friend picked up on the thought, most likely subconsciously, and was many miles away from you.

A phone call is a simple example that shows the point, but do not dismiss this whole idea as trivial nonsense. It is not. And it is not as easy as arbitrarily thinking whatever you want and having it immediately happen either. If it worked that way then everyone would be a lottery winner and never have to work again!! There's no "faking" here, be genuine.

It bears repeating thoughts, with feelings behind them, are just as powerful as actions. And everyone is living in an ever-changing sea of thought. If your friend on the earth plane is sensitive enough to pick up on your thoughts from time to time, you can be sure that the spirit people around you pick up on your thoughts also. Spirits are more sensitive than your friend on the earth plane and can perceive your thoughts more easily.

Consider the implications. Thought can travel any distance and be perceived by others. Thought can become a method of communication. Thought is the basis for Spirit communication. Spirits send a thought which is perceived by the medium and passed onto you.

Both thought and action are subject to Natural Laws. For example, if your thinking and outlook is negative you will draw negativity toward you... through the Law of Attraction. On the other hand, positive thinking and outlook will draw the positive toward you.

12-8-02

## **Law of Cause and Effect**

In physics, for every action there is an equivalent reaction. In spiritual matters there is a similar rule... the Law of Cause and Effect. The common phrase for this is "what goes around comes around". People seem to have a more immediate understanding of this law because they can apply it to the negative. Ask someone about "what goes around comes around" and you will most likely get a story about how they hurt a person in some way or did something that was really rotten and it "came back to haunt" them or an event occurred that "made it all even".

Remember that there are no exceptions. Natural law is unbreakable. You may have done something that was very rotten and think you have gotten away with it. There is absolutely, positively no "getting away with it". It may take a while for the effect to come back to you. It may take years. It may take a lifetime. It may not happen until you have left the earth plane and are living in the spirit world. But come back it will. You may not recognize the connection between the effect and its original cause but there is a link in there somewhere, whether you ultimately

learn what it is or not. This includes your thoughts. Keep this in mind when you are about to unduly criticize someone or wish something horrible upon them.

If you have done some of those "really rotten" things and are suffering from the consequences of those actions you are not doomed. Yes, you will have to pay for those transgressions and you won't get out of it. But the Law of Cause and Effect, like other Natural Laws, works in both the positive and negative directions. You can stop the negative thoughts and actions and replace them with positive ones, and before long those positive effects will be coming your way.

Start with something simple like a heartfelt "have a good day" to the next person you meet. You don't have to "perform a miracle" in order for this to start working. Remember that Natural Law is always working. Start small and go from there. You will be amazed at the results. You will have a whole new appreciation for "what goes around comes around".

12-9-02

## **Law of Harmony**

When you listen to good music, you appreciate the sound you are hearing and how it all blends together as one. Everything sounds "just right". Often you are not paying attention to this "blending together" as you are listening because the band is in harmony and all the instruments are in tune. But if the piano is badly out of tune and the guitar has a broken string you would notice it. The sound would be off and the music not right until you tuned the piano and replaced the guitar string.

Your life is like a band that is always playing music. The song you're playing is the song of your life, a song that is uniquely yours. Your music can be anything... classical, rock, folk, blues, rap, country, jazz, or heavy metal, it doesn't matter, as long as it is in harmony.

The instruments in your band have to be tuned up and work together well to sound best. As you bring more instruments into tune, the music gets better because the overall harmony improves. Musicians are continually tuning their instruments so that they are always sounding their best.

Keeping your instruments in tune and in harmony with each other is an ongoing process. Of course, "stuff happens". You just finished tuning the piano, then the lead guitar snaps a string and one of the drums needs to be replaced. You have that almost finished when someone hands you a new instrument you've never played before.

What are the "instruments" in your band? The important forces that affect your life. Work, school, family, friends, and your love life are some obvious examples. Your thoughts, actions, attitudes and outlook are more subtle examples. Your body is an instrument that needs tuning also - are you eating/exercising/sleeping too much or not enough?

How do you "tune" these "instruments"? By using your awareness. By staying in touch with yourself and responding to your needs. You can start by paying attention from moment to moment. "How much do I want to eat right now?" "Should I go to bed now or stay up for a while longer?"

Overeating is a common example of being out of tune. Your mind is busy telling you to eat and you're not paying attention to the fact that your stomach is getting full and don't need all that much to eat. Bring your eating and sleeping habits into tune by being aware of, and responding to, your needs.

Maintaining harmony in your life is a dynamic, ongoing process. This is not exactly the same thing as balance. The term "balance" implies a teeter-totter with two sides going up and down over a fixed point in the middle. Harmony is more of a smooth flow without any fixed point, a blending.

Take the time and make the effort to bring your life into harmony. Live in harmony with Natural Law. Improving your harmony can affect your vibration in a positive way.

12-10-02

## **Law of Continuity**

The Law of Continuity states that Natural Law is continuous and applies to both the earth plane and the spirit world. Life is continuous. You don't die. Your body does. Your body is a physical thing and you are not. You are spirit ("essence").

What is the shape of water? Shapeless. Water assumes the shape of the container it is put in. When the water evaporates into a cloud, the container can not hold it any longer and is discarded. The cloud used to be water and still is water, although in a changed form.

In the same way, spirit is shapeless. Your spirit is in the container called your body. When you "die" your body can not hold your spirit any longer and it is discarded. You remain the same, although there is a change of form. Your personality, attitudes, thoughts, actions, sense of humor, your "essence" is unchanged.

Life is continuous growth and progression, both here and in the spirit world. When you get to the spirit world you are going to keep growing and learning, unless you choose otherwise. Part of that growing and learning may be to teach others the things you have learned... the way your spirit teachers teach you now. Your spirit teachers are teaching and learning at the same time. Some of them may be around you for a while and then leave because they have other people to teach... or need to learn something themselves. Others may be around you for a very long time.

Everyone is always learning life's lessons and becoming better people... leaving the earth plane

("dying") and living in the spirit world is merely one transition in that process. Dying doesn't call everything to a halt. Life is continuous, and so is Natural Law.

12-11-02

## **Heaven and Hell**

Since you don't die when your body does, where do you go? To the spirit world. Is there heaven and hell? No. Not really. Spiritualists don't believe in hell. Everyone goes to the spirit world regardless of what their behavior has been like on the earth plane. No matter what. If you murder 100 people you go to the spirit world. If you save 100 people you go to the spirit world too.

So what's the difference? Why bother improving your life if you are going to go to the spirit world anyway? Because in the spirit world there are many, many places. Remember that the Law of Attraction works in the spirit world just like it does on the earth plane... you will attract people "just like you". If you are of a lower vibration, murdered 100 people, then you will go to a place that is in harmony with that vibration and you will be with people who are just the same way you are.

This doesn't mean you will like it or that it will be pleasant. You will not be able to visit the people and places of a higher vibration either, although people may come to see you. You will still have to learn those same things that you refused to learn, or ignored completely, on the earth plane if you want to change your vibration and progress spiritually.

This is not hell and is not eternal damnation. You always have a choice, and you can change your mind at any time. You can stay where you are forever or you can make an effort to learn and progress. Again, it won't happen in a minute or overnight. Your guides and teachers will be there to help you.

12-12-02

## **What about haunted houses, ghosts, and poltergeists?**

Many people know of someone who says that their house is haunted and has had a variety of unusual events occur. Normally, you "die" and go to the spirit world. Some people die but don't go to the spirit world - instead they stay around the earth plane. These people may not accept or realize that they're "dead" and frequently stay in places familiar to them such as houses and the like.

All spirits can affect the earth plane in various ways and frequently these "earth-bound" spirits make themselves known as they go about their business. Some are quite harmless and others are not. Spirit loved ones may not be able to get through to tell the earth-bound spirit person that they should be in the spirit world instead. There are mediums on the earth plane who perform rescue work. The medium works with other spirits to help bring the earth-bound person to the

spirit world.

12-13-02

## **The continuity of life**

Life is eternal and life is progression, on the earth plane and in the spirit world. Learning is continuous. There is no finality to what you have learned. You may know very much and be living your life in harmony with Natural Law, but soon enough you will pick up something new to add to what you already know. You can always learn more.

The beauty and wonders of the spirit world are many. There are buildings and grass and trees and flowers and music and art and literature and science. Colors are very rich, more so than on the earth plane.

Your spirit guides and teachers are always ready to help you grow spiritually. There are more Natural Laws than what is covered here and much more that you can learn. Remember that when a medium comes to you with a message, it is coming from the spirits around you. The spirits around you are based on the Law of Attraction and the medium is the message bearer.

12-14-02

## **Messages and Readings: Spiritualism**

Just what is a message and a reading? You get a message when you are sitting in the congregation and the medium working on the podium comes to you. The medium will say that they want to come to you, wait for an acknowledgment from you that it is, "OK" to do so, and then give you a message from Spirit.

Here is a typical example. The chairperson calls a medium to the podium. The medium then calls on the first person Spirit wants to give a message to..."Can I come to the gentleman in the back with the green shirt please?" If you are the person in the green shirt, acknowledge the medium by saying "thank you", "hello", "welcome", or something similar. Try not to use the medium's name as this can be distracting. The medium will say thank you and then begin the message from Spirit; for example "I have a short woman here with long blond hair, possibly an aunt who passed into Spirit through a heart condition ...".

If you recognize the aunt say so. If you know it is your cousin instead say that it's your cousin. The spirit person is identifying herself or himself for you, not the medium. A typical message is 5-10 minutes long. When the medium has finished giving the message say "thank you". The medium may give one, two, or several messages, to different people, before the next medium is called to the podium.

A reading is not really different than a message. A reading is done privately with yourself and the medium, so there is no need to identify you out of the congregation. Readings are longer,

typically 30-60 minutes.

Remember that in both messages and readings, the medium is only the message bearer. The medium will often ask if the information being given is making sense to you so they can give you more. The medium is making sure that the information is being received clearly. The meaning of the information is strictly between you and Spirit. Mediums know that it is none of their business and are not interested in your personal affairs.

12-15-02

## **Medium (or Spiritual) and Psychic readings**

The primary difference between a medium and a psychic is the way information is transmitted to the person. The medium's approach is passive. The person becomes the pathway for the information to come through, and the information is coming from people in the spirit world, not from the medium personally. A psychic's approach is active. The person plays an active part in getting the information... it may be picked out of the surrounding vibration or come from the psychic personally.

People who give readings will generally describe themselves as either a medium, giving spiritual readings, or a psychic. Any person giving a reading or a message could be doing so mediumistically (passive), psychically (active), or some combination of both. It is not a simple matter to tell where the reading is coming from and mediums take extra precautions to be sure that the reading is not coming from them personally.

Both are valid ways of getting information, but in Spiritualism the major emphasis is on mediumship. Mediumship is preferred because the information is coming from spirits in the spirit world, and not from the medium personally. As a result, messages and readings should be more accurate and not clouded by what the medium personally thinks or feels.

Being a medium, or psychic, is a very large responsibility and typically takes years to develop. You do not have to be "born with it". Every person has the basic capability, although few develop it. Anyone can pick up a French horn and make sound, but only a few will learn to make beautiful music with it. Becoming a medium, or psychic, is the same way.

12-16-02

## **Predicting the Future and The Continuity of Life**

Isn't predicting the future what this is all about anyway? No. The main reason spirits come back to the earth plane through mediums is to prove the continuity of life, although they may come back to offer help too. So many people believe in life after death but don't give it any real thought. People don't fully realize that you, your personality, your being actually continue after your body dies. Your friends and loved ones in spirit are coming back to let you know that they love you and are OK. The continuity of life is proven when the medium gives you something in a

message that uniquely identifies the spirit, then you know who it is, without a doubt.

The "something" that spirits will use to identify themselves can be most anything: their name, occupation, how they passed from the earth plane into Spirit, their relationship to you, their peculiar hairstyle or dress, a favorite dish they used to like to cook, their quirks and habits, special things they did with you on the earth plane, how they met you, or just about anything, even if it's funny or ridiculous. The point is to let you know who they are.

Spirits can more accurately predict the future than you can because they have a better vantage point. Imagine yourself in a car at night, driving down the road. It is snowing hard and you have your headlights on but you can't see very far. The snow hitting the windshield has a mesmerizing effect. A large tractor trailer passes right by you without a problem, just like it was noontime on a sunny day.

The truck driver has a better vantage point to see the road from. The truck driver is sitting far above the headlights and isn't mesmerized by the view of the snow hitting the windshield. The view from the seat in the truck is much better than down in the car.

Spirit has a better perspective to see where you are heading in your life. Spirit can see where the road you are on will most likely take you. Why most likely and not absolutely? Because you have the freedom of choice. You can change your mind about things and take a path that leads into something entirely unexpected at any time. But Spirit will be right more often than not.

Remember that people in the spirit world are often guides. Because they are guides it is appropriate to ask them to help you find your way, but you should not live your whole life clinging to them, and getting readings every day, for every little decision that comes up. How would you feel if you had someone continually asking you silly questions every day... "Should I eat eggs for breakfast or cereal instead?" "What should I have for lunch then?" "Do I wear the green dress today or the blue one?" Keep it in perspective. Remember that spirits are people just like you. Be grateful that they are there to guide and help you.

12-17-02

## **Healing: Spiritualism**

Messages and readings are a form of mental mediumship. The medium raises his or her vibration and allows Spirit communication through in the form of thought. Spiritual healing is a form of both mental and physical mediumship. The healer raises his or her vibration and allows spiritual healing energy to come through. This energy can have positive mental and/or physical effects.

Spiritual healing can reduce pain and suffering, lessen or eliminate symptoms, and promote quicker recovery. The positive healing energy that comes from Spirit through the healer is very

powerful and can cure ailments and diseases, oftentimes after medical science has given up and the patient comes to the spiritual healer as "a last resort". But spiritual healing is not a substitute for seeing a doctor.

There should be no contest between medical science and spiritual healers... although you may hear differently. Each have the same goal, which is to restore and promote health. This is not an either/or proposition... no one says you must use one method exclusively over the other. Use them both for your benefit. Don't discredit either one. When you find what works for you go with it. Remember that every body is unique... what helps you may not work at all for someone else.

How does this work? There is a lot of positive energy freely available to everyone in the world. Where does this positive energy come from? Positive thoughts and actions are a source of positive energy. This is true and not just something to be scoffed at. Your thoughts and feelings are energy. This positive energy can be focused, producing positive results. The healer is the pathway for the energy to come through.

The spirits around the healer, who are healers themselves, also come through the healer to work on the person in need. The healers in the spirit world are doing the work, the healer is just providing the avenue for them to come through.

How does healing take place? You sit down on a comfortable chair, like a padded piano stool, and just relax. The healer stands behind you and places their hands close to you... they typically touch very little. The healer often works through the aura to promote healing. The healer will start at the top of your head and work down your back and shoulders, then come around the front and work the kneecaps and shin down to the ankle. The healer will work on the areas that need it according to Spirit's directions. The healer will often hold your hands for a few moments and/or talk with you just before the healing is completed. Be sure to say thank you.

Healing can also take place without the person who needs it being physically present. This is called absent healing. When the healer is in a meditative state, the healer can become the pathway for the positive healing energy to flow, which can be sent forth to anyone anywhere.

Healing, like other types of mediumship, can be taught, and some people will find it easier to develop than others. Healers can obtain various credentials, although it is not absolutely necessary. Healers can become commissioned through the National Spiritualist Association of Churches (NSAC). Other Spiritualist organizations offer certifications or commissions as well.

There are many different methods of healing beyond what is described here. Spirit works with each healer in their own way. Spiritual healing could be best described by the Prayer for Spiritual Healing. The first part is said with the focus on yourself and the second part with the focus on others:

12-18-02

## **Prayer for Spiritual Healing**

I ask the great unseen healing force to remove all obstructions from my mind and body and to restore me to perfect health  
I ask this in all sincerity and honesty and I will do my part.

I ask this great unseen healing force to help both present and absent ones who are in need of help and to restore them to perfect health  
I put my trust in the love and power of God.

12-19-02

## **What is a Spiritualist Church like?**

Spiritualists sing hymns and listen to the lecture (sermon) and take a collection the same way other religions do. There are some significant differences though.

A healing service often takes place before the regular service. When the regular service begins, the healing list is read. The healing list is a list of people who are in need of some form of healing. If you know someone who is in need of healing, be it physical, mental, emotional, or spiritual, you can put their name on the healing list. The list is read before the congregation, who are asked to focus their thoughts and to see the people on the list in perfect health. The Prayer for Spiritual Healing is then read aloud.

The Declaration of Principles is also read aloud. After a few short announcements the lecture begins. Lectures are commonly about the applications of Spiritualism to daily living and are very down-to-earth and easy to understand. Many lectures are often based on quotations from the Bible or other inspirational works.

After the lecture, the message service begins. Mediums are called one at a time to the rostrum (podium) and give messages to people in the congregation. The service concludes with a hymn and a closing prayer.

12-20-02

## **Spiritualism is not Christianity**

Spiritualism is considerably different from Christianity. God is not defined as a super-being that sits on a throne and watches over you. Spiritualists do not worship God in that sense. God is defined as the "God of your understanding." There are no symbols like the cross that Spiritualists pray to. The sunflower is the symbol of Spiritualism but is not prayed to either.

Some Christian religions consider Spiritualism to be the work of the devil. This idea just doesn't make sense... Spiritualism expresses a belief in God, promotes healing, and brings communication from our loved ones in the spirit world.

No one has to be saved to become a Spiritualist, and Spiritualists don't go out saving anyone. The Spiritualist viewpoint about saving is very straight forward. Save your self now. You are responsible for your own happiness and unhappiness.

12-21-02

## **Jesus and the Bible**

The major focus of many Christian religions is on Jesus' life with the disciples, his crucifixion, death, and resurrection. The stories of Jesus' accomplishments are told and retold many times. Spiritualism does not have any one person, or experience, whose story is told and retold and made the major focus of the religion. Spiritualism does not believe in Jesus as the savior of the world. Spiritualism does not believe that Jesus is any more, or less, the son of God than anyone else. Remember that You are Spirit, and Spirit is God. Jesus is Spirit, and Spirit is God. Spiritualism views Jesus as a human being... one of the greatest mediums that ever lived on the earth plane.

The Bible is filled with many stories that relate to Spiritualism. There are many examples of Spirit communication, which is a basic tenet of Spiritualism, in both the Old and New Testament. Spiritualists may use the Bible as the basis of a lecture, but the Bible is not given a central role in like it is in many Christian religions.

12-22-02

## **Spiritualism as an Institution**

Spiritualism can be looked at as having three main parts: a belief in God, Natural Law, and spirit communication. Spiritualism is called a religion, a philosophy, and a science.

## **Spiritualism is a Religion**

Spiritualism believes in God. God goes by several names such as Infinite Intelligence, Mother-Father God, or most often the "God of your understanding." Spiritualism does not define God in any particular manner.. if you were to ask every Spiritualist what God is you would get a different answer for each person you spoke to... but a general consensus might be that God is an ever-present, positive force in the universe. A belief in Spiritualism often does not require you to change your view of or definition of God. Spiritualism has been called a "religion of conviction not conversion".

## **Spiritualism is a Philosophy**

Spiritualism believes in Natural Law, which provides a basis for a philosophy of life. The

Declaration of Principles is a general set of principles that Spiritualists believe in and go by. The principles are not dogma or creed.

12-23-02

## **Declaration of Principles: Spiritualism**

1. We believe in Infinite Intelligence.
2. We believe that the phenomena of Nature, both physical and spiritual, are the expression of Infinite intelligence.
3. We affirm that a correct understanding of such expression and living in accordance therewith, constitute true religion.
4. We affirm that the existence and personal identity of the individual continue after the change called death.
5. We affirm that communication with the so-called dead is a fact, scientifically proven by the phenomena of Spiritualism.
6. We believe that the highest morality is contained in the Golden Rule: "Whatsoever ye would that others should do unto you do ye also unto them."
7. We affirm the moral responsibility of the individual, and that we make our own happiness or unhappiness as we obey or disobey Nature's physical and spiritual laws.
8. We affirm that the doorway to reformation is never closed against any human soul here or hereafter.
9. We affirm that the precepts of Prophecy and Healing contained in all sacred texts are Divine attributes proven through Mediumship.

12-24-02

## **Spiritualism is a Science**

Science is concerned with the collection of observations and facts, and Spiritualism also concerns itself with the collection of observations and facts regarding spiritual communication and spiritual phenomena. Spiritualism does not believe that everything is already known and set in stone.

There is much to learn about the spirit world and spiritual phenomena. Spiritualism is willing to accept new facts and new truths as they come up, even if they refute present thinking and ideas.

Spiritualism is one of the few religions that is willing to ask questions, encourages people to do so, and will honestly admit that it doesn't know when necessary.

Spiritualists don't often concern themselves with trying to prove spiritualism to the scientific community. The scientific community largely believes in lab experiments, which in many cases are nearly useless in relation to spiritualism and spiritual phenomena. Lab experiments are supposed to approximate natural conditions. Spiritual phenomena occurs under natural conditions not approximately natural conditions.

The rationale often used by the scientific community is like using a flashlight to prove that darkness exists. You shine the flashlight in an area and say that you are looking for the darkness. All you can see with the flashlight is the light it produces. You therefore conclude that there is no darkness because you can't see it with the light.

There is a variety of case studies, some experiments, and physical evidence that you can look at regarding proof of spiritual phenomena. Weeding out the counterfeit phenomena is important. Phony phenomena has only aggravated and confused matters. The best proof comes from your own experiences.

Spiritualism is a continuous learning experience. There is much studying and reading you can do to increase your understanding. As far as proof is concerned, it is up to each individual to prove it to him or her self. Be objective. Ask questions and be skeptical. Some of the finest Spiritualists are also among the most skeptical.

12-25-02

## **Summary: Spiritualism**

To continue with the movie analogy, you now have the missing hour and a half that you need to make the sense out of the first 15 minutes. The basic story behind Spiritualism is now "rounded out" and ideally, you have broadened your thinking and perspective. There is more you can learn, much more. Spiritualism can be made a lifelong study. Many books are available on the subject. Classes are the best and most direct way to learn. In class you learn as much from your classmates as you do from the teacher. Make an effort to understand... and keep an open mind.

12-26-02

Spirit

Ron & Sandie Mercer: **Natural Laws**, National Spiritualist Summit, 12-92.

Peggy Spencer - class instructor

Bruce McMillan - healer

David St. Clair, Psychic Healer

Ron Spencer, A truck driving analogy

Special thanks to:

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Gladys Kellerman

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Christine Schwartz

Lisa Peterangelo: Thank you for the initial motivation to create this paper.

Ron Spencer

Tracy Spencer

Micky Barber

12-27-02

Dear Reader,

Thank you for reading this document. If this document has increased your understanding of Spiritualism or has benefited you in a positive way, please express yourself by sending a charitable contribution of \$5 or more payable to:

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Please indicate Spiritualist Basics on your check. This is my favorite Spiritualist church. Your donations are appreciated (and tax deductible too!). Your donation helps me give something back to the church that I have attended and learned so much from.

Thank you again... it has been my pleasure to create this document, and hopefully yours in reading it. I wish you well.

Joseph A. Loffredo, Jr.

12-28-02

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## **RATIONAL FASTING by ARNOLD EHRET**

Ehret's teachings of his philosophy are basically the love of NATURE itself. Professor Ehret's teachings about Natural Law are very much needed for a troubled world. At the present time, disease claims more lives than all other causes of death combined.

This year in January and February I did a long orange juice fast but unfortunately my computer crashed and the files were lost. I lost a lot of weight and ended up with a severe outbreak of candida.



Below is a sample excerpt; please click link to read the full text.

### **RATIONAL FASTING**

[Translated from original German text.]

for...

Physical, Mental and Spiritual  
Rejuvenation

**By ARNOLD EHRET**

also

***Health and Happiness Through Fasting***

**By FRED S. HIRSCH**

Published by

EHRET LITERATURE PUBLISHING CO.  
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1965

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## **Foreword**

### Rational Fasting

#### IT'S EASY TO FAST

Many health teachers and disciples of fasting have long expounded this "wonder cure" — but it remained for Arnold Ehret, considered by many the greatest exponent of fasting, to give suffering humanity the complete knowledge of "how to conduct and complete" a successful fast.

There are many types of a Fast and most of them are more or less effective. But the TOTAL fast — NO food of any kind whatsoever — simply water as desired, is the most commonly practiced. A restricted diet of one kind of fruit alone such as grapes, watermelon, cherries, oranges, apples, etc. and the so-called "milk diet" are also often known as fasting. Dried fruits, with liquids of all kinds restricted, is a form of fasting known as the Schroth cure.

Above all else, the individual who has decided to take a fast must have the courage of his convictions. To know "how long one should fast" and especially "how to break a fast" is of utmost importance. Arnold Ehret was perhaps the first of the great health teachers to recognize that "Fasters who died from too long a fast actually suffocated in their own filth, and NOT from lack of food". The Faster must know that physical conditions change rapidly during a fast. "Waste" when in the circulation makes you feel miserable but as soon as it is eliminated you feel fine.

Longevity is a natural desire of all mankind — but only if one is free from aches and pains. Arnold Ehret now contributes the necessary knowledge which if followed will enable a long suffering humanity to enjoy the full life of a centenarian, mentally alert and physically virile.

---

## Preface

Are you one of the thousands of present age persons discouraged and disheartened on account of ill-health; is your faith in so-called cures shattered after having tried them without results; are you only able to use a small percent of the vitality that good Mother Nature endows her beloved ones with? Probably you have been told that only an operation will save you. Somehow, when we suffer organic trouble we fail to think clearly and permit ourselves to be easily persuaded into operations. If you are one of these unfortunates DON'T GIVE UP HOPE. For "he that hath health hath hope, and he that hath hope, hath everything."

"Since man degenerated through civilization, he no longer knows what to do when he becomes sick". The genuine principles of healing are simple and few. The very lack of appetite which occurs when we are sick is Nature's method of teaching her children. One might properly call this a "forced fast". These are but a few of the truisms taught by Arnold Ehret's Rational Fasting and his many writings.  
Our greatest possession is health.

This Drugless Healing is not limited in its scope; but thru its proper application and use it restores normal functioning and cures practically all ailments to which the human family is subject.

"TRUTH WEARS NO MASK; BOWS AT NO HUMAN SHRINE: SEEKS NEITHER PLACE NOR APPLAUSE: SHE ASKS ONLY A HEARING." — Redfield.

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# **The Common Fundamental Cause in the Nature of Diseases...**

and Cure: Rational Fasting

All the phases of the process of development of the medical science, including those of the earliest periods of civilization, have in their way of understanding the casual nature of diseases that one thing in common that the diseases, owing

to external causes, enter into the human body and thus, by force of a necessary or at least unavoidable law, disturb it in its existence, cause it pain and at last destroy it. Even modern medical science, no matter how scientifically enlightened it pretends to be, has not quite turned away from this basic note of demoniac interpretation. In fact, the most modern achievement, bacteriology, rejoices over every newly discovered bacillus as a further addition to the army of beings whose accepted task it is to endanger the life of man.

Looking at it from a philosophical standpoint, this interpretation differs from the mediaeval superstition and the period of fetishism only in the supplemental name. Formerly it was an "evil spirit," which imagination went so far as to believe in "satonic personages"; now this same dangerous monster is a microscopically visible being whose existence has been proven beyond any doubt.

The matter, it is true, has still a great drawback in the so-called "disposition"—a fine word!—But what we really are to understand by it, nobody has ever told us. All the tests on animals, with their symptom-reactions, do not prove anything sure, because these occur only by means of injection into the blood-circulation and never by introduction into the digestive channel through the mouth.

-9-

There is something true in the conception of "external invasion" of a disease, as well as in heredity, however not in the sense that the invader is a spirit (demon) hostile to life, or a microscopic being (bacillus); but all diseases without exception, even the hereditary, are caused—disregarding a few other hygienic causes—by biologically wrong, "unnatural" food and by each ounce of over-nourishment, only and exclusively.

First of all I maintain that in all diseases without exception there exists a tendency by the organism to secrete mucus, and in case of a more advanced stage—pus (decomposed blood). Of course every healthy organism must also contain a certain mucus—lymph, a fatty substance of the bowels, etc.,

of a mucus nature. Every expert will admit this in all catarrhalic cases, from a harmless cold in the nose to inflammation of the lungs and consumption, as well as in epilepsy (attacks showing froth at the mouth, mucus). Where this secretion of mucus does not show freely and openly, as in cases of ear, eye, skin or stomach trouble, heart diseases, rheumatism, gout, etc., even in all degrees of insanity, is mucus the main factor of the illness, the natural secretive-organs not being able to cope with it any longer, the mucus entering the blood and causing at the respective spot where the vessel-system is probably contracted owing to an over-cooling (cold), etc., heat, inflammation, pain, fever.

We need only to give a patient of any kind nothing but "mucusless" food, for instance fruit or even nothing but water or lemonade; we then find that the entire digestive energy, freed for the first time, throws itself upon the mucus-matters, accumulated since childhood and frequently hardened, as well as on the "pathologic beds" formed therefrom.



Other free online books by Arnold Ehret:  
<http://www.arnoldehret.org/healthclub/library.htm>  
including, ***Mucusless Diet and Healing System***.

## PATTERNS FOR PRAYER

**You shall love the Lord, your God...  
With all your heart, With all your soul,  
With all your mind, And with all your strength.**

**Lord,**

Make me an instrument of thy peace;  
Where there is hatred, let me sow love;  
Where there is injury, pardon;  
Where there is doubt, faith;  
Where there is despair, hope;  
Where there is darkness, light;  
And where there is sadness, joy.

**O Divine Master,**

Grant that I may not so much seek  
To be consoled, as to console;  
To be understood, as to understand;  
To be loved, as to love.  
For it is in giving that we receive.  
It is in pardoning that we are pardoned.  
And it is in dying that we are born to eternal light.

**Amen.**

Saint Francis of Assisi



The following from: *The Life and Teaching of the Masters of the Far East*

**"Jesus went on to say:** I shall talk to you just as I wish you to talk to yourself. If you will make these statements true or make them part of yourself, you will need no other. These statements [which are just samples of prayers] are in no wise to be used as formulas. [You should make up your own prayers... speak-out the inspiration of your Inner Self.] Students can use them to bring their thoughts in accord with Divine Principle or, as many say, to train their thoughts to one point. We use the word GOD as often as possible, repeating it many times."

"God, my Father, the Divine Principle flowing through me, is all; and all that God is, I AM. I am the Christ of God, God-man."

"All that God my Father is, is for God-man to use, thus I AM is entitled to use all substance. In fact, God my Father is pressing out all substance to God-man in unlimited measure."

"God Principle is my Father; I AM the Christ of God; both in whole and complete union. All that God has, the Christ of God is."

"God my Father, in the midst of me there blazes a pure light and it fills every atom of my whole being with its great radiance. Life, Love, Strength, Purity, Beauty, Perfection, stand forth in all dominion within me. Now I know that I am God and one with God's whole universe."

"Now the radiance of this light spreads to God's vast universe and everywhere I know there is God's conscious life. My keynote is harmony and the theme of my song is God and God seals my song as Truth."

"I am free with the great light of Your Spirit, God my Father, Your seal is placed upon my forehead. I accept. I hold your light high, God my Father. Behold I am born anew. A Christ is here."

## **THE LIGHT**

"As I stand alone in Your great silence, God my Father, in the midst of me there blazes a pure light and it fills every atom of my whole being with its great radiance.

Life, Love, Strength, Purity, Beauty, Perfection, stand forth in all dominion within me.

As I gaze into the very heart of this light, I see another light,—liquid, soft, golden-white and radiantly luminous,—absorbing, mothering and giving forth the caressing fire of the Greater Light.

""Now I know that I am God and one with God's whole universe. I whisper to God my Father and I am undisturbed.

## **STILL IN THE SILENCE**

"Yet in this complete silence there exists God's Greatest Activity.

Again, I am undisturbed and complete silence is all about me. 'Now the radiance of this light spreads to God's vast universe and every where I know there is God's conscious life.

Again, I say fearlessly, I am God; I am silent and unafraid.

"I lift the Christ high within me and sing God's praise. In the tones of my music inspiration hums. Louder and louder within me the Great Mother sings of new life. Louder and clearer with each new day, inspiration is lifting my conscious thought until it is attuned to God's rhythm.

Again, I lift the Christ high and give close ear that I may hear the glad music. My keynote is harmony and the theme of my song is God and God seals my song as Truth.

### **BEHOLD I AM BORN ANEW, A CHRIST IS HERE**

I am free with the great light of Your Spirit, God my Father, Your seal is placed upon my forehead. I accept. I hold your light high, God my Father. Again, I accept.



### **Jesus continued:**

It is a well known fact that the oftener you say or use the word GOD, knowing it to be the highest principle in-dwelling and flowing through you, the greater benefit you will derive from it. Allow me to repeat... our thought is, 'You cannot say GOD or use the name too much.'

See God as Creative Principle flowing through you; concentrate and energize that principle, and send it out with more dynamic influence. Because of the fact that it always flows through you as well as around you, you are able to give it a greater impetus by sending it out with the whole force of your being, impelling it outward.

Man's body is the medium through which this force is transformed and added impetus is given it, in order to do a greater work and be sent forth in greater form. Thus, there is far greater force added to this principle through the fact that millions are magnifying its radiations and sending them out; yet one man standing forth in full dominion can conquer the world. Thus, you see what millions could accomplish.

The more you use this name, knowing that it is the in-dwelling God Principle that you are establishing within you, the higher the rate of vibration of your body. These vibrations become correlated and respond to the Divine vibrations which the word God means and gives forth.

Should you say GOD once, meaningfully, your body will never return to the same vibratory rate that it was giving off at the time you used the word GOD. With this thought in mind, make these statements your very own; put them in your own language if you so desire. They are from you and not from any outside source. Just try for a time and see what it will do for you.

Recall that every time you think GOD, you are God's Divine Plan. These are not my words, they are your words coming from the Christ of God, yourself. Bear in mind that Jesus, the man, became the Christ as He expressed light, which is pure life or God.

God, my Father, the Divine Principle flowing through me, is all; and all that God is, I AM. I am the Christ of God, God-man. All that God my Father is, is for God-man to use; thus I AM is entitled to use all substance. In fact, God my Father is pressing out all substance to God-man in unlimited measure.

God Principle is my Father; I AM the Christ of God; both in whole and complete union. All that God has, the Christ of God is.

Let us take the word GOD. Why is it that this word has so much power? It is because of the vibrations that are released when the word is spoken they are of the very highest, they are the Cosmos, the most effective vibration. They come in on the cosmic Ray and set up the highest field of radiation.

This field is all-inclusive, all-penetrating, all-exist-ing, and rules all mass. They are the ruling elements of all energy and this vibration is the vehicle that carries light and life.

The ruling intelligence back of this radiation is what we term GOD and, through its radiation, the intelligence pervades everything. From this radiation field both light and life emanate. When man accepts these, he unites them in his body; they are one.

This body responds immediately to the light vibration and he is God vibration; his body radiates light. Thus, one standing forth as God is often invisible to one functioning in a lower vibratory field. This is the reason that the word GOD is so powerful.

Because of this sustaining word GOD, your Bible has maintained such influence and longevity. Think of the number of times the word is written and thus, spoken, in that great book.

See the different lines of radiation of light and therefore, life and energy that go out from each word either written or spoken. Each word carries its vibrations to the very soul of all who speak, hear, or see the word GOD; and as the soul responds to that vibration, the book from which the radiations come forth is lifted and exalted correspondingly as the soul is exalted by the vibrations.

Thus, the book is given life, power, and immortality. It is in reality the word GOD that has accomplished this. Thus, you can say that the book is the word of God in the spiritual sense and not in the literal sense of the word.

Too many take the Bible literally, instead of giving attention to its true spiritual value. This lack of consciousness matters little, as the spiritual vibrations set aside those set up by this attitude of thought. When they think or say GOD once, those vibrations far outweigh their lack of understanding.

It is the survival of the Bible that has proved such a stumbling-block to the scoffer and critic. The atheist fails utterly to explain why the word GOD supersedes and has complete dominion over the word Evil.

Repeat God thoughtfully for a time, then try to set up a vibration in your body with the word Evil. If you have not already experienced this, it will be a revelation to you. Many scientists proclaim that the theistic hypothesis is impossible. Do not mind them, for the things which they pronounced impossible yesterday are being accomplished today.

Do you not know that it is high time to go within your house, put it in order, and find out what the Word GOD will do for you? Think attentively for a moment, try it and see if it will not cause you to drop all differences and bickerings.

Speak GOD with your whole soul and feel the exhilaration that causes you to treat your brother more kindly and deal with him more justly. Place God before you and the mist of the long-forgotten ages will be dispelled as a wisp of smoke. The intellect may frown upon this.

Don't mind the intellect; it has erred many times. Stand forth with the word GOD dominant within you and a whole world of strife and confusion cannot touch you.

When you know positively that GOD or supreme vibration does exist and that it is ALL POWER, you can use it to accomplish ALL THINGS. With it you can transport yourself from place to place.

If you are in one place and the need is for you to be elsewhere, recall it is the self that is holding you stationary, not GOD. You are using God power in limitation if you remain where you are. Let go of self, erase limitation, put forth the command that you are the Christ of God, one with the God vibration and power.

The instant you make it definite that you are God vibration, you will be at your destination. Just thinking a thing does not accomplish that thing. YOU MUST KNOW AND DO; then love and worship the source or principle enough to do it.

Faith shows the way through thought; but it takes the actual command of the Christ of God, that you are that vibration. The instant you allow that vibration to take full command, you GET UP AND DO IT.

The KNOWING through love and worship becomes the accomplishment. That you are unconscious of their radiations does not set aside the fact of their existence. Through faith in their existence, then knowing that they do exist, you become conscious of their existence; then you can use them.

When you express a vibration and are in tune with that vibratory field, you are invisible to things that express in a lower vibratory field. Thus, if your body vibrates with the speed of light, you are invisible to those that cannot see light.

Light is Life; thus, if you live wholly in the vibrations of light, your body is pure life. Light, and Life, is God. Thus all are GOD when they live in the God vibration.

The sun shall be no more thy light by day; neither for brightness shall the moon give light unto thee; but the Lord shall be unto thee an everlasting light and thy God, thy glory." [Isa. 60:19.] The Lord Christ of God has no more need of light when his body vibrations are in unison with God vibrations.

His body is light, purer than that of the noonday sun. The Lord (or law of) God, expressing pure life (light) through Jesus or man, becomes the Christ upon earth. Each man becomes the Christ when the Lord (law) or law of God is understood and actually lived.

By constantly contemplating, praising, blessing and giving thanks to this power you increase its flow; and as you do this it becomes potent and more readily accessible to you. Thus, I say, **pray without ceasing**. Your daily life is true prayer. You worship, you praise, and with your ever-expanding love, you pour out to all mankind that they may see the Christ, the God-man standing forth triumphant.



### **Our hostess answered:**

...if desire were put forth in true form it would be fulfilled. She then went on to say that desire is but a form of prayer, that it was the true form of prayer which Jesus used, as his prayers were answered; that prayer which is always answered must be true prayer, therefore must be scientific, and if scientific, While must be according to fixed law.

Continuing, she said, The law is: "As you know, your prayer is granted, and What things you desire, when you pray, know you receive them and you shall have them." If we know positively that whatever we have asked for is ours already, we may know that we are working in accordance with law. If the desire is filled, then we may know that the law is fulfilled.

If the desire is not filled, then we must know that we have asked amiss. We should know that the fault is with us and not with God.

Then the instructions are:

**You shall love the Lord, your God...**

**With all your heart,**

**With all your soul,**

**With all your mind,**

**And with all your strength.**

Now go deep, deep down within your own soul... not with forebodings, fear, and unbelief, but with a glad, free, thankful heart, knowing that which you stand in need of is already yours.

The secret lies in getting the at-one-ment; getting the consciousness of it and then holding firmly and never deviating, though all earth should oppose. "Of myself I can do nothing," said Jesus, "The Father that dwells in me, He does the work." Have faith in God. Have faith and doubt not. Have faith and fear not. Now remember there is no limitation to God's power. "All things are possible."

Use positive words in making your request. There is naught but the perfect condition desired. Then plant in your soul the perfect seed idea and that alone. Now ask to manifest health and not to be healed of disease; to express harmony and realize abundance... not to be delivered from inharmony, misery and limitations. Throw these off as you would discard an old garment.

They are old and only outgrown things; you can afford to discard them joyfully. Do not even turn to gaze upon them. They are forgiven, forgotten. They have returned to the dust from which they were created. They are no-thing... nothing.

Fill the seeming blank spaces about you with the thought of God, Infinite Good. Then remember the word God is a seed. It must grow.

Leave the how, when, and where to God. Your work is merely to say what you want, and to give forth blessings, knowing that the moment you have asked, you have received. All the details of this bringing forth is the work of the Father. Remember He does the work. Do faithfully your part; leave and trust God's part to Him. Ask. Affirm. Look to God for what you want; then receive God's fulfillment.

Keep the thought of God's abundance always in mind. If any other thought comes, replace it with that of God's abundance, and bless that abundance. **Give thanks constantly**, if need be, that the work is done. Do not go back again to the asking. Just bless and give thanks that the work is done, that God is working in you, that you are receiving that which you desire; for you desire only the good that you may give out the good to all. Let this be in silence and in secret. Pray to your Father in secret, and your Father who sees the secret of your soul will reward you openly.

When the demonstration is complete, you will look back upon the time faithfully given, as one of your greatest treasures. You will have proved the law, and you will realize the power of your word spoken in faith and blessing. Remember that God has perfected His plan.

He has poured out and is continuously pouring out, loving and lavishly upon us, all good, and every good thing that we can desire. Again He says, "Try Me and see if I will not open the windows of heaven and pour out such a blessing there will not be room to receive it."

### **With All My Heart**

In the heart of my being, Father, I am one with You, and I recognize You as Being, the Father of all. You are Spirit, Omnipresent, Omnipotent, Omniscient. You are Wisdom, Love, and truth; the power and substance and intelligence of which and through which all things are created. You are the life of my spirit, the substance of my soul, the intelligence of my thought; I am expressing You in my body and in my affairs.

You are the beginning and the end, the very All of the good which I can express. The desire of my thought which is implanted in my soul is quickened by Your life in my spirit; and in the fullness of time, through the law of faith, it is brought into visibility in my experience. I know that the good I desire already exists in Spirit in invisible form and but awaits the fulfillment of the law to be made visible, and I know that already I have.

### **With All My Soul**

The words which I now speak, outline to You, my Father, that which I desire. As a seed it is planted in the soil of my soul and moved upon by Your quickening life in my spirit. It must come forth. I allow only Your Spirit — Wisdom, Love, and truth — to move in my soul. I desire only that which is good for all, and I now ask You, Father, to bring it forth.

Father within me, I ask to express Love, Wisdom, Strength, and Eternal Youth. I ask to realize Harmony, Happiness, and Abundant Prosperity; that I may have the understanding direct from You, of the method of bringing forth from the Universal Substance that which will satisfy every good desire. This is not for self, Father, but that I may have the understanding so that I may be of service to all Your children.

## **With All My Mind**

That which I desire is already in visible form. I form in mind only that which I desire. As a seed begins its growth underground in the quiet and in the dark, so does my desire now take form in the silent, invisible realm of my soul. I enter my closet and shut the door. Quietly and confidently I now hold my desire in mind as already fulfilled. Father, I now await the perfect out-picturing of my desire.

Father, Father, within me, I thank You that now in the invisible, the fulfillment of my desire is always established, and I know that You have poured out lovingly and lavishly to all an abundance of Your treasure; that You have filled every good desire of my life; that I may partake of Your opulent supply; that I may realize my oneness with You; that all Your children may realize the same; and that whatever I have, I may pour out to help all Your children. All that I have I give to You, Father.

## **With All My Strength**

No act or thought of mine shall deny that I have already received in Spirit the fulfillment of my desire, and it is now brought forth into perfect visibility. In spirit, in soul, in mind, in body, I am true to my desire. I have perceived my good in Spirit. I have conceived it as a perfect idea in soul, and I have given true thought form to my desire. I now bring into visibility, or true manifestation, my perfect desire.

I thank You, Father, that I now have Love, Wisdom, and Understanding; Life, Health, Strength and Eternal Youth; Harmony, Happiness and Abundant Prosperity; and the method of bringing forth from the Universal Substance that which will satisfy every good desire.

"Said I not unto you, that if you would believe, you should see the glory of God?"

After our hostess had spoken, there was deep silence for a moment; then she continued: "Understand that if it is not finished, and your desire is not now visible, the fault is within yourselves and not with God. Do not go back again to the asking, but like Elijah, persist, hold out the cup until it is filled; pour out blessings and thanks that it is done now, though every mortal thought of error beset you.

**Go on, go on, it is here now, and believe me your faith is rewarded; your faith becomes knowing.**

## **THE VALUE OF VOLUNTARY SIMPLICITY**

**Voluntary Simplicity and Beauty  
Voluntary Simplicity and Religion  
Voluntary Simplicity and Personality**

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### **THE VALUE OF VOLUNTARY SIMPLICITY**

by Richard B. Gregg

Author of *The Power of Non-Violence*  
Acting Director of Pendle Hill 1935-36

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**THE VALUE OF VOLUNTARY SIMPLICITY**  
[An excerpt]

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## **I. INTRODUCTION AND DEFINITION**

Voluntary simplicity of living has been advocated and practiced by the founders of most of the great religion: Buddha, Lao Tse, Moses and Mohammed,—also by many saints and wise men such as St.

Francis, John Woolman, the Hindu rishis, the Hebrew prophets, the Moslem sufis; by many artists and scientists; and by such great modern leaders as Lenin and Gandhi. It has been followed also by members of military armies and monastic orders,—organizations which have had great and prolonged influence on the world. Simplicity has always been one of the testimonies of the Mennonites and of the Society of Friends.

Clearly, then, there is or has been some vitally important element in this observance. But the vast quantities of things given to us by modern mass production and commerce, the developments of science and the complexities of existence in modern industrialized countries have raised widespread doubts as to the validity of this practice and principle. Our present "mental climate" is not favorable either to a clear understanding of the value of simplicity or to its practice. Simplicity seems to be a foible of saints and occasional geniuses, but not something for the rest of us.

**What about it?**

Before going further, let us get a somewhat clearer idea of what we are discussing. We are not here considering asceticism in the sense of a suppression of instincts. What we mean by voluntary simplicity is not so austere and rigid. Simplicity is a relative matter, depending on climate, customs, culture, the character of the individual. For example, in India, except for those who are trying to imitate Westerners, everyone, wealthy as well as poor, sits on the floor, and there are no chairs. A large number of Americans, poor as well as rich, think they have to own a motor car, and many others consider a telephone exceedingly important. A person in a certain rank of society considers it necessary to have several kinds of shoes, of hats or other articles of clothing for purposes other than cleanliness or comfortable temperature. What is simplicity for an American would be far from simple to a Chinese peasant.

Voluntary simplicity involves both inner and outer condition. It means singleness of purpose, sincerity and honesty within, as well as avoidance of exterior clutter, of many possessions irrelevant to the chief purpose of life. It means an ordering and guiding of our energy and our desires, a partial restraint in some directions in order to secure greater abundance of life in other directions. It involves a deliberate organization of life for a purpose. For example, the men who tried to climb Mount Everest concentrated their thoughts and energies on the planning of that expedition for several years, and in the actual attempt discarded every ounce of equipment not surely needed for that one purpose.

Of course, as different people have different purposes in life, what is relevant to the purpose of one person might not be relevant to the purpose of another. Yet it is easy to see that our individual lives and community life would be much changed if every one organized and graded and simplified his purposes so that one purpose would easily dominate all the others, and if each person then re-organized his outer life in accordance with this new arrangement of purposes,—discarding possessions and activities irrelevant to the main purpose. The degree of simplification is a matter for each individual to settle for himself, but the meaning of the principle is now perhaps clear enough for discussion, even though the applications of it may differ. I will not attempt more exact definition at this point, trusting to the discussion to clarify further the meaning of the topic.

## **VIII. SIMPLICITY AND RELIGION**

Besides these social or moral considerations there are religious implications in the matter of simplicity.

We are told by St. John that "If we love one another, God dwelleth in us, and his love is perfected in us. . . . He that dwelleth in love dwelleth in God, and God in him. . . . Let us not love in word, neither in tongue; but in deed and in truth." (I John 4:12, 16; 3:18. ) Living simply seems to be an important element in this effort to manifest love and human unity, and hence, to live in accordance with Jesus' commands. Love is the sentiment which accompanies the realization of human unity. It expresses that unity and stimulates and helps to maintain it. We have seen in the case of St. Francis how simplicity aided in his attainment of unity with his fellow creatures. Likewise simplicity helps to express and aid love.

The greatest gulf in society is between the rich and the poor. The practice of simplicity by the well-to-do helps to bridge this gulf and may be therefore an expression of love. The rich young man was advised by Jesus to sell all his goods and give to the poor and thus simplify his life, in order to perfect his religious life. No doubt such an act would have resulted in more than simplification of the young man's life, but that would have been one of the results.

Hinduism and Buddhism have also emphasized the value of simplicity.

The anonymous author of "The Practice of Christianity" believes that tender-heartedness,—gentle kindness,—is the supreme virtue and the essence of Jesus' teachings. She shows that such virtues as sincerity, courage, loyalty, esprit de corps, obedience, self-denial and temperance are displayed in every unjust war, in all forms of political and economic repression, in religious persecution, and often indeed among criminals. They make a strong character but not necessarily a good character. Goodness is not merely an assemblage of other virtues. The essence of the sort of goodness which Jesus describes in his parables and sayings and illustrates by his life may be summed up, she says, in the phrase "tender-heartedness."

Tender-heartedness, together with great intelligence and strength of character, has in the cases of such leaders as Buddha, Jesus, St. Francis, George Fox, John Woolman and Gandhi, resulted in simplicity. Tender-heartedness seems to have been one of the elements which compelled those men to recognize human unity and to live in accordance with it and to share their property and lives with those who had need. Thus simplicity is, perhaps, a part of utter gentleness, and may be essential to those who would really practice religion.

The practice of simplicity means that you have decided to lay up your treasure in heaven rather than on earth; that your treasure will consist of intangibles rather than physical things; that it will not lie in the realm of material power; that you prefer to cultivate and amass the reality of human trust rather than its symbol, money. Practicing simplicity means not only that you have made this decision, but that you are doing one of the important parts of it, you are conforming with one of its essential preconditions, you are expressing your preference by actual conduct.

The heart of the problem of simplicity is spiritual and lies in inner detachment. But the inner state must be expressed by an outer act, in order to have sincerity, in order to prevent self-deception, in order to strengthen the inner attitude and in order to gain further insight for the next step. "By their

fruits ye shall know them." "Not he that saith Lord, Lord, but he that doeth the will of my Father," is the truly religious person.

Christianity needs a means of implementing its ideals of human unity into a social program. While simplicity alone is only one element, it would seem to me to be one of the necessary elements in such a program. Simplicity would constitute part of a code of moral hygiene necessary for a healthy and vigorous spiritual life. The verse, "He that loseth his life shall find it," may mean, for one thing, that he that loseth his keen sense of separate individuality and acquireth a strong sense and practice of human unity shall find his truer and more enduring and richer life.

## IX. SIMPLICITY AND PERSONALITY

It is often said that possessions are important because they enable the possessors thereby to enrich and enhance their personalities and characters. The claim is that by means of ownership the powers of self-direction and self-control inherent in personality become real. Property, they say, gives stability, security, independence, a real place in the larger life of the community, a feeling of responsibility, all of which are elements of vigorous personality.

Nevertheless, the greatest characters, those who have influenced the largest numbers of people for the longest time, have been people with extremely few possessions. For example, Buddha, Jesus, Moses, Mohammed, Kagawa, Socrates, St. Francis, Confucius, Sun Yat Sen, Lenin, Gandhi, many scientists, inventors and artists. "The higher ranges of life where personality has fullest play and is most nearly free from the tyranny of circumstance, are precisely those where it depends least on possessions. . . . The higher we ascend among human types and the more intense personalities become, the more the importance of possessions dwindles."

The reason for this is something that we usually fail to realize, namely that the essence of personality does not lie in its isolated individuality, its separateness from other people, its uniqueness, but in its basis of relationships with other personalities. It is a capacity for friendship, for fellowship, for intercourse, for entering imaginatively into the lives of others. At its height it is a capacity for and exercise of love. Friendship and love do not require ownership of property for either their ordinary or their finest expression. Creativeness does not depend on possession. Intangible relationships are more important to the individual and to society than property is. If a person by love and service wins people's trust, that trust will find expression in such forms as to preserve life and increase its happiness and beauty.

It is true that a certain kind of pleasure and satisfaction come from acquiring mastery over material things,—for example, learning to drive a motor car,—or from displaying ownership of things as a proof of power. But that sort of power and that sort of satisfaction are not so secure, so permanent, so deep, so characteristic of mental and moral maturity as are some others.

The most permanent, most secure and most satisfying sort of possession of things other than the materials needed for bodily life, lies not in physical control and power of exclusion but in intellectual, emotional and spiritual understanding and appreciation. This is especially clear in regard to beauty. He who appreciates and understands a song, a symphony, a painting, some sculpture or architecture gets more satisfaction than he who owns musical instruments or works of

art. The world of nature and the museums afford ample scope for such spiritual possession. Such appreciation is what some economists call "psychic goods." Entering into the spirit which lies at the heart of things is what enriches and enlarges personality.

There is the simplicity of the fool and the simplicity of the wise man. The fool is simple because his mind and will are incapable of dealing with many things. The wise man is simple not for that reason but because he knows that all life, both individual and group, has a certain few essential strands or elements and outside of those are a vast multiplicity of other things. If the few essential strands are kept healthy and vigorous, the rest of the details develop almost automatically, like the bark and twigs and leaves of a tree. So the wise man confines most of his attention to the few essentials of life, and that constitutes his simplicity.

We cannot have deep and enduring satisfaction, happiness or joy unless we have self-respect. There is good reason to believe that self-respect is the basis for all higher morality.<sup>18</sup> We cannot have self-respect unless our lives are an earnest attempt to express the finest and most enduring values which we are able to appreciate. That is to say, unless we come into close and right relationships with our fellow-men, with nature and with Truth (or God), we cannot achieve full self-respect. Or, as Rufus Jones puts it, we must keep our "honor before God."

Simplicity of living is, as we have seen, one of the conditions of reaching and maintaining these right relationships. Therefore simplicity is an important condition for permanent satisfaction with life. And inasmuch as national self-respect is a necessary condition for the maintenance of a nation or a civilization it would seem that widespread simplicity, as a cultural habit of an entire nation, would in the long run be essential for its civilization to endure. At any rate, in the two civilizations which have endured the longest, the Chinese and the East Indian, simplicity of living has been a marked characteristic. The wealthy Indian rajahs, often considered so prominent a feature of India, are, most of them, not greatly respected in India. With but few exceptions they are not moral or intellectual leaders, and in politics they are all creatures of an alien government. True, the simplicity of living of the Indian masses has been largely the enforced simplicity of poverty. Nevertheless, among the real intellectual and moral leaders of India, the Brahmans and social reformers like Gandhi, voluntary simplicity has been and still is a definite and widely observed element of their code and custom. This is true also, I believe, of the leaders of China, the scholars.

Those by whom simplicity is dreaded because it spells lack of comfort, may be reminded that some voluntary suffering or discomfort is an inherent and necessary part of all creation, so that to avoid all voluntary suffering means the end of creative-ness. Refusal to create may result in loss of self-respect.

Simplicity is clearly a sign of a pure heart, i.e., a single purpose. Also, because environment has an undeniable influence on character, simplicity of living would help to stimulate and maintain such singleness of purpose.

## **X. SIMPLICITY A KIND OF PSYCHOLOGICAL HYGIENE**

There is one further value to simplicity. It may be regarded as a mode of psychological hygiene. Just as eating too much is harmful to the body, even though the quality of all the food eaten is excellent,

so it seems that there may be a limit to the number of things or the amount of property which a person may own and yet keep himself psychologically healthy. The possession of many things and of great wealth creates so many possible choices and decisions to be made every day that it becomes a nervous strain. Often the choices have to be narrow. The Russian physiologist, Pavlov, while doing experiments on conditioned reflexes with dogs, presented one dog with the necessity of making many choices involving fine discriminations, and the dog actually had a nervous breakdown and had to be sent away for six months' rest before he became normal again. Subsequently, American psychologists, by similar methods, produced neuroses in sheep by requiring many repetitions of mere inhibition and action; and as inhibition is an element in all choices, they believe it was that element which may have caused the neurosis in Pavlov's dog.<sup>21</sup> Of course, people are more highly organized than dogs and are easily able to weigh more possibilities and endure more inhibitions and make more choices and nice distinctions without strain, but nevertheless making decisions is work and can be overdone.

One effect of this upon the will, and hence upon success in life, was deftly stated by Confucius: "Here is a man whose desires are few. In some things he will not be able to maintain his resolution but they will be few.

"Here is a man whose desires are many. In some things he will be able to maintain his resolution but they will be few."

If a person lives among great possessions, they constitute an environment which influences him. His sensitiveness to certain important human relations is apt to become clogged and dulled, his imagination in regard to the subtle but important elements of personal relationships or in regard to lives in circumstances less fortunate than his own is apt to become less active and less keen. This is not always the result, but the exception is rare. When enlarged to inter-group relationships this tends to create social misunderstandings and friction.

The athlete, in order to win his contest, strips off the non-essentials of clothing, is careful of what he eats, simplifies his life in a number of ways. Great achievements of the mind, of the imagination, and of the will also require similar discriminations and disciplines.

Observance of simplicity is a recognition of the fact that everyone is greatly influenced by his surroundings and all their subtle implications. The power of environment modifies all living organisms. Therefore each person will be wise to select and create deliberately such an immediate environment of home things as will influence his character in the direction which he deems most important and such as will make it easier for him to live in the way that he believes wisest. Simplicity gives him a certain kind of freedom and clearness of vision.

## **XI. SIMPLICITY AND BEAUTY**

The foregoing discussion has answered, I think, much of the second strong doubt which we mentioned near the beginning, the doubt that parents have as to the harm that simplicity might do to the minds and general cultural development of their children. In regard to aesthetics, simplicity should not connote ugliness. The most beautiful and restful room I ever entered was in a Japanese country inn, without any furniture or pictures or applied ornaments. Its beauty lay in its wonderful

proportions and the soft colors of unpainted wood beams, paper walls and straw matting. There can be beauty in complexity but complexity is not the essence of beauty. Harmony of line, proportion and color are much more important. In a sense, simplicity is an important element in all great art, for it means the removal of all details that are irrelevant to a given purpose. It is one of the arts within the great art of life. And perhaps the mind can be guided best if its activities are always kept organically related to the most important purposes in life. Mahatma Gandhi believes that the great need of young people is not so much education of the head as education of the heart.

## **XII. A CAUTION**

If simplicity of living is a valid principle, there is one important precaution and condition of its application. I can explain it best by something which Mahatma Gandhi said to me. We were talking about simple living and I said that it was easy for me to give up most things but that I had a greedy mind and wanted to keep my many books. He said, "Then don't give them up. As long as you derive inner help and comfort from anything, you should keep it. If you were to give it up in a mood of self-sacrifice or out of a stern sense of duty, you would continue to want it back, and that unsatisfied want would make trouble for you. Only give up a thing when you want some other condition so much that the thing no longer has any attraction for you, or when it seems to interfere with that which is more greatly desired." It is interesting to note that this advice agrees with modern Western psychology of wishes and suppressed desires. This also substantiates what we said near the beginning of our discussion, that the application of the principle of simplicity is for each person or each family to work out sincerely for themselves.

## **XIII. CULTIVATION OF SIMPLICITY**

Inasmuch as the essence of the matter does not lie in externals but in inner attitude, let us discuss certain ways by which that attitude can be cultivated. Since simplicity means the supplanting of certain kinds of desires by other desires, the best aid in that process is directing the imagination toward the new desires. We must try, of course, to understand intellectually all the implications of the new desires, but further than that, make the imagination dwell upon them in spare moments, and just before going to sleep and just after awakening. Read books or articles dealing with them. Associate with people who have ideas similar to those which you wish to cultivate. Exercise your discrimination in the relative values of different modes of living, and in the little details that compose them. Practice the desired simplicity in small ways as well as the large. Provide as many small stimuli as possible for this line of thought and conduct. Inasmuch as competition and emulation, especially the variety known as "keeping up with the Joneses," lead to complexity of living, and inasmuch as competition is encouraged by a sense of diversity and exaggerated individualism, we will help ourselves toward simplicity by cultivating a strong and constant feeling of human unity. Try to cultivate the ability to work without attachment to the fruit of works. If you realize that the purpose of advertising is to stimulate your desires for material things, you will be wise to avoid reading many advertisements. At least exercise selection in so doing.

Other elements of character which will be desirable to cultivate for this purpose are: strength to resist the pressure of group opinion; ability to withstand misunderstanding, unfavorable comment, or ridicule; sensitiveness to intangible values and relationships more than to sense impressions; greater sensitiveness to moral beauty than to beauty perceptible by the physical senses;

persistence, endurance and strength of will. If simplicity is a valuable thing, then to attain it we must pay a price. Estimate that price carefully against what you believe to be the value obtainable.

The religions which have had a characteristic specific body of custom and daily physical observances as an essential part of them have endured longer than other religions. I refer to Judaism and Hinduism. Part of their vitality seems to come from this intimate blending of idea and action, this expression of inner belief in routine details of everyday life. If this be so, and we want simplicity to be a vital, enduring part of our lives, we must express it in the detailed physical warp and woof of our lives. For example, we will be wise to express our ideal by observing simplicity and moderation in food. The kind of self-control that is developed in curbing one's appetite for quantities and delicacies of food is of great value as a foundation for self-control in regard to desires of possession. It may be, as the modern psychologists say, that intellectual skills are not transferable from one subject to another, so that the mastery of Latin does not help to a mastery of mathematics, but moral qualities which are cultivated in one sphere are usable in allied spheres. Gluttony and other forms of greed are not far apart.

Knowledge of diet will not only help control of food appetites, but it is essential in order to select food wisely so that we may be healthy while maintaining simplicity. This is especially true for mothers of growing children. Modern discoveries about vitamins, mineral content of foods, calories, food mixtures, sunshine and fresh air show that it is entirely possible to live simply and have an optimum of health.

For people in industrialized countries, discrimination will be needed in the selection of machinery for personal and home use. The amount of drudgery in household and other tasks depends partly upon the kinds and extent of complexity of living. Some machinery is truly labor saving with a minimum of harmful byproducts or remote effects. In our American mechanized environment it will take intelligence to change successfully from living a complex life to a simple life.

As Ruskin said, "Three-fourths of the demands existing in the world are romantic: founded on visions, idealisms, hopes and affections; and the regulation of the purse is, in its essence, regulation of the imagination and the heart. . . . We need examples of people who, leaving to Heaven to decide whether they are to rise in the world, decide for themselves that they will be happy in it, and have resolved to seek—not greater wealth, but simpler pleasure, not higher fortune, but deeper felicity; making the first of possessions, self-possession."

End Excerpt

*The Value of Voluntary Simplicity*

## LEARNING TO LOVE

People need to love and be loved.  
To live in love is life's greatest challenge.  
To love others you must first love yourself.

*"To cheat oneself out of love is the most terrible deception; it is an eternal loss for which there is no reparation, either in time or in eternity."  
Kierkegaard.*

### **Love**

by  
Leo Buscaglia

(An Excerpt)

#### **Love as a Learned Phenomenon**

There are those who will dismiss love as a naive and romantic construct of our culture. Others will wax poetic and tell you that "love is all," "love is the bird call and the glint in a young girl's eyes on a summer night."

Some will be dogmatic and tell you emphatically that "God is Love." And some, according to their own unique experience, will tell us, "Love is a strong, emotional attachment to another ..." etc.

In some cases you will find that people have never thought of questioning love, much less defining it, and object violently even to the suggestion that they think about it. To them love is not to be pondered, it is simply to be experienced.

It is true that to some degree all of these statements are correct, but to assume that any one is best or all there is to love, is rather simple. So

each man lives love in his limited fashion and does not seem to relate the resultant confusion and loneliness to this lack of knowledge about love.



In discussing love, it would be well to consider the following premises:

One cannot give what he does not possess.  
To give love you must possess love.

One cannot teach what he does not understand. To teach love you must comprehend love.

One cannot know what he does not study.  
To study love you must live in love.

One cannot appreciate what he does not recognize. To recognize love you must be receptive to love.

One cannot have doubt about that which he wishes to trust. To trust love you must be convinced of love.

One cannot admit what he does not yield to.  
To yield to love you must be vulnerable to love.

One cannot live what he does not dedicate himself to. To dedicate yourself to love you must be forever growing in love.



Nowhere along the way have people been directly exposed to love as a learned phenomenon. What they have learned of love they have come upon indirectly, by chance or by trial and error. Their greatest exposure and often their only teaching has been through the

commercial mass media which has always exploited love for its own ends.

So most of us never learn to love at all. We play at love, imitate lovers, treat love as a game. Is it any wonder so many of us are dying of loneliness, feel anxious and unfulfilled, even in seemingly close relationships, and are always looking elsewhere for something more which we feel must certainly be there? "Is that all there is?" the song asks.

There is something else. It's simply this... the limitless potential of love within each person eager to be recognized, waiting to be developed, yearning to grow.

It's never too late to learn anything for which you have a potential. If you want to learn to love, then you must start the process of finding out what it is, what qualities make up a loving person and how these are developed.

Each person has the potential for love. But potential is never realized without work. This does not mean pain. Love, especially, is learned best in wonder, in joy, in peace, in living.

***To live in love is life's greatest challenge.***



About the author:

Leo Buscaglia is a person who truly lives as he speaks, who feels and is not fearful of displaying his emotions, who loves and is joyous in that love.

A professor of education at the University of Southern California, a native Californian, an inexhaustible traveler, a much-loved and carefully-listened-to

speaker, Dr. Buscaglia shares here his beliefs with us in LOVE.

**Love** by Leo Buscaglia, was published by Ballantine Books, NY, NY, 1983.

This book is available new and used from: [www.amazon.com](http://www.amazon.com)



## **CHANGE YOUR LIFE THROUGH LOVE**

by

Stella Terrill Mann

### **Surrender Your Heart to Love**

HAVING seen what love is and what it can do for us, and having recognized that we must love now or learn by suffering to love eventually if we are not to perish, we have decided, have we not, that we are going to change our lives through love. The question is, how to go about it? What shall we do first in order to start our life-changing project?

Since we cannot change the law of love any more than we can change the other spiritual laws we must learn how to change ourselves by bringing all our desires, acts and beliefs under the law of good for all. In this way we can change not only our daily lives and affairs for the better but our very destiny, as well. Nothing less than good will permit our growth here or hereafter.

***The first thing we must do then, is to surrender our hearts to love.***

To surrender means to "yield to any influence, emotion, etc.," says Webster and further defines heart as "the seat of life or strength; hence mind; soul; spirit." Our purpose then is to place our strength, our life, our

mind, our soul and spirit under the influence of the Spirit of Love.

We may hear about the law until doomsday and never once get a benefit from it unless we put it to work. Until such surrender is made no one can do much for the one who would change his life.

Even Christ Jesus did not help before he was asked. Jesus' formula of "Wilt thou?" and "Dost thou believe?" put the issue squarely up to the sufferer. Jesus was not a dictator or a fighter. He was a teacher. He explained and demonstrated the laws. He forced no one to accept the Spirit of Love as a way of life. Nor does that Spirit, God, force us. We have free will.

Since Jesus Christ knew more about how to change lives than any man who ever lived before or since, we do well to study His method. Until we rise to that height of moral consciousness and love which He knew and felt, we cannot hope to do the works He did.

But we can learn His method and use it at our own present level of understanding and love. We do not know all that Jesus knew but we are very sure about two points in His method of healing for we can so easily prove them in our own lives.

First, we must believe we can be helped and secondly, we must be willing to be helped. We have to fulfill these two requirements before we can hope to change our lives through prayer and love. Prayer is asking. Love is desiring. Faith is believing.

The more we know about the methods of changing our lives, and the more we can grasp of the cause and workings of the spiritual laws, the more quickly, easily and permanently our change will be made.

We can be

certain that Jesus' three words "Dost thou believe?" referred to His whole teaching and not just the simple idea that the one asking help had to believe he could be helped. Somehow, by His great love of humanity and His perfect understanding of the spiritual laws, Jesus was able to go directly to the inner perfect soul of the sufferer and remind him of all those truths of existence which he had known "since before Abraham was."

That is not a strange phenomenon. It is one we use every day. Let's look at it a bit further in order to understand it better so that we too, can use it at will.

First, we know that what is true on one plane of existence is true on all planes. For example, we know that the human body remembers all that it ever learned through the ages of man on earth and uses this stored knowledge any time the need arises.

This is true of the mind, too.

Psychologists tell us that human experience is never completely wiped out, but is stored in the subconscious mind of the individual so that anyone who understands the laws or rules of action involved can uncover those hidden experiences and bring them up into the conscious mind. Science says these memories of the human race have accumulated for millions of years.

Now if mental and physical experiences are never lost but only filed away safely until needed and called for by the individual, it necessarily follows, does it not, that all spiritual experiences, facts and rules are also remembered. They too are stored, ready to be called upon at any time when needed by the individual.

What is true on the physical and mental plane of existence is also true on the spiritual plane. This is exactly what Jesus taught and proved. The trouble is, we don't yet know how to dig into our own souls and uncover

these memories of spiritual experiences, rules, forces and actions in the way that Jesus knew.

***To know how to do  
this is the missing link between our being able to do  
what Jesus did and our desire to do it.***

## **NATURE'S CURE... no SIDE AFFECTS**

Almost all dis-ease of the body and mind is caused by what you eat or take into your body. The cure for all dis-ease is to clean the toxic matter out of your body and to eat a natural diet. Man's natural diet is raw fruits and vegetables, unprocessed and in season. All processed foods, starches, meat, and dairy, pollute the body.

You can prove this to yourself in 30 days, by eating a raw food diet. Begin by eating only raw vegetables (Fruits are to cleansing)... a carrot-raisin salad and/or cabbage cole slaw are good transition diet foods. Do a cleansing fast once a week drinking only pure water. Begin the fast in the evening, eat nothing the next day or night. Begin eating again the morning after the day you fast. Eat no cooked foods, fruit, or anything containing white sugar. Drink a small mouthful of liquid "Acidophilus" 3 times a day on empty stomach, except when fasting, to replace the natural flora in your system. You can buy this at your local health food store.

In 30 days you will not believe how much better you feel. This is not medical advice... just the truth. It may take a lot longer than 30 days to be completely healed, but in 30 days you will know the truth for yourself... that you are on the natural path to regaining your health. Purify your body and be well again.

I know what I have written here is the truth, because I cured myself of a severe blood dis-ease after being bed ridden for nearly a year. The MD's had given up on me... then I tried all kinds of cures: vitamin C therapy, mineral supplements, mega vitamin therapy, etc. Some helped a little... most were just a waste of money.

When I found the above information about eating a natural raw food diet and fasting to cure dis-ease, it made sense to me, and I immediately tried it. In 30 days I felt so much better... I just couldn't believe it... after being so very ill for more than a year. It was like walking out of a cloud of fog. In three months, I was up and around all day, full of energy, and in six months, I felt better than I had in the past twenty years. I was a new man... completely cured. And it didn't cost me a thing ... except for the price of food I ate.

I know all this may sound strange to you... but give yourself a break... and your body a chance to heal itself. As they say, "the truth will set you free"... and in 30 days you will know... one way or the other. But to really know, you have to do it... not just think about it or talk about it...but do it. Only 30 days to find the truth... to Nature's way of regaining your health. Pete

## LESSONS of LOVE form the INNER VOICE to CYBERSPACE

Lessons of love uplift the mind and spirit.  
Lessons of love come from the heart, mind and Soul.  
Lessons of love flow from cyberspace, inner space, to cyberspace.

### Lessons of Love

LOVE IS...

All else  
Is created  
By man.

9-1-03  
God created a perfect environment for human-kind on earth.  
Everything needed is found in nature in a perfect state. Man does not need to change anything the least bit. Man needs to learn to accept things just as they are... and learn to live naturally.

Lessons of Love...

Because man has not sought the laws of nature,  
Mankind's youthful Soul limps forward,  
Entrapped in an ailing body.

9-2-03  
In creating a Heavenly Kingdom on Earth man must approach it as little children playing, never considering anything but what they are doing... not striving to change anything, but accepting and respectfully using what already exists.

Lessons of Love...

We only  
choose,  
GOD  
Does all  
The rest.

9-3-03  
Man, in his ignorance creates laws to bring order to life... all man needs to do to establish order, is to accept the natural laws (God's Laws) that already exist.

"Virtue is life ordered according to the Law of Nature"

*Utopia* by Sir Thomas More

Lessons of Love...

"Oh man...

Eat the fruit of the tree

And purify your body

So that you may

Come face to face with me."

9-4-03

The main problem with people is that they just don't understand. What they really want is love and happiness and respect of their fellow man. They have missed the very simple point in life that love and happiness are free for the having and comes to you abundantly when you give it away to others.

Lessons of Love...

God,s love  
created nature  
as a paradise  
for man.

While men  
See nature  
as a wilderness  
to be exploited  
and destroyed.

Nature is  
Alive and growing  
What man creates  
Is dead  
And decaying.

We live  
And exist in nature  
Which is an  
Interdependent

Environment  
Of many  
Life forms.

We live and have our being in nature  
Air, earth, sunshine and water  
Each of which has aspects  
Of light and darkness.  
Freedom lies  
In the balance  
At the center.

Nature sometimes uses force, of earth, wind, water and fire; but usually overcomes with persevering mildness.

The reason nature looks the same to everyone is because we are one Being... projecting the same image through each individual person.

9-5-03  
Living foods are second hand sunshine... they nourish the body and keep it pure. Living foods cleanse the body and free the mind and provide the life force to release the Soul.

As the clouds in the sky obscure the sun, so does the pollution in the body, obscure the light of the Soul.

Men compensate for eating wrong and feeling bad by entertaining themselves a lot, which takes their mind off of how bad they really feel.

Almost all dis-ease of the body and mind is caused by what you eat or take into your body. The cure for all dis-ease is to clean the toxic matter out of your body and to eat a natural diet. Man's natural diet is raw fruits and vegetables, unprocessed and in season. All processed foods, starches, meat, and dairy, pollute the body and cause dis-ease.

Lessons of Love...

Cleanse your body  
Change your mind  
Free your Soul.

9-6-03  
Physical purity is the first law... eat not the flesh of any creature: animal, fish or fowl; and bath,

head to foot, every day.

Mental purity is the second law... purify the mind by kindness, truthfulness, forgiveness, meditation and prayer.

The third law is to strive to do good, and be good, and help others.

The fourth law is to love your brothers and sisters as yourself... and do unto others as you would have them do unto you.

The fifth law is to return good for evil... give pleasure to those who would give you pain.

The sixth law is not to harm any living creature by thought, word or deed.

The seventh law is above all others... Love God, and seek union with Him by identifying with your Soul.

To Love thy Creator:

Rejoice in your life,  
That you were created;  
Turn away from darkness,  
Live to your highest light,  
Seek knowledge and truth,  
Do good and be good,  
And, serve others,  
These things are,  
Loving thy Creator.

9-7-03

God's law... Be. God-Is-One-Being-All-That-Exists. God so loved man that he gave him freewill to choose, an ability that He gave nothing else in nature.

Lessons of Love...

God's, Love  
For mankind  
Is manifest  
In our ability  
To choose.

You and I are but attitudes of the mind, to be free, put them aside, leave them behind. Step forth boundless, one in purity, be in truth eternal, and live in joy-bliss-reality.

Go with God... it's the only way to get anywhere.

9-8-03

Lessons of Love...

If the Kingdom  
Of Heaven  
Is built within  
Surely I sit  
The throne.

And as I  
Conquer  
The strife  
Within  
I gain  
The Kingdom  
Of Heaven  
without.

Words defining the seeker: mental and physical purity, spirituality, Inner Voice, giving, serving others, community, rural, agrarian, natural living, organic, living food, herbs, harmony, peace, research, study, prayer, meditation, forgiveness, truthfulness, exhilaration of the mind, subsistence, handcrafts, homemade, Wabi-Sabi, music, family, children, comfort, love.

9-9-03

Lessons of Love...

Out of the chaos  
My Inner Voice  
Whispers  
Be still  
And know that  
I AM GOD.

I am yourself

Eternal and free  
There is no other  
What is without  
Is really within  
Gone the illusion  
That we are twins.

To be present, "here and now"...**Don't:** = strive for anything; speculate about the future or worry about the past; make future commitments; daydream or plan. **Be Here Now!**

Never plan or commit yourself to the future because the Lord may inspire you to do something for Him at that time, causing you severe mental conflict. We should never let circumstances rule us.

"Life is what happens while your busy making other plans."

Lessons of Love...

Act...  
if  
the  
Lord  
is  
willing.

9-10-03

Lessons of Love...

Love evolves  
Man strives;  
Love creates  
Man builds;  
Love dissolves  
Man destroys;  
Love lives  
Man

Love yourself  
Love others  
Love nature

Love God,  
above all else.

Life or death  
Light or darkness  
Law or disease  
Love or

The Lord is Love  
His Law is Love  
His Light is Love  
Your Life is Love  
Be Love

9-11-03

Lessons of Love...

Today is **Unity's World Day of Prayer**, "Centered in Your presence, dear God, I let go of every concern and my Soul awakens to new blessings of Your love and grace."

"Trust this wonderful presence of love now. Place yourself in God's care. God knows all you have experienced from the very beginning and longs to help you receive the very best within your mind, body temple, and life."

"Give your loved ones to God's gentleness and compassion. Turn your life over to divine wisdom with complete confidence. Tell yourself again and again: **'Yes, God, I am willing to let go. I am ready to let You handle all.'** Take a deep breath, and as you release it know that everything is in God's tender, loving care."

"You are a precious, beloved child of God. Hear with reassurance, **'You are always with me, and all that is mine is yours,'** (Luke 15:31) Let go, dear friend, and let God handle all!"

9-12-03

"We are not human beings having a spiritual experience... we are spirits having a human experience."

Lessons of Love...

God is Love

--is-----is--  
Love is God

Love fills the spheres  
With creations  
By continually repeating  
The union of it's  
Spirit with matter.

9-13-03

The seeker embraces the truth in all religions... as the honey bee gathers nectar from many flowers, the seeker gathers the truth from many sources.

Eastern philosophies say that God three aspects... the Creator... the Sustainer... and the Destroyer.

"Despise the sin but not the sinner." *Gandhi*

9-14-03

Lessons of Love...

Love is the way  
To heal pain  
Love is the way  
To live truth  
Love is the way  
To find path  
Love is the way  
To find home  
Love is the way  
To gain all  
Love is the way  
To know god

### **IF WE ONLY HAVE LOVE**

Song by Jacques Brel

If we only have love  
Then tomorrow will dawn

And the days of our years  
Will rise on that morn  
If we only have love  
To embrace without fears  
We will kiss with our eyes  
We will sleep without tears  
If we only have love  
With our arms open wide  
Then the young and the old  
Will stand at our side  
If we only have love  
Love that's falling like rain  
Then the parched desert earth  
Will grow green again  
If we only have love  
For the hymn that we shout  
For the song that we sing  
Then we'll have a way out  
If we only have love  
We can reach those in pain  
We can heal all our wounds  
We can use our own names  
If we only have love  
We can melt all the guns  
And then give the new world  
To our daughters and sons  
If we only have love  
Then Jerusalem stands  
And then death has no shadow  
There are no foreign lands  
If we only have love  
We will never bow down  
We'll be tall as the pines  
Neither heroes nor clowns  
If we only have love  
Then we'll only be men  
And we'll drink from the Grail  
To be born once again  
Then with nothing at all  
But the little we are  
We'll have conquered all time

All space, the sun, and the stars.

9-15-03

Lessons of Love...

Be as little children...  
innocent and fearless  
and full of delight.

The purpose of human life on earth is to raise the consciousness of the body-mind to the awareness of the Soul.

"And stop not until the Goal is reached. Each Soul is potentially Divine. The Goal is to manifest the Divine within, by controlling nature, external and internal. Do this either by work, or worship, or psychic control, or philosophy, by one, or more, or all of these... and be free. This is the whole of religion. Doctrines, or dogmas, or rituals, or books, or temples, or forms, are but secondary details."

*SWAMI VIVEKANANDA*

9-16-03

## Lessons Of Love

"A ninety-one year old woman died after living a long dignified life. When she met God she asked him something that had long bothered her. If Man was created in God's image, and if all men are created equal, why do people treat each other so badly?"

God replied that each person who enters our life has a unique lesson to teach us. And it is only through these lessons that we learn about life, people, relationships and God. This confused the woman, so God began to explain.

When someone lies to you it teaches you that things are not always as they seem. The truth is often far beneath the surface. Look beyond the masks people wear if you want to know their heart. And remove your own masks to let people know yours.

When someone steals from you it teaches you that nothing is forever. Always appreciate what you have, for you never know when you might lose it. And never, ever take your friends and family for granted because today is the only guarantee you have.

When someone inflicts an injury upon you it teaches you that the human state is a fragile one. Protect and take care of your body as best you can, it's the only thing you are sure to have forever.

When someone mocks you it teaches you that no two people are alike. When you encounter people who are different from you, don't judge them by how they look or act; instead base your opinion on the contents of their heart.

When someone breaks your heart it teaches you that loving someone does not always mean that person will love you back. But don't turn your back on love because when you find the right person, the joy that one person brings will make up for all the past hurts put together. Times ten.

When someone holds a grudge against you it teaches you that everyone makes mistakes. When you are wronged, the most virtuous thing you can do is forgive the offender without pretense. Forgiving those who have hurt us is the most difficult and courageous thing Man can do.

When a loved one is unfaithful to you it teaches you that resisting temptation is Man's greatest challenge. Be vigilant in your resistance against all temptation. By doing so you will be rewarded with an enduring sense of satisfaction far greater than the temporary pleasure by which you were tempted.

When someone cheats you, it teaches you that greed is the root of all evil. Aspire to make your dreams come true, no matter how lofty they may be. Do not feel guilty about your success, but never let an obsession with achieving your goals lead you to engage in malevolent activities.

When someone ridicules you it teaches you that nobody is perfect. Accept people for their merits and be tolerant of their flaws. Do not ever reject someone for imperfections over which they have no control.

Upon hearing the Lord's wisdom, the old woman became concerned that there were no lessons to be learned from Man's good deeds.

God replied that Man's capacity to love is the greatest gift he has. At the root of all kindness is love, and each act of love also teaches us a lesson. The woman's curiosity deepening, God once again began to explain.

When someone loves us it teaches us that love, kindness, charity, honesty, humility, forgiveness and acceptance can counteract all the evil in the world. For every good deed, there is one less evil deed. Man alone has the power to control the balance between good and evil, but because the lessons of love are not taught often enough, the power is too often abused.

When you enter someone's life, whether by plan, chance or coincidence, consider what your lesson will be. Will you teach love or a harsh lesson of reality? When you die will your life have resulted in more loving or hurting? More comfort or pain? More joy or sadness? Each one of us has power over the balance of love in the world. Use it wisely.

Don't miss an opportunity to nudge the world's scale in the right direction.

Pass this lesson of love on to those you love and to those you have hurt.

For each person who receives this, there will be a little less evil in the world and a little more love."

By Roy Nwaiser

9-17-03

Lessons of Love...

"Every day is God's gift of Love to you  
Make it blossom and grow into a thing of Beauty."

Love knocked  
On the door of my heart,  
Come in please,  
I said, and  
Live here forever.

When a person speaks of Love  
They speak the thoughts of the Inner Voice.

9-18-03

Lessons of Love...

"Love, the Divine Principle,  
is the Father and Mother  
of the universe,  
including man."

From, *Science and Health*,  
by Mary Baker Eddie

9-21-03

Lessons of Love...

Cyberspace  
Spirit space  
Timeless  
Boundless

Cyberspace  
Empty space  
Light and  
Darkness

Cyberspace  
Waiting for  
You, and  
Your creation.

**Cyberspace...** where all seekers of Truth meet as equals.

Most of us today have lots of problems and shortcomings, but when we meet in cyberspace, using the written word, it is easy to BE, and portray the Christ... all the time. Putting the written word down gives us time to think and make changes, so that we can be sure, that what we are saying, is what we want to say. Being free to think as long as we like, we can take all the time we need, to develop our sentences using kind words and gentle phrases. The Lord says we must learn to love each other... and these thoughtful words we write are surely an expression of that love.

As we practice being the Christ in cyberspace we soon begin to realize it in our worldly human reality. As we think and speak, so shall our world become. The world and particularly Western society, as it is now, is insane, so it is hard to express openly the love and caring we feel for others, say what we really think, and be who we really are... the Christ of God.

In cyberspace we can be impersonal, as God is impersonal, as the Christ is impersonal... and love unconditionally as They do. In cyberspace we are just spirits, learning Christhood, not limited to time and space. We just are. We are that divine being, the Christ, and when our fingers press the keys we should express that perfection and create Heaven for ourselves and others.

In cyberspace we have the safety and security that the world has never offered us... no one to

see us or hear us until we desire it. We are just spirit in every sense of the word. In cyberspace, our refuge, we can create our ideal world. God admonishes us to, "Love your brothers and sisters as yourself... for in reality they are yourself." God is One.

Cyberspace is a common ground where all seekers of truth can meet, and exchange information and ideas, ask questions and get true answers, and find comfort and support freely given. Cyberspace is a new world every time we enter it, with no rules, we make of it what we are inside and what we wish to become.

In Cyberspace we are all just students. Our individual bit of knowledge is as a drop compared to the ocean of God's unlimited mind. A teacher is responsible for what their students learn... if their teachings are in error, the teacher will have to reeducate their students in truth, here or here after.

May God Bless us and shed His Light on us in our efforts... "May His Kingdom come, His will be done, on earth as it is in Heaven."

9-25-03

These ideas and words about cyberspace were inspired by my Inner Voice... my function, as it often is, was just that of a typist. I hadn't thought much about the term, "cyberspace," until my Inner Voice brought it up this morning. I began jotting down notes and soon I had two pages.

Some of you may wonder how long it takes me to get a monthly page of my journal ready for publication. With research, writing, setup and designing, optimizing, titles, meta tags, description, keywords, rewriting, polishing, (which I probably don't do enough of) links, spell checking, indexing, it takes me about two weeks full time, forty to a eighty hours.

There is nothing save God...God is all there is... One. Thank You Lord.

9-28-03

Lessons of Love...

## **INNER PEACE**

From: ***Daily Word***, Silent Unity's Magazine

### **I live in peace turning within to the silence of my Soul.**

"I may not have the opportunity to rest on a secluded beach or spend time at the cabin in the deep woods today, but I can retreat to a place of peaceful silence where God's presence awaits me."

"This place is within me, in the silence of my Soul, where absolute peace reigns. True peace is an inner state of being that is rooted in my awareness of God's presence. And just as the peace at the depths of the ocean cannot be disturbed by the storms on the surface, the peace of my Soul is unaffected by outer challenges."

Words are not necessary, so I take a moment to rest in this haven of peace. Upon leaving this peaceful place, I take with me the knowledge that despite anything that is happening in the outer world, I can turn within for the peace I seek.

Lessons of Love from cyberspace... "The Earth Smiles Flowers"

## **GOD'S GRACE alone gives the gift of Spiritual Enlightenment**

By God's Grace we are born.  
By God's Grace we live.  
And,  
By God's Grace we die.

Seek God's Grace  
In everything you do  
Because  
It is through God's Grace  
That everything is accomplished.

11-1-03

Inner Voice: You can only live in the here and now. Don't look back or forward. Don't allow guilt thoughts from the past to enter your mind... plan or speculate about the future. Be here now... right now, in the very place where you stand... right at this moment in time.

Standing in the present... say to yourself... I am one with God... I am His divine Being... I am filled with Light... I am the Christ. Hold on to those thoughts... think about their meaning... reach to realize their truth. You are the Christ right here and now. Let every thing else go... allow no thoughts from the past... the future is assured in a perfect now... you are free forever in the great here and now... you are the Christ... one with God.

You are now present in the here and now... you know that you are the Christ (at least, you intellectually know it)... NOW... be the Christ... live it. Allow God, within you, to stand forth. Keep your personal mind calm and free of thought... be still... allow God's pure thoughts flow to you... and through you to the world... allow God to think and speak and act through your body and mind. BE ONE.

Practice. In the beginning you will continually fall into your old habit patterns of thinking, speaking and acting... when you realise you're doing this... calm yourself, be still... realize again the here and now... reaffirm... I AM the Christ! Live it.

At first, you may only be able to maintain your awareness of your "Christ consciousness" for a few minutes at a time. This is understandable... this is a completely new experience... and you are probably very uncertain.

As you continue on the path, the times of awareness will grow and your Inner Voice will prompt you... "remember, you are the Christ." Continually affirm quietly to yourself... "I am the Christ... I am one with God, ." Think it, say it, sing it, live it... you are the Christ... here and now. You have

always been the Christ, no matter what dark illusions your personal self has been involved in... in the past.

Make this your life... for in reality, this is your life... all else is irrelevant... illusion... you are the Christ. You are a divine being, perfect-healthy-whole... you are light... you are love... you are now and always have been one with God... the Christ, in the here and now, of God's consciousness.

11-2-03

The Law of God is One... Be. I ask, "Be what?" My Inner Voice answers, "Be Me." I reply, "I want to be you." "I have free will, the ability to choose, and... I choose to be you." My Inner Voice gently points out, "You have not always wanted to be me... with your free will choice, you chose to be something else, and now you believe that you are your personality, Pete."

I try to side step the issue, "No, no, others made those choices for me, my family and their friends started calling me, Pete, right off... they said your name is, Pete." Inner Voice, "They said your name was, Pete, and you, using your free will of choice... accepted it." "That first choice was the beginning of the long progression of choices which led you away from the realization of your true self... ME." "Your name is not, Pete... to Me, your name is the same as mine... the sound of the wind." "Thank you Lord, that's beautiful," I sighed.

"Well," I replied after a bit, "It seems my problem is my ability to choose; now, as well as in the past... what should I do about that?" Quietly my Inner Voice replies, "Give it up." "Give it up," I almost shout, "If I gave up my ability to choose... why, I would be nothing... nobody!!" "That's right" my Inner voice replied, "you would be nobody... that is what you are... nobody... your personal self is an illusion."

I was quiet for a long time, then I said, "If I am an illusion... a nobody... then what am I?" "I walk, I talk, I think, I have emotions, I have experiences and I remember them, I can see, hear, feel, taste, and smell, and you say... I am nothing." My Inner Voice replied, "No, I didn't say you were nothing, I said your personal self is an illusion... and you said, if I am an illusion... then what am I?" "The answer to that is very simple... you are really ME." "Or more correctly put, I AM you... I created you to express myself through, in this material earthly reality.

"Now stop, you cannot curl up and hide... there is no need to, nothing has changed... we are one Being... Father and Son, One Being living in and sharing one body... and I LOVE YOU beyond words." "This is reality, My Son, as always, you may accept it, or deny it... but no matter what you choose, it will remain the same... the truth." "The realities you create, change... my realities of Love, Life, Light, Law and the Truth, never change... they are now, always have been and always shall be." "I AM THE LAW NOW AND FOREVER." By My Grace your world exists.

11-8-03

"When an individual starts for the Promised Land, the land of darkness must be forsaken, forgotten. He must leave the darkness and start toward the light. It is impossible to go and stay at the same time. The old must be forsaken, and the new adhered to. He must forget the things he does not wish to remember, and remember only the things he wishes to retain. One is as essential as the other."

"The vision only must be remembered if he wishes it fulfilled. He must remember by holding in mind the vision he wishes to reproduce. Every idea, thought, word or act must be true to the vision in order to bring it forth. This is true concentration, the concentration of devotion. The centering of the forces upon the essential. This is loving the ideal. It is only through love that the ideal can be given expression. Love makes the ideal become the real."

"If at first he fail, he must be determined and press on. This is the exercise of the will, the cry of self-confidence, the expression of faith directing the power toward the ideal. The ideal could never be attained without this conscious direction of power, this exercise of will, and yet it would be fatal to the ideal if the will, too, were not ideal. The will must possess the same quality as the ideal to serve. If the will does not possess the desire to serve, the power will wishes to direct cannot be released from the soul.

From: ***The Life and Teaching of the Masters of the Far East***

11-10-03

"You fail utterly to see, that after this great awakening or realization within myself, it took long days and nights of struggle in seclusion and silence, all alone, right within myself and with myself."

"How at times, I struggled on and on with clenched fists and set teeth, seeing and knowing that the light was there; although there seemed to be but one last flickering ray, and at times it seemed that that last ray had gone out and a shadow was cast in its place. Even then, something within me was ever strong and dominant, that, back of the shadow, the light was as bright as ever."

"I went on and cast aside the shadow and found the light burning even brighter because of the temporary dimming."

*Jesus*

"Spiritual enlightenment may be attained by total devotion to the living God within... for in the end it is God's Grace alone which opens the door to eternity."

11-14-03

The grace of God uplifts and strengthens me.

Grace is my divine heritage, and I accept this powerful activity of God's love in my life in all the forms it presents itself to me.

If I am feeling down, the love of God lifts me up. From this higher consciousness, I am able to see the bigger picture of my life. I release thoughts of unfulfilled expectations and replace them with ones of grateful anticipation for all the ways that God continues to bless me through grace.

The love of God soothes my Soul and heals any past hurts so that I can move on with my life. God's love for me inspires me to be loving. Being an expression of love in the lives of others fulfills me. Love strengthens me and my relationships.

I am grateful for the sacred bond God and I share and for the blessings of grace in my life. By the grace of God, I live a life of fulfillment.

From: **Daily Word**, Silent Unity's Magazine; November 7th 2003

"But by the grace of God I am what I am." 1 Corinthians 15:10

11-16-03

Inner Voice:

I AM all that exists... spirit, matter, motion... life. By My grace do things I created exist. I create all things out of Myself and give them life. I create living creatures by joining My Spirit with matter. I AM in all and of all... there is nothing outside of My Being.

I AM all knowledge and power... My spirit is everywhere. All matter is my body. I create as I will... giving life... and death at the proper time. Woe, be onto the creature that usurps my power and takes their life before the appointed hour.

Hell I know not... I create a perfect universe... My light is everywhere. On earth I create man... in my image... with free will to choose... and the power to create. Man, in his ignorance, created the illusion that he is separate from Myself... and that there are results called good and evil.

I created light, life and love... perfect and eternal. Man created darkness and evil... an imperfect and temporary illusion. In his illusion man inflicts pain on himself and others. He creates hell... where in reality only light and love exist. To escape the hell he created... man only has to give up one thing... himself. I AM all that exists. Love, Light, Life, Law.

The Goal In Life Is To Unite The Conscious Mind With The Soul.  
Only with God's Grace can this be accomplished.

In all  
Your choices  
Choose God.

11-17-03  
God's Grace,  
from ***The Song of God***

"Though a man be soiled  
With the sins of a lifetime,  
Let him but love me,  
Rightly resolved,  
In utter devotion:  
I see no sinner,  
That man is holy.  
Holiness soon  
Shall refashion his nature."

Spiritual Enlightenment... by God's Grace... for God is all there is.

## **SUNGAZING for health, healing and Spiritual Enlightenment**

Sungazing clears the mental clutter from your mind.

Sungazing can heal your physical dis-ease.

Sungazing helps change your diet.

12-1-03

Letters to a friend and fellow truth seeker on sungazing, charging the bodies cells with solar energy, eating an alkaline diet:

Dear Friend,

The process of ascending toward enlightenment:

The body is a large organic battery. The body anchors us to the material reality of this earth. Ascending is partly the process of lifting the body out of the material into the spiritual. When you lift the body(the anchor)... you lift the personal mind (allow it to ascend)... and it follows, that when you lift the mind... you lift the body, but lifting the body is much easier to raise because the process is mechanical. The process is mechanical but what is actually happening is electrical... charging the large organic (alkaline) battery... the body.

In ancient Hindu writings, the yogi's say, "to live a spiritual life, make the blood as alkaline as possible." (You may want to read, Patanjali's Yoga Sutras,... the Hindu yogi's have been studying how to attain enlightenment for thousands of years.)

<http://www.seekeronline.org/may02.html>

Anyway, the blood flowing through the body helps in the process of alkalizing all the fluids in the body. Similar to getting the mix of "battery acid" in your car battery right, (a mixture of sulfuric acid and water), so the battery can be charged.

The natural flow of electricity is from positive to negative. This natural flow of electrons is what makes a poultice work to draw poisons out of the body. Toxic matter in the body is positively charged, and the poultice (moist clay, epsom salts, moist mustard plaster) are negatively charged... natural electricity flows from + to - drawing the poisons out of the body by osmosis through the skin into the poultice.

The acid-alkaline balance in the body fluids is altered by what we eat. Meat, most dairy products and most grains are acid forming. Fruit and vegetables, sprouted grains-seeds-nuts, whole unprocessed milk and raw honey are alkaline forming. (Nothing is all yin or yang) All things in a category may be yin or yang except maybe one thing, as whole milk among the dairy products.

The body is inclined to remain acid, to retain acid matter, toxins. Alkalinity is rapidly lost... so a person needs to eat alkaline forming foods every day to maintain a balance. And to make the blood alkaline as possible, eat only alkaline forming foods. This gets the body fluids right for charging.

The fluids in the body must be alkaline for the cells in the body to be charged. A quote from (Sungazing Master) Hira Ratan Manek: "**I was a vegetarian right from birth...**" His blood and body fluids were always alkaline and ready for charging... and he realized many benefits physically, mentally, and spiritually from charging his bodies cells by sungazing. If the physical body is not pure, sungazing may be harmful?

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The following excerpts are from, ***Flight into Freedom***, by Eileen Caddy (Co-founder of The Findhorn Garden)

We were told [by Eileen's Inner Voice] that our aim was to raise our vibrations, and to help us to do this we were given instructions on what to eat. ***"You are building light-bodies; therefore absorb the light which you get from the food in the garden. This food is tended by the nature spirits, devas and angels who help provide the life force. It is not the amount of salad you eat; it is being in the right state when you eat it. Always give thanks for what you are given. This is vital food and it is precious. Your aim is to cut out all body-building food and eat the food that has the highest life force."***

We were told to refine our eating gradually, doing nothing drastic, but to follow the diet I was given from within. It had nothing to do with any known diet, so we could not turn to books for direction. We learned to live on vegetables from the garden, honey and fruit, phasing out first red meat, then white meat and poultry, then fish and finally cutting down on eggs. We found our sensitivity grew and we became more in touch with the spiritual realms and the nature forces in the gardens.

**I ate only one meal a day of raw foods** and drank pints and pints of pure, clear water, with no tea or coffee or stimulants of any kind. To be honest I got bored eating raw food all the time. It was a real struggle. Peter and Dorothy ate mountains of salads and lots of garlic, which is cleansing for the body.

**I was told that, as our bodies became finer and less dense, our skin would absorb substances from the ethers and the sun and air.**

We developed an entirely new understanding of the purpose of eating. We were told that we were

purifying the atomic structure of our bodies, **transforming the dense physical substance into light and lightness which would be more receptive to absorbing energies from the sun**, sea and air, and would require less solid food. But this was not a process that could be rushed into. You have to gradually refine your body.

**As it becomes finer and less dense, your skin will begin to be able to absorb substances which at present it is incapable of doing.** It is as if layer after layer of old skin has to be peeled off, leaving only the fine thin layer which can absorb these purities from the ethers. ***"I ask all of you to drink more water, just pure, pure water. It is very cleansing and will be a great help in speeding up this refining process."***

Previously we had thought of food in terms of calories or energy needed for building and maintaining solid physical bodies. Now we were told that what actually nourished us was a more subtle energy. **Through our diet we were absorbing the light that made the vegetables and fruits grow... the light of the sun and the light of our consciousness.** Our bodies were becoming light.

Pure clear water was vital to this process of transforming our bodies. Over and over we were told to drink little else. What we did need was the effect of water's special qualities. Water has untapped forces and energies [Solar energized water?] in it which have not yet been discovered by mankind. Sunshine and water, sunshine and water. ***"I want you to cut down gradually on solid food and drink more water. Water will give you the energy you need."***

12-2-03

## Biosophy

"Biosophy offers humanity a realistic, naturalistic and visible Creator in the form of the Sun, who is the God of Science and of the most ancient religions of Atlantis, Egypt, etc. Who can deny that the Sun is the Universal Benefactor of the entire human race and the Giver of Life, not only to the plant, but to the human world as well.

Foods may be divided into two classes :

1. Mucous-forming: Those which generate **acid**-toxins in the blood, which are excreted as mucous or deposited as mucus. These foods include (in the order of their mucous-forming capacity): animal foods, fish, eggs, dairy products, grains.

2. Non-mucous-forming, or hygienic foods, are those which supply the blood with the mineral elements required to carry on vital processes. **Alkaline** foods are able to neutralize acid-toxins, and to dissolve and eliminate mucus. These foods include only raw vegetables and raw fruit.

The cow, and other herbivorous animals live upon what for humans would be second class of foods; and obtain from them all that is required for the formation of healthy animal tissue.

How does the cow obtain sufficient protein when the grass it eats contains so little of it? The protein is obtained from atmospheric nitrogen, which is absorbed by the lungs, where, in a similar way as occurs in the leaves of a plant. Where the nitrogen is combined with carbon dioxide, phosphorus, sulphur and other elements to form protein.

By gradually changing from animal proteins to cottage cheese and legumes, and finally to nuts, one may in time entirely, dispense with protein foods. And, like the cow, obtain all necessary nitrogenous nourishment from the atmosphere.

The old calorie theory was based upon the assumption that we derive heat and energy from the combustion of carbohydrates and fats. This, however, was a false belief... fasting experiments in which, after a certain day of the fast, prove there was no further loss of weight. And without any continued decrease in bodily heat strength and energy, prove that the source of heat and vital power is not the oxidation of carbon compounds, but is the etheric electricity [sunshine] which flows directly into and through the nervous system.

The human body is like a dynamo which draws its electric power, directly from the ether. Through lung and skin respiration, etheric power is absorbed into the body, collecting at the Solar Plexus, the battery of the sympathetic nervous system. From here, this electric energy (the Life-Force) passes to the sex glands where, in combination with elements derived from the blood, it, condenses into seminal fluid. It is through this secretion that vital energy is conveyed to the various ductless glands, nerve-centers and organs of the body. [This process can be increased by sunbathing.]

Each night, during sleep, a new daily supply of cerebro-spinal fluid is manufactured. Energy absorbed from the ether (sunshine) by the sympathetic nervous system (whose nerve-endings in the skin consist of minute mouths, which rhythmically open and close) is conveyed through the medium of the sex secretion to the central nervous system, which is then electrically recharged.

The thyroid, pituitary and pineal glands, which are intimately related to the mental and spiritual life of the individual, are directly activated by the absorbed sex fluid carried to them by the blood. [Psychic poisons and the pineal gland.](#)

The human body, therefore, requires no protein or carbonaceous foods. The only hygienic diet is the one given to man at the beginning, as described in Genesis, composed of **raw herbs and fruit**. Such a diet will supply the human body with all the elements required for its perfect functioning.

However, in most people, the capacity of obtaining protein from the atmosphere, and heat and energy from the ether, is in a very dormant state; consequently a gradual transition from the unnatural to the natural diet is required, lest the change involve a too sudden loss of weight.

For this reason, fasting is neither beneficial nor advisable except for the one who has gone through all intermediary steps, and has finally reached the state in which he no longer requires earthly nourishment, [It seems that the author may have had little or no first hand fasting experience. Pete] but is able to obtain all the elements he requires from atmospheric, etheric and solar sources. [Sungazing]

One should advance from one to the other of the following diets as fast as the newly awakened nutritive instinct is able to do so. Always eating only what is agreeable to the natural sense of taste, and never forcing oneself beyond one's capacity by mere intellectual decision.

1. **THE BLOODLESS DIET:** Eliminating red meats, and substituting white meats, fish [Certain fish absorb considerably more mercury than others. Pete] and eggs.
2. **THE MEATLESS DIET:** Using fish, eggs and dairy products instead of meat.
3. **THE VEGETARIAN DIET:** Eliminating all animal foods, including fish and eggs, using as a substitute fresh cottage cheese and legumes. Whole wheat bread should be substituted for white bread. Natural decaffeinated coffee for real coffee, brown sugar for white sugar, and celery salt for table salt. [ "Mrs. Dash", w/yellow cap, is a natural herbal mix and a good substitute for salt.]
4. **THE RAW FOOD DIET:** This consists only of raw vegetables, fruit, grains and nuts. For breakfast, grapefruit, oranges or melon, or else a fruit salad covered with grated seeds or nuts, should be eaten.

For lunch a raw vegetable salad,, composed of cabbage, carrots, cucumbers, lettuce, tomatoes, peppers, green onions, spinach, celery and anise, in different combinations. For those with poor teeth, these vegetables may be ground up together into a juicy pulp form by a food chopper. This salad may be seasoned with finely chopped parsley and garlic. It should then be mixed together with ground or grated nuts; and lemon juice and olive oil should be added to it. [A good sweet and sour salad dressing can be made from a quarter cup of raw

honey mixed with the juice of half a lemon. This is our favorite salad dressing.]

The above salad, eaten together with unleavened corn bread constitutes a complete meal, and is the surest cure for constipation, as well as of the many diseases which are due to this cause.

Supper should consist of a fruit salad mixed with grated nuts, and figs or dates. Or else, the nuts may be eaten together with raisins, figs or dates, and the fruit, including tomatoes, may be eaten whole. [The fruit can be reconstituted by letting them soak overnight in water... be sure and drink the water the fruit soaked in or mix in other juices.]

**5. THE RAW VEGETABLE, FRUIT AND SEED-NUT DIET:** This involves substitution of nuts for grains. It is similar to the preceding diet except for the fact that no grains are used. Some may eliminate vegetables, and live on fruits and nuts.

**6. THE HYGIENIC DIET:** All of the above diets are, to a smaller or greater extent, unhygienic. This is the only truly hygienic one. **It contains no mucous-forming foods, and consists only of raw vegetables and fruit.** This diet will help overcome every disease, for diseases are caused by a mucous-forming foods and demineralized diet.

[When you cook food you kill it... and it in turn kills you. That's the basic reason for eating raw food, it's living, (and alkaline forming) and keeps you well nourished, and the residues eliminate well, which keeps you free of toxins and living a healthy life.]

**7. THE FRUIT DIET:** Consisting only of raw fruit, Vegetables are foods of a lower vibration than fruit and are intended for animals rather than for men. As one, in the process of development, acquires an aversion to the eating of animals, so, later, one develops the same feeling concerning the killing and eating of plants.

**8. THE COSMIC RAY DIET:** This is the diet of the Superman who no longer requires earthly food, but may obtain this from cosmic radiations alone by sunbathing and sungazing. The sun gives off cosmic rays; and it is these invisible radiations that awaken seeds under the ground to germinate in springtime.

So do cosmic rays generate life electricity in the cells of the human body. While the other diets described above insure greater longevity; only this cosmic ray diet makes possible physical immortality.

One meal a day is entirely sufficient. This should be eaten at noon when solar and physiological energy are at their height. Those who have been eating three meals a day should first eliminate breakfast, then supper."

From: [Creation of the Superman](#) by Dr. Raymond Bernard

Well, enough for now... almost a book.:-)

I hope your move, selling your house and all... is going well.

Stay on the upward path... you have one shot at enlightenment on this earth... turn back, renounce the path and turn your back on it... and you lose that chance. That is why mental balance is so important, when you think you are going insane, you want to leave your spiritual path and hide, "in just an ordinary life." Don't do it...

**stay on the path!**

Go with God,  
Be at peace.

Pete

P.S. It is interesting to me that [Maria Montessori](#) related her teachers or "Directresses" to the sun:

"The Teacher—The Sun—The Light-Giver"

"Montessori makes use of various similes to illustrate what she means by the teacher's being a dynamic link between the children and the environment. The directress must act as a "vivifying presence which awakens the sleeping soul of the child. **Her role may be compared to that of the sun;** for she is one who brings light, by means of which we are able to see distinctions which we could not see before. She also awakens that interest which comes from knowing better and more deeply what we knew before." (Like the sun, too, she must leave those she helps free to live their own lives.)"

You might like to review the major points in this journal for realizing [Spiritual Enlightenment](#).

He stood there  
In barefoot humility  
Gazing at the sun.

12-3-03

Dear Friend,

Thank you for your recent letter. Here is the answer to your question, "How does a person charge the bodies cells?"

Originally I had planned to give out this type of esoteric information only to those, like yourself, who are serious about their spiritual path. But since the following information is readily available and well documented on the internet there is no longer any reason to keep it secret. And maybe there never was any reason for secrecy. I am now inspired to give out all the information that I have by publishing it in my journals.

Ancient Hindu scriptures tell us the quickest way to charge the bodies cells is sungazing. To do this... stand barefoot on bare ground and roll the eyes around the sun. This bathes all the rods and cones in the eye and charges the bodies cells.

You should sungaze only when the sun is fairly low in the sky... never attempt to sungaze when the sun is at or near it's zenith at noon or during an eclipse of the sun. You can sungaze... by looking directly at the sun at sunrise and sunset, without any discomfort. Begin by practicing these sungazing techniques slowly or for a short time at the beginning to see how your eyes are affected. Follow your inspiration. See detailed examples of sungazing methods below.

Various names for sungazing: sun gazing, solar healing, solar gazing, sun staring, Sun Yoga, Surya Yoga and Solar Yoga.

12-4-03

The following excerpt is from the, [\*Essene Gospel of Peace, Book I\*](#), in which Jesus advises the sick to sunbathe and sungaze.

"They praised the Angel of Sun in its rising and its setting..."

"And if afterward there remain within you aught of your past sins and uncleanness, seek the angel of sunlight. **Put off your shoes** and your clothing and suffer the angel of sunlight to embrace all your body. Then breathe long and deeply, that **the angel of sunlight may be brought within you.** [Sungazing???] And the angel of sunlight shall cast out of your body all evil-smelling and unclean things which defiled it without and within. And all unclean and evil-smelling things shall rise from you, even as the darkness of night fades before the brightness of the rising sun. For I tell you truly, holy is the angel of sunlight who cleans out all uncleanness and makes all evil-smelling things of a sweet odor. None may come before the face of God, whom the angel of sunlight lets not pass. Truly, all must be born again of sun and of truth, for

your body basks in the sunlight of the Earthly Mother, and your spirit basks in the sunlight of the truth of the Heavenly Father.”

"I am sent to you by the Father, that I may make the light of life to shine before you. The light lightens itself and the darkness, but the darkness knows only itself, and knows not the light. I have still many things to say to you, but you cannot bear them yet. For your eyes are used to the darkness, and the full light of the Heavenly Father would make you blind. Therefore, you cannot yet understand that which I speak to you concerning the Heavenly Father who sent me to you. Follow, therefore, first, only the laws of your Earthly Mother, of which I have told you. And when her angels shall have cleansed and **renewed your bodies and strengthened your eyes**, you will be able to bear the light of our Heavenly Father. **When you can gaze on the brightness of the noonday sun with unflinching eyes, [Definitely sungazing!!!]**you can then look upon the blinding light of your Heavenly Father, which is a thousand times brighter than the brightness of a thousand suns. But how should you look upon the blinding light of your Heavenly Father, when you cannot even bear the shining of the blazing sun? Believe me, the sun is as the flame of a candle beside the sun of truth of the Heavenly Father. Have but faith, therefore, and hope, and love.”

12-5-03

From *The Essene Gospel of Peace Book II*. [Sungazing Quotes]

And I opened the third seal,  
And I saw, and beheld the Angel of Sun,  
And between her lips flowed the light of life,  
And she knelt over the earth,  
And **gave to man the fires of Power,**  
**And the strength of the sun entered the heart of man.**

Angel of the Sun!  
There is no warmth without thee,  
No fire without thee,  
No life without thee,  
The green leaves of the trees  
Do worship thee,  
And through thee is the tiny wheat kernel  
Become a river of golden grass,  
Moving with the wind.

**Through thee is opened the flower  
In the center of my body.**

Therefore will I never hide myself  
From thee.

Angel of Sun,  
Holy messenger of the Earthly Mother,  
**Enter the holy temple within me**  
**And give me the fire of Life!**

12-6-03

From *The Essene Gospel of Peace Book III*. [Sungazing Quotes]

Angel of Sun!  
**Dart forth thy rays upon me!**  
**Let them touch me; let them penetrate me!**

I give myself to thee and thy embrace,  
Blessed with the fire of life!  
A molten flood of holy joy  
Flows toward me from thee!

12-7-03

Quotes from the Oahspe bible:

"These influences [of the sun] are easily discernable by some persons. One is depressed by a dull day; another inclined to drunkenness and fighting. By a bright day man is inspired to energy."

"He that healeth by laying-on of hands, only giveth off the vortexya [unseen power] he hath previously received. Let him see that he **replenish himself by sunlight (so called), and trees and herbs and ground to walk upon**. For giving away, without replenishing, will soon result in nothing." [Sungazing ???]

12-8-03

According to the Oahspe there is no such thing as sunlight per se. "Neither light, nor heat, nor attraction of gravitation cometh from the sun to the earth. The earth floateth in the midst of a vortex... Things fall not to the earth because of magnetism, but they are driven to the center by the vortex."

"The name of the force of the vortex is called vortexya. Vortexya is unseen power, but without sense or judgment. Though a man see the light of the sun, as he seeth a horse in a field, yet there is no such thing as travel of light in fact; nor is there any substance of light. But that which is called light is polarity of corporeal needles in solution, caused by the lines of [the sun's] vortexya."

The sun turns in a master vortex which carries all the planets of our solar system.

"As the lines of vortexya are in currents from the outer toward the interior, so do the solutions of corpor [matter in solution]take the shape of needles, in the master [sun's vortex], pointing toward the center, which condition of things is called light." And when the needles strike the surface of the earth they produce heat.

"Daylight is the condition of things [matter in solution in the shape of needles] polarized within the master vortex." The condition of night is caused when the earth turns away from the sun and the lines of polarity of vortexya are disturbed. ...both night and day continue all the time, and we realize them both alternately in consequence of the axial motion of the earth."

"The half of the earth's vortex (for example) which faceth toward the sun is a concave lens to the earth. A similar lens, but far larger, is at the sun-centre. The convex faces of the two lenses are toward each other forever. They are ethereally connected by solutions of corpor needles linear in position."

The needles driven by the sun's vortex are focused by the lens. "...thus producing day and warmth on the face of the earth. This great hemispherical lens, atmospherea, not only thus manufactureth light and heat, but it also affordeth man the means of seeing the sun and moon and stars.[This is a simple rough outline of the complicated description in the Oahspe of how sunlight, heat and gravity are produced. If this is true then the energy from sun-gazing must come from the earth?]

From the ***Oahspe Bible; Book of Cosmology and Prophecy.***

Translation of the **Naacal Tablets** [At least 15000 years old] from the submerged Pacific continent of Mu... "The Empire of the Sun," by James Churchward.

From Churchward's series of books on, ***The Lost Continent of Mu.***

## **Creation Story**

The first intellectual command [of God] was:

"Let the gases which are without form and scattered through space be brought together, and out of them let the earth be formed. The gases then assembled themselves into the form of a whirling mass." [Vortex]

The second command was:

" 'Let the gases solidify to form the earth.' Then the gases solidified; volumes were left on the outside, out of which water and the atmosphere were to be formed; and volumes were enveloped within the new world. Darkness prevailed and there was no sound, for as yet neither the atmosphere nor the waters were formed."

The third command was:

" 'Let the outside gases be separated and let them form the atmosphere and the waters.' And the gases were separated; one part went to form the waters, and the waters settled upon the earth and covered its face so that no land anywhere appeared. The gases that did not form the waters formed the atmosphere, **and:**

**"The light was contained in the atmosphere.**

**"And the shafts of the sun met the shafts of the light in the atmosphere and gave birth to light. Then there was light upon the face of the earth; and**

**"The heat was also contained in the atmosphere.**

**"And the shafts of the sun met the shafts of the heat in the atmosphere and gave it life. Then there was heat to warm the face of the earth."**

The fourth command was:

" 'Let the gases that are within the earth raise the land above the face of the waters.' Then the fires of the under earth lifted the land on which the waters rested until it appeared above the face of the waters, and this was the dry land."

The fifth command was:

" 'Let life come forth in the waters.' And the shafts of the sun met the shafts of the earth in the mud of the waters and there formed cosmic eggs (life germs) out of particles

of the mud. Out of these cosmic eggs came forth life as commanded."

The sixth command was:

"'Let life come forth upon the land.' And the shafts of the sun met the shafts of the earth in the dust of the land, and out of it formed cosmic eggs; and from these cosmic eggs life came forth upon the earth as was commanded."

And when all this was done...

The seventh intellect command was:

"Let us make man after our own fashion, and let us endow him with powers to rule this earth."

12-9-03

The following excerpt is from, ***The Life and Teaching of the Masters of the Far East.***

Jesus said: "If we take the science of things, we know there is a legend here that all the heat and light and many other natural forces are contained right within the earth. The sun, of itself, has no heat or light. It has potentialities that draw the heat and light from the earth. After the sun has drawn the heat and light rays from the earth, the heat rays are reflected back to the earth by atmosphere that floats in the ether. The light rays are drawn from the earth in about the same manner and are reflected back to the earth by the ether."

12-10-03

Methods of charging the bodies cells: sungazing, walking barefoot on the earth with most of the body exposed to the sun; bathing or swimming in living sun-charged water of streams, rivers and lakes; drinking sun-charged water; eating living food as fresh as possible; prana breathing; find a power point where prana wells up out of the earth like a small whirlwind and stand in it; (go barefoot to look for these on hilltops, mountain ridges and peaks) exhilarate the mind with prayer, mantras, affirmations and singing to invoke god's grace.

Illumination means to light up... and that's what we are trying to do here. You've seen paintings of Saints and Angels with a halo around their head... that's an indication of illumination... or spiritual enlightenment. The cells of the body become fully charged and the body begins to glow... the mind is cleared of mental clutter and the body becomes free of toxic waste and disease.

All of these methods of ascending require that you live a balanced spiritual life in which you are physically and mentally pure to maintain the sanity of your personal mind. As you ascend your reality may change very rapidly and you need to be able to keep your mental balance to continue upward.

12-11-03

At this point, Dear Friend, I would like to place a "Disclaimer" that in my journal for the month of December 2003, I am not suggesting that anyone try sungazing for any reason. The information about sungazing in this month and later months of my journal is simply for academic study only.

I am enclosing below some articles on sungazing or Solar Yoga. I hope you find them interesting. I am using the method of sungazing outlined by Hira Manek.

Yours in... Love, Life, Law and... **LIGHT**.

Pete

PS. As you remember in the past in my journals I often spoke of walking barefoot. Now you know the main reason for this... walking barefoot grounds the body to the earth which is necessary for the cells of the body to be charged by sunbathing and sungazing.

"St. Francis gives particulars concerning reception, profession, and vestments of the brothers. They are forbidden to wear shoes..."

Attached:

Hira Ratan Manek's sungazing method:

<http://www.solarhealing.com/>

**Process:**

HRM experimented on his own body for three years and devised this method based on trial and error. This can be accomplished by anyone in any part of the world at any time of the year. HRM is not a unique figure and anyone can do this. Now thousands are using this method of sungazing are achieving results. In Brazil, Australia, Germany, more than 3000 people are subsisting on light. This is a rebirth of a science that was practiced long time ago. Originally this was a spiritual practice in the ancient times and now it is becoming a scientific practice, which can be followed by anyone as described below. Day by day this practice of sungazing is becoming popular and has become known as the HRM Phenomena.

## **Safe Sungazing Practice:**

Sungazing is a one-time practice of your lifetime usually for a period of 9 months. You can break up the practice in three phases. 0 to 3months, 3-6months and 6- 9months. You have to walk barefoot for 45 minutes for the rest of your life. Food makes us commit the maximum pain to others and exploit others. The practice entails looking at the rising or setting sun one time per day only during the safe hours. No harm will come to your eyes during the morning and evening safe hours. The safe hours are anytime within 1-hour window after sunrise or anytime within the 1-hr window before sunset. It is scientifically proven beyond a reasonable doubt that during these times, one is free from UV and IR rays exposure, which is harmful to your eyes. To determine the timings of sunrise or sunset, you can check the local newspaper, which also lists the UV Index as 0 during these times. Both times are good for practice - it depends on individual's convenience. Sungazing also has the added advantage of getting vitamin A and D during the 1-hour safe period window. Vitamin A is necessary for the health of the eye, the only vitamin that the eye requires. If you sungaze, the spectacles and the associated power in the eye will go away and this will provide better eyesight without glasses.

For those who cannot initially sungaze during the safe periods, sunbathing is an effective method for receiving the sun energy at a slower pace until one is able to sungaze. Best times to take sunbath is when the UV index is lower 2 or below. This usually occurs within the 2-hour window after sunrise or before sunset. Sun bathing during the day is to be avoided, except for during the winter months, when the UV index usually remains at 2 all throughout which is safe for sunbathing. Check your local newspaper to see the published results for UV Index to be sure. Also do not use sunscreen. When body gets heated up you perspire and sweat is a waste product and needs to go out of the body. When you are painted or coated with lotions and creams -- they get degenerated and the chemicals enter your body. It is our malpractice -our wrong use- why we blame the sun for skin cancers.

### **Sungazing: 0 - 3 months.**

First day, during the safe hours, sungaze for a maximum of 10 seconds. Second day sungaze for 20 seconds at the rising sun adding ten seconds every succeeding day. So at the end of 10 continuous days of sungazing you will be looking at the sun for 100 seconds i.e. 1 minute and 40 seconds. Stand on bare earth with bare foot. Eyes can blink and/or flicker. Stillness or steadiness of the eyes is not required. Do not wear any lenses or glasses while sungazing.

Why don't you watch the sun instead of the TV? The intensity of the TV is much more than the rising or setting of the sun. If you can watch TV at close ranges for extended periods of time, you can easily watch the rising or setting sun safely. Have a belief that the sunrays or lights that you are getting into your eyes are of immense benefit and will not harm you. This will give you earlier, quicker and better results. Even without a belief component also you will get the results

provided that you follow the practice, however, it will take longer time. On the other hand, you need not restrict any of your normal daily routines to sungaze. There are no restrictions. You can enjoy your food while applying this practice. Hunger will disappear eventually by itself.

You may consider sungazing from the same place at the same time daily. Following circadian patterns has its advantages. If you pray, you can have any prayer of your choice. No particular one is suggested and it is not a requirement. As a precaution, have your eyes examined by a doctor. This is to err on the side of caution from a scientific standpoint. Also, you should have periodic check ups. Additionally, you can buy photo sun-cards to monitor UV and IR radiation, which are priced at about \$2. (when cards are kept in the sunlight). There is no need to buy an expensive \$500 photosensometer. If your cheeks get heated up then stop gazing. Use common sense.

When you reach three months you will have gazed at the sun 15 minutes at a stretch. If you can watch TV for 3 hours, surely you can see the sun for that long. What is happening as you go up to 15 minutes? The sun energy or the sunrays passing through the human eye are charging the hypothalamus tract, which is the pathway behind the retina leading to the human brain. As the brain receives the power supply through this pathway, it is activated into a brainutor. One of the software programs inherent in the brain will start running and we will begin to realize the changes since we will have no mental tension or worries. Besides, we will have the self-confidence to face life problems by means of developing a positive mind set instead of a negative one. Moreover, we will become fearless since our psychosis will have disappeared so will have all the ills of the mind. This is the first phase of the method and lasts around 3 months.

Humans have good and bad qualities, which are 2 sides of the same coin. In the absence of the sunlight we develop bad qualities. When sunlight enters the brain, good qualities come into appearance replacing bad ones. Eventually, even spiritual ignorance goes away. Sometimes, you get confused from what you hear and read. You get contradictory information such as red wine is good for you and alcohol is bad for you. You are baffled with life's problems and detest decision-making. But after 3 months of sun gazing, you develop a sense of confidence and know the answers for yourself spiritually. There is a balance of the mind, where you are in a position to judge personal answers - the correct answers. You develop powers that are already inherent in you. Bad qualities disappear, anger, greed, jealousy leave you. You become a lovable creature. Everybody likes you. You will do no wrong. If you are positive or fearless, you will not harm anybody nor pain anybody. You will become a compassionate person. This is a great contribution to world peace. A positive approach creates solutions to problems and waste in society. There will be no need for environmental engineers. We won't throw waste, as there is no away. By 3.5 months everything changes.

Besides, mental depression will go away. Psychiatrists are observing that sadness is caused by lack of sunlight. With the practice of sungazing you will not have depression in your whole lifetime. You will achieve a perfect balance of mind. Fear of death will go away. The state of

mind is such that you will welcome death. What is to happen, you will be able to let it happen. There will be no worries. Everyone has some sort of mental disorder, which is the biggest human problem, which can be removed by the proper use of sunlight.

### **Sungazing: 3 - 6 months.**

Next, Physical diseases will start being cured. 70 to 80% of the energy synthesized from food is taken by the brain and is used up in fueling tensions and worries. With a lack of mental tension, brain does not require the same amount of energy as before. As you proceed in sun gazing and as your tensions decrease the need for food intake will go down.

When you reach 30 minutes duration of continuously sungazing, you will slowly be liberated from physical disease since by then all the colors of the sun will have reached the brain through the eye. Brain regulates the flow of color prana appropriately to the respective organs. All the internal organs get ample supply of the required color prana. The vital organs are dependent on certain sun color prana. Kidney red, Heart yellow, Liver green etc. Colors reach the organs and address any deficiencies. This is how color therapies work... Reiki and Pranic Healing. There is a lot of information available on color therapy. This is the process of getting liberated from physical ailments over a six-month period. After 3-4 months you can become cured of your physical ailments with autosuggestion, which is imagining and visualizing healing your ailments while he sungazing. Scientific methods such as the Solariums, crystals, color bottles, natural stones, gems, all utilize sun energy, which is stored in these natural stones. You can keep natural color stones in drinking water to further hasten healing.

In solariums there is usually a platform at the height of 100 feet where each of the 7 glass cabinets is constructed for each of the VIBGYOR colors. This platform revolves around the sun whole day and according to the nature of the disease diagnosed, the patient is placed in the appropriate color for healing. Similarly, glass drinking water bottles with different colors are kept in sun for 8 hours. The water gets solarized and water develops medicinal value and is used to treat different diseases.

Photosynthesis, which we misunderstand, does not in fact need chlorophyll. Only the plant kingdom needs chlorophyll. Human body can do it with a different medium. Photosynthesis is transforming the sun energy into a usable energy format. This is how Photovoltaic cells work and electricity is produced, similarly water is heated, food is cooked in solar cooker, and solar batteries run automobiles.

Eyes receive the entire spectrum of the sunlight while sungazing, which is distributed to the different parts of the body by the brain on a need per basis. As a result, you are cured from all diseases. A 3rd intermediate medium is avoided. As you continue sungazing, energy is no longer being used up for mental impairments or physical ailments; thus its storage level increases in your body. You are your own master within 6 months.

## **Sungazing: 6 - 9months.**

After 6-months of sungazing you will start to have the original form of micro food, which is our sun. Additionally, this can avoid the toxic waste that you take into your body while you eat regular food.

7.5 months and 35 min of sungazing is when hunger starts going down palpably. Need for food intake decreases. No one needs to eat more than his or her hunger levels. Hunger comes because of energy requirements of the body, which is a must for its existence. Food is not a necessity for the body to function, only energy is. Conventionally, you are indirectly getting the sun energy while eating food, which is a by-product of sun energy. If there is no sunlight, no food will grow.

Therefore, as you consume the original form of food by sungazing, hunger goes down starting to disappear eventually. By eight months, you should see hunger almost gone. For a dull or weak student or with no belief, this time period may be 9 months or 44 minutes. After that time, hunger disappears forever. All mechanisms associated with hunger like aroma, cravings, and hunger pangs also disappear. Moreover, energy levels are at a higher level. There is a judgment (having had this experience) that the brain is well activated with the sun energy. Well done, you have become a solar cooker.

## **Sungazing after 9 Months:**

After nine months or when you reach to a 44 minutes level, you should give up sungazing since solar science prohibits further gazing for the sake of eye care. The body will get discharged when you stop practicing, which has to be recharged. Now you have to start walking on bare foot on bare earth for 45 minutes daily for a total of 6 days. Relaxed walking only. No need to walk briskly, jog or run. Any convenient time of the day is all right, however it is preferred to do that when the earth is warmer and the sunlight is falling on your body. When you walk bare foot, an important gland in the brain's center called the pineal gland or the third eye is activated. The big toe of the foot represents this gland. 25 years ago it was considered a useless gland. Now it has become an important gland for study and up to now, about 18,000 papers have been published about it. It has always been known as the Seat of the soul. The Pineal gland has optic nerve endings. The remaining four toes represent glands too -- pituitary, hypothalamus, thalamus and amygdala. Amygdala for the last 2 years has been gaining importance in medical research. It's a nucleus of the sun or cosmic energy and plays an important role in the photosynthesis via the sunlight reaching the brain through the eye. When you walk bare foot, your body weight stimulates all these 5 glands through your toes. This is strengthened by the earth heat/energy and the sun prana falling on the head or the crown chakra. The chakras are not in the spinal cord that is an imaginary location; they are definitely in the brain. All these create a magnetic field and the body/brain recharges with the energy of the sun entering in you. Relax. Walk 45 minutes for one year and food continues to be away from

you. After one year of recharging, if you are satisfied with your progress you can give up barefoot walking. Few minutes of sun energy falling on you once in 3-4 days will be enough from then on.

But if you want the immune system to strengthen, then keep on the bare foot walking. Also if you want memory power or intelligence to increase, continue the walking practice. As you increase the sun's heat on your feet the brain will activate more and more, which will result in the more activity of the Pineal gland. The Pineal gland has certain psychic and navigational functions. Navigational means one can fly like the birds. You can develop psychic skills of telepathy, television and have your body at different places simultaneously. Science has validated human psychic functions and medical experiments are being done to ascertain this. Different body parts and its organs get purified once you stop eating due to detoxification. The different internal organs play different mechanical parts for the purposes of space travel and flight. There is another utility value (other than food digestion) for the internal organs. All the glands have a lot of functions and can perform at optimal level via sun energy. If you are fortunate to activate the brain optimally you surely will reach enlightenment. You can read past, present, and future. This method can be safely applied to control obesity. Almost all problems get solved.

Historically, a lot of people have remained without food. Accordingly in 1922, the Imperial Medical College in London decreed that solar rays were the ideal food for humans. However, no one has mentioned what their technique was-- For e.g. Yogananda in his book 'autobiography of yogi' interviewed many saints and mystics to find out the secret of their lack of eating food. The common reply was that the sun energy entered through a secret door and reached the medulla oblongata in the brain. They did not divulge their secret. This knowledge was lost to common folk at the time.

12-12-03

An excellent article on the ***Sungazing Methods*** of Hira Ratan Manek by Beiyin of FalconBlanco International Sun Community.

<http://falconblanco.com/fbgb/index.htm>

"Shri Manek has researched ancient Jain and Hindu Scriptures and experimented with sungazing on himself under strict medical Scrutiny to Develop a simple and scientific technique of harnessing energy from the Sun and the Earth. He lived without food, on water alone, for a prolonged period of 411 days..." [while under strict observation by medical doctors. He has gone years without eating... only drinking water... gaining all his sustenance from the sun.]

"He dedicated his life to teaching how our body can gain energy from sources other than food. People who practiced this method have observed negative emotions to drop, chronic illnesses to disappear and all obsession with food become a thing of the past."

"Shri Manek's method: Is to be practiced standing BAREFOOT on BARE EARTH. No wearing shoes, and no standing on concrete, stone or even on grass in a meadow or lawn (The grass absorbs the solar energy). One has to stand either on sand or on gravel/mud/ earth. Bare feet have to be in contact with the bare earth."

"Practice sungazing in the open, in the first one hour after sunrise or the last one hour just before sunset. During this time, the sun rays are not too strong, and also the UV radiation etc. is supposed to be lower, so no harm will come to the eyes."

12-13-03

"Start by simply gazing (or rather, looking) at the sun for 10 seconds only. Do not stare or focus on the sun. Simply just look at it. No stress or strain on the face, facial muscles or eyes. Stand relaxed. No need to maintain an unblinking, unwinking stare. Blink as and when it naturally happens."

"During the practice, the attitude of "surrender" to the natural divine cosmic sun energy must be there, as also an "auto-suggestion" and implicit belief that this is going to help/heal/nourish you. Increase the time you gaze at the sun by ten seconds each day."

"In about three months time, you will be doing it for about 15 minutes. At this time, all your mental tensions, problems etc. will go away. This itself is a major thing. If this is your objective, you can stop the practice at this time and go to the 'Post sungazing practice'."

"If you wish to go ahead, continue for another three months, increasing again by ten seconds each day. When you are six months into the practice, you will be somewhere around 30 minutes."

"At this time, all your physical ailments will also be gone. If this is your objective, you can stop the practice at this time and go to the "Post sungazing practice". If you wish to go ahead, continue for another three months, increasing again by ten seconds each day."

12-14-03

"When you are nine months into the practice, you will be somewhere around 44 minutes. This is the maximum. DO NOT EXCEED 44 minutes. You will find that in this period, your hunger slowly goes down until it finally disappears and you have no need for food any more."

"At this time, sungazing has to be stopped and there is no need to continue the practice any more. According to Shri Manek, during the first three months, the pineal gland is getting activated, and the hypothalamus or pathway to the brain from the eye is getting charged."

"After that period the solar energy starts reaching your brain and charging it. After this period, the solar energy starts getting stored in each and every cell in your body. When all the cells in

the body are charged there is no need to do sungazing any more."

"Only the post-sungazing practice needs to be done to recharge the body. Shri Manek says that we need a lot of energy for digestion of food and for our brain/mind, to deal with all the mental problems, depression, negative emotions etc."

"He says that since the sungazing has removed all his mental problems, he is calm and cool so no energy is used/lost here. Since he is not eating any more, no energy for digestion is required either. So his energy needs are greatly reduced and he can easily meet them without needing food!"

12-16-03

"Post Sungazing Practice: Simply walk barefoot on bare earth for 45 minutes a day!"

"Conclusion: There is no urge to carry on doing sungazing for nine months until you reach 44 minutes. You can stop the practice whenever – at three months, six months etc. You will get the benefits accordingly."

"If there is a problem of macular degeneration, Shri Manek suggests to do the following modified exercise: Look at the sun for a second or so. Then close your eyes and "see" the image of the sun in the "third eye" (ajna chakra – middle of the eyebrows). Keep focusing on this mental image as long as it persists. When the image goes away, open the eyes and just look at the sun once again, and then repeat the process (focus on the image with closed eyes). Repeat a third time. Do this until the image persists for about 5-6 minutes. At this time, the macular problem will be healed, and then you can do the regular practice."

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12-18-03

### **SunYogi Umasankar**

by Ben Heron [Excellent Article]

I am writing these few pages on behalf of Sunyogi Umasankar, a great Indian Yogi who is traveling the Indian Subcontinent by foot to spread the idea of Universal Unity, Peace and Brotherhood.

Swamiji, as he is known, has discovered a method of absorbing energy directly from the sun, removing the need to eat, drink or sleep. This discovery has enabled him to travel through India without money or possessions, teaching his ideas to people along the way.

Through these few pages I hope to help Swamiji spread some of his knowledge to people

beyond the Subcontinent, and advertise the International Spiritual Conference in Calcutta, where the study of his ideas can be pursued further.

12-19-03

Sunyogi Umasankar, aka Sun Yogi Umasankar, (and Sunyogi Umashankar), an Indian Yogi, was born in 1967 in Lachipur, near Calcutta, to a Hindu family. For many years now he has been traveling the Indian subcontinent by foot, carrying no possessions and eating no food, to demonstrate his ability to live on sunlight alone, and teaching thousand how to practice what he calls Sun Yoga (Sungazing).

While living at a Aurobindo ashram, a yoga ashram in India, he discovered rather accidentally the benefits of staring at reflected sunlight from the surface of a lake, and this daily practice eventually progressed to direct sungazing. He claimed that after a few months of such practice, he discovered that his body no longer wanted food, and that he was filled with peace and calm.

Living next to an ashram throughout his childhood, he developed an early interest in Yoga and religion. By the age of eighteen, having spent a large proportion of his life practicing Yoga, he made the decision to dedicate part of his life to walking through every state of India spreading the message of 'Universal Unity, Peace and Brotherhood'.

Although his spiritual training is from a Hindu background, Swamiji's message has always been directed at people of all religions. His ideas are based on a religion of humanity that makes no distinction between color, race or religion... a path for all mankind with a common goal that is unity, peace and brotherhood.

12-20-03

Swamiji's journey through India did not start until 1997. For two years prior to his journey Swamiji stayed in Aurobindo ashram in Pondicherry practicing Yoga and making many important discoveries. The most important of his discoveries was 'Sunyoga'.

Very little is known about Sunyoga; it is briefly mentioned in some of the ancient Indian scriptures, but at the time of Swamiji's discovery, nobody else was known to be practicing it in the modern world. Now, five years later, there are an estimated 10,000 people throughout India practicing Sunyoga, taught by Swamiji on his travels.

Pondicherry is on the coast of south east India, looking over the Bay of Bengal. During his time at the ashram, Swamiji spent every morning meditating on a rock looking out at the sun's reflection off the sea. His daily meditation upon the reflected sunlight gave him great pleasure, but at this time he did not consider it to be a form of Yoga. As he continued though, Swamiji became aware that, through this method of meditation, he was somehow able to absorb powerful energies from the sun's rays.

Swamiji began to experiment by looking directly at the sun... initially as it was rising, then day by day he began to concentrate on it as it rose higher into the sky. He continued his meditation and after a couple of months the sun started to appear as a "clear hazy ring with soft blue sky inside". The harsh brightness disappeared and he felt it become increasingly soothing.

12-21-03

As time went on, he started to see "seven bright colors radiating from the sun, slowly reaching closer to the ground". Three months after starting his concentration on the sun, Swamiji felt these rays - the sun's cosmic energy - touch his body, creating within him an undescrivable feeling of peace and calm.

Shortly after this experience, Swamiji returned to the ashram to eat his usual food, but he found that he was unable to digest his simple plate of chapatis. His body rejected the food, yet he felt that he was fully nourished.

During his three month period of concentrating on the sun, Swamiji had developed a great interest in the way that trees and plants are able to receive energy directly from sunlight. His discoveries now made him believe that he had found a way of absorbing the sun's energy directly into his body, charging his body's cells with kinetic energy and therefore removing the need to eat food.

So, as an experiment, Swamiji stopped eating breakfast and continued concentrating on sungazing. Six months later, he stopped eating his dinner, then six months after that, he stopped eating food at all. From the 17th August until the 7th December 1996, Swamiji stopped eating and sleeping altogether.

His body weight remained the same and he continued his daily routine working in the ashram in a perfect state of health. Shortly after this period of his life, he began his journey through India teaching his discoveries to people he met along the way. During his travels, he has become a source of great interest to a number of scientific and medical research centers where he had his claims tested, examined and verified... at least up to the level of sophistication that modern scientific instruments are capable of reaching.

12-22-03

I have met Swamiji 31,000 km after he started walking barefoot through India. I have now witnessed him living with no food, water or sleep, spending part of each day staring at the sun as if it was as soft as the moon. On a number of occasions I have watched him enter Samadhi (the ultimate state of joy attained through Yoga) during meditation, and I have felt him stop his pulse through sheer concentration.

He does not seem to feel the cold - he sometimes sits bare-chested at night when I am feeling cold wearing thick woolly clothes and wrapped in a blanket. His personality is patient, gentle and calm and his attitude towards others is like that of a close friend or a brother. He is always true to his philosophies and all his claims - I believe - are 100% true.

The purpose of this website is not to encourage readers to go outside and stare directly at the sun, because without proper guidance this could be very harmful. What I have written is an overview of my discussions with Swamiji... it is simply intended to create an interest in the subject, and those who wish to pursue it further can find out more at the International Spiritual Conference in Calcutta.

12-23-03

The Thirteen Stages of Sunyoga:

1. Conquer all material desires (sexuality, anger, greed, narrow-mindedness, ego & jealousy, shame, hatred & fear )
2. Develop Divine Energy
3. Atma Darsanam - Discovery of Atma (or soul)
4. Samadhi - Enlightenment
5. Conquer hunger
6. Conquer thirst
7. Conquer diseases
8. Paramahansa - Adjusting the mind to all situations
9. Having no enemies - all enemies will be friends (including animals)
10. Longevity (this happens when the body's vibration becomes the same as the environment's)
11. The body's vibration will be equal to gravity's vibration
12. The body's vibration and sun's vibration will be equal
13. The body's vibration and the vibration of the Universe (Supreme Soul) vibration will be equal

International Spiritual Conference in Calcutta

The International Spiritual Conference is a rapidly growing event that takes place on the 22nd, 23rd & 24th of June every year in a village called Lachipur (the birthplace of Sunyogi Umasankar), 120km from Calcutta. The Conference is made up of three different sections; Science, Spirituality and Sunyoga - the purpose of which is to discuss the science of spirituality and develop agendas for Universal Unity, Peace and Brotherhood.

To contact someone at the Conference prior to your visit, please telephone Shiva Shankar Bagh on 00 91 (0)3225 55056 (office hours), or 03225 55755 (24 hr pp number)

The International Spiritual Conference, c/o Sunyogi Umasankar, Lachipur, P.O. Harinagar, Dist: Midnapur, West Bengal, INDIA

To contact the author of this website with comments, thoughts or questions, please E-mail Ben at [benheron@ecosse.net](mailto:benheron@ecosse.net)

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12-24-03

### **Sungazing Methods Most Commonly Used** by Vinny Pinto

<http://www.rawpaleodiet.org/sungazing/>

[Vinny Pinto's webpage on sungazing is well researched, well written and humorous... comprehensive and very informative... excellent piece of work! Vinny's article gives an overview and history of sungazing... and outlines evolution, films, practitioners, systems, websites, articles, schools and clinics, safety, and methods.]

I do not recommend sungazing, and I am not recommending it here. Yes, I have done it with apparent great benefit and without apparent harm, as have a number of persons within my acquaintance. Nonetheless, it is not my purpose to proselytize sungazing, nor to be a missionary for the practice (I am not a fanatic about anything, much less sungazing...!), but rather it is simply to provide some information and background for those who wish to learn more about this practice in history and in our culture, and to share my own experiences with sungazing as well as those of some folks I know who also sungaze.

I am often asked for information on how I actually do sungazing. I share the following information for academic and research purposes only. If you are considering sungazing, I would encourage the following before starting:

12-25-03 MERRY CHRISTMAS!

\* find a training seminar or course somewhere on sungazing unless you are very much in touch with your inner guidance or intuition. I strongly recommend for beginners the guidelines and the individual guidance offered by Hira Manek (aka HRM, mentioned elsewhere on this page many times), who is now located in Florida in the USA.

\* start by letting the full sun hit your closed eyelids for many minutes at a time first, you get some of the same benefits, but it is far less intense! Then, after a week or so of doing this practice only, you may feel ready to move into looking at the sun with open eyes during the early day or late day time windows recommended below.

\* make sure, whenever you are sungazing, that your back is straight and that your feet are firmly on the ground. This seems to be very important, in both my own experience and in a number of traditions.

\* again, feet firmly on the ground... Barefoot (even in winter) is best, socks or stocking feet is next best, and even shoes are far better than not having the feet on the ground at all.

\* especially when first starting, try to sungaze only within the time windows of the first 1/2 hour after sunrise or the last 1/2 hour prior to sunset, or, even the first and last hour of each day. I note that Hira Manek always recommends the first hour after sunrise or the last hour before sunset only, and he has told me that these are the times at which he has always sungazed himself. (For a number of reasons, I never followed these time-of-day guidelines during my first ten years of sungazing, and even today almost never do so; rather, I started by sungazing only between 10 AM and 3 PM in summertime in Western Pennsylvania while in graduate school; rather amazingly, I still have excellent vision.)

\* start sungazing slowly; perhaps sungazing during the early day or late day time windows for only 30 to 60 seconds at a time in the beginning, and increasing the time slowly over ensuing weeks.

\* when finished your sungazing session, stay outside with your feet on the ground, either standing or walking, for at least 20 minutes. Hira Matek has told me that he recommends walking barefoot for at least 45 minutes after each sungazng session. This sounds ideal. I personally have found that even 10 minutes of barefoot standing our walking outdoors is far better than no "post-sungazng" time at all.

\* sungazing outside the two early and late 1/2 hour or 1 hour time windows listed above can possibly be very risky, and I am NOT recommending that practice to anyone at any time.

\* most importantly, never sungaze between the hours of 10 AM thru 3:30 PM unless you know exactly what you are doing. See note below regarding eclipses...

\* lastly, never sungaze during an eclipse, as your pupils may be tricked by the apparent lack of light intensity into letting too far much light into your eyes.

\* listen to your body and intuition

\* Incidentally, if you ever plan to sungaze, it does help if the following conditions -- in addition to those basic considerations listed in a section above -- are observed while sungazing:

- \* sungaze early AM or late PM only, within an hour of sunrise or sunset, unless and until you know for sure that you are guided to sungaze at other times of day....
- \* works best and with least problems if your heart is already somewhat open. If not, heart-centered tools (Heartmath tools, etc.) are probably best to help you allow your heart to open and connect with what I call Divine Heart or Supreme Heart.
- \* do it and only it while doing it -- no distractions such as walking the dog, minding the kids, talking to spouse
- \* face the sun squarely with entire body and face
- \* feet flat on ground
- \* be either standing with knees slightly bent, or sitting in a chair
- \* start sungazing slowly, and build gradually... starting with only a half-minute per day, and slowly building...
- \* consciously "open" the spine channels from top of head to pelvis by visualizing beforehand a large tube running from crown to pelvis; do this visualization for only a few second in the beginning, and then let go of it...
- \* gently, for the first few seconds, "pull" the light energy from sun first to heart and then to belly (solar plexus) and then to lower belly (navel chakra). From here, especially on the exhale, you can allow the energy to flow throughout the body.
- \* fully expect that you may experience a strong "negative" sun image in yellow or blue afterwards for up to an hour, particularly if you neglect to stand or walk on the earth for at least 10 to 20 minutes after sungazing.
- \* fully expect that you may feel some slight visual impairment for up to an hour afterwards
- \* fully consider that you may have old repressed emotional material come up
- \* while looking at sun, go to heart center and thank sun for all it gives us and express gratitude and appreciation for life it gives
- \* some Native American traditions claim that if you look at the sun with gratitude, anything you sincerely ask for at that time will be granted or will manifest

\* learn to listen to your body and intuition

\* my own feeling is that if heart center is relatively closed and one sungazes, one may experience heart "problems" (pain, angina-type stuff, spasms, weakness) in the days, weeks and months afterward, till the blocks are cleared.

\* many claim that if you sungaze regularly, it changes your aura and the spirit in your eyes incredibly. Folks on the street may sometimes notice. However, many of these same people (who make the claims about changes in aura and spirit in the eyes) claim that if you are sexually active and have frequent orgasms, this can easily dissipate the added sun/spirit energy. Some sungazers practice Tantric methods to prevent orgasm in order to hold the energy

12-26-03

My own experience with sungazing is that one should do it while standing (most preferable) or sitting with feet firmly on the ground, and first very briefly visualize (for only a few seconds) a tube running up and down the entire length of the spine, very clear and open (I believe this helps to open the 3 spinal energy channels [central channel, ida and pingala] to the energy flow.)

Alternatively, or additionally, one can also briefly focus on, and relax, the throat and jaw areas. This seems to help the energies flow and reduce untoward symptoms or after-effects. Most beginners seem to start slowly, perhaps looking only at the sun with eyes closed for a few weeks, and then progressing to looking at a spot near the sun with eyes open for a few weeks, and then progressing finally to direct sungazing for very short periods at first, at times before 10:00 AM and after 3:30 PM. Some die-hard sungazers in temperate latitudes then seem to sometimes eventually progress to sungazing in midday even in summertime.

When I sungaze, I draw the energy first to the heart center and then to the solar plexus and navel centers, and then, on exhale, out to the rest of the body. We all seem to notice that we may have some loss of vision in the center of the visual field (I see blurred light image of the sun) for about 10 minutes following a session, and some folks report really nasty headaches and sinus pains which may last for days afterward, especially when first starting, and my opinion (and that of others as well) is that this is especially severe if there are lots of pre-existing toxins or damaged tissue in that area.

For those who have been practicing for some time and who are serious adherents, sungazing often may involve staring directly at the sun, often between 10 AM and 3 PM, when it is brightest (even in summer!), with eyes wide open, for many minutes at a time. Again, as noted before, most practitioners feel that one must also consciously circulate the energy received by the eyes through certain energy centers of the body as well.

As noted earlier, I have sungazed occasionally for years. The practice can lead to very heavy cleansing symptoms in the beginning if one has lots of toxins on an energy level or the physical level. Again, please note that I am not advising this sungazing technique for anyone else.

Sungazing: to stare directly at the sun, eyes open, usually while sitting with the feet on the ground, for anywhere from a minute to a half-hour, with appreciation and gratitude in the heart for all the sun gives us. In the 15-plus years in which I have been practicing this, I, along with others who do it, find that while early morning works well, the best times, at least in cool temperate climates, seem to be between 10 AM and 3 PM, when the sun is at its highest position and "brightest".

A newcomer may get rather severe cleansing headaches at first (or is it major damage? who knows?). Please do not do this just on my word; please research it first!

For those of us who do sungaze: We usually sit, face the sun, open our eyes, look at the sun, and then allow the the sun energy down to our heart chakra, solar plexus chakra, and navel chakra, and then allow it to flow to the rest of the body!

If you are seriously contemplating sungazing, especially just outside the times just after sunrise or just before sunset, then you are likely a bit crazy. If you are considering it, then I would urge you to research the matter thoroughly and to consult deeply and sincerely with your intuition and heart intelligence before doing any sungazing, and do not push yourself if you do not feel ready! I do NOT recommend trying this!

This page [except] was authored by Vinny Pinto, a scientist, mystic and spiritual healer.

**Consulting:**

While I do charge a consulting fee for my consulting services in the realms of raw foods nutrition, antioxidants, alternative health and the sciences, I always offer free consulting to folks in the realm of sungazing (and also spiritual realms)! So, if your questions are about sungazing, please feel free to contact me! Donations, of course, are welcome, as these support my work!

contact information is below:

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12-27-03

**What to Expect**

by Mason Dwinell

<http://www.sungazing.com/>

Sungazing is tool for tapping the potential of your human being. Some change may occur to reach these peaks; your perceptions may alter circumstances, you will begin to change from the inside out, and as we all know change can be uncomfortable. Nonetheless, when we release our physical and emotional energetic blockages these changes will become trivial relative to the incredible expansiveness of the universe. We are all energetic beings, vibrating at different frequencies, so we should be comfortable with the concept that all of us are different. There may be many different reactions, sensations and experiences; remember, whatever happens to you is perfect. It is yours and yours only. Be positive and open-minded; feel all there is to feel.

Once you reach about 15-18 minutes (3-4 months) of sungazing many of your mental tensions: irritability, anger, fear, grief, and general personal frustrations will go away. This is just the beginning, but what a beautiful beginning it is. Life will become easier, more comfortable and more enjoyable as you get closer and closer to finding out who you really are. A blissful, euphoric sensation may envelope you. Your energy levels may increase and the benefits of having a routine in conjunction with the earth's rhythms will begin to have a peaceful affect on your perception of the world.

At about 25-30 minutes (6-7 months) of sungazing, your hungers will begin to diminish. How and why you make the choices you make may come forth with remarkable clarity. Your self confidence may begin to increase, as your comfort level with being you is heightened. And yes, your physical hunger for food will also begin to lessen.

Between 35 and 40 minutes (9-10 months) of sungazing physical disharmonies, injuries, and diseases will be remedied. Also your hunger for food will begin to substantially diminish. At this point you may also feel awakenings in your charkas as well as possible energy beginning to stir within your kundalini. Each day more energy blockages will be dissolved as you get closer and closer to your higher self. At about 35 minutes your brain reaches its ability to store an energetic charge.

You have reached the final step...40 to 44 minutes. Wow. Now you stop sungazing. To continue on can be very detrimental to your eyes. At this time, sungazing is concluded and there is no need to continue the practice any more. During the first three months, the pineal gland is getting activated, and the hypothalamus or pathway to the brain from the eye is getting charged. After that period the solar energy starts reaching your brain and charging it. After this period, the solar energy starts getting stored in each and every cell in your body. When all the cells in the body are purified there is no need to sungaze any more. Now your brain is fully charged, the ability to control your destiny is in your hands.

mason dwinell  
mason@sungazing.com

consultations :: diet, health, recovery and longevity.

coaching :: enhanced athletic performance, breath work, diet, and positive thinking.

\*\*\*\*\*

12-31-03

Other sources on sungazing report a significant increase in energy, improvements in eyesight, gray hair returning to its natural color, some bald headed men have found their hair growing back in, people looking and feeling younger, increased memory, and relief from bouts of depression.

HAPPY NEW YEAR... may God Bless us all!

## JOURNAL of LONG WATER FAST

A long water fast is good for your body.  
A long water fast is good for your mind.  
A long water fast is good for your Soul.

### Angel of the Sun

Dart forth thy rays upon me!  
Let them touch me;  
Let them penetrate me!  
Enter the holy temple within me  
And give me the fire of Life!  
Through thee is opened the flower  
In the center of my body.

### *Essene Gospel of Peace*

The greatest man  
Is a servant  
To other Men.

1-1-04

Happy New Year! This year I am going to do a long water fast.

Day# 1 of water fast. Snowed today no sungazing. After my long juice fast last year (70 days) I had a severe flareup of candida. It took me several months to get it under control. I spent most of last year reconstructing the seeker web page. I had to learn a couple of new programs, which I did with much difficulty. The reconstruction process went very slowly... I have just began putting the pages up on the internet this last month.

1-2-04

Day# 2 of water fast. Snowed again today. Every year while I'm doing my long fast I reread, ***Life and Teaching of the Masters of the Far East***. I find them and Book I of the, ***Essene Gospel of Peace***, the most inspiring books I have ever read. Today I casually opened book one of the, ***Masters***, and immediately saw the following quote, "Fear thoughts, pain thoughts, and grief thoughts create the ugliness called old age. Joyous thoughts, love thoughts, and ideal thoughts create the beauty called youth. Age is but a shell, within which lies the gem of reality... the jewel of youth."

These beautiful words inspire me to look again at the quality of my thinking... and strengthens my desire to clear all negative thinking and mental clutter from my mind. "I Am the Christ... I Am One with God." Help me Lord to realize these words.

### **Smile**

"Learn to smile in the sweet way of a child.  
A smile from the Soul is spiritual relaxation.  
A real smile is a thing of true beauty,  
The artistic work of the,  
'Inner Ruler Immortal."

1-3-04

Day# 3 of water fast. Snowing. Feeling a bit rough today... body really starting to cleanse.

1-4-04

Day# 4 of water fast. Feeling very rough, hard to get out of bed this morning. Still getting up before 5 AM. The forth day of a fast the body has switched completely into the elimination mode. The cleansing is in my legs which are very sore, almost painful. I have worked several hours on the computer today submitting my site to search engines. Working while difficult, because my mind is not very clear, helps to focus on something other than how bad I feel. Fasting is a self induced dis-ease of the body, which is necessary to attain physical purity and well being.

1-5-04

Day# 5 of water fast. I drove Juanita to town (25mi OW) where we did the laundry and shopping. Nice trip... roads were clear of snow. Felt pretty well all day... a bit tired by the time we got home. We stayed up until 10:30.

1-6-04

Day# 6 of water fast. Raining. Slept very well last night after long day yesterday. "What would You have me write today father?"

" I AM the Lord of Hosts my will is the same for all... to become one with Me. I inspire each person with my will but few are awake enough to grasp my message. I wait patiently until one steps forth in realization, then I guide that person toward the goal as fast as they can comprehend my teachings."

This message came to me two or three words at a time... so I never new the content until the sentence was finished. After hearing the above message from my Inner Voice my mind became cluttered with many voices clamoring for my attention, and I lost contact.

1-7-04 Day# 7 of water fast.

1-8-04  
Day# 8 of water fast. Still very ill. Started feeling better toward evening. Long water fasting is difficult... no taste, no texture, no chewing...  
I gain some relief from the boredom of drinking just plain water by having a glass of hot water in the morning... hot tea without the tea leaves... and a glass or two of ice water in the afternoon and evening... lemonade without the lemon and honey. Nice change.

1-9-04  
Day# 9 of water fast. Went to town to do shopping... difficult day... locked the keys in the car. Got home late... exhausted.

1-10-04  
Day# 10 of water fast. No energy, laid around.

1-11-04  
Day# 11 of water fast. Worked on computer today, broke long water fast this evening

1-12-04  
Inspiration about [definition of spirituality](#) came today.

A small white pigeon came to live under our front porch roof today. At night he perches on the outside light beside the door. He doesn't seem to be afraid of people... must have been someone's pet. I throw grain out for him a couple times a day... he is free to come and go as he pleases.

1-13-04  
Began short fast.

"There is but One God, One Christ, One Union, One man; One general household, all brothers and sisters, All One." One God lives in the body of each individual human being that He created. God gave each of us life... His life...  
and He lives within each of us. We are all One Being... His Being. Our Being...  
body-mind-Soul was created by God... each of us grew from one cell which contained the plan and spirit of our total being... and we are one with our creator.

God lives right in our body with us... and we can talk to Him... and He will teach us and guide us... in our search for truth. His Voice... our Inner Voice... speaks to us... "Be still and know that I AM GOD."

1-14-04  
Broke short fast... eating today.

The following excerpt is from, ***Life and Teaching of the Masters of the Far East.***

"...and Jesus began:

Let us consider David's prayer in the twenty-third psalm. 'The Lord is my shepherd, I shall not want.' You will note this was not a prayer of supplication. Do you not see that the real meaning implies that the One Great Principle is leading us in the way we should go, or the Great Principle goes before on our pathway, and thus makes the crooked places straight. This Principle prepares our pathway as a shepherd does for his trusting and dependent sheep; thus we can say, 'Where our Father leads I am unafraid.'

"The good shepherd knows where everything is located that is good for his sheep; thus we can say, 'I shall not want.' With David we can say, 'I cannot want,' for I AM is guarded against every ill."

"Every want of our physical nature is supplied. Not only shall we be well fed in the green pastures but there will be an abundance to spare. We rest in complete assurance that every desire is already fulfilled and provided for. We can let go of every weary sense and say, with David, 'He maketh me to lie down in green pastures, he leadeth me beside still waters.' The blue of their quiet depths gives great peace to our minds and our troubled consciousness is stilled."

"With body and mind at rest, the heavenly inspiration of the most high Principle floods our Souls with the pure light of life and power. The light within glows with the glory of my Lord, the law wherein we are all one. This radiant light of spirit renews our understanding; we stand revealed to our true selves, so that we know ourselves as one with the Infinite and each is sent from this Principle to manifest the perfection of the Father Principle."

"In the quiet calm of our Souls, we are whole; thus, 'He restoreth my Soul. Yea though I walk through the valley of the shadow of death, I will fear no evil.' In the fullness of the bounty of this God Principle, what can we fear? Here we rest our physical natures, God quiets our minds, God rests our Souls, God illumines us for service; what outer tests could cause us to fear that any evil thing could harm us?"

"God is in the midst of every one of us; to each he is an ever-present help in time of trouble. In him we live and move and have our being. We say with one voice, 'All is well.'

"Now each can say, 'God love leads me directly into the fold. I am shown the right path and corrected when I stray from this fold. The power of God love attracts me to my good; thus all that would harm is shut from me.'

"Now, with David, each can say, 'For Thou art with me, thy rod and Thy staff comfort me.'

1-15-04

Eating today.

A good thing to remember...

That compared to all

The knowledge there is...

We don't know anything.

1-16-04

Fasting today... didn't make it, ate later in the day.

Keep your eyes open,

Your mouth closed,

Don't listen to anyone,

And do what your

Soul inspires you

to do.

1-17-04

Eating today.

Eating

Is

A

Learned

Habit.

1-18-04

"It is God's promise that prayer is always answered. 'I say unto you, ask and it is given unto you, seek and ye shall find, knock and it is opened unto you. For every one that asketh, receiveth; and he that seeketh findeth; and him that knocketh, it shall be opened.'" God's promise never fails!

1-19-04

Energy comes,

To us,

From the sun, [Body]

From the spoken word, [Mind]

and from the spirit. [Soul]

1-20-04

"For 30 years I have known the truth about who I am and what I am. I have also known the truth about who everybody else is as well. The truth is that "I am God, You are God," so get used to it. Until people experience themselves as the God they truly are, they will not be able to comprehend the fact that "we really are all One." From and of the same Source."

**Wiley Brooks**, Breatharian. (Breatharianism is the belief that it is possible for people to sustain themselves on air, water and sunlight.) [prana]

1-21-04

I have tried to "read sign" on what the white pigeon coming to live at our house means. Pigeons are in the Dove family... and white doves are a sign of peace. Juanita suggested that the bird may have come here because it is so peaceful around our cabin. Maybe... I don't know, all I'm sure of is... our white pigeon friend is certainly a positive sign. We like him a lot... he is cooing now.

1-22-04

1-23-04

In today's darkness  
Truth seems like  
A radical idea  
From another time.

No matter how dark  
There is always light  
No matter how bad  
There is always good  
No matter how wrong  
There is forgiveness  
No matter how harsh  
There is always love.

1-24-04

Cloudy-raining.

No matter what...  
Or how many  
Mistakes or Errors

Your personal  
Self makes...  
You are always  
the Christ.

Forgive yourself, and go on,  
And realize the goal.

1-25-04  
Cloudy.

"God is in the midst of you, child of the infinite, immortal spirit. There is naught to make you tremble or despair, naught to make you fear. From the bosom of the Father you came; the breath of Almighty God created you a living Soul."

"Peace, health, love, joy and prosperity are here. These are the fruits of the Spirit, the gifts of God. If we look unto God, no harm can befall us, no evil can come nigh us. If we look to Him wholly, we are healed of all infirmities, in the transcendent name of the Law.

**"Living did not become a difficult problem until man disobeyed and refused to listen to the Inner Voice."**

From, *Life and Teaching of the Masters of the Far East*

What the, **Masters of the Far East**, eat: "After the five were seated, the edibles began to arrive. It was a simple meal of vegetables, bread, fruit and nuts, but very palatable." [No meat.]

1-26-04  
Snowing today. Juanita and I made a hurried trip to town and back before the roads became snow packed.

1-27-04

"Change your thoughts  
And...  
You will change your  
World."

"I am the Christ... I am one with God."

1-28-04

"Heaven has been conceived rightly, [by man] but misplaced geographically." Heaven means the inner peace and harmony created by man right here on earth. God dwells within him, and not only within him, but in everything about him, every rock, every tree, every plant, every flower and every created thing. God is the very air he breaths, the water he drinks, the money he spends. God is the substance of all things. When he [man] breaths, he breaths God as much as he does air, when he partakes of food, he partakes of God as much as he does of food."

God is all there is. From, ***Life and Teaching of the Masters of the Far East***

1-29-04

"If the body is not obedient to Spirit, how can it express Spirit. The conscious mind must seek and want Spirit in order to learn the power of the Spirit. In this way the individual learns to know that Spirit is the fulfillment of the need. In no way can it be given higher expression than when it is allowed to fill the need of others. It is the flowing forth to others that opens the storehouse of Spirit. It is the 'I will to serve' that opens the unlimited storehouse of God to all, and brings its realization to the Soul." ***Life and Teaching of the Masters of the Far East***

1-30-04

"To lift your eyes to heaven  
When all men's eyes are on the ground,  
Is not easy.  
To worship at the feet of angels  
When all men worship only fame and riches,  
Is not easy.  
But the most difficult of all  
Is to think the thoughts of angels,  
To speak the words of angels,  
And to do as angels do."

***Jesus, Essene Gospel of Peace***

1-31-04

My long water fast this year was somewhat of a failure... just 11 days. I had hoped to do 30 or 40 days. Some years it's harder to do a long water fast than other years... some years I only last 3 or 4 days. I think the reason I was unable to maintain my long fast was do the fact that last year was very difficult for me... lots of frustration in learning new computer programs to reconstruct my web page. I know that, no matter what problems arise, they should not disturb my inner peace... but, I am not able to do that yet.

I am on the path. "I am the Christ... I am one with God."

Mother Nature  
Smiles Butterflies  
And laughs flowers.

The white pigeon is still living on our front porch.

## Struggling across a barren SPIRITUAL PLATEAU

A spiritual plateau is a place of rest.

A spiritual plateau tests the seekers resolve.

A spiritual plateau can be a place of great spiritual growth.

3-12-04

Had a vision today... just a few seconds long. It was like a dream... I was in my body... very thin... and I had this intense feeling of peace and gentleness.

This vision must have been a glimpse of my true Christ self... I long for that reality!

3-20-04

Since the end of January this year I have been on this terrible barren spiritual plateau. I don't feel like writing, praying, talking or listening to my Inner Voice, nothing... I feel very depressed. Don't misunderstand me... I am on the path... I will never give up. My Inner Voice tells me every day that I am the Christ, that I am perfect and divine... whole. Intellectually I know this is true... I just don't feel it at all... I feel like a complete failure.

One of my major failings is that I am so arrogant that I won't listen or obey my Inner Voice... the Voice of God within. After my long fast this last year (2004) my Inner Voice suggested that I walk at least two miles or more every day. I ignored the suggestion, feeling that I was doing all I could... I felt guilty... I tried to hide from God.

Anyway, in mid-July (2004) I got out of bed one morning and I couldn't walk... my left knee was on fire, extremely painful, and wouldn't support my weight. I found out later that I had a case of severe arthritis that comes on suddenly.

When I was a young man I was riding a horse along a paved road... the horse shied from a piece of blowing paper and jumped out on the pavement... the horses feet shot out from under it and the whole weight of the horse dropped on my left leg. No bones were broken but I was black and blue from head to foot.

After the attack of arthritis I was on crutches for three weeks or so and in a great deal of pain for several months. I'm still limping around today... and depressed because of the loss of mobility. Every step is painful... a painful illusion.

Now, God did not punish me for not listening and not walking as suggested. God is all powerful and all-knowing and always sees His/Her creations as perfect. The way I see it, God knew I was creating a physical problem for myself in my earthly illusion and gave me a way out in advance...

"walk and exercise that knee." My Inner Voice did not say that in so many words but said, "walk at least two miles a day."

God is not going to give His power, physical-spiritual freedom and enlightenment to anyone who will not follow the advice of their Inner Voice, obey His laws and give up the illusion of the personal self. Pain and dis-ease are the creation of man... an illusion... of the personal self... unknowingly, trying to prod himself/herself back toward the realization of the Soul... the Christ of God. Pain is not God's creation or punishment for man's sin (so called)... pain is the result of man's guilt in trying to hide from God.

In the illusion of the "personal self" we think we are an "individual" separate from God and that we are the center of "our" world and the Universe. Man created this illusion of separation... and the guilt, and the pain... to help lead himself back to union with God.

God is all there is! I am the Christ... I am one with God. Oh Lord, help me to realize this truth. Amen.

3-22-04

Since I having a such bad time now I feel the need to remind myself what Patanjali says about spiritual plateaus.

"Sickness, mental laziness, doubt, **lack of enthusiasm**, sloth, craving for sense-pleasure, false perception, despair caused by failure to concentrate and unsteadiness in concentration: these distractions are the obstacles to knowledge."

"When an aspirant enters upon the spiritual life, he naturally does so with great enthusiasm. The first steps he takes are almost always accompanied by feelings of peace and delight. Everything seems easy, so inspiring. It is therefore very important that he should realize right from the start, that this mood will not continue, uninterrupted, throughout the rest of his course." [Spiritual life and search]

"Religion is not simply a state of euphoria. There will be relapses; phases of struggle, dryness, and doubt. But these ought not to distress him unduly. Conscious feelings, however exalted, are not the only indications of spiritual progress. **We may be growing most strongly at a time when our minds seem dark and dull.** So we should never listen to the prompting of sloth, which will try to persuade us that this dullness is a sign of failure. **There is no failure as long as we continue to make an effort.**"

From: *How To Know God-The yoga aphorisms of Patanjali*, Book I

# 30; translated with a commentary by, Swami Prabhavananda and Christopher Isherwood.

3-31-04 The white pigeon is still with us... does a lot of cooing now. Hope to cross this spiritual plateau soon. I am on the path. I AM the Christ... I AM one with God. Hopefully, I soon will be across this barren spiritual plateau.

## SUNGAZING LECTURE by Hira Ratan Manek

Sungazing, sunbathing and drinking  
suncharged water will cure all disease.

6-1-04

### ãSolar Empowering: Nutrition & Nurturing

This is the adaptation of a lecture given by HRM December 01, 2002

Transcribed and adapted by the SUNGazers. (India)

This talk is about the renewed Sun Science that will give a new direction to humankind and solve many of the ills of the present day human society. Solutions on all fronts -- be it related to physical, emotional, mental and/or spiritual diseases. As a matter of fact, it is the rebirth of a science practiced in ancient times throughout the world. HRM is reviving and regenerating this lost practice. In different part of India it is known as Surya Namaskar or Sun Salutations. Similar practice was in Greece, Egypt it was called Heliotherapy, and so too in the Americas öBrazil, Mexico, Peru. The Inca civilization, which spread over S., and N. America practiced it. INTA means sun. Example is the health resort sun temples in Machu Pichu, Peru. Ancient writings found on this mountain top describe how to garner energy through the sun. Energy from sun has been used since times immemorial. We know it is a scientific fact that without sun or its energy nothing will move, every movement of every creature even the various energies electrical, magnetic, wind directly or indirectly sources itself to the sun.

6-2-04 Now days we rarely use the sun energy willingly as we are scared of the solar radiation and treat it like the enemy. Many human crises occur due to lack of use of sun energy. First major crisis is mental tension and worries. Lack of self-confidence. Negative thinking. Fear, anger, irritation, greed, hostility, and lack of compassion. All these are ailments of the mind. Can we overcome all these setbacks easily? Can the present human kind - - each and every one of us, become a good-natured person contributing to world peace? Yes, if we make use of the sun energy.

6-3-04 Next crisis, after psychosomatic disorders come physical diseases and then lastly spiritual ignorance. We can ourselves hardly liberate us from these problems and diseases. As we age we have the onset of geriatric diseases such as Parkinsons and Alzheimers. The biggest setback we have encountered is lack of immunity. Most of us suffer from poor immunity. We have no energy to tackle day-to-day living. We can overcome all this by taking sun energy. It is an established fact that total health includes mental, physical and spiritual wellness.

6-4-04 We have a super computer in our bodies give to us by nature. This is our brain. HRM

calls it the "brainutorä". The brain is more powerful than the most advanced super computer. Each and every human being is gifted with innumerable talents, and infinite inherent powers by nature. Individuals should never underestimate themselves. Everyone is gifted. If we make use of these powers we can take ourselves to great levels. Unfortunately these infinite inherent powers are programmed in that part of the brain that is largely dormant and goes unused. Even medical science agrees we hardly make use of the brain but about 5-7% of the most brilliant of humans like Albert Einstein is reported to have used only about 32% of his brain.

6-5-04 If we can activate the human brain and awaken these infinite powers stored in us then we can raise ourselves to higher levels. We can achieve any results we want. In order to operate the brain effectively it needs to be activated. Being a holistic entity it needs a holistic power supply. Sun energy is the source that powers the brain. Sun energy can enter and leave the human body or the brain only through one organ and that is the human eye. The eye is the Sun Energy's entry door to the human brain. The eyes are also known as the window of the soul. Recent research has found that the eyes have many more functions than that of vision. And more information is continuing to be revealed about the functions of the eye. The eyes are a complex organ and they have 5 billion parts... much more than a spacecraft that has about 6-7 million parts. By this you can see the immense capacity of the human eye.

6-6-04 HRM asserts that the rainbow is in eye not in the sky. The seven colors of the sun is only the reflection of what is in the eye. We can create a rainbow anytime we want to. Go to the garden just observe below a source of flowing water as the sun moves above. There you will see the rainbow. The eye can receive the entire spectrum of the sunlight. It's like having a glass window. The eye is the perfect instrument to receive all the colors of the rainbow.

6-7-04 Since the eyes are a delicate part of the body, we have to use them in such a way that our purposes are served, as well as, that it does not get damage them. Present day teachings and ideas such as not looking at the sunlight at all... because you will damage your eyesight; never go out in the sun as you will get cancer; is causing needless hysteria and paranoia. The more you remove yourself from nature the more there is cause for illness, and you will automatically support global corporations. There are definite foolproof ways of getting from nature the benefits it has to offer without exposing ourselves to its adverse effects.

6-8-04 Receive sunlight only in the morning or evening hours 1-hour after sunrise or 1-hour before sunset. It is proven beyond a reasonable doubt that at these times one is free from UV and IR rays. The UV index remains at 2 all through out winter. The best time to take a sunbath, other than in the winter, are the 2-hours window before sunset and/or after sunrise. Sungazing has the added advantage that you get vitamin A and D during that 1-hour window. Vitamin A is necessary for the health of the eyes... the only vitamin that the eyes requires. If you sungaze, the spectacles and the associated power in the eye will go away. This is better eyesight without glasses. It is safe to sungaze during the one-hour period after sunrise and before sunset... or

during winter when the intensity is less.

6-9-04 Actually there is no sunrise or sunset. It is how we define it. The sun is fixed, it is we on earth that rotate. HRM experimented with sungazing for three years and devised the above method based on trial and error. This method can be used by anyone, in any area of the earth, at any time of the year. HRM is not a unique figure... anyone can do this. Now thousands are using his method and achieving results. In Brazil, Australia, Germany, more than 3000 people are sustaining themselves on light. There are thousands eating light around the globe. Hunger has bid goodbye to them... it is not that they have stopped eating. Originally this was a spiritual practice now it is a scientific practice. It can be followed by anyone.

6-10-04 When the results can be reproduced it becomes scientific. This practice of sungazing is becoming a challenge to conventional medicine. This is a simple program for humanity. HRM has gone through 125 complementary alternative holistic fasting trials. In all of them he says that he relies on the sun energy to sustain himself. HRM has one intention... that humanity become truly independent. We become independent if we solve our own mental, physical, and spiritual problems. We can achieve this with the use of the brainutor given to us by nature. As we make use of suns power supply... we energized the brain, and it becomes less and less dormant

6-11-04 To determine the time of sunrise, or sunset, check your local newspaper. Both times are good for practice sungazing. Day by day this practice of sungazing is becoming popular, and is becoming known as the HRM phenomena. HRM says that his initials are an acronym for "Human Resource Management"!

5-12-04 Sungazing is a one-time experience in your lifetime. Gaze at the rising or setting sun one time per day. The first day sungaze for a maximum of 10 seconds. The second day gaze for 20 seconds at the rising or setting sun, adding ten seconds each succeeding day. So at the end of 10 continuous days of sun gazing you will have looked at the sun for 100 seconds or 1 minute and 40 seconds. Stand on bare earth with bare feet. You can blink or squint your eyes. Steadiness of the eyes is not required. Why not watch the sun instead of the TV? The intensity of the TV is much more than the rising or setting sun. If you can watch TV you can easily watch the rising or setting sun safely. Believe that the sun rays or light that you are getting into the eyes is of immense benefit and will not harm you. This will give you earlier, quicker and better results. But even if you don't believe, you will get results if you follow the practice. It will just take longer. There are no restrictions. You need not restrict any of your normal daily routines. Fasting is not required... enjoy your food. Your hunger will automatically disappear... the desire for food will leave you. Fasting will become a way of life.

6-13-04 If you can, sungaze from the same place and at the same time daily. Adding sun gazing to your daily routine will not disturb the flow of your routine. If you pray, you can say any prayer you choose. No particular one is suggested. Prayer is not a requirement. As a precaution, have

your eyes examined by your doctor. This is to be on the safer side from the scientific viewpoint. Have periodic check ups. Also, you can buy photo sun-cards which is priced at about \$2+/- to monitor UV or IR radiation. There is no need to buy an expensive photosensometer for \$500 . If your cheeks get heated up stop gazing. Use common sense.?

6-14-04 When you reach three months, you should be gazing at the sun for 15 minutes at a stretch. If you can watch TV for 3 hours, you can gaze at the sun for that long What is happening when you get up to 15 minutes? The sun energy or the sunrays passing through the human eyes are charging the hypothalamus tract, which is the nerve pathway behind the retina leading to the human brain. As the brain receives power from the sun this pathway it activated into a brainutor. One of the inherent brain software programs will start running. We will begin to realize we are a different person now. Our mental tension and worries will have disappeared. We have the self-confidence to face life's problems. We no longer think negatively because only positive thoughts arise. We are no longer afraid. We become fearless... our psychosis has disappeared... so has all the ills of the mind. All this within 3 months. The first power has awakened.

6-15-04 We humans have good and bad qualities... they are 2 sides of the same coin. In the absence of sunlight we develop bad qualities. When sunlight enters the brain... the good qualities come to the surface and replace bad ones. Eventually even spiritual ignorance goes away. Sometimes we are confused by what we hear and read. We get contradictory information. Red wine is good for you. Alcohol is bad for you. We are baffled with life's problems and detest decision-making. But after 3 months of sun gazing we develop a sense of confidence and receive the answers for ourselves spiritually. Our mind becomes balanced; we can solve personal problems and receive guidance by inspiration. We develop powers that are already inherent in us. Bad qualities disappear, anger, greed, jealousy leave you. You become a lovable creature. Everybody likes you. You can do no wrong. If you are positive or fearless, you will not harm anyone. You will become a compassionate person. This is a great contribution to world peace. A positive approach creates solutions to problems that waste our society. There will be no need environmental engineers. We won't throw trash away in the environment.

6-16-04After 3.5 months everything changes. Mental depression will disappear. Psychiatrists have found that SAD is caused by lack of sunlight. With the practice of sun gazing... you will not have winter or cloudy day blues. You will not have depression in your whole lifetime. We will achieve a perfect balance of mind. Fear of death goes away. Everyone has some sort of mental disorder. This is our biggest human crisis. Thinking. Sunlight definitely removes your mental diseases.

\*6-17-04 Next, all physical diseases will start being cured. 70 to 80% of the energy synthesized from food is taken by the brain and is used up in fueling tensions and worries. With a lack of mental tension, brain does not require the same amount of energy as before. As you proceed in

sun gazing and as your tensions decrease food intake goes down.

When you reach 30 minutes duration of continuously looking at sun you will slowly be liberated from physical diseases ?since by now all the colors of the sun reach the brain through the eye. Brain regulates the flow of color prana appropriately to the respective organs. All the internal organs get ample supply of the required color prana. The vital organs are dependent on certain sun color prana. Kidney red, Heart yellow, Liver green etc? Colors reach the organs and address any deficiencies. This is how color therapies work --Reiki and Pranic Healing. There is a lot of information available on color therapy. This is the process of getting liberated from physical ailments over a six-month period. After 3-4 months you can become cured of your physical ailments with auto-suggestion --imagining and visualizing healing your ailments while sun gazing. Scientific methods such as the Solariums, crystals, color bottles, natural stones, gems, all utilize sun energy. Sun energy is stored in these natural stones. You can keep natural color stones in drinking water to further hasten healing.

6-18-04 In solariums there is usually a platform at height of 100 feet where 7 glass cabins each one for one of the VIBGYOR color are constructed. This platform revolves around the sun whole day and according to the nature of the disease diagnosed, the patient is placed in the appropriate color for healing and cure. Similarly glass drinking water bottles with different colors are kept in sun for 8 hours. The water gets solarized and water develops medicinal value and is used to treat different diseases.

6-19-04 Photosynthesis does not mean you need chlorophyll. This concept also we very wrongly understand. Only the plant kingdom needs chlorophyll. Human body can do it with a different medium. Photosynthesis is transforming the sun energy into an usable energy form. This is how Photovoltaic cells work and electricity is produced, similarly water is heated, food is cooked in solar cooker, and solar batteries run automobiles.

6-20-04 Eyes receive the entire spectrum of the sunlight. And Brain distributes it to the different parts of the body on a need per basis. And one is cured of all diseases. A 3rd intermediate medium is avoided. You are your own master within 6 months. As you continue gazing the sun energy is no longer being utilized to attend to mental impairments or physical ailments and hence its storage level increases in your body. 7.5 months and 35 min of sun gazing this is when hunger starts going down very palpably. Food intake decreases. No one needs to eat more than his or her hunger levels. Hunger comes because of energy requirements, body requires energy and energy is a must. But food is not a necessity for the body to function. Only energy is. Conventionally we are indirectly getting sun energy while eating food that which is a by-product of sun energy. No sunlight --no food will grow. What we eat is 2ndary sun energy. In 6-months time we are staring to eat the original form of micro food ò Our Sun. Also, when we eat secondary energy we put in a lot of toxic waste into the body. This can be totally avoided.

6-21-04 So as we consume the Original form, the sun, hunger goes down. Then hunger starts to

disappear. By eight month you should see hunger almost gone. 9 months or 44 minutes for a dull or weak student or with no belief. Max. 9 months or 44 minutes. Your hunger disappears forever. All mechanisms associated with hunger like aroma, cravings, and hunger pangs disappear. No appetite for food. Energy levels are at a higher level. There is a judgment (having had this experience) that the brain is well activated with the sun energy. We become a solar cooker.

6-22-04 We have to give up sun gazing now. Solar science prohibits further gazing after 9 months or 44 minutes for the sake of eye care. The body will get discharged when we stop sun gazing. So we have to recharge. The charge will last for only 6 days. Now we have to start walking on bare foot on bare earth for 45 minutes daily. Relaxed walking only. No need to walk briskly, jog or run. Any convenient time of the day preferably when the earth is warmer and sunlight is falling on your body. When you walk bare foot an important gland in the brain is activated. The big toe of the foot represents this gland. 25 years ago it was considered a useless gland. Now it has become an important gland for study and about 18,000 papers have been published in the recent times. It has always been known as the Seat of the soul. The Pineal gland has optic nerve endings. The remaining four toes represent glands too -- pituitary, hypothalamus, thalamus and amygdala. Amygdala for the last 2 years has been gaining importance in medical research. It is a nucleus of the sun energy or cosmic energy and plays the important part of photosynthesis via the sunlight reaching the brain through the eye. When you walk bare foot, your body weight stimulates all these 5 glands through your toes. This is strengthened by the earth heat/energy and the sun prana falling on the head or the crown chakra. The chakras are not in the spinal cord that is an imaginary location; they are definitely in the brain. All these create a magnetic field and the body/brain recharges with the energy of the sun entering in you. Relax. Walk 45 minutes for one year and food continues to be without you. After one year of recharging, if you are satisfied with your progress you can give up barefoot walking. Few minutes of sun energy falling on you once in 3-4 days is enough.

6-23-04 But if you want the immune system to be strengthened then keep on the bare foot walking. Also if you want memory power or intelligence to increase please continue the walking practice. As you increase the sun's heat on your feet the brain will activate more and more. Pineal gland will become more active. The Pineal gland has certain psychic and navigational functions. Navigational means like the birds one can fly. We can develop psychic skills of telepathy, televisioning, produce your body at different places simultaneously. Science has validated human psychic functions and medical experiments are being done to ascertain this. Different body parts and its organs get purified once you stop eating due to detoxification. The different internal organs play different mechanical parts for the purposes of space travel and flight. There is another utility value (other than food digestion) for the internal organs. All the glands have lot of functions and can perform at optimal level via sun energy. If you are fortunate to activate the brain optimally you surely will reach enlightenment. You can read past, present,

and future. Sky is the limit at the same time even limited success is possible. This method can be safely applied to control obesity. Almost all problems get solved.

6-24-04 Lot of people have remained without food historically. Accordingly in 1922 the Imperial Medical College in London decreed that solar rays is the ideal food for humans. But no one has mentioned what their technique is -- For e.g. Yogananda in his book "Autobiography of Yogi" interviewed many saints and mystics to find out the secret of their lack of eating food? common reply was that the sun energy is entering through a secret door and reaching the medulla oblongata in the brain. They did not divulge their secret. This knowledge was lost to common folk.

6-25-04 An International team of 21 Doctors supervised HRM in Ahmedabad for 411 days. He remained only on a diet of water. There were volunteers that were on around-the-clock supervision. Although sun energy is ample for HRM's energy requirements he takes coffee, tea or buttermilk to satisfy his family and doctors.

6-26-04 After the excitement of the findings at Ahmedabad HRM was invited to Thomas Jefferson University and State Univ. of Penn in Philadelphia. They wanted to observe and examine his retina, pineal gland and brain. Some of the initial results are that the gray cells in HRM's brain are regenerating. 700 photographs have been taken. Neurons are reported to be active and not dying. Pineal gland is not shrinking which is typically what happens after mid fifties and its max. average size is about 6 x 6 mm. But for HRM it's been measured to be at 8 x 11 mm.

6-27-04 Sun gazers are volunteering to be tested but due to monetary crunch are not able to document the various physiological results. Sun gazing is the only answer for arthritis, migraine and thrombosis. Thrombosis is a common problem now a day because we sit on chairs and legs are always dangling and hanging. Kneecap replacement has become fashionable. Even when it is not required expensive invasive surgeries are performed due to medical malpractice and greed. Let us not be dependent on an external sources. Let us become our own masters. Let us do sun gazing.

6-28-04 You can break up the practice in three phases. 0 to 3 months, 3-6 months and 6-9 months. You have to walk barefoot for 45 minutes for the rest of your life. Food makes us commit the maximum pain to others and exploit others.

6-29-04 The uniqueness of HRM is that he has surrendered his living body for observation and experiments to the scientific firmament. Brain functions are complicated and one cannot explain why food is not required. How sun gazing is doing wonders is not explained? Although scientists are agreeing that hunger is definitely being eliminated. HRM recommends these books for the curious: Light medicine of future by Jacob Lieberman The Healing Sun: Sunlight and Health in

the 21st Century by Richard Hobday

6-30-04 The cover pages of both these books ask one to get rid of sun -- glasses earlier the better. We are avoiding the beneficial effects of the solar winds. Nobody is asking you to look at the sun during the day between ten and three o'clock. Also do not use sunscreen. When body gets heated up you perspire and sweat is a waste product and needs to go out of the body. When you are painted or coated with lotions and creams -- they get degenerated and the chemicals enter your body. It is our malpractice -our wrong use- why blame the sun for the skin cancers. Sun bathing during the day is to be avoided.

6-31-04 There is a practice in getting energy on a temporary basis in the Americas. To get energy for their body natives take sunbath by standing in the sun for two hours exposing max. parts of their body and they don't need to eat food on those days. They sustain on micro food of the sunlight. When clouds gather we become gloomy. We see the sun and get energetic.

In this world there are no miracles everything is a science. There is an explanation for everything. Everything is possible. The possibilities are unlimited as is the human imagination. Make use of the sun energy in a safer way and not for harmful purposes. HRM's request is that to please use this practice for personal welfare/development and for humanity.

Best wishes from HRM.

## **THREE MAGIC WORDS: OUTLINE FOR ILLUMINATION**

**I AM GOD  
YOU ARE GOD  
WE ARE GOD  
FOR GOD IS ALL THERE IS!**

Excerpt from:  
***Three Magic Words***  
by  
**U. S. Andersen**

9-1-04

### **OUTLINE FOR ILLUMINATION: THE LOCK**

(Overcoming our buried pain remembrances)

1. There is a power, greater than you are, which you can use to make your life vibrant, successful, and happy.
2. This power is the Universal Creative Mind, the Sub-conscious Mind, and you are using it now; you can't help using it.
3. All of us live and move and have our beings in the great intelligence that makes up the universe and the world.
4. This Universal Mind is responsive to thought. It creates what is projected into it.
5. The reason our conscious desires do not always manifest themselves in reality is twofold: 1) We are not projecting our thoughts with conviction. 2) There are Prompters in the Subconscious Mind which cause our thinking to go astray.
6. The Prompters in the Subconscious Mind make up the Lock which bars us from proper use of the great power of the infinite.
7. These Prompters are rejections of the Conscious Mind, buried in the Subconscious and long forgotten. They are

primarily pain experiences, and thus are primarily negative, attracting and creating lack and limitation and disease and unhappiness.

8. This Lock, these Prompters, can be removed by understanding, study, and application of the great laws of spirit.

9-2-04

## **MEDITATION—MANIFESTATION**

Enlightenment, however, is not going to be as simple as just reading the chapters in this book. You must devote at least ten minutes daily to the practice of what you have learned, for only with this cooperation and effort can the rewards of self realization be achieved.

We ask you to spend ten minutes daily in meditation, projecting your thoughts into the creative Subconscious Mind, so that they can manifest into actuality. These meditation periods are designed to accomplish a purpose, to prove to you that you can achieve your desires through the proper use of mental law.

Of course, if you spend ten minutes each day saying "yes" and the other twenty-three hours and fifty minutes saying "no," the "no" will result. Obviously, the only way the "yes" can be manifested is when you do more affirming than denying. The Subconscious Mind always acts, and it acts on the most predominant thought.

Therefore, commit the meditation to memory or carry it with you. Throughout the day, when circumstances appear to be negative, when disillusionment, depression, or discouragement knock at the door of your consciousness, simply bring the meditation to your mind and say it over to yourself. The simple saying of the words will immediately restore your peace and confidence.

"In the beginning, was the word," and so it is with all creation, for the word is the thought. Speaking the word with conviction and maintaining that conviction with faith is the complete chain of manifestation from the thought to the thing.

The meditations, which is given at the end of each chapter, are designed to put you in contact with the Universal power Subconscious Mind [of God], to provide you with a sense of peace, and security, for only with this sense of the absolute can you go through the entire book to complete self-realization and unlimited power.

Subsequent meditations will aim at achieving specific results in the realms of success, accomplishment, money, health, love and happiness.

During your meditation periods, you must be alone. You must be in a place of quiet and solitude, undisturbed by other voices or the movements of other people. You must set your mind at rest, forgetting for the moment all cares and problems and people. You must let go—let go of everything you know except self [your inner being].

When you feel calm and peaceful, you will know that you are in contact with the Universal Mind. Then, and only then, speak the meditation aloud. But don't simply speak it. Understand it, feel it, project it... and it will manifest for you in actuality.

9-3-04

### **OUTLINE FOR ILLUMINATION: MEDITATION ON THE LOCK**

I know that I am pure spirit, that I always have been, and that I always will be. There is inside me a place of confidence and quietness and security where all things are known and understood. This is the Universal Mind, God, of which I am a part and which responds to me as I ask of it. This universal mind knows the answer to all of my problems, and even now the answers are speeding their way to me. I needn't struggle for them; I needn't worry or strive for them. When the time comes, the answers will be there. I give my problems to the great mind of God; I let go of them, confident that the correct answers will return to me when they are needed. Through the great law of attraction, everything in life that I need

for my work and fulfillment will come to me. It is not necessary that I strain about this, only believe. For in the strength of my belief, my faith will make it so. I see the hand of divine intelligence all about me, in the flower, the tree, the brook, the meadow. I know that the intelligence that created all these things is in me and around me and that I can call upon it for my slightest need. I know that my body is a manifestation of pure spirit and that spirit is perfect; therefore my body is perfect also. I enjoy life, for each day brings a constant demonstration of the power and wonder of the universe and myself. I am confident. I am serene. I am sure. No matter what obstacle or undesirable circumstance crosses my path, I refuse to accept it, for it is nothing but illusion. There can be no obstacle or undesirable circumstance to the mind of God, which is in me, and around me, and serves me now.

9-4-04

### **OUTLINE FOR ILLUMINATION: ILLUSION**

(How evil develops.)

1. Evil is error and is illusion.
2. Good is truth and is reality.
3. Truth will dispel error, therefore good will dispel evil.
4. Evil is the result of man's thought, not God's.
5. Hell and the devil are illusions.
6. God does not destroy any human soul, for He does not destroy Himself.
7. God knows everything, therefore is incapable of error evil.
8. The single function of the Subconscious Mind, or Universal Mind, is to manifest into form or circumstance the seed of thought.

9. Man has complete freedom of choice in the kind of thoughts he wishes to plant in the garden of the Subconscious Mind.

10. No human being can assume the responsibility for? single thing other than his own thinking, for the Universal Subconscious Mind does all creating.

11. Morality and ethics do not always follow the law of cause and effect; but the use of spiritual law always follows the law of cause and effect. This is because moral law is manmade, while spiritual law is the essence of God.

12. The proper use of spiritual law is acceptance and faith.

13. You cannot demand anything from the Universal Subconscious Mind by willing it to happen.

14. Guidance and inspiration in the paths of truth and achievement can be yours through faith and reliance in the power greater than you are.

### **STRIVE FOR BALANCE**

You are now experimenting with the greatest force in nature. We caution you not to become so wrapped up in it that you forget your daily life. Do not search for contact with the Subconscious Mind to the exclusion of the exercise of the Conscious Mind, for as a human being your goal must be to achieve a perfect balance between the two.

The ordinary people we meet each day scarcely use the Subconscious Mind at all, and their lives are directed and controlled entirely by circumstance. Men and women of genius are those in whom there is a perfect balance between the Subconscious Mind and the Conscious Mind. It is balance we strive for, balance between the great creative power of the Universal Subconscious Mind and the Conscious Mind.

Work at your meditation joyfully and confidently. Cast aside all doubt and morbidity and effort and strain. You don't have to make anything; it is already made. You only want to use it correctly. Accept! Believe! Know! Relax! The universe will provide you with all you desire.

## **THE MEDITATION**

Our meditation following this chapter is aimed at dispelling illusion or evil. When you have settled yourself for your meditation, recall to mind all those circumstances in your life which you consider to be error or evil. Say to yourself that they are simply illusion and do not exist in reality. Then commence with your meditation. "Within a month you will see some very startling changes.

In later chapters we shall become more and more specific with our meditations, until one by one we have laid each ghost and demon that springs from the buried Prompters in your Subconscious, until your life opens to unlimited horizons and great adventure, until you see the universe as it really is, designed specifically for you!

Know! Accept! Believe! Keep faith! There are more things in this world than you have ever dreamed.

9-5-04

### **OUTLINE FOR ILLUMINATION: MEDITATION ON ILLUSION**

I know that I am one with the Universal Mind. I know this mind is perfect and I may rely upon it for complete guidance in all of my daily affairs. This Universal Mind, this great Subconscious Mind, this mind of God knows no evil or limitation or lack. It simply creates in my experience that which I believe and accept. Therefore I deny all evil and all error. When my eyes and my senses are deluded with the apparent circumstance of evil, I turn away, lifting my thoughts to the perfection and abundance and love of all the universe. I know that God does not create evil; and I know that by using the power of

God I am able to deny evil, which is only illusion, simply error, and will not stand before truth. For the great reality is good, which is always attempting to manifest itself. I know that error or evil is the result of my own thought, is the result of error on my part, is the result of isolating myself from the power of the Universal Mind. I know that the Universal Mind is constantly creating in my experience that which I think, and if evil is manifested, it has come from my own thought; and my own thought may as quickly deny it. I do not will anything to happen, for I am not bigger than God. I simply understand that the law of creation is bigger than I am and that I cannot help my thoughts and beliefs from becoming real in my experience. Therefore I hold my thoughts steadfastly on the good. I do not do this with effort, as if I were commanding something to act. I simply relax in contemplation of the good, secure in the knowledge that everything rests with a power much greater than I am. I trust this power. I have complete faith and confidence in this power. I rely upon this power for guidance in all my daily affairs. I refuse to accept evil, and evil is gone. I accept good, and the supply and love of the universe are mine.

9-6-04

### **OUTLINE FOR ILLUMINATION: THE MIND**

(Understanding Conscious Mind and Universal Subconscious Mind)

1. The Conscious Mind is an instrument for the recording of pain and pleasure. It measures experiences of pain and Measure, files them for recall, analyzes the experiences that produced them, and imagines escape from pain and flight into pleasure; thus the compartments of the Conscious Mind: memory, reason, and imagination.
2. The Conscious Mind is a finely tuned instrument with the sole aim of physical survival of the organism.
3. The Conscious Mind is as destructible as the body of which it is a part.

4. The Conscious Mind has no memory of its own but simply a certain ability of recall.
5. The memory of the Subconscious Mind is perfect.
6. The Subconscious Mind is the infinite substance of which all things are made. It has no beginning and no end and everything exists within it.
7. The Subconscious Mind is everything and knows everything. It is everywhere at all times and all of it is anywhere at any particular time, for space and time cannot exist in infinity.
8. Inductive reasoning attempts to arrive at law through observing particular circumstance, and is the type of reasoning primarily done by the Conscious Mind of man.
9. Deductive reasoning attempts to arrive at particular circumstance through the knowledge of law and is the type of reasoning always done by the Subconscious Mind.
10. Hypnotism exposes the essence of the Subconscious Mind and allows us to see that it responds entirely by suggestion.
11. We cannot order our lives through hypnotism, but only through consciously exercising our control over the Subconscious Mind, which simply means consciously exercising control over our thoughts.
12. Meditation is the tool with which we seek to control our thoughts and thus to control our world through the Subconscious Mind.
13. Thought transference is a proof that all of life exists within the one mind of all creation the Universal Subconscious Mind.
14. Intuition is a proof that the Universal Subconscious Mind contains the knowledge of the law and will reveal it to the Conscious Mind of man when a proper rapport is established.

15. The Subconscious Mind has the power to heal the body, to create physical form and physical circumstance, but acute ill health must still be dealt with by the doctor, and acute mental distress must still be dealt with by the psychiatrist, for we have not come far enough in our faith and our conception to be able to remove all cause and effect from the plane of the purely physical.

16. The first cause of every object and circumstance is its creation on the plane of Mind.

### **THE MAGNIFICENT ASPIRATION**

Gradually the barriers in your thinking dissolve before the weight of a greater conception. Gradually your mind turns from its concern with circumstance toward a beginning grasp of a greater and more towering reality than you have ever dreamed.

Think in terms of complete unity. You are one with every person who lives, ever has lived, and ever will live. You are one with every form of life that exists, every inanimate object of your world. For all things are made from one thing and thus all things are one thing, and objects and circumstances exist as the result of conception and desire being projected into the infinite creative substance of which we are all a part, in which we are all one.

Thought is the only mover. According to the degree of our conscious intelligence you will grasp the power that is ours. According to your conscious intelligence, you will project images into the Subconscious Mind which are great or small.

Thus there will be returned to you only those circumstances of which you are capable of conceiving. But whatever you conceive will be returned to you; and if doubt and fear predominate your thinking, those very things that you fear will be visited upon you, for they are convictions that the Subconscious Mind must create into actuality.

We can't escape living in the Subconscious Mind, and we can't escape thinking. And we can't escape having our thoughts manifest themselves in our physical world. But we can control our thoughts. We can control our thoughts and thus we can control our destinies, and we can become as great and as powerful as we can conceive of being, for there is at our disposal the unlimited power of all creation.

The meditation that follows is aimed at creating harmony and effectiveness in your daily life. No matter what your work is, out of the home, in the home, manual, mental, employee, employer, you can create and attract circumstance and harmony so as to make each day full of achievement and satisfaction.

Remember that meditation is the tool with which we work. It is our way of giving suggestion to the Subconscious Mind. You must not fail to engage in your meditation period daily. Only through the constant use of this great tool can you achieve control over your circumstance and your destiny.

You will succeed, for you cannot fail. You are dealing with life force, are a part of life force, and power through self-realization is the destiny of man.

9-7-04

### **OUTLINE FOR ILLUMINATION: MEDITATION ON THE MIND**

I know and recognize my oneness with all things. I know that all form and all circumstance are the creation of an infinite intelligence that is in and around me. I know that all things are the result of conception and desire, that my world is ordered according to my own thoughts and convictions. Therefore I concentrate on harmony. I see nothing but order and constructiveness all about me. I do not accept thoughts of destructiveness and disharmony. In my friends, my loved ones, my fellow workers, I see nothing but cooperation and assistance. I know that we all seek: the same answers and the same

goals. I know that each person must follow a different path toward his vision, and I understand the searching and the copings of everyone I know and see. I have sympathy and tolerance for all things and all people. I know that inasmuch as I help others I help myself. In my brother's eye there is my own soul. In my friend's smile there is my own humor. In my neighbor's sorrow there is my own loss. I have compassion and understanding for all things, for this life in which I have my being strives for understanding of itself. I deny error; it is simply progress toward truth. I know that it is impossible to fail when faith is present. I do not order things to be made in my time or in my place, but trust the Universal Mind in its own great knowledge of the time and the place and the need and the way. Each moment of each day brings my life closer to realization. The objects of my work are being accomplished this very minute. Success and harmony, peace and confidence are mine.

9-8-04

### **OUTLINE FOR ILLUMINATION: FORM**

(How all things proceed from Universal Subconscious Mind.)

1. Basic and eternal in the universe are everlasting laws of action.
2. A vibrating universe, acting upon itself, evolves centers of force such as are represented by the atom and by the Solar System.
3. These centers of force seek other centers of force with similar vibrations, and by their coalescence matter is formed.
4. Since intelligent law makes up the center of force, the atom, which is the building block of the universe, is conscious.
5. We have our beings in the midst of a living universe.
6. There is no such thing as inanimate matter, for all form is made from universal intelligence and is but a conception in the Universal Subconscious Mind.

7. That matter which we call living is simply that which has evolved sufficiently so that its consciousness is discernible to our senses.
8. That process which all life is caught up in is Universal Intelligence seeking to know itself by becoming a thing.
9. Evolution is the path of expanding consciousness.
10. Developed self-consciousness, such as is now possessed by man, is a necessary step toward the development of universal consciousness.
11. Man's destiny is to expand his consciousness to complete unity, to a oneness with God.
12. Form proceeds from intelligence, for form is intelligence. Therefore form proceeds from thought, and thought makes things!
13. All life is but an incarnation of the one life, therefore there are innumerable reincarnations until unity with the Universal Subconscious Mind is obtained.
14. The Secret Doctrine has been held inviolate by esoteric groups for many ages and teaches that mankind is evolving toward spiritual unity.
15. The Secret Doctrine lays down the past and future of man's evolution but this cannot be accepted as substantiated.
16. Matter is only relative, and is nothing more than a combination of centers of force or moving intelligence.
17. Space and time are also relative and represent concepts in the Universal Subconscious Mind.
18. Man lives upon two planes at once the plane of mind and thought and the plane of things and circumstances but actually these two planes are only one.

19. Your "I" is a product of your thought and is never the same from one moment to the next, except insofar as it is confined within the fleshly limits of your body.

20. The real "I" is eternal, everlasting, only one, and contains all things.

21. The Kingdom of God is within us.

22. You are what you think, and thoughts are things; there fore select your thoughts with care.

## **PATIENCE**

Still we have not come to grips with concrete problems in concrete lives. And two more chapters are to be read before we undertake to teach specifically how to apply the laws of mind to the realms of love, success, and health. We moderns are an impatient people, and always the first thing we want to know is what does it do?

Then, the minute we find out, we want to get on with it as quickly as possible. We would like to be laymen one day and Doctors of Medicine the next, unnoticed one week and famous the following; and even when we recognize this sort of thing as a possible miracle, we forget that the workers of miracles must serve their apprenticeships also.

It would be foolish to teach the powers of the mind without first getting it thoroughly understood what the mind is. It would be folly to undertake the vast and exciting subject that engrosses us without recognizing that if such answers were obvious they would long ago have been in widespread use by all mankind. Bear with us; the groundwork must be thoroughly laid.

## **THE INFALLIBLE LAW**

You must understand that the teachings of this book are not to be regarded as patent medicines or wonder drugs, things that work most of the time, or some of the time, or not at all. The law this book teaches works all of the time and nothing or nobody on the face of the earth is big enough to

stop it from working. We didn't make this law. We neither start it nor stop it. Our only purpose here is to impart to you a knowledge of its existence and methods of using it. The law works one hundred per cent of the time. It never fails. If you apply it to achieve success and you meet with failure, it isn't the law that has failed it is you! You have simply failed to do the one thing it is necessary for you to do to obtain the slightest good and that is to think only positively of that good. If an opposite develops, it has developed because you have been more convinced of it than you have of the good you want, and the law has still worked as it always must.

The cynic is his own worst enemy. It requires far less skill to run a wrecking company than it does to be an architect. The world has been built by builders, and those who destroy have no alternative other than to dwell in desolation. Throughout the world there are working groups who are envisioning the arrival of the Kingdom of God and Man, who see in the thinking mind of man the object of his own liberation. Thoughts are things, they say. Things are thoughts. Awaken, man, to your sovereignty over all. Cast aside your enemies: doubt, morbidity, fear, and guilt. Ask and it shall be given; seek and ye shall find; knock and it shall be opened to you. You cannot dream a dream too big, nor aspire too high. Nothing is impossible.

In our fourth meditation, we are recognizing that all form and circumstance are but manifestations of the Universal Mind, that everything and everyone is made from and has his being in universal intelligence.

Everything which you can conceive and accept is yours! Entertain no doubt. Refuse to accept worry or hurry or fear. That which knows and does everything is inside you and harkens to the slightest whisper.

### **OUTLINE FOR ILLUMINATION: MEDITATION ON FORM**

I know that all of life exists within me. Here in my heart and mind, in the recesses of my being, there is utter calm, a place of unruffled and placid waters, where

the truth is apparent and the clamor of the world does not exist. I see about me the thoughts of all mankind, for these thoughts have become things. Whatever is good among these thought-things I accept; whatever is evil I ignore; for my concern is only with truth and understanding, which is forever the lovely and the good and the expanding. My mind moves easily to the furthest reaches of space, in all directions, and just as easily moves back to me once again. I am the center of the universe. God, the Universal Subconscious Mind, has made himself manifest through me. I know that my purpose in life is to reach ever upward and outward, to expand in knowledge and love and unity. I place my future in divine hands. I turn over each problem of my life to that great all-knowing mind to which all things are possible. I do not tell God how to bring these things about. I have complete confidence that every circumstance that comes my way is part of a perfect plan to convert the image of my faith into physical reality. Even now the universe seeks to answer my every need. As I believe in my heart, so shall it be done unto me; this is the law of life and of living. There is greatness in my friend and in my enemy, for we are all brothers seeking the same high mountain along many paths. God, who made all creatures, made no poor creature, for He made only of himself. I am prosperous for God owns everything. I am vigorous for God is all vigor. I need only open my mind and my heart, keep my thoughts in the path of truth, and I am filled to overflowing with the power and abundance and love of the universe.

9-9-04

**Unity's World Day of Prayer:**

One with You, dear God,  
I am united with all creation.  
I open my heart in faith to you,  
And to Your infinite blessings.

9-10-04

## **OUTLINE FOR ILLUMINATION: INTUITION**

(Using the invisible power)

1. The studies of Dr. J. B. Rhine have proved conclusively the validity of extra-sensory perception.
2. All the truths that Jesus taught are now being proved by scientific investigation.
3. The overwhelming evidence of the super-physical power of the Universal Subconscious Mind has been recorded in all times by extremely reliable persons.
4. Genius perceives the fixed laws of nature in at least one aspect.
5. Jesus perceived the fixed laws of nature in entirety.
6. The bud of perfection, or genius, dwells within each of us.
7. The thought of today is the thing of tomorrow.
8. Things are thoughts, ideas implanted in Universal Mind.
9. We do not perceive the things around us in their true nature.
10. Our world is but a bare indication of the infinite possibilities of all things and all life.
11. The so-called "natural" world is the unnatural. The so called "supernatural" world is the light of truth.
12. Space and time are illusions of man's locked-in viewpoint.
13. Things do not depend for their existence on being perceived, but on being implanted as ideas in Universal Mind.
14. Creation of any type is the manifestation of a miracle. We only regard it as natural because we see the processes of formation moving through space and time.

15. Expanded consciousness perceives time as a dimension and space as existing within.

16. Intuition will reveal the laws of the universe.

17. Intuition is not merely a "hunch" but an irresistible light which must be followed.

18. Jesus, as an example of expanded consciousness, compressed time and space to perform his miracles.

19. It is enough for us now to effect creation through the established chain of physical movement. This we can do by refusing to accept doubt and fear.

20. Follow the heart; it is the seat of intuition.

21. The Subconscious Mind must always be controlled, for it proceeds irrationally of itself and depends upon the planting of ideas.

22. Lack of conscious control of the Subconscious Mind is insanity.

23. Denial of the Subconscious Mind is the birth of fear and futility.

24. Genius attains balance between the Conscious and Subconscious Minds.

9-11-04

## **OUR GOALS**

It is our intuitive perception of the laws of the universe that reveals to us God as he is. We need only put all wishful thinking aside save the desire to know the truth. Expectation and desire will light the way. In the quietness of our meditations the inner eye will see and the inner ear will hear, and the truth shall be revealed to us, and the truth shall make us free.

We shall sense the future dwelling within us, know the thoughts and hopes of all mankind, know that the way we lived our yesterday has determined our today, know that the way we live our today will determine our tomorrow. True intuition will be ours—the light that never was on land or sea!

The soul of all life is your own soul. Wherever your eye falls it sees naught but a reflection of yourself. The mighty mind in which you live is all things to all life in all places, and it is the same to you. You are fashioned from the intelligence of God. You are one with the intelligence of God.

You need only rub the mote from your eye, clear the wax from your ear, and there becomes apparent a universe which has cradled you in everlasting arms, a universe that responds to your every mood and need and desire.

We know where the path leads—ever upwards to a oneness with God. We know that the purpose of life is a constantly expanding consciousness, and we know it is within our power to expand our consciousness to encompass all of the life about us. We know that this is the secret of Jesus, that he saw the universe dwelling within him, that he intuitively perceived the laws that made up his being.

This is our destiny. We may aid it or obstruct it as we wish, but we cannot stop it from eventually arriving. We may use it to fill our lives with good, or we may use it to fill our lives with error and evil; it matters not to the Subconscious Mind. For every soul who falls behind, another steps ahead.

He who seeks will find; he who abandons the search as hopeless will find at once a hopeless life. It is a question of courage and effort; a question of desire. We either work in accord with the power within us or by opposing it destroy ourselves. It is for each man to decide.

We seek wisdom and knowledge. Our goals are power with pity; wealth with charity; health with temperance; love without lust. We accede to these goals through no moral pressure. They are true goals because they are truth.

We are embarking on man's greatest age—an age wherein the first movements are apparent to

banish disease and suffering and poverty from the face of the earth—an age wherein the brotherhood of man finally will arrive in all its magnificent peace and harmony.

## **TRANSFIGURATION**

Slowly we are moving through the maze of complexity that surrounds our existence. Slowly we are dissolving the illusions and half truths that inhibit our minds and our powers. Gradually the clutter is being cleared away so that we may perceive the great and edifying truth in all its simplicity. The age is at hand; the dawn is near. In the words of Edward Carpenter, "When the individual is no longer under the domination of the body and its heredity, but rising out of this tomb becomes lord and master of the body's powers, and identified with the immortal Self of the world—such is Transfiguration. The whole of man's evolution is preparation for it."

This is our path and our goal, the purpose of this study. Long and persevering as it may seem, it is but a negligible flash in the history of man. To him who through it perceives that sublime feeling and power by which he is able to identify himself with the immortal Self, all the ages of man will have directed him to that moment. There is no greater goal or undertaking within the realm of life and endeavor. What is a year in its attainment? or even a lifetime?

May we once again urge you to the assiduous practice of the meditations. Unless you put the meditations to work for you, this entire book becomes naught but philosophy. If you are studying only for mental exercise, it would be better that you turn to logarithmic tables or higher calculus. It is your immortal reaching soul that will find food here, and lest you provide it with the living tool of the practice of the meditations, the secret will pass you by, leaving you once again in the void of limitless space and darkness. Only in proof is there conviction.

Our meditation this time is aimed at intuitive perception of the unseen and unheard forces that surround us. Through reliance and immersion in Universal Mind we shall become aware of the directions our lives are to take; we shall perceive

the purposes of our tasks and the manner in which they must be performed; we shall find guidance through each day to the appointed hours when we shall fulfill those destinies that only we can fulfill.

Put your faith and trust in the mind of God, and follow the dictates of your heart. Quoth Shakespeare, "To thine own self be true, and it shall follow like the night the day, thou then canst not be false to any man."

9-12-04

### **OUTLINE FOR ILLUMINATION: MEDITATION ON INTUITION**

I listen to the voice of the universe as it speaks within me. It is the voice of truth and it guides me unerringly along the paths of my life. Somewhere deep within me, in the perfect bud of my soul, there stands an immobile universe where all things and all law lie revealed. I reach within to this place of peace and quietness. I harken to the voice of my heart. I close my eyes and sense a living, breathing universe dwelling within me, and I dwelling in it. I am one with all people and all life and all things. I move in accordance with divine law. All the limitless power of creation is mine to draw upon, for it is in me and one with me and I am a part of it. The answer comes with the question; the path is lighted with the first step; the way is cleared with the looking; the goal is in sight with the desire. I know that I am fulfilling the fondest wish of God, for I place myself in His hands, taking each step of my life boldly and strongly, for it is God who prompts me, and God moves with sureness. I see tomorrow for I know today, and this day is father of tomorrow. The things of my life are the children of my thoughts, and my thoughts of today are even now bearing the children of tomorrow. All that is good I desire; all that is evil I refuse to accept. By attaining, I do not deprive. All that is and ever will be is available to every man; he need only ask and it shall be given. I bind myself to the power for good that surges heavenward all around me. The limits and inhibitions of my past are

gone. Each day is a new birth of my soul. Each day is another step on my journey to a oneness with God. I do not seek, I know. I do not strive, I am guided.

9-13-04

## FAITH

If thou wouldst assume the Masters role  
Wed unto Faith like a wife  
Faith will sustain thee, nourish thy soul  
And attain thee a mastery of life

### **FAITH—THE MIGHTY TOOL**

(Moving the Universal Subconscious Mind to Creation.)

All things are rooted in faith. Even those of us who have the most difficulty applying this law to our daily lives will find innumerable instances in which we use it with perfect aplomb.

We have complete faith that the food we eat will turn into blood and bone and muscle and tissue and fiber, yet we do not bow why, or what causes it, and even the most erudite of us can do no more than follow the chemical process with awe.

We have faith that the air we breathe will combine with the sugar content of the blood to oxidize and form energy for the cells of our bodies. We don't stop to wonder or doubt or analyze this each time we draw a breath; we simply breathe, confident that we are doing the natural thing to sustain vigor and well-being.

We have faith that the sun will rise, that the earth will revolve uniformly, that the stars will maintain their places in the heavens. We have faith that we can walk across the street, talk to another person, understand him. We have faith in our own existence! Yet we admit we know the cause of none of these things. Our faith is blind! How Strange it is that we so often scoff at faith in the less tangible fields of human existence!

Faith led Moses to the Promised Land, Columbus to the West Indies, Pasteur to the microbe, Galileo to the stars, St. Paul on his ministry, Democritus to the atom, Magellan around the world. Sustained by the substance of things hoped for, the evidence of things unseen, these men departed from the beaten paths and followed their visions, and all the world has benefited from their faith.

Faith is the single most important tool of man's existence. In order to thoroughly understand this, let us return once again to the dual nature of mind.

### **FAITH IS MENTAL LAW**

The truth is that the physical world has accustomed us to the wrong use of faith. In material things our faith habitually follows demonstration; while in spiritual or mental things faith must always precede demonstration.

The constant analogy that we draw between things physical and things mental causes us to believe that mental law must parallel physical law, and we omit to notice the great difference. Physical law does not need our faith to be operative. Mental law follows our faith exactly, indeed, is faith; thus the difficulty in perceiving the great world of mind and spirit in which we dwell.

It sometimes sounds extremely childish to say to a person who is distraught with problems and grief's that he may overcome them all by simply having faith. The reason for this is that the person who is in such a position is acutely aware of physical circumstance and has denied the reality of the realm of mind and spirit. Knowing the physical so well, he has denied his true being and has lost faith.

It becomes almost Pollyanna-ish to insist that a person use faith under such circumstances, for faith is knowing, and at the moment he cannot know. Only by communion with the indwelling Self, the quiet assured place in the recesses of his being, will he come into the possession of true knowledge and thus complete faith.

So it is that one man can never insist with success that another man have faith, nor can any man insist that he himself have faith when he is beset by doubt and fear.

Faith only comes through knowledge, and the precepts that are contained in the pages of this book, plus your daily meditations and communions with the indwelling "I," will bring this knowledge home with full force and achieve for you a faith that will turn life into glorious adventure.

9-14-04

### **OUTLINE FOR ILLUMINATION: FAITH**

1. All things are rooted in faith, which is the single most important tool of man's existence.
2. The Subconscious Mind turns every conviction of the Conscious Mind into physical reality.
3. The Subconscious Mind knows specific time and place circumstance only through the convictions forwarded to it by the Conscious Mind.
4. Whatever the Subconscious Mind knows, the Subconscious Mind creates.
5. Thought plus faith creates.
6. Faith in negative things is delusion but nevertheless moves the Subconscious Mind to create them in physical actuality.
7. Negative faith or delusion is caused by man isolating himself from the Universal Subconscious Mind, and making fear and resentment and hate his companions through his sense of separateness.
8. Faith is attained through complete trust and confidence in the power of Universal Mind.

9. The unity of all things and all people indwelling in the immortal Self of the universe is the essence of faith.
10. Faith is a spiritual value and must be maintained in a spiritual manner; therefore it can never be dictated by the circumstances that surround you.
11. He whose faith vacillates with the events of his life allows himself to become a victim of every wind that blows and every twig that falls, and is never his own master.
12. Faith is sustained effort.
13. Faith is persistence.
14. Faith is knowing, while hope is little more than wishing.
15. Don't fall into the trap of hoping for things; it will avail you little.
16. Positive thinking is the cornerstone of faith.
17. Refuse to add negative thoughts and circumstance unto yourself. Choose only the good and the great and the beautiful. The rest is delusion.
18. The mind may be trained in the habit of positive thinking through a training period called a thirty-day mental diet.
19. The inner Self does not make up thoughts; it only observes and chooses. Your life today is a result of the thoughts you have chosen to accept.
20. Turn your problems over to Universal Subconscious Mind; you will find the answers and be guided in the right paths.
21. Don't, under any circumstances, tell the Subconscious Mind how to do things. ***Let go and let God.***
22. When negative circumstance arises, know that it is but temporary, a necessary route to the goal you inevitably will achieve as long as your faith remains with you.

23. Daily seek the consciousness of the indwelling spectator, the place of calm and unruffled quiet, where all things are known and understood.

24. Seek to know. Subordinate all things to faith, for faith must precede all demonstration.

## **THE MENTAL DIET**

What are these thoughts that we are going to refuse to entertain? They are any thoughts that might in the smallest or greatest manner cast into a pessimistic or poor light yourself, your family, your friends, your social group, your state, your nation, or the entire human race. They are, in short, negative thoughts of any type, regardless of whether they seem personally aimed at you yourself, or even at an inanimate object.

Now don't be blind about this and say, "Oh, I never think negatively." And don't be fearful about it and say, "I couldn't manage to concentrate on that sort of thing for thirty days." Don't say you haven't got time. Don't say it won't work. We needn't even point out how and why each of these attitudes destroys the goal even before the experiment has begun.

Before you start the thirty-day mental diet, spend a day or two observing how your mind is working. Carry a notebook and pencil with you if you will, and keep a record of each negative thought you entertain for a period of two days. The result will astound you and convince you beyond all doubt of the absolute necessity of embarking on the mental diet.

This is going to be no easy time, discarding every negative thought for a period of thirty days, but it is something you absolutely must do. Until you become master of your thinking, you will never become master of your fate. If you fall from the path of your resolve and entertain negative thoughts, become depressed, apprehensive, pessimistic, there is nothing to do but start over.

You must negotiate thirty days of positive thinking without any serious intrusion of negative thought. It is exceptionally important that you do this thing. Let nothing stand in your way.

During the period of your mental diet, you will be helped by understanding exactly what it is you are doing. You are training your mind to obey you rather than you obey it. You are training yourself to think more of less and less of more. In other words, you are developing the habit of concentration as well as the habit of positive thinking.

## **THE ROAD AHEAD**

You now have arrived at the crossroads of understanding. There is much to do. There is, first, the thirty-day mental diet which you must perform faithfully and assiduously and which must be carried to successful completion no matter how many false starts you may make.

There is, second, the breathing exercises and period of communion with the indwelling Self in which you seek contact with the eternal "I," your true being. And, of course, there are the meditations which you must perform directly after the breathing exercises and communion.

Once again may we caution you that failure to carry out the work will lose for you the greatest value that can be gained from your study—demonstration of good in your life. Only through such demonstration will the full knowledge come to you of your own self-mastery.

Without this you are simply performing mental exercises. Knowledge without faith is like a ship without a sea; it may be beautiful to behold, but it does very little good. Do the work! Perform the meditations! Keep the faith!

9-15-04

## **MEDITATION ON FAITH**

Here in solitude, in this time of peace, of meditation, I withdraw deep into the silent recesses of my being to a place of utter calm. Slowly the world retreats from around me, until finally I am alone. Walled away from all clamor and strife there is nothing but me. I am not

body; I am not thought; I am not experience; I am not the past nor the present nor the future. I simply am. Across my consciousness comes a constant procession of thoughts and I observe them. I do not make up these thoughts. I know they come from the Universal Subconscious Mind, and I watch as they are presented to me. I slow the train of thoughts. I examine each of them, then let go, neither accepting nor rejecting. On and on the thoughts come, and I ask myself, "Who is it that observes this?" And I hear the answer, "Thou that art, always have been, and always will be—thou observes!," and I understand. Divorced from body, thought, and experience, I still exist as I always must. Here then is my true self, a thing independent of all but spirit, a contemplative "I," which only observes and chooses from the thoughts that cross consciousness. Whatever I choose is mine. Whatever I reject shall never touch me. I need only observe and accept, and all things will be added unto me by a power which leaps to acknowledge my faith and my decision. I sense such warmth and security as might overflow the world. I sense a fusion of my being with the great Universal Subconscious Mind, the mind of God. I sense the presence of the Father who knoweth no wrath, who does all things at his child's bidding. I sense my union with this Father by immutable and irrevocable bonds. I am one with all truth, all beauty, all justice, all love.

9-16-04

## **ATTRACTION**

Like unto like doth the universe cry  
What thou choose to accept thou wilt see  
Skim the wide ocean, split the deep sky  
Relentlessly bound on a meeting with thee

**THE ENDLESS PRAYER**

The human being is a center of life force, attracting some things, repelling others, according to his conceptions and beliefs. Universal Mind differentiates into centers of life force or atoms, which congregate with others vibrating on a similar frequency. And it is the nature of any unit built from Universal Mind to attract unto itself those thought-things that answer the mental vibrations it exudes.

We have seen that all the things of our world are nothing more or less than pure intelligence, cast into form by a conception in the Universal Subconscious Mind. Intelligence responds to intelligence, and thought creates vibrations which inevitably attract the thing in the image.

The one mind which we all live contains an infinite number of possibilities, all of which are capable of becoming manifest in space and time when the conception has been planted in Universal Subconscious Mind.

Therefore whatever you choose and accept must develop in your experience, for it is attracted to you by an irresistible and immutable law, a law which isn't working some of the time, or occasionally, or most of the time, but every second of every minute of all the time there is.

Whether we like analogy or not, we are literally praying every minute of our lives, and every single one of our prayers are answered. There is no escaping this wheel of answered thought and belief. It is the law of life.

Whatever has developed in our experience has not been brought to us by luck or fate or coincidence, but is simply a physical manifestation of our thought and belief. Whether it has brought us good or evil, it is in effect an answered prayer.

You are what you think; you attract what you think; your life is a product of your thought and belief; and nothing in the world can change this fact. To alter your life the only single course open is to alter your thinking!

**LET GO AND LET GOD**

Overcoming vanity and relaxing into mental attitudes of trust and confidence often have been expressed in the metaphysical saying, "Let go and let God." Yet it would seem from observation of many who quote this saying that they haven't absorbed it. On the one hand, they say, "I trust in God," and on the other, they act as if God were quite untrustworthy.

They set out for certain goals, create the attainment of these goals on the plane of mind, and accept the image. But the very first time they observe that the path they are following doesn't coincide with the route they believe they should take, they are convinced that God has made a mistake or hasn't heard them in the first place. "I am not going to get there" is their first reaction, and naturally the Subconscious Mind then sees to it that they don't.

You can't predict the Subconscious Mind, and you can't outguess the Subconscious Mind; and if you try, you defeat those very things you have set out to do. It is strange that any of us ever try to tell God how to do things in the first place, since most of us will readily admit that we don't know everything.

The Subconscious Mind always works with the perfect knowledge of all times and all places and all people and all things. It must answer billions of different conceptions. Only God knows the way a thing may be done; and man never will, not until his evolution has brought him complete unity with the Universal Subconscious Mind.

But whatever you conceive and accept with faith will be yours, regardless of the apparently circuitous paths and by-roads you must follow to its attainment. The road you are guided to take is the only way, there is no other, and as long as you work with the Subconscious Mind your steps and routes are perfect.

All things are made from universal intelligence. All things exist in universal intelligence. All form proceeds from thought, and thought is the first cause for all things. We are able to choose what we will think, and once having chosen,

nothing can stop our decisions from becoming real in the physical world.

Thus the law of attraction is the law of choosing thoughts. Whatever we choose to think we will think; and whatever we think becomes real in our lives. Choose to think only that which you really desire; refuse to entertain any thoughts of what you fear; and you will find you are unerringly guided to your goals by a power greater than you are.

9-17-04

### **OUTLINE FOR ILLUMINATION: ATTRACTION**

1. Every center of life force attracts those thought-things that answer its mental vibrations.
2. Because we think and desire, we are praying every minute of our lives.
3. To alter your life you must alter your thinking.
4. Every form and substance in the universe exudes a subtle attraction, powerful in proportion to awareness.
5. What man accepts. God creates.
6. Vanity is a sense of independent ego, and isolates a man from the Universal Subconscious Mind.
7. Vanity breeds a sense of personal responsibility, and personal responsibility denies the power of the Universal Mind.
8. A human being has no personal responsibility other than for the thoughts he chooses to think.
9. He who lives by a doctrine of personal responsibility sees the entire universe as his toe.
10. He who lives by a doctrine of attunement sees the entire universe rushing to do his bidding.

11. Make your decisions in the mind, and trust the Universal Mind to carry them out. Refuse to accept apparent delay and detour as anything other than the perfect path.

12. Don't predict the manner in which Universal Mind would carry you to your goals. It has the knowledge of all things and all times and thus automatically knows the perfect path. The human being has only a limited knowledge of a certain place and certain time and thus, by himself, cannot know the perfect path.

13. Don't batter and rail against unwanted circumstances, but "let go and let God." Denying the power that guides you will leave you adrift with insurmountable problems.

14. A man by himself is a microbe. A man attuned to his inner Self is a universe.

15. Mistakes are for learning and not to carry around with you as a burden. Refuse to accept guilt. God is in you, and God is not guilty.

16. Do not keep examining your goals when they are not yet attained. If you keep projecting lack of attainment into the Universal Subconscious Mind, you can expect nothing else in return.

17. When you have created something on the plane of mind you must know that it is done. Nothing can stop it from manifesting in the physical world. Keep your faith and conviction no matter the apparent obstacles. Look for opportunity in each obstacle.

18. The Kingdom of Heaven is the center of consciousness. Know it, and all things will be added unto you.

19. Action of itself produces nothing. Only true action creates, and true action springs from true thought.

20. The one place the human can exercise will is at the center of his consciousness, where he can will to think whatever he wishes.

21. Take more heed to your thought than to the world about you, for your thought brings the world about you.

22. In meditation ponder the meaning of "All things indwelling in God, and God dwelling in all things."

23. Be not busy or in a hurry. There is nothing to fight and nobody to beat. These are only things to learn and awareness to be obtained. God moves with sureness.

24. Don't confuse what you seem to be with what you really are. You are never what you seem to be, and always what you really are, which is within you, at the center of your consciousness.

25. Let the spiritual element rule every decision of your life.

26. Refuse to accept melancholy or sadness. The universe sings and dances.

27. Choose the thought. Once you accept it, the thing in its image will be yours.

9-18-04

### **MEDITATION ON ATTRACTION**

I do not confuse what I seem to be with what I really am. I am never what I seem to be, and always what I really am—host to the indwelling God. I quiet the movements of my body, slow my breathing, and glide deep into the recesses of my being, to the very center of my consciousness. Here in this place of infinite calm I become one with the immortal Self of the world, and I observe. My thoughts cross my consciousness in a never-ending stream. I do not create these thoughts. They come from the infinite reaches of the Universal Subconscious Mind and are directed to my consciousness, for I have attracted them. I may choose any thoughts I desire. I have but to decide, and the ideas and images I have chosen are directed to me. As I accept them so will they manifest in my world. I alone decide what I will think; thus I decide

my entire life. I bar the door of my mind to negative thoughts or thoughts of evil. The door is always open to admit the positive, the good, the beautiful and the aspiring. I have complete confidence in the wisdom and the power of the Universal Subconscious Mind. I do not predict the manner in which each of my thoughts will manifest; I have complete faith that God moves in the most perfect manner. There is no such thing as lack unless it is accepted; the universe has infinite supply. Vigor and health, abundance and success are mine, for I choose only such thoughts. Love abounds in a universe where I am one with the immortal Self, the Universal Subconscious Mind, God. My every decision is answered from a perfect and inexhaustible source of power.

9-19-04

## LOVE

*No gate too strait, no journey too far  
When the path is lit by the gleam  
Of the radiant rays of the guiding star  
Of love, the law that's supreme*

### LOVE GOVERNS ALL

Love is all. God is love. It is the nature of our basic unity, the underlying dim remembrance of complete spiritual oneness, that keeps us forever seeking union with others. From the Universal Mind we have been differentiated into separateness, isolated within a fleshy prison, and throughout our incarnation in life we reach out to receive and to give and to commune to return again to complete unity.

Beauty, courage, loyalty, perseverance, creation are all born of love successfully given and received. Distortion, fear, iniquity, hate, resentment, violence, and failure are all born of love frustrated. Thus it is love that governs all... the supreme law of life.

Spake Jesus, "Thou shalt love the Lord thy God with all thy heart and with all thy soul and with all thy mind. This is

the first and greatest commandment. And the second is like unto it. Thou shalt love thy neighbor as thyself."

9-20-04

## **THE CONSTANT SEARCH**

We are evolved from pure and eternal spirit, from a place where space and time and number do not exist. From infinity we are thrust into finiteness, perceive space and time and number and separateness and other things and beings.

Is it any wonder that the terrible longing grows within us, to have and hold, to take and be taken, to give and receive, to share, to reach for an earthly realization of that complete sense of belonging that can only be known in absolute unity?

Love we seek above all things, for we have known absolute love and are lost without it; and all our hurts are received when our reachings for love are rejected; and all the Prompters of the Subconscious Mind are planted by the buried pain remembrances of our love rejections.

In this life we are isolated from the Universal Subconscious Mind. In our separateness, we see through a glass, darkly. In our separateness, we long for the unity that rests at the crux of our Subconscious, and this is our motivating force, love. According to how we are able to give and receive it, all things in life come to us. The time will arrive when face to face we shall know as we are known, for the Universal Subconscious Mind is complete unity and thus is love itself, and we shall return to it.

9-21-04

## **SPIRITUAL UNITY**

The negation of love is fear, and fear is the father to hate, and fear and hate through all their varying degrees are the seeds from which all evil grows. Is it any wonder, then, that love will overcome all, for with love there is no fear, and with love there is no hate; with love there is no opposition.

True love, then, is simply recognition of the spiritual unity of all life. Once you have realized completely that you and your neighbor are one, it is no longer possible for you to perform an unseemly act against your neighbor; it would be as if you performed it against yourself.

Nor can you hate your enemy, for your enemy is also one with you, as like unto you as your very self. All life and all matter are but manifold manifestations of the one immortal Self, the Universal Subconscious Mind. It is not the nature of this Mind to chastise itself, to fight with itself, or to destroy itself.

Anyone who regards life as a battle, who seeks to beat others or destroy them, is doing neither more nor less than beating himself or destroying himself. One! One! One! sings the Universe. We all-sprung from one intelligence. We all return to one intelligence.

There is but one immortal underlying Self to all creation. Separated from it in our physical bodies, we desire to know this complete unity again, and it is to this emotional drive that we give the name of love.

Few will dispute the power of love, but the vast majority of us have great difficulty bringing it into all aspects of our lives.

Hundreds of buried pain remembrances, or Prompters, have set up coping mechanisms within our Subconscious so that we automatically are directed to greet certain circumstances or things or people with belligerence, aggression, cruelty, fear, timidity, or a thousand different other negations that backfire on us daily.

Yet all of these Prompters can be dissolved by finding the Kingdom of Heaven within. At this magic center, where all things are known and understood, absolute love will banish fear and hate.

He who loves God and understands that God is love, loves all things. His love does not rest on the shifting sands of the world, nor does it wax hot and cold as the winds that blow;

but he knows his complete oneness with the Father whose very essence is love. He seeks not, for he has all. Wherever his eye looks, he sees but a reflection of himself. All things return his love, and his prayers move the very foundations of the world.

9-22-04

### **ABSOLUTE LOVE LIES WITHIN**

Love is the supreme law, for through it we throw off the bonds of separateness and perceive the great spiritual unity in which we have our being. Through love we attain a rebirth of consciousness, unity with the Universal Mind, such as Jesus spoke of when he said, "I say unto you that unless a man be born again he shall not enter into the Kingdom of Heaven."

We need not drive for love. Love is in us, complete and absolute. It cries out for expression from the very depth of our being, but we lock it in. We consider it smart and adult to build a fence around love and submit to loneliness and pride and vanity. How dear to us our vain little errors are, and how smug!

We hurt only ourselves. He who deprives himself of the expression of love, deprives himself of all things. He hurts no one but himself, for love moves through all the universe, expresses itself through every bud and bush and flower and rain drop, and needs no man for its fulfillment. Loves makes the world go. It will make you go too. Just let it!

9-23-04

### **CREATION SPRINGS FROM LOVE**

Life is creation, and all creation is a labor of love. Nothing springs full-bodied from the vast creativeness of the Universal Subconscious Mind unless there is first a desire to contribute to humanity. The essence of creativeness is love of life, for such love guides a man to do something better or bigger or more enlightening than has ever been done before.

Such love catches a man in the great unity and the great purpose, and he instinctively perceives the direction in which life moves, becomes one with its efforts, contributes, and creates.

Life seeks for knowledge, and creation is the measure of what has been learned; thus creation is the purpose of life, and creation springs from love. Each of us has a talent, sometimes several, given especially to us, for through us God has become something unique in the universe. Love develops our talents, sets us free to do the special work that we can do.

No matter what else we do in life, we are never completely happy unless our talents are developed, unless our destinies are fulfilled, unless we enlarge the vision and knowledge of God for which all humanity strives. By allowing love to work in our lives as a power for good, we become free to develop our special gifts in accord with an expanding and seeking universe; we become free to contribute.

This contribution, when it is individualized and expressed in such manner as is unique with each of us, advances all humanity along the road of knowledge and thus moves in accord with the very nature of life itself.

This power is accessible to all men, and all of it is accessible to any man. It works for good only through love. Love recognizes that all things are accomplished through the many manifestations of God.

Love sees that all things are the One Thing that lies back of all creation. Love knows that your neighbor is yourself, that your enemy is yourself, that there is only one power behind all space and time and form.

Love understands that God is sought by everyone, each working in his own way toward his own vision, and each sustaining the other through his discoveries. Love knows that each man advances all men. Love knows that the only activity worthy of man's being an heir of God is creation.

Love fuses all beings and all life into a great common purpose: to share and contribute and advance along the common path

toward God. God is love; love is life; we are love. He who denies love denies himself and destroys his part in the human drama.

How unattainable love seems to most of us; how complex our spiritual natures and our emotional drives. Yet the answer is appallingly simple. Lower the barriers! Love is God is the Universal Subconscious Mind, and God dwells within each of us, constantly seeking expression and outlet.

The perfect seed of love is within. Said Jesus, "Be thou perfect, even as thy heavenly Father is perfect." Said John, "Love lies in this, not in our love for him but in his love for us... and love for him is complete in us." Perfect love is in each of us, constantly seeking outlet. All we have to do is let it!

9-24-04

## **TRUST LOVE**

We exist in a world which is striving to know and understand itself. Each of us is a miraculous manifestation of that world. There is a great and unknown spirit working in and through every man, woman, and child in the universe. This spirit is seeking to know.

We serve the ends of Almighty God by living and loving and learning, by lifting up our eyes to the stars, by asking questions, by searching for answers. Life is the supreme adventure. The deathless, sleepless spirit within us leads us ever onward to a higher good. We cannot fail if we keep our hearts filled with love and faith.

Trust love, for when you trust love you trust God. We are all children sitting at the knee of a loving Father whose purpose we will fathom in time. What is going on is a great and good thing, and we are a part of it; we shall always be a part of it; we shall finally be one with it.

We need not be perfectly happy every minute of every day, for perfect happiness only comes with perfect knowledge. But by trusting in the great and good ends of life and by knowing that the door to the mystery swings on the hinges of love, we

shall never lose faith in our divinity and our ability to build a heaven here on earth.

Know that truth is always the great and the good and the beautiful and the aspiring. Close your eyes, your ears, your mind, and your heart to all else; it is illusion. Says the Bhagavad-Gita, "There is no existence for that which is unreal; there is no non-existence for that which is real.

9-25-04

## **THE ADVENTURE OF LIFE**

One desire pervades the universe... the desire for love. Through this desire all things are created... our songs, our stories, our paintings, our engines and machines, our cities and schools, our churches and stores. The hunger of mankind is to know the love of the great Creator. In all lands men are supplicating God to join with them in some enterprise.

Each of two warring nations calls on God to aid it in the fight. But men are beginning to realize that God doesn't join anybody; people join God. God is love moving according to law. We must move over on God's side rather than ask him to move over on ours. God's side is the side of love. When man moves toward love, he moves toward God, toward the foundation on earth of the brotherhood of man, peace, happiness, and knowledge.

This adventure of ours, this life we live, has caught us in the miracle of all creation. We create by our thought and our desire. How precious are the chambers of thought within us. Whatever we think is visited upon us in this world. Learning how to think and how to love, how to create through the use of Universal Mind are the main businesses of our lives. According to how we learn these laws all things come to us.

Every thought we think, every desire we have, every mood we invite, each emotion we undergo is projected into the great creative substance of the Universal Subconscious Mind to be manifested in the world about us. What a miracle! But also what a responsibility.

We as easily visit evil upon ourselves as we visit good, for according to how we think and believe so is it done to us. Every minute of every day we are using the greatest power in the universe for good or for evil. Only a tool or a madman would deliberately use this power for evil.

God's will is love, and by following love as the guiding law of life, we follow God's will and thus have infinite power. Every thought attracted by love and accepted by faith will create good in your world.

9-26-04

## **THE MIGHTY MEDICINE**

Society is love expressed by groups. Men living together, working together, building together, helping each other, seeking common goals, attaining knowledge, are all brought about through love. We depend on each other for our very lives, for we are all one in reality, and are nothing without each other.

The cities and schools and institutions of our world have all been built through love, one man for the other, one neighbor for the other, husband for wife, parent for child. Every step we take toward the divinity that is ours is guided by the illumination of the love of God for man, and the love of God is complete in man through each step taken. Wondrous things are at work in the universe, and we need not see into the reaches of infinity to grasp their mighty import.

Wrote Nietzsche, "Behind thy thoughts and feelings, my brother, there is a mighty lord, an unknown sage... it is called Self; it dwelleth in thy body." What a vision of splendor, what a mighty fate awaits each of us when we have returned once again home, to know as we shall be known.

There is no limit to love in the universe, and all of it is available to you. Put this mighty medicine to work in your life, and you will see such a healing and prospering and peace as will dazzle your very eyes.

In your meditations, in the silent times at the center of your consciousness, remember to think all things with love, and negative thoughts will be banished from your mind.

Love bars the door of mind to the evil and the negative, and opens the door to the good and the positive, and from mind all things proceed. Yet the heart rules, always has ruled, always will.

Whatever takes root in mind is first attracted by the heart, by love or hate, one or the other. Thus by letting love into your heart, you bring good into your mind and into your life. By letting love into your heart you banish hate; hate cannot live with love.

Trust in love, trust all things to love, think all things with love, do all things with love; in this manner you will walk with God, in tune with the infinite power of the universe.

9-27-04

## **REVIEW**

1. Love is the underlying unity of the universe.
2. Love is the supreme spiritual law. Love is God.
3. Humanity seeks love above all things.
4. True love is recognition of the spiritual unity of all life.
5. Frustrated love gives birth to fear and hate, gives birth to evil.
6. The absence of love is fear. The rejection of love is hate.
7. Love will cast out the Prompters of the Subconscious Mind, and never fails.
8. He who knows and believes in the love of God loves all things both great and small.

9. Complete and absolute love is within each of us.
10. All creation is but an expression of love.
11. On all sides of us we see the commands of the universe, "Love or suffer. Love or die."
12. Faith and knowledge are nothing without love.
13. By our fancied hurts, by our sensitive egos, we isolate ourselves, develop fear and hate, create evil in our lives.
14. All unhappiness, every neurosis, every psychosis, all illness, accident, disaster, all evil are born of rejected love.
15. Love works for all who surrender their hearts, and works only with surrender.
16. Spirit is always perfect and love is always perfect. The imperfect things of our world are the result of our imperfect knowledge of love. We are growing to perfect knowledge.
17. Love of man for woman and woman for man is a manifestation of the love of God for all mankind.
18. Love creates, produces, heals, comforts, guides, and illumines.
19. Man creates through his thought and desire projecting into Universal Subconscious Mind. What he thinks and desires with love creates good. What he thinks and desires in the absence of love creates evil.
20. By becoming one with love we become one with the power of the Universal Subconscious Mind.

9-28-04

## **THE CONQUERING IDEA**

These are the tools we deal with: we think; we love; and we believe. Through thought we attain knowledge. Through love we attune ourselves with Universal Mind. Through belief

we transform thoughts into things. These three tools, understood and used, bring power.

Slowly the world is awakening to the truth. Gradually the light of man's spiritual splendor and destiny is penetrating into our schools and social institutions, into our business houses, into our governments. A common Father binds all men together in a great and irrevocable bond.

Through love alone will we be guided to our destination, make our lives on earth great and good and abundant. This is the message that Jesus brought. It will win the universe for man!

In the words of Albert Schweitzer: "Sooner or later the idea here put forth will conquer the world, for with inexorable logic it carries with it both the heart and the head."

9-29-04

### **MEDITATION ON LOVE**

The truth about life is' the infinite love of God for all things. Each man is my brother, bound to me by immortal and everlasting ties. I love all people; they dwell in my Father and my Father in them. I surrender my heart to humanity, and humanity serves me with love. I surrender my heart to God, and the love of God becomes complete in me. I am one with all the power and vigor and knowledge of the universe. I let go of fear and confusion; They are illusions and cannot live with truth, which is love, which is complete and fulfilled in me now. The great reality of Universal Subconscious Mind is forever present at the center of my being. I draw from it perfect intelligence, perfect health, perfect peace, perfect happiness, perfect love. I surrender all the built up inhibitions that have been impressed upon me by the illusions of the world. I refuse to accept anything but truth, which is always the good and the positive. I move in accord with Divine Intelligence. I accept the will and the love of God, which I express in laughter and joy and pleasure and service. Only the good, the great, the significant, and the constructive do I add unto myself. Nothing else is

allowed into the creative depths of my being. The surging desire of each man is to know the fulfillment of love. The way to this fulfillment is through contact with the center of consciousness, through communion with the silent dweller within. I surrender my doubts and confusions and fears. Universal love is complete in me. I am united with God, move with God. I am serene and sure, joyful and achieving, confident of ultimate splendor.

9-30-04

## THE KEY

That which from Self made each mortal  
Self unto each mortal must be  
Thus the key that unlocks the portal  
To God is thyself... thou art He

## YOU ARE GOD

### THE VEIL REMOVED

This is the ineffable secret, the ultimate illumination, the key to peace and power: You are God. If you will accept this towering truth, dare to stand atop this magnificent pinnacle, universal consciousness will be revealed to you from within. God is there. It is He who peers from behind your eyes, who is your own consciousness, who is your very Self. You are not just a part of God; you are altogether God, and God is altogether you.

#### ***Upanishads:***

"The personal self and the ultimate imperishable impersonal Self are one."

#### ***Vedanta:***

"Not a part, not a mode of That, but identically That, that absolute Spirit of the World."

#### ***Jesus:***

"Who hath seen me hath seen the Father."

9-31-04

God is Universal Subconscious Mind, the intelligence that pervades all times and places, the design and order and consciousness of all things. God becomes things; He becomes all things; He has become you. God is not your body, not your ego, but your sense of being, your "I." There is only one "I" in the universe. The same sense of Self is in everyone.

It appears to be different in life because it clothes itself in different forms. These forms wither and decay, but the Self is always one and indivisible and changeless. Every person that lives, every person that ever will live, every creature and thing, are all one in spirit. All are God, and each is altogether God.

Each of us is altogether God because infinite intelligence cannot divide itself. It makes a seeming division in flesh, but never in spirit, for infinity is always one and indivisible. God manifests completely in each thing, and each thing is a manifestation of God's knowledge of Himself.

Your consciousness is God's consciousness. Your idea of yourself is God's idea of Himself. The ideas you accept are automatically manifested in life, for what God knows He creates, and what you know is created, **for you are God.**

**END**

***Three Magic Words***, [Outline for Illumination] by Uell S. Andersen.

## Green Smoothies: a Breakthrough in Human Nutrition

Green smoothies taste good.  
Green smoothies are easy to make and easy to digest.  
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### ***GREEN FOR LIFE***

by

**Victoria Boutenko**

"In ***Green for Life***, Victoria gives us a unique, yet simple and delicious strategy for boosting our nutritional levels. Green smoothies are nothing short of revolutionary! I would recommend this book to just about anyone. It meets the needs of those who are seeking to move from a standard American diet into a healthier lifestyle, as well as those who have 'been raw' for years!"

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#### Synopsis of, ***Green for Life***:

My husband, our two youngest children, and I have been eating an only raw foods diet since January of 1994, more than eleven years. We went on this radical diet out of complete despair when our medical doctors didn't leave us any chances to recover from our horrible illnesses.

By turning off the pilot in our stove and discontinuing all cooking, we were able to heal all of our incurable, life-threatening diseases.

After several years of being raw foodists, however, each one of us began to feel like we had reached a plateau where our healing process stopped and even somewhat began to go backwards.

A burning question began to grow stronger in my heart with each day. "Is there anything missing in our diet?" The answer would come right away: "Nope. Nothing could be better than a raw food diet."

Yet, however tiny, the unwanted signs of less than perfect health kept surfacing in minor but noticeable symptoms such as a wart on a hand or a gray hair that brought doubts and questions about the completeness of the raw food diet in its present form.

In my eager quest, I started collecting data about every single food that existed for humans. After many wrong guesses, I finally found the correct answer. **I found one particular food group that matched ALL human nutritional needs: GREENS.**

The truth is, in my family, we were not eating enough greens. Moreover, we did not like them. We knew that greens were important, but we never heard anywhere exactly how much greens we needed in our diet.

We had only a vague recommendation to eat as much as possible. In order to find out how much greens we needed to eat, I decided to study the eating habits of chimpanzees since they are one of the closest creatures to human beings.

"Modern people and chimpanzees share an estimated 99.4% of our DNA sequence, making us more closely related to each other than either is to any other animal species."

Despite all the scientific research, human health is continuously declining. Many nutritionists connect human health problems with nutritional deficiencies.

Understanding chimpanzees' eating habits may help us better understand human dietary needs.

The two major food groups for chimpanzees are fruits and greens. Please do not confuse greens with root vegetables like carrots, beets, or potatoes. Also do not confuse greens with non-sweet fruits like cucumbers, tomatoes, zucchini, and bell peppers.

According to Jane Goodall, a world famous researcher of chimpanzees, the percentage of time that chimpanzees spend eating greens in relation to the rest of their diet varies from 25-50% depending on the season.

Two to seven percent of their diet is pith and bark. (Piths are the stems and more fibrous parts of plants.) When the trees are blooming, in March and April, chimpanzees consume blossoms, up to 10% of their [diet] ratio.

Chimpanzees do not eat very many nuts, but their diet could be up to 5% seeds. Also, particularly in November, they consume small amounts of insects and even small animals, however, Goodall says this part of their diet is irregular and insignificant, as they could go months and months without consuming any animals, and seem to have no ill effects.

Let us compare the standard American diet with that of chimpanzees. They look totally different. These two diets hardly have anything in common! We humans eat mostly things that chimpanzees don't eat at all, like cooked starchy foods, oils, butter, yogurt, cheese, hamburgers, etc.

While most of our vegetables are roots, wild chimpanzees almost never eat root vegetables unless there is a drought and fruits and greens are unavailable. It is the intake of greens that has declined most dramatically in the human diet. Our consumption of greens has generally shrunk to the two wilted iceberg lettuce leaves on our sandwich.

Let us compare the standard American diet with an average diet of a typical raw foodist. I think that a raw food diet demonstrates a vast improvement over the regular diet.

Firstly, all ingredients in a raw diet are uncooked, and full of enzymes and vitamins; thus the raw food diet is like a revolution in comparison with the standard American diet.

That explains why so many people reported that they instantly felt better on a raw diet.

Raw fooders eat a lot of fruit, especially if we keep in mind that bell-peppers, cucumbers, zucchini, and tomatoes are also fruits. However, even though raw-foodists typically consume noticeably more greens than people on an average mainstream diet, greens almost never constitute 45 percent of their food. [As in the typical chimpanzee diet.]

So what do raw foodists eat in place of their missing greens? The answer is: most people on a raw food diet consume large amounts of fruits, nuts and seeds. Often they use nuts as a substitute for carbohydrates, particularly when trying to mimic cooked dishes with raw ingredients, even though nuts are 70-80% fat.

Also, raw foodists increase their consumption of oils and avocados because the most common way of eating salads, their main staple, is to have it mixed with dressing, sauce or guacamole. Another big quota in a typical raw diet belongs to root vegetables mostly due to juicing. Also, roots taste sweeter than greens and thus comprise a large portion of raw salads.

Considering all of these factors, when we compare the typical raw food diet with the chimpanzee diet, we can clearly see that **there are two main ways to further improve our individual eating patterns: to increase our consumption of greens, and to reduce our intake of nuts, seeds, and oils.**

Another striking characteristic aspect of the chimpanzee eating pattern is that they never eat in the late afternoon or evening.

The more I read about the nutritional content of greens, the more I became convinced that greens were the most important food for humans. If I could only find a way to enjoy them enough to consume the optimal quantity needed to become perfectly healthy!

I tried countless times to force myself to eat large amounts of greens in the form of salad or by themselves, only to

discover that I was not physically able to do that. After about two cups of shredded greens I would either have heartburn or nausea.

Greens possess more valuable nutrients than any other food group, but all these nutrients are stored inside the cells of plants. To release all the valuable nutrients from within the the cells, the cell walls need to be ruptured.

This is why I decided to try to "chew" my greens in the Vitamix Blender. First I blended a bunch of kale with water. I was thinking, "I will just close my eyes and nose and drink it."

But as soon as I opened the lid, I closed it again quickly because I felt queasy from the strong, wheatgrass smell. That dark green, almost black mixture was totally unconsumable. After some brainstorming, I added several bananas and blended it again. And that was when the magic began!

I slowly, and with some trepidation, removed the lid and sniffed the air, and to my greatest surprise this bright green concoction smelled very pleasant. I cautiously tasted a sip and was exhilarated! It was better than tasty! Not too sweet, not too bitter, it was the most unusual taste I had ever tried, and I could describe it in one word: **freshness**.

When I first started drinking green smoothies, I didn't mention it to anybody and did not expect anything significant to happen. Since I did not have any big health problems, I was not pursuing any dramatic changes. I just didn't want to age so noticeably.

However, after about a month of erratic green smoothie drinking, two moles and a wart I had since early childhood peeled off my body. I felt more energized than ever before, and started sharing my experience with my family and friends.

The next thing I noticed was that those cravings I had occasionally for heavy foods like nuts or crackers, especially in the evenings, had totally disappeared.

I noticed that many of the wrinkles on my face went away and I began to hear compliments from other people about my fresh look. My nails became stronger, my vision sharpened and I had a wonderful taste in my mouth, even upon waking in the morning (pleasure I hadn't had since youth).

My dream had come true at last! I was consuming plenty of greens every day. I began to feel lighter and my energy increased. My tastes started to change. I discovered that my body was so starved for greens that for several weeks, I lived almost entirely on green smoothies.

Plain fruits and vegetables became much more desirable for me and my cravings for fatty foods declined dramatically. When I began to drink green smoothies, I noticed right away that those kinds of cravings disappeared.

I purchased an additional Vitamix blender for my office. Whenever friends or customers came in, they saw a big green cup next to my computer and I treated them to a sample of my new discovery. To my great satisfaction, everybody loved it, despite their different dietary habits.

Inspired by the warm reception, I wrote an article "Ode to Green Smoothie" and emailed it to all those in my Internet address book. Almost instantly I began to receive strong, positive feedback and many detailed testimonials from my friends, students, and customers.

While I felt compelled to do more research, it looked like the multiple benefits of green smoothie became obvious to everybody who tried them, and the number of people who were drinking green smoothie turned into a "green wave," growing rapidly every day.

[This excerpt is just a sample of the revolutionary information in, ***Green for Life.***]

**Victoria Boutenko** teaches classes on raw food at South Oregon University and, as a result of her teachings, many raw food communities have been formed throughout the world. Victoria and her family have lived on a 100% raw food diet since 1994 and all four have cured their incurable diseases. The transformation of Victoria's family to raw food is described in her book, *Raw Family*. Victoria is

also the author of 12 Steps to Raw Foods. Her two children have written a book containing delicious raw food recipes called Eating without Heating.



## ***Ode to Green Smoothie***

by

**Victoria Boutenko**

[www.rawfamily.com](http://www.rawfamily.com)

As the Russian proverb says: New... is something old, that has been long forgotten. Last summer I re-discovered green smoothies. What do I mean by green smoothie? Here is one of my favorite recipes: 4 ripe pears, 1 bunch of parsley and 4 cups of water. Blended well.

This smoothie looks very green, but it tastes like fruit. I like green smoothies so much that I bought an extra blender and placed it in my office, so that I could make green smoothies throughout the day. More than half of all the food I've had in last several months have been green smoothies.

I have so much more energy and clarity that I have removed green juices from my diet. (Juicing has been something that I've been doing regularly for years.) Green smoothies have numerous benefits for human health.

1. Green smoothies are very nutritious. I believe that the ratio in them is optimal for human consumption: at about 60%... ripe organic fruit mixed with about 40%... organic green vegetables.
2. Green smoothies are easy to digest. When blended well, all the valuable nutrients in these fruits and veggies become homogenized, or divided into such small particles that it becomes easy for the body to assimilate these nutrients, the green smoothies literally start to get absorbed in your mouth.
3. Green smoothies, as opposed to juices, are a complete food because they still have fiber.
4. Green smoothies belong to the most palatable dishes for all humans of all ages. With a ratio of fruits to veggies as 60:40, the fruit taste dominates the flavor, yet at the same time the green vegetables balance out the sweetness

of the fruit, adding nice zest to it. Green smoothies are simply the best tasting dishes for the majority of adults and children.

I always make extra smoothie and offer it to my friends and customers. Some of them eat a standard American diet. They all finished their big cup of green smoothies with complements. They were quite surprised that something so green could taste so nice and sweet.

5. By consuming two or three cups of green smoothies daily you will consume enough of greens for the day to nourish your body, and they will be well assimilated. Many people do not consume enough of greens, even those who stay on a raw food diet. The molecule of chlorophyll has only one atom that makes it different from a molecule of human blood. According to teachings of Dr. Ann Wigmore, to consume chlorophyll is like receiving a healthy blood transfusion.

6. Green smoothies are easy to make, and quick to clean up after. Many people told me that they do not consume green juices on a regular basis because it is time consuming to prepare green juices and clean the equipment after juicing, or to drive to the juice bar.

7. Green smoothies are perfect food for children of all ages, including babies of six or more months old when introducing new food to them after mother's milk. Of course you have to be careful and slowly increase the amount of smoothies to avoid food allergies.

8. When you consume your greens in the form of green smoothies, you can greatly reduce the consumption of oils and salt in your diet.

9. Regular consumption of Green smoothies forms a good habit of eating greens. Several people told me that after a couple of weeks of drinking green smoothies, they started to crave and enjoy eating more greens. Eating enough of green vegetable is often a problem with many people, especially in children.

10. Green smoothies can easily be freshly made at any juice bar, restaurant or health food store for the great convenience of health-oriented customers.

I encourage the readers of this article to start playing with green smoothies, and to discover the many joys and benefits of this wonderful delicious and nutritious addition to the menu.

Here are more ideas for your green creations.

Some of my favorite greens to add to green smoothies: parsley, spinach,, celery, kale and romaine. My favorite fruits for green smoothies are: pears, peaches, nectarines, bananas, mangoes and apples. Strawberries and raspberries taste superb in green smoothies, when combined with ripe bananas.

Delicious combinations.

**Mango-parsley**

2 large mangos  
1 bunch parsley  
Water

**Peach-spinach**

6 peaches  
2 handfuls of spinach Water

**Mango-weeds**

2 mangos  
1 handful of lambs quarters,  
stinging nettles, purslane, etc.  
Water

**Strawberry-banana- romaine**

1-cup strawberries  
2 bananas  
1/2 bunch romaine  
Water

**Apple-kale-lemon**

4 apples  
juice of 1/2 lemon  
4-5 leaves of kale  
Water

**Kiwi-banana-celery**

4 very ripe kiwis  
1 ripe banana  
3 stalks of celery  
Water

**Pear-kale-mint**

4 ripe pears  
4-5 leaves of kale  
1/2 bunch of mint  
Water

**Finger banana-spinach**

10 finger-bananas  
2 handfuls of spinach  
Water

**Bosc pear-raspbesrry-kale**

3 bosc pears  
1 handful of raspberries  
4-5 leaves of kale  
Water

Juanita and I have been drinking green smoothies on and off since mid-June. We both gained relief from arthritis pain and I lost all symptoms of candida as long as I drank a green smoothie daily. Juanita is amazed by how much better her memory is now and her increased sense of smell.

Juanita says she has a greatly increased enthusiasm for projects around the house and in the yard. And she feels "up" most of the time now. We both enjoy the green smoothies and are very happy about the increase in our well-being. We have decided to try and drink a fresh green smoothie every morning.

Our favorite green smoothie is apple-pear-greens. All ingredients are fresh and organic. We have a 48 oz. blender in which we put 2 1/2 cups of sun energized water, then add 3 heaping tablespoons of raw pumpkin seeds, a small handful of raw almonds and 3 large dried Calimyrna

figs cut in half. (Both the pumpkin seeds and the figs and almonds are good wormers when you walk bare foot a lot.)

We then add the washed greens which we cut into roughly 1 inch squares so they are easy to blend. We usually use 6 or 8 romaine lettuce leaves, some parsley, and a little bit of celery, maybe 1/2 of a stock, because it has a very strong taste. In season we add a small amount of either dandelion leaves, miners lettuce, plantain, nasturtium leaves, or swiss chard. Then we add a small handful of wheatgrass cut fine. I usually cut and mix all the greens into a large bowl and then add them slowly through the small opening in the lid. The blender is set on Hi speed.

We cut and core the apple and pear, leaving the skin on. We reduce the blender to 1/2 speed and add the strips of fruit through the blender lid. When the fruit is chopped we again set the blender on high and run for 3 or 4 minutes. During the last 30 seconds we add a small handful of date pieces. This chops the date pieces into small chunks which adds an occasional sweet surprise when we drink the smoothie.

This recipe makes two very thick 24 oz. smoothies, or about 3/4 of a quart fruit jar. Juanita drinks hers thick just as it comes from the blender, I fill the rest of the jar up with solarized water and mix it into a much thinner drink.

The preparation of the fruit and greens, blending and cleanup takes about 20-25 minutes. Much easier cleanup than juicing.

A word caution: When you are adding wild greens to your green smoothie be sure and check that it is edible and not poison. And green smoothies begin digestion in the mouth, so as we used to say on the ranch when we wanted a hard job done, "Put a lot of spit into it." Work your jaws to add saliva. Green smoothies will benefit people eating any diet.

We are, ***Green for Life.***