

Preface

“Condemnation without investigation” - is the highest form of ignorance

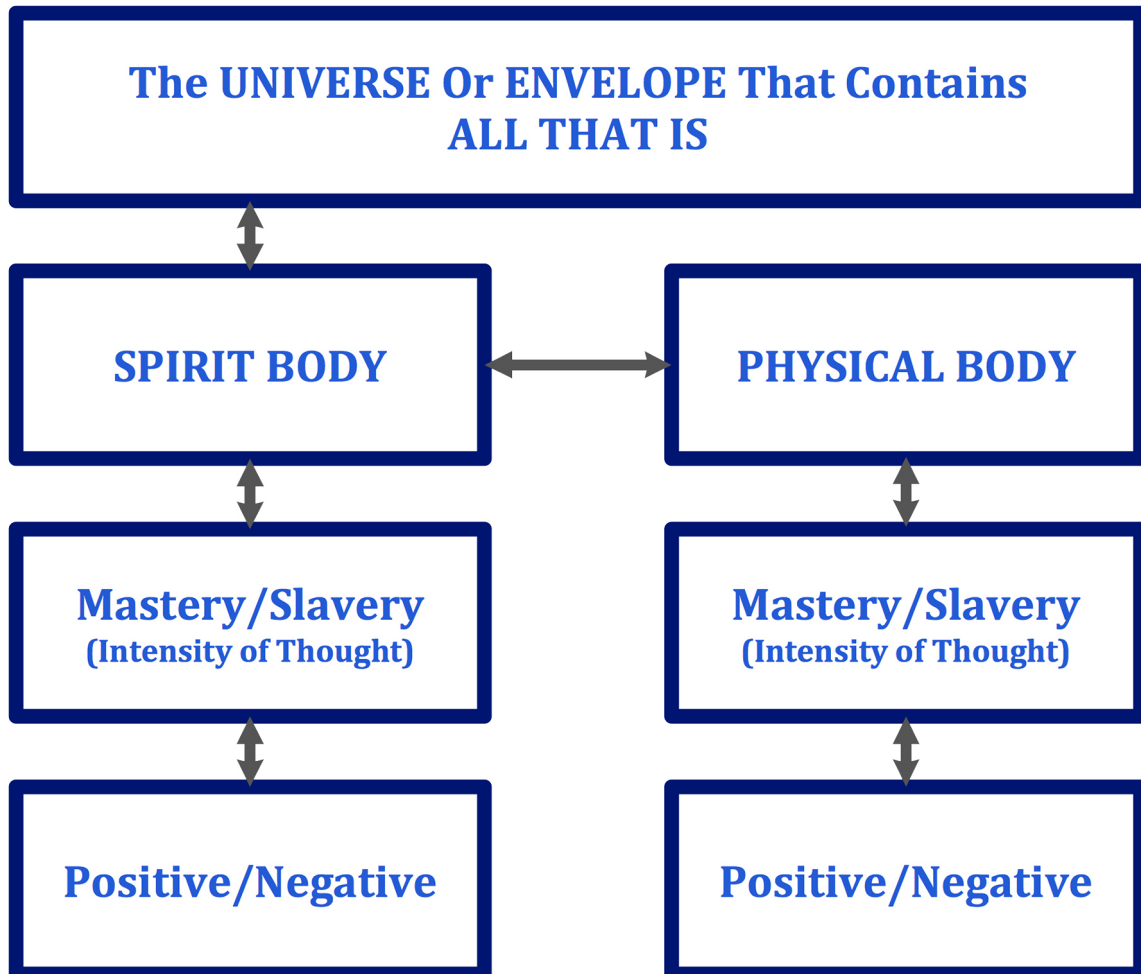
Who is the poorest person on this planet? And yes, you may change the qualification to anything you so choose because you can. The answer is the one that believes they are! That herein, sets the tone for these writings. I am constantly experiencing clarity, therefore as you read – it is a work in progress. For the most part, the information that I want to share is difficult to verbalize or put into words.

Often what one thinks is not the same as what is written to text. I am sure that many have sent an email in which the content was not as intended. Many call that a distortion of thought. For example, the same word in English may take on a different meaning to different people, especially in different cultures; English words to a Brazilian that speaks English will have a different meaning or connotation, than the same word to a Canadian or American individual. Often books that are written in the native language of the writer, once translated to a different language, do not convey the intended message.

This same distortion applies to historians. History is often portrayed through the perception of the writer. The same event is viewed and written through the individual perceptions of each person’s own reality. Therefore the “truth” has many perspectives.

The following writings are from my perspective with some applicable quotes. There is positive and negative in everything, energy must be balanced. An energy entity can never be all positive or negative. Many use the expression that energy sways “to and fro” or “ebb and tide.” The positive and the

negative are also effected by mastery and slavery, by the dominator and by the submissive. From my perspective, that is the way of all that exists, from plants to bugs to beasts/animals. The universe can only expand. Expansion comes from thought and therefore expansion is the result of the shaping/reshaping of the energy fields that have been created. Thought is the process that is expansion.



So I would like to thank three ladies from Northern Canada, who profusely objected to my use of the word manipulate and “you should or you need to.” From my perspective, manipulate is a great word. One of them suggested the word shape. So shaping or reshaping it is, just because I can and they like it better. I now thank them so, because it’s an awesome word for these writings.

Let’s say the universe is an envelope that contains 6 items as illustrated on the previous page. The spiritual energy/spirit body and the physical energy/physical body, each contain the following; the mastery/slavery aspect, which is the conviction or intensity of thought – therefore, intensity of thought shapes or reshapes the existing positive and negative energy fields.

My intention is be to the point – no round about, no soft spoken anything. This is about rousing your emotions to start thinking for yourself, as only you know what is right for you. You may have to re-read several times, investigate for yourself and not depend on others for your answers. This can only be for you. There will be things that may resonate with you, if so - take them and run with it; that is how expansion takes place. All this again, is from my perspective. So if you think or feel that I am telling you what to do - perhaps mentally replace the words “you should do this or you need to do this” with *“imagine if you did this..... this or that may happen.”*

Spirituality referred to in these writings is implied to the spirit being that you are. Spirituality and organized religion are not the same thing to me, so please keep that in mind while reading. No one has the right to tell you what to do as that is control. Resisting is physical - to object is spiritual. When you object, you begin to think for yourself. Think - ask questions of yourself to yourself – work that brain on your shoulders. Using

the words “I need” implies physical submission to that particular need. Using the words “I want” is a thought or desire and is spiritual. If you want to live a life, live from the heart – If you want to create a world for yourself, you have to think it into reality, your reality. Your reality is the only one that matters for you. It is your truth! It is your freedom!

Using your Neocortex, connects you to all thoughts, as all thoughts that have been thought still exist. All thoughts are source mind. We are the only species that have a Neocortex. Why? That is how we are connected to spiritual growth, “to all that is.” The Neocortex is how you receive and transmit thoughts or energy to and from your higher-self. Perhaps we are like the computer on a network; if you require more data and information, you will require to connect to more hard drives or servers to get it. As another teacher so aptly implied – “maybe we can’t physically handle it all – we need to connect to a greater source.”

You are the embodiment of “all that is!” These writings are a reminder to all those that inherently know - whether spiritually awake or not, that within yourself is all the knowledge that you require to connect to your higher-self and “all that is.” You are the most awesome for you!

Every spiritually advanced human that has walked this earth has been connected to all thoughts that exist with the caveat, for their path. They have been deemed by their local cultures as “enlightened.” Perhaps the cultures that hosted the “enlightened” one, required that person only to reach a certain level of spirituality for them at that particular time. Once at that spiritual level, the icon’s earthly path ended. It is the local cultures that made those so-called “enlightened” ones religious icons and hence worshipped them. By worshipping and

glorifying that icon, those in that culture benefited from the transfer and balancing of energy. Those that felt they had little purpose in life and were more of the negative field, were able to feel warm and fuzzy due to the positive energy they received as a result of belief in that icon. They perhaps believed someone loved them and were teaching them the way to a better life.

It appears to be much easier to believe in someone else, than to believe in yourself. If all one's life, your parents or ancestors told you that you were just a simple physical being, of no worth and a sinner; then perhaps believing in something higher or divine was the only way to achieve happiness. Guess what? You have all of what you require inside of you. You are "all that is."

Transferring energy or reshaping the field does not imply giving it away, you are rebalancing the negative and positive energies. One can never give away that which is inherent within you. When you look within yourself, you are "all that is." From my perception, I think that all those "enlightened" ones would be appalled to find out that their message or self-knowledge has been used by organized religion for the purpose of financial gain. The bigger the lie, the more one has to perpetuate it and safeguard it.

The message of those "enlightened" ones is this: The belief in one's self. One can do whatever one so chooses to do, if one believes they can. The higher message is that you can be whomever and whatever you want to be. This is the next level of expansion. The believing in one's self, is the process by which to achieve connection to "all that is," and it is the only path for you – the path that only you can take. It is the path within yourself and it is the path that only you know for you.

Each of us have specific talents to which we excel. These talents may be related to our path that is right for us. There will be those that excel at being an artist of different mediums, those that will be teachers and those that are leaders and so forth. Some will want to just do little energetically – that may be their path. All paths cannot be the same. There will be those on a path that some would deem as negative - so there must be. All is energy and so must consist of those that are negative as well. As above, so below. If one thinks there are those that are born “evil;” those then are just having to produce the negative energetic portion of the universe. They are required as much as the positive or “good” energetic beings. Every sacred text is about that – opposites or duality. Every thought born is conceived in duality. From my perspective, at this moment, our planet is extremely energetically unbalanced.

These writings are to awaken those whose time it is; those that choose to prepare themselves for the energetic changes which are about to take place. When one understands who one is, where one came from, one understands everything and why events are unfolding as they are. The awakened and knowledgeable, will be able to withstand the tumultuous energy that is impinging on this planet.

If you just wish to expand the mind a little, read on. If you wish to read about different perspectives, read on. If you wish for someone else’s answers for your unhappy life, perhaps look within first, then read on. If you want to know who is going to win the next game or how to pack clothes in a closet, well then, sit at the lunch table and talk about it.

And how is your life working out for you? Perhaps you may want to read on and create your world - your reality for you!

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Imagine If - 1

You knew the Power of You

Imagine if - you knew the power of you

-From my perspective

The power of you – hmmm, you might say; I don't have any or that others have more power than me. My perception is that one can never lose their power; one just doesn't know how to use it to its full potential. There are many people considered powerful – so powerful in that, others feel inconsequential to them. These so-called powerful people perhaps, know how to use the power they have available to them. Those that do not, may find the following of interest:

Every thing that exists on this planet is consciousness. From a dog to a frog to a cat to a hat to a nail, everything that exists is consciousness or bits of information. Some would say that everything is made of atoms though it is actually "bits of information," all created from thought. Ron Garret has an interesting perspective on Quantum Mechanics. Do your own research on this.

If you don't buy into the concept that everything is energy, all of this may be a moot point to you. Set the book down and uh..... go watch TV.

This energy is not privy to just rich people or those considered elite, it is available to all and is inherent within us.

Whether an insect, a beast/animal, a higher conscious being or whatever you consider yourself as – you have inherent within you a life force; you may call it the holy spirit, holy ghost, prana, chi, source energy, the divine matrix, unity, unified field, spirit, the light, ki, mana - this energy is available to you 24/7/365, anywhere, anytime and best of all, it's FREE.

Imagine if - you knew the power of you (2)

From this point forward, I will be referring to this life energy as source/unity energy. It is this source/unity energy some call God's holy spirit with a capitol G. From my perspective, this chapter is perhaps the most "freeing or liberating" information. I will help clarify this source/unity energy by use of a few analogies. You may have to re-read or do your own research – it is fundamental and paramount to understand what this energy is!

Analogy 1

Source/unity energy perhaps can be likened to an audio amplifier in your stereo. This amplifier would never require power (it's always on), will never breakdown, and is always available to you.

For example, one day you decide you want to listen to a variety of country music at, for example, 50% volume; the volume being controlled by you. The amplifier responds by reproducing the exact songs you selected at the same volume/intensity that you chose – the 50%. Your selected music is then heard through speakers or headphones.

Perhaps later in the day you wish to hear symphony music at a less intense volume – the amplifier responds with your selected music at the volume/intensity you chose. You may choose any type of music from rock to heavy metal to opera to bedtime lullabies at any volume/intensity you desire and guess what? The amplifier responds without any judgment of who you are, what type of music you chose and what volume/intensity you wanted to listen at. The amplifier responds to whatever music and volume/intensity that only YOU choose.

Imagine if - you knew the power of you (3)

Imagine if you selected a song that was distorted or had a noisy background. Perhaps you have experienced a downloaded song from the Internet where the quality was not up to par or there was some “scratchy noise” which you could hear along with the music. Well, guess what?

The amplifier doesn't care; it reproduces your songs whether they are high quality, poor quality, distorted – whatever quality, whatever type of music and whatever volume or intensity that YOU choose.

This amplifier will reproduce for you whether you are female, male, old, young, black, white, yellow, brown, rich, poor.. any nationality, dog, cat, horse.... You get the point I hope. It will reproduce for you whether you think you are the nicest person on the planet or you are sitting on death row. The amplifier's response to you is neutral in that it's response to you is UNCONDITIONAL!

A unity amplifier produces an exact reproduction of what you choose to send to it. So if the volume/intensity is low, the amplifier responds with your music that is low in volume/intensity. If the volume/intensity is high, the amplifier responds with your music that is high in volume/intensity.

So now, let's replace the amplifier analogy with what is called the life force or source/unity energy, you know, all of those synonyms mentioned on the first page of this chapter.

Again, this energy is available to you, is inherent within you 24/7/365, anywhere, anytime and it's FREE!

Imagine if - you knew the power of you (4)

As everything in you is vibrational, you are continually sending a vibrational “signal” to this unity amplifier. So instead of sending your music to this “unity amplifier”, you now send your subconscious thoughts and your emotional feelings to this source/unity energy. As you are part of all that is, your subconscious thoughts and emotions are instantaneously “sent” or become a part of this life force, the energy that is inside all things. Your subconscious thoughts and emotions are always part of this energy as this life source is inherent within you. So now, what does this UNCONDITIONAL energy do? It responds to you without judgment and without conditions, hence the word unconditional.

For example, you awaken feeling grumpy... maybe you awoke on the wrong side of the bed, - perhaps had a disagreement with your mate or child, - forgot the flowers or the dry cleaning, - annoyed with the everyone, - worried about finances, - your cell phone always drops calls, - the old car I bought won't run....and on and on. So now that you are really grumpy, you are vibrating or sending that so called “grumpy negative energy” to source/unity energy that is within and all around you.... What happens?

Source energy responds with; DITTO – Back at ya! Hey human, I'm giving you back what you sent me. So now there you are.... living in all the “grumpy-ness ” you sent to this source/unity energy because source just responded to you with “unconditionality.” Now you are stressed out, feeling sick, worried and upset! Now you got to have a drink, maybe watch an episode of Honey Boo Boo or whatever your stress relief entails. And what else? You are now in the same energy field as everyone else that is grumpy!

Imagine if - you knew the power of you (5)

What would happen if you were in a most awesome mood when you awoke, you had a great sleep, less of course, the crazy dream that you couldn't remember. Your coffee is awesome, - the sun is shining even though there are clouds above, - you are smiling because your thinking of all the awesome people you get to work with today, - your phone is working awesome, - your reports are all done for school or work, on and on. Everything is awesome....

That unconditional source/unity energy is doing what it does; acting unconditional in its response to you. DITTO - Back at ya! Hey human, I'm giving you back what you sent me.

So now there you are, living in all the awesomeness you sent to source/unity energy as source/unity energy just responded to you with all that "unconditionally." You will say, "Oh my goodness - this day is so awesome.. I can't remember the last time I was sick. Everything is going so good! Everyone around me is so happy and enjoying the "happy" field that I am in."

Analogy 2

The amplifier/unity device is one way to look at source energy. Let's go for some expansion on this. My perception is that source is the medium by which we create our lives or our world. I will keep hammering down this concept in an upcoming chapter.

Let's view source/unity energy as the canvas and paint of an artist. Of course you as the human, are the artist. Available to you, is a canvas of whatever size and type you desire and the paint - any color or type you desire.

Imagine if - you knew the power of you (6)

So human artist, available to you 24/7/365 anywhere, anytime and for FREE, is the medium by which you can control and create your life. I cannot emphasize enough times that this “medium” or source energy is inside each and every human. You, having this human experience, are the artist that holds the brush; the size of the brush equals the intensity of your thoughts by which you create your life.

Guess what? Your canvas can be any size you choose. You never run out of canvas. Your paint? Colors of paint – whatever you can dream of! Type of paint? – whatever you desire! Amount of Paint? - whatever you require! Better yet? The canvas and paint store is always open, you don't have to get in your car or take transportation to get there. It's inside of you, inherent within you, and did I mention it was FREE?

All that you can dream or imagine, you can create. So wait a minute, you wish to create faster? The intensity of your thoughts expediate your creation. Again, the bigger the brush or tools, your intensity of thought and creativity, the faster you create and manifest your dreams and desires into reality.

Your physical body is a direct reflection/projection of your subconscious thoughts. You can change your physical body and health by your subconscious thoughts! Not happy with your body? your health? Imagine if you changed your thoughts!! Research this out. Research *Epigenetics* and *reprogramming your subconscious mind*.

Again, it doesn't matter who you are, what you have done and are doing; this source energy is yours, inside you, part of you, inherent in you. Use it!

Imagine if - you knew the power of you (7)

No one or a group of “ones” can ever take that from you. That is your right! It is inherent within you. That is YOUR freedom!

Analogy 3

This is another analogy of how to view source/unity energy and albeit a short one. Instead of using the canvas/paint scenario, you could say that the energy inside you is the raw materials by which you create. You have all the raw materials at your disposal.

Imagine if all the things you wanted to create were available for you in raw form. The warehouse that stores all of the raw materials you require is in you and around you. Whatever type of material, whatever color, whatever amount, whatever format, you have all of it available to you and wait..... that's not all!

The warehouse is never closed, you don't require a crew to load the materials, no one is ever on strike, the lights are always on and someone is always at the warehouse.

Source energy, the medium by which you create, together with you, your thoughts and intensity of those thoughts - are the **POWER OF YOU!**

This source energy is unconditional. It is available to everyone and to every being, and did I mention it's FREE? Source energy always responds – it is unconditional in its response to you.

Imagine if - you knew the power of you (8)

Analogy 4

By now, you may have a grasp of the power that is inherent within you. The following is perhaps the most important part of this information of how this life force can flow freely through you.

In order for you to take advantage of your power within, it is important to know that this flow of energy plays out in all aspects of your life. My take on this is perhaps different than most.

This flow of energy is all related to and controlled by your emotions. It doesn't mean that you cannot use source energy without the use of emotions as your guide – you can, though your emotions are an easy guide. Remember, that this life energy is always inside and around you. This energy is vibrational. We will discuss more on this vibrational aspect shortly. This energy responds whether or not you are consciously thinking of it. You are always part of the bigger whole. A part of “all that is.”

Controlling this flow of energy to enhance your human experience is amazing and has awesome potential for you.

Consider a dimmer control if you will, you know, the kind on the wall, that controls the flow of electricity to lights . The closer the dimmer is to its maximum, the more the electricity flows to the lights; the brighter the lights, the brighter your surroundings appear.

The chapter entitled “Imagine if – Your Emotions were your Guide,” has more details on this.

Imagine if - you knew the power of you (9)

For now, we will use the emotion of happy, as the physical feeling that allows the dimmer to open up and start the flow of endless energy by which you can use your thoughts to create whatever you desire.

Actually, happy is the only emotion in your human experience in which you truly can be most effective at creating your life as you desire in an expedient manner.

As a vibrational being, the energy within you has the capability or inherently the potential of *full bandwidth* and *full amplitude*. Imagine the life that you can live if you used all your potential. Connecting to source mind and to every thought that has ever existed is the true essence of your potential. That however, is perhaps another writing.

To understand the terminology, try this:

Bandwidth, frequency bandwidth or radio bandwidth: a measure of the width of a range of frequencies, measured in hertz or the range of audio frequencies which directly influence the fidelity of sound.

The higher the audio bandwidth for example, the better the sound fidelity. The highest practical frequency which the human ear can normally hear is 20kHz. An audio amplifier that processes all frequencies equally, plus a reasonably high signal-to-noise ratio, will faithfully reproduce the audio soundtrack.

Bandwidth is the frequency spectrum that something i.e. an amplifier can produce.

Imagine if - you knew the power of you (10)

Amplitude is the level or intensity. You are producing many frequencies at once; each of those frequencies may be at different levels/intensity/amplitude.

So, going back to the analogy of an audio amplifier; depending on the quality of the signal that you send to the amplifier, depending on the type of music or input to the amplifier (could be CD, mp3, vinyl....)... all the different inputs or sources have a multitude of different frequencies and amplitudes. That is the basis of sound reproduction. The quality of the amplifier can also reflect on the bandwidth and amplitude. Hence that is why manufacturers of devices always state the specifications of their product. Someone purchasing an amplifier, would want to know what the particular amplifier they are wanting to buy can produce in terms of bandwidth and amplitude.

Back to you.....

So if one day you are kind of grumpy, perhaps things are not well at work or at home, you don't feel as happy or your level of happiness may be somewhat diminished even for a few minutes, your flow of energy may not be unity that being the same output as input. What that means, is that some of the frequencies that you require to create, may be down in level/intensity/amplitude, and thus you cannot create as accurately and as fast as you desire.

Your thoughts, together with the creative medium of source/unity energy, are required to be working together to create your desire and life that you wish for.

Imagine if - you knew the power of you (11)

This concept becomes rather important when it comes to your health, which in turn reflects on your personal life, your family and those within your immediate vicinity.

With thoughts that are of the negative variety, you create negativity in your physical being - which is what stress is. Instead of you living in ease and stress free, you live a life of dis-ease.

Living a life that is stress free has a pronounced effect on your physicality and those around you. It is rather interesting that as I take the ol' beagle for a spin at the park, one can tell much about the life of the owner by the energy of their dog. Those dogs that are at ease and relaxed generally have owners that are the same. Those owners that live in fear of much in their lives, breed fear in their dogs. It is interesting to watch when two dogs meet that have owners who live in such fear and stress.

Because our body is a direct reflection of our subconscious thoughts, nothing could be more important to your well being than the thoughts you think. The vibrations that are constantly created within you, are always reflecting in your physical being. More information on this subject comes from Bruce Lipton and his "*Biology of Belief*," Posted online are videos that are very pointed entitled: "*Where mind and Matter Meet*."

Further to this is the subject of *Epigenetics* as mentioned earlier, there is a plethora of videos and articles than can be researched. The topic of *Epigenetics* cannot help but be addressed in different chapters of these writings.

Imagine if - you knew the power of you (12)

Analogy 5

So..... on to the story of the 3 little pigs thanks to James Orchard Halliwell-Phillipps.



-Graphic Whimsey Workshop

Look at the emotions on the faces of the 3 little piggies. The straw house piggy is not looking happy as perhaps the bank wouldn't finance the straw house. The stoic look of the piggy with the wooden house maybe thinking the thought that the polka dot shorts would keep the big bad wolf away. Now we have the happy piggy with a load of bricks for his house.

The Power of You = The Brick House

When you are happy, you are physically and spiritually well. Your health is amazing and source/unity energy is flowing through you to create whatever it is you so chose. YOU, your brick house is strong; no matter the elements of the weather, actions of others, your house remains strong and undeterred. If the big bad wolf comes huffin' and puffin' at your door, guess what? You don't care because your house is made of bricks and nothing anyone does will take away from your happiness.

Imagine if - you knew the power of you (13)

If someone cuts you off in traffic or while walking, you will not be distracted. If someone is being rude and demeaning, you will not be deterred from happiness. So being that you built such an awesome house out of bricks, the elements of life no longer take a toll on your well being.

If your house is not well, in other words.. you don't have the roof on and it's just plywood walls out there, how can your house withstand all the elements? Your house is the most important thing in your life. YOU are the most important to YOU. Only when you are well with your house completed, can you be of help and to others.

So when others call for help, without a doubt, compassion is in order. Though how can you help victims when you are one yourself? You can't feed the hungry by being hungry. It would be like, when you are building your house and your roof isn't completed and it starts to rain, what do you do? You need to work on your house until the roof is completed. You cannot let your house fill with water and rot. How does that help anyone!

There are some that think the right thing to do would be to rush over and help the other person, I am not saying that would be wrong to do in a sense. Good judgment would be required in any given situation. You have to remember that to help others, means that you need to be well first. YOUR HOUSE FIRST! By all means, perhaps you may lend them some tools of life to help them on their way – again, I can't emphasize enough the importance of you first! Helping others first would be like saying to someone; hey, I can make you feel good even though I am feeling sad. Oh.. by the way, I'm glad I helped you finish the roof on your house.

Imagine if - you knew the power of you (14)

My house got flooded because I helped you finish yours. Now my house is ruined and I have nowhere to live I am here for my experience – Me first!!

I have to throw this point in here and that is the use of the words of selfish and selfless. Now some may feel that the above example would be one of selfishness. And so it is! YOU NEED TO BE SELFISH. When you are strong and well, then you can help others. Those that profess to be here for and to be of service to others, are deemed selfless. That they are! They have nothing for themselves. They are so busy helping others and hoping for gratification in terms of “thank-yous,” perhaps a “selfless” award, or even some “certificate or plaque” on the wall congratulating them for being so awesome in helping others “less fortunate” that, for the most part, they can’t help themselves. Then, they have to rely on whatever religious icon is available to them to help them in their time of “selflessness.” True selflessness is an attribute of selfishness.

So now imagine if, let’s say all those around you were well and healthy, you know, the brick house. Think of the community now in which you would be living. You are strong, all those around you are strong and well. All are taking care of themselves and now can truly help others because they were well first. Imagine if the foundation that you and others form for a family of brick houses. Can you imagine if - you had a super foundation as a baby, how awesome and fast of a life that you could create?

As Bruce Lipton said, *“The parents are the genetic engineers of their children.”*

Imagine if - you knew the power of you (15)

When have you seen a happy person not wanting to help another? When have seen a happy person being rude or demeaning to someone else? When have you seen a happy person shoot or murder someone else? I am sure there is some small percentage that would be happy inflicting fear, though for the most part, happy is the most awesome emotion.

Imagine the world comprised of people who were all mostly happy. Is that not that the theme of what most people in the world dream of? No matter what religion, race, sex; all seek to live in peace and be able to feed their family and enjoy their human experience to the best of their ability.

It all starts with the Power of You. Happiness is the key to keeping your house strong! You then have personal freedom within you! When you are balanced between the positive and negative energy, you are amazing. So that brings me to what I have found as a deeper understanding and perception of the energy being that we are.

Everything in the universe is consciousness. Consciousness is made up of negative and positive energy. My perception is that you have a choice to remain in the positive side if you so choose. Though remember, that for those who choose positive and happiness, there has to be those that live in negativity. Even in the happy or positive state, there will be times you feel some type of negativity.

Not only does that help you appreciate that it feels better to be happy, you are also balancing the energy fields of the universe and this planet that you live on. You cannot grow or expand as an energy being, without realizing that negative and positive

Imagine if - you knew the power of you (16)

have to exist. It has to be and cannot be anything but. There has to be peace to have war, and there has to be war to have peace. There can never be all peace or all war. That is how the universe works. For those that are mostly happy, there will be those that are mostly negative and miserable, or a mix thereof. Things that happen that one may believe is cruel and violent, have to happen in order to balance the peacefulness of others. History has shown that to be.

The planet on which we are on is a living entity.” It is alive and has to balance it’s energy also. From my perspective and understanding; in a most simplistic explanation – everything within the planet is negatively charged (anion), everything above is positively charged (cation). The earth is continually balancing itself by earthquakes, weather activity and the like – whatever it takes to balance the energetic fields. Those that geo-engineer our weather, perhaps know this all too well.

What happens during thunderstorms? Anions are produced when lightning charges go through our atmosphere. The electric charge flows from positive to negative or ground. Did you ever notice how the air always smells so fresh after a storm?

We are all part of the earth’s “energy“ and we are all responsible as to how this living energy planet responds.

If you can wrap your thoughts around 3 things:

1. We are energy and that energy cannot die. No entity anywhere can destroy your spirit, your energy being.

Imagine if - you knew the power of you (17)

2. Positive and negative energies have to balance themselves which means we continually have to do the same. This means nothing can stay the same, be it relationships or life in a generic sense. Energy is constantly changing and so are we.

3. Your higher-self, your spirit, chose you for the experience that you are having. You have a path specific for you and you alone. Your spirit chose you for the family you are in, for the race you belong to. Your higher-self gave you your own intention and motivation, in other words, your path – unique to you!

Again, no one should tell you what path you should be on. It is yours and yours alone.

Parents, get out of the way of your kids! You are here for your experience, they for theirs. You had your bit of fun, guide them and let them live the experience they came here for. The moment you want your child to fulfill your expectations such as what career or religion they should follow, that expectation becomes control. Don't expect your child to make you happy, imagine if you were happy yourself. Your child's happiness and future depends on it!

Imagine If - 2

**Your Emotions Were Your
Guide**

Imagine if - your emotions were your guide

-From my perspective

What are all the different emotions that exist in the human experience? According to Paul Ekman PH.D, there are seven universal emotions:

Happy
Surprise
Sad, Fear,
Contempt, Anger, Disgust

What is interesting is that five of these emotions live in a negative state. Sadness, fear, contempt, anger and disgust are negative while surprise is an emotion that is short lived or fleeting. For example, a person could show surprise then it quickly turns to any one of the other six emotions.

Happy is the only emotion that is positive and therein perhaps what most seek in and from life. From a McDonald's happy meal, to an Earls Restaurants Bacon Cheeseburger, to an Avocado with Goat feta, Leeks and a great glass of red wine, to someone's "the happiest day of my life," to a fresh cheese bun from Secret Sweets; they all seem to invoke feelings of happiness. It is this emotion that brings greatest benefit to us in this human experience we are having.

I perceive actions are things one does to satisfy dominant needs; such as hunger or requiring money in order to feed oneself or their family. There are many stories told of those who stole a loaf of bread to feed their family or themselves and then were punished severely for being a thief. Actions are also things one does to make oneself feel happy when they are feeling sad, fearful, angry or disgusted.

Imagine if - your emotions were your guide (2)

Many people see love and hate as opposites or duality. My perception is that everything is born in duality. Opposites like: black and white, heaven or hell, cold and hot are all comparative to the positive and negative that we are comprised of. As you are aware by now, I try not to use the word love except where absolutely required, as I perceive it is a conditional thing or action. Hate can also be conditional.

As a sidebar, there was a study published by Professor Zeki and John Romaya of the Wellcome Laboratory of Neurobiology that found that the same parts of the brain are activated by both love and hate. The major difference between love and hate is that a large part of the cortex associated with judgment and reasoning become de-activated during love, where as only a small area is deactivated in hate. Interesting, hate retains a sense of rationality and love doesn't. This study is an interesting read.

Happiness promotes both growth and wellness in the human body. Sadness, fear, contempt, anger and disgust prevent the visceral system from maintaining and promoting growth.

One of my favorite sayings is that *Karma is the physical and energetic consequences of the choices you make*. If your physical body is a reflection of your thoughts, it is undeniable that negative thoughts will have a negative impact on your health. If you hold hurt or anger against someone (or many), over time, this hurt will "eat" away in your levels of consciousness and result in stress within your physicality.

Imagine if - your emotions were your guide (3)

Again, your physical body is a reflection of your thoughts. It is the thoughts of your subconscious mind that is responsible for the “projection” of your physical body.

You are personally responsible for directing or controlling your personal energies. The saying of “*Some may love and some may hate me, though that has nothing to do with me*” are very applicable. No one has the power to upset you unless you let them upset you. Does source/unity energy go... hmmm, I’m not responding to that human because he is vibrating or sending out energies that I don’t like? No, source/unity energy is unconditional in it’s response to you.

In the human experience you are having, the only emotion that leads you to the realization of the power of you is happy, no other! The benefits are astounding.

Again, every thought is created in duality, which means that when we have a positive thought, we also have the same thought generated as a negative thought. Which do you choose? It is your choice and only your choice. The positive choice is freedom.

I had an experience not long ago at the local convenience store from one of my many teachers. I was wanting a coffee, and as it would be, the parking lot was mine except for one other vehicle. So needless to say, I didn’t care how or where I parked, I just parked. At that moment, my parking skills were awesome for me. So using my awesome parking skills, I parked a foot or so into the next stall. Again, picture an empty lot with about 50 stalls. A gentleman comes out of the store, being the driver of the other vehicle, comments to me: “it’s a big car – must be hard to park that between the lines.”

Imagine if - your emotions were your guide (4)

I started laughing because it was funny to me as is most everything in life. I perceive I live in the biggest comedy show ever. The man proceeded to speak his mind and went on and on. If I had the coffee already, it would have been cold.

Why would anyone get upset of the way I park when the parking lot was empty? The “gentleman” went off on his un-merry way in a most miserable state. I am sure he spent several minutes in a state of anger, which undoubtedly left his physical self in a state of stress. His state of anger would have also effected his family in the car with him. I just smiled and waved.

Analogy time again. I am sure you have had someone say to you at one time or another; you are on the right path or you are on the wrong path or that path is not for you – well, this is the path analogy.

The path of your choosing:

So there you are on the *happy* path cruising along, the day is awesome, the sun is shining, and by the way, even if the clouds are out and the rain is falling; the sun is always shining above and the sky is always blue. In my world, the sun is always shining. Ok, ok, back to the happy path thing. The happy path has so much room on it and guess what? Everyone else on that path is happy too! Can you believe it? No one is yelling “hey, you **** get out of my way.” Peace and calm always. It’s like a four lane highway with so much room yet there are so many things to see and enjoy. Smiles are everywhere. Oh, and someone from the next path, the grumpy path, is about to cross over our happy path and oops, they bump into me. What do I do? I say “hey my brother – have an awesome day,” and keep going down my happy path with a smile on my face, nothing anyone does affects my happiness or the happiness of those also on this path. Oh, and who requires

Imagine if - your emotions were your guide (5)

a doctor when I am this happy doctor because I'm feeling so happy and healthy.

So now, just a little ways away is the *grumpy* path. Hmmm, people are swearing at each other to get out of each others way, the coffee I just bought sucks, the guy next to me has a hygiene issue and it's ruining my day..... I'm grumpy, now what?

It's raining on this path, my boss is a *jerk and gave all the good sales leads to someone else, - my mate is a jerk most of the time, - my feet are hurting because the shoes I bought on sale are too small, only because they were the only ones on sale, - hey, how come this path is so crowded? - hey, how come the sun is shining over the path with all those smiley people on it? - why can't I be on that path where it's all calm and peaceful? - how come I require a doctor and have to pay all that money for health care? Phew... I sure could use a drink or two or three.

And yet another path – the path of *fear*. This path is scary. If I'm on this path I might need to get some protection, - I think I need to get a big dog to walk with me, - I'm not looking at that guy, he looks like a creep, - I can't look them in the eye because I don't want to get their attention, - why is everyone carrying a gun? - what do I do now, there is a group of rowdies around the corner, - there are so many people on this path, I gotta get off, but how? - I don't have the money, nor the health care, nor the booze... oh wait, maybe I can bonk that person over the head and steal his money.... And on and on...

Your path, your choice. If you live a life of fear, that is the world in which you live. If you live a life of grumpy, that is the world in which you live. If you live a life of happiness, that is the world in

Imagine if - your emotions were your guide (6)

which you live. Imagine if you want to live a life, live from the heart – if you want to create a world, you have to think it into reality, your reality that is truth for you.

As Gandhi alluded to; *when you change how you view yourself, the way the world views you changes.* Happiness is the only emotion in this human experience by which you can achieve whatever you desire. Source/unity energy will respond to you unconditionally. You as a vibratory being, will bring into your life whatever it is that you are thinking and feeling.

That Gandhi famous saying, can be applied to many aspects of life. Globally, work environments, personal relationships and family life. Instead of thinking how much your boss, mate, boyfriend/girlfriend, brother, sister, aunt or uncle is a jerk, think of them as awesome for the situation you are in. Think of you as awesome! Your change in attitude towards them, will allow you to subconsciously vibrate differently. What happens then? They subconsciously vibrate differently back to you. The energetic field will be rebalanced. *When you change how you view yourself, the way the world views you changes.*

It doesn't matter what path you are on for source/unity energy to respond. You could be a murderer by someone's standard, a drug addict, an alcoholic, an awesome person by your own standards; it does not matter who and where you are, source energy/unity energy/ will respond and give you back what you are vibrating. There is nothing more undeniable and unconditional than that.

Happiness is the sole indication that you are on the right path for you. All the negative emotions are there to tell you that, when I am feeling "not well," it feels better to be happy. Does it feel good when I am always angry? No. Does it feel good when I live

Imagine if - your emotions were your guide (7)

in fear of everything going on? No. Am I healthy when I feel and live in negativity? No, but it sure feels good to be happy.

You will always have to have some negativity to balance the positive and to remind you that it feels better in the positive zone. As an energy being, positive and negative have to exist. For those that are more positive, there will always be those that are more negative. Which would you prefer to live in? The path of happiness will provide for you a healthier physical experience.

There is no one right path for all. The previous path analogy was just that – an analogy. Your path for you is your path for you. No two paths can be the same; and your path has to be the right one for you. You know you are on the right path for you when you are happy. That is the clue, that is the indication, and as some would say, that is the ticket!

So when others are trying to tell you what your path should be or how you should behave, guess what? It's not their place, nor their right, nor anything in which they think they have control of you.

You are here for your experience. No one else's. You are not here to be selfless as that would imply that you have nothing for you. It is all for you. When you are well and happy, everything else flows. You can then do for others, as that automatically happens when you are happy.

Have you seen a happy person not feed their brother or sister when hungry? Everything just flows from you as it was meant to be.

Have you ever been upset with someone who said something you didn't agree with or who you think was rude to you?

Imagine if - your emotions were your guide (8)

Let me throw this at you - perhaps someone made a comment about your ethnicity, your religious beliefs or your cultural background. Perhaps someone uses expletives, or talks about things that you don't agree with. Did or does that upset you? Oh wait, R-E-S-P-E-C-T! Everyone deserves or wants that don't they? One hears it all the time; I don't get any respect, my mate doesn't respect me, my kids don't respect me and on and on. Did you ever think about respecting yourself, you know, self-respect? Self-respect = happiness, being selfish = happiness, freedom from depending on others for your happiness = happiness!

Selfish you say? Absolutely! You must be well before you can ever help anyone else. You cannot be of help to others when you cannot help yourself. You can't help victims when you are a victim yourself.

When you get upset about anything that anyone says to you, that is your "higher-self" letting you know through your emotions that you are NOT on the path that is right for you. If you were on the right path, nothing anyone says or does will upset you. Imagine if you were like that brick house that belonged to the happy little pig of the "Three Little Pigs" fame. Nothing that anyone does to you, no huffing or puffing, will deter you from your happiness.

So now in comes conflict within oneself. My perception is that we have all come here with intention and motivation, though almost all are struggling to understand what their particular intention is. We all have a choice in taking the path that is right for one's self, taking the path that either follows others, or enjoying the physical trappings of this planet. These trappings may include sports entertainment, shoes! excessive food, drinking, sex and relationships. These are all the physical or earthly-material things that can distract one from their path of long term happiness.

Imagine if - your emotions were your guide (9)

I am not saying that these “trappings” are not enjoyable; it is the extent to which they may distract a person from achieving long term happiness. You are most happy when following the path that you came here for - you know, your purpose. Everyone has that purpose, that path that brings happiness for them. Again, no two paths are the same and what is right for you may not be right for someone else.

When others want or expect you to follow their path, that becomes control. An example would be a parent “expecting” their child to follow the path they have set out for them. You as a parent had the pleasure (or maybe not) of reproduction; why not help guide the child and let the child follow the path they feel is right for them. We all came for our own experience and intention. The parent came for theirs, the child for theirs, your friends for theirs and so on. Stay out of everyone else’s path. It’s their path, not yours. When you are no longer under the control of others, freedom is yours. That applies to control from government of all levels, to organized religion and one’s particular culture.

When you subconsciously feel free from that which binds you, you will be happy and do the things that are right for you, which in turn leads to long term happiness. You could be in imprisoned and yet be free. It is a state of mind.

Conflict is created when you or on a path other than what you came here for. Happiness can only exist when you follow the path set out for you by your higher-self. Your emotions are your guide.

So I am going to jump into one more thing before this chapter is done and I think it’s an important point. From my perspective, it seems that people get married, get into relationships, and have children and pets, all for one main reason.

Imagine if - your emotions were your guide (10)

Whether one does what they do because of religion or culture, most are looking for someone to “*love*” them, and yes I am using that conditional word love! There is a huge difference between having “*love*” to give - and needing someone to “*love*” them.

When someone is looking for someone to “*love*” them, that would imply they don’t “*love*” themselves. What this means, is that they are depending on someone else for their own happiness. They are depending on the behavior of their mate, their child and or their pet to make them happy. I think that is called expectations; it seems to me that when there are expectations, there will be times when those expectations are not met – like when the romance is over or perhaps when your dog doesn’t roll over or sit when you ask it to.

I often go to the dog park and on one occasion, I saw this large muscular man with his pregnant lady. He was poking his finger in his little doggie’s tummy and yelling at the dog because it wouldn’t listen to him. I just looked at him and said: “are you going to do that your child when it doesn’t listen or make you happy?” Well, that didn’t go over too well – obviously that was his problem, not mine. The point being, he was obviously frustrated in his life with something and was depending at that moment, for some sort of “expected behavior” from the dog to make him happy.

I hear people say it all the time; I expect my mate to respect me, I expect this, I expect that, my mate, child, or pet is not doing what I expect. Why not be happy regardless of the behavior of anyone or anything?

When I see couples in the park or sometimes at restaurants, all cuddling up and engaged in some type of romantic action, I tend to want to ask them a question. I will clarify this with the caveat that

Imagine if - your emotions were your guide (11)

I intuitively know whether or not I can talk with them. The conversation may go like this after some type of humorous bantering back and forth:

ME: So, (and I will look at one of the mates) do you love him/her?

THEM: Absolutely

ME: Is it true love?

THEM: Yes

ME: So, if your mate were to be having a fling (I don't use the word fling) with someone else, would you still love them?

THEM: No way, it would be over!

ME: Then it seems that you are relying on their behavior for your happiness, as your love for them is conditional.

Well now, that usually stirs up some interesting responses. Some of them had never looked at their relationship that way and in fact most, just sit there stunned! I just walk away and wish them an awesome day, though I am sure they look at things differently now. The above is a perfect example of control. A mate may not be upset at the other mate for leaving them, or for whatever reason they are having a dispute. They are upset because they lost control over that person. Imagine if, you have control over yourself.

Happiness comes from within, not from the external. Even though physical things may add to this particular experience you are having, long term happiness can only be achieved by following your higher-self. **YOUR Path, YOUR Life, YOUR Happiness!**

Imagine If - 3

**Death Isn't What You
Thought It Was**

Imagine if - death wasn't what you thought it was

- From my prospective

Now this is a subject – Perhaps the most thought about, pondered about, stressed about, and a subject that may be the single biggest motivator of one's actions which in turn alters the course of your life on earth.

If one's actions are based on satisfying a dominant need such as food, clothing or shelter; one's actions are things they do to make them happy at the present moment. Perhaps then, actions or things you do are the underlying or unconscious results of your perception of death.

I am sure that most would agree that they do things to survive or extend the length and quality of their life. The longevity syndrome is everywhere from selling health products, that many believe will extend or enhance their physical being. All this is done in aiding or assisting physicality and longevity.

Humans fight with such veracity to keep or extend their life. The amount of money spent within the pharmaceutical and homeopathic industry is mind boggling, not to mention that it all cuts into having fun and depletes the entertainment budget. Oh, did I mention the money spent on the "spirituality and self-wellness" industry or the psychic industry? Perhaps we should just buy more crystal balls and call it a life. A bit more on that later.

I am sure there are numerous ways of viewing death. At this particular juncture, perhaps one could break it down into four different views on death.

Imagine if - death wasn't what you thought it was (2)

View 1

We are physical bodies only; the highest level of animal form, or perhaps that is what we think. If that is the view, then human life carries high value. You are a high value asset to which your government can keep selling you into debt. That is why emotions run high as regards to murder, war, genocides, plane crashes or any other act that ceases life prematurely.

With this emotion is carried the degree of punishment to be met out for anyone taking such life; the more vicious the crime, the harsher the punishment. This view may carry with it the belief that when you are dead; your physical body expires. You return to the "ashes to ashes, dust to dust" mentality. How has this view been working out for mankind?

View 2

This view is very similar to view one with the added twist of culture and organized religion. If one follows a particular culture or organized religion, one would also assume that it has become a "way of life" for that individual. A very different thought process will become apparent. Human life is deemed - high value. All the highly charged emotional states still exist as mentioned above. This view takes on the good vs. evil or the heaven vs. hell perspective.

If you as a sinner, confess your sins, repent and are remorseful, then you will go to heaven. You might say to yourself, "Hmmm, I wonder if heaven is what I think it is or what my religion or culture has told me?" Whatever you believe happens in heaven, now becomes your predominate thought. There are many news reports and books written by those who truly believe, they have met their favorite religious icon of choice

Imagine if - death wasn't what you thought it was (2)

when presented with death. They further indulge us with the apparent conversation.

My perception; no conversation could exist as you are part of "all that is," you would already know! In a hallucinatory state, you are simply joining the same thought patterns as those who believe the same as you. There is that saying of being to connected to those of like minds – you are on the same wavelength, same frequency and just simply connected to those who think the same. That is what source/unity energy brings to you in an unconditional way.

If on the other hand, you are the sinner de jour and offer no remorse, then off you go to burn in some outrageously uncomfortable, well secured facility called hell. Perhaps you may consider where you live now as hell; though I don't think that is what your culture or organized religion had in mind as punishment for partying too much or violating the high value asset to society called human life. To my understanding, Santa Claus is not allowed in purgatory so welcome gifts are out of the question.

How has this view been working out for mankind?

View 3

As in view 2, you also are a sinner, apparently in need of salvation. For some organized religions, death or when one chooses to die for a greater cause takes place; the belief is that only a limited number of them go to heaven, the remainder of the "faithful or chosen ones" will to be resurrected to live a life in paradise here on earth. This will be a place where no crime exists, endless life and perfect health is the grand prize.

Imagine if - death wasn't what you thought it was (4)

Those that choose the described “naughty path” will suffer endless destruction. All of this of course, is assuming that your current body is just a physical being with no spiritual connection.

I am sure that all views have followers that perceive that they can buy their salvation with money. Those that are not dead yet, tend to donate or are of the philanthropist type. They are those who for the most part, are trying to ease their own guilt for the people they have stepped on or treated unfairly on their way up the financial ladder. Oh wait, there could be those that just don't care one way or the other.

How has this view been working out for mankind?

View 4

This view is vastly different from view two. As an energy being, you never die as energy can never die. In this view, you shed your physical body and you return to pure energy as that which you came from. This means death doesn't exist, except to the physical body. There are many variations, beliefs or perceptions within this viewpoint. My perception on this view is as follows:

For the 99 per cent of the earth's inhabitants, your higher-self chose you, the physical body you are in, as host for your spiritual body. There is a deep, yet simpler discussion to be had at a later juncture. Some of you reading this are already thinking that you didn't choose this life, this drama, this family or this even this race. If you had the choice, you perhaps would have picked another time, place or family. For the most part, everyone, every spirit within a physical body, has come here

Imagine if - death wasn't what you thought it was (5)

with intention and motivation. You have a purpose as set forth by your higher-self, and thus may have chosen for you to experience being a teacher; or chose an experience in which your journey is a naturalist, dog owner, bar tender, or perhaps an experience driving fast cars. Fill in what ever experience you would like. You came with a purpose, and only you know what that is. This is the reason that your life here on this planet is your path and no one else's.

You were bonded to the atoms of your physical body in the womb and hence came into this world. No matter the experience, the style of life you lead, how you treat others or the color of your skin, you return back to your being-ness from which you came. It does not matter whether you practice Islam, Christianity, Judaism, Hinduism or Buddhism, you all go back to the place from which your spirit or soul came from.

You came into this world as pure energy bonded to your physical body and when you transition back, you leave as pure energy. Your physical body is just that – a physical vessel. You never die – you just discard the physical you. So, if one never really dies as you just shed your physicality, then this opens up a whole new way to live your human experience here. No longer do you fear what happens to you.

You live a freedom that cannot be experienced by those that fear the torture of hell or the unknown of the heavenly life. You live a freedom, knowing that you don't have to give money to an organized religious organization; the pre-payment for getting into heaven or maybe it's the pre-payment for not going to hell. Wait, you might say – I don't have to pay any money to ensure that I have an easy afterlife? Uh..... NO!

Imagine if - death wasn't what you thought it was (6)

Think of this – you don't have to pay to get into heaven, you don't have to pay to have source/unity energy inside you, you don't have to live in fear of anything, nor do you have to pay to alleviate the fear of such. No one controls you other than you.

Freedom is a state of mind.

No longer do you live under the threat of “sin”. No longer do you live in a state of despair when a “loved one” passes or transitions, as they just return to the energy being they are. They have been this being from the beginning of their life here on earth. You experience growth as a spirit being. Energy always has to expand and so are you.

Most are distraught at the death of a loved one, they no longer have that person physically here to love them and give them validation in this earthly experience. Most are depending on, or were depending on their loved ones for happiness. This goes to the point that most people get married, have children, pets and the like, as these “loved ones” give their own life meaning and thus they feel loved by those surrounding them. When a child is born, most parents have expectations of the child. Many of the expectations are not about what the child's path is or was, it is much about the fulfillment of the parent's expectations. Words of bereaved parents who have lost a child in death, center on the hopes and dreams they had for the child.

The parents were relying on the child in their life to make them happy. There are many a relationship that decide to have a baby with the hopes of saving that relationship - with the hopes of making the parents feel closer towards each other. What does that about say about their relationship?

Imagine if - death wasn't what you thought it was (7)

What about those parents that disown their child because they don't live up to their expectations? Or perhaps, the parents disown the child because they don't follow in the religion or education of the parents choosing. If one lives a life of self-respect and I will use the phrase "self love", then your view of everything changes. Can you image how much freedom you deprive your mate or family of, when you depend on their behavior and their "love" for your happiness?

There are those that view the "incarnate soul" of having to burn off past karma. They believe that you come back as another energy entity and maybe even live your life as; a dog, a bug, a mosquito, a rat or perhaps as one of my teachers perceives, a blade of grass.

If those individuals chose to believe or perceive that particular thought process, that is their experience. Again, my perception of karma; the physical and energetic consequences of the choices you make in this human experience, that being your health. As one sacred text alludes to; the wages sin pays is death – what does that mean? If you sin, and sin by definition is "missing the mark," then it would seem that if you live stressed out as a result of past hurts, always blaming others for your place in life or bringing harm to others; your physical state of being, is a result of the dis-ease within your physical body.

Many parents, instead of being thankful for the experience of having the child, spend the rest of their lives getting lost in retribution. Parents of the deceased will spend years trying to bring about the so-called "justice" for their child, or devoting months and years to special interest groups as a way of easing

Imagine if - death wasn't what you thought it was (8)

their pain. This often comes at the expense of spending time with or ignoring the surviving siblings or mates. What if they knew that their son or daughter was back "home" as the spirit from which they came, or even better, came back again to have another earthly experience?

When the physical body dies; as you transition back, the body digresses the layers of consciousness to carbon - from which your physical body came, hence the circle of life.

Again, this brings up Epigenetics. As Bruce Lipton pointed out in the "*Biology of Belief*", only three things affect the cells of your body. One being toxicology, the second being trauma, and the third being your thoughts. It is amazing that you can change your health and your life by thinking differently. You are in control of your own life. Take control!

Abraham Hicks has an interesting thought on death. Those that are punished to death for their so-called crimes are in reality, returning to the spirit or pure energy from which they came. All those that society has deemed as the most despicable humans - those that are deserving of the highest level of punishment that society can meet out; go back as the same as you or I, as any religious leader, or as the kindest person you know. We all go back from where we came, that of pure energy! When your physical body expires, when you are "dead," when you transition or whatever you choose to call it, your karma is paid in full! The consequences of your energetic and physical choices are paid. You do not recycle your karma; no having to come back as a dog or cat or any other layer of consciousness, no karma bank, no karma anything. Whew, what a relief - no?

Imagine If - 4

**You Lived A Life In An
Unconditional State Of Being
*(As best as possible)***

Imagine if - you lived in an unconditional state of being – *as best as possible!*

- From my prospective

I heard this saying once while watching a movie; I would rather be hated for what I am, than loved for what I am not! I know, I can't seem to get away from that word, LOVE!

I used to use a line that went something like; Love is the strongest magnetic force in the universe! Opps on my part.

After many months of trying to decide what my thoughts on the word love was or is, I finally have a working perception of it. I have had much discussion and perhaps the word conflict, would describe my aversion to always using the word love. That word is a noun or a verb. If used as a verb, then I perceive it as overused and again, for the most part, conditional.

As an energy being, having love would mean that hate has to exist. I briefly met a lecturer from a “heart” based group who told me that unconditional love is the greatest thing ever. That would then mean that unconditional hate would have to exist as well. That is almost oxymoronic! How about just unconditional?

Then some have a romantic relationship type of love. There are those whose love and reciprocation of love, is dependent on the behavior of their mate. I made reference to this back in the Chapter on Emotions As Your Guide.

Then there is the brotherly type of love as well as all other types of love for humanity, siblings, relatives, parents, and pets on and on.

Imagine if - you lived in an unconditional state of being (2) - *as best as possible!*

In this human experience, we live in and on a conditional planet. That starts off with the condition that we are here in a physical body. As I write this, I perceive that all in the spirit world live conditionally as well. You know the saying, "As above, so below!"

Source/Unity energy is the only thing in the universe that is truly "unconditional," as explained in the Chapter On the Power of You. Everything else is based on conditions. Well, I'll throw in the joke: *Put your mate and dog into the trunk of a car for a few minutes and then open it up.... Who is happy to see you?* Well, perhaps the dog is living somewhat unconditional.

People go work to get paid, or perhaps have fun and get paid. To get paid, you have the conditions in that, you must fulfill your promises or obligations of which that being; arriving on time, being attentive, doing what you agreed to do... and you do that on the condition that you receive the agreed upon, monetary compensation. There again is the conditional behavior.

When you enter into a relationship, perhaps on your own accord or otherwise, with conditions as well. Let's see; *"you agree to make me happy and I will be your mate."* *"Oh wait, I will only make you happy if you fulfill making me happy. The moment I become unhappy because you did not meet my expectations, you will definitely know that I am unhappy and not meet your expectations for our happiness."* Whoa, that is funny! What is all that? There again is conditional behavior.

I read someone's definition of romance and I can't give credit

Imagine if - you lived in an unconditional state of being (3) - *as best as possible!*

to that person as I don't where I read it, though it goes like this: "*Romance is an anticipation to a feeling that you are addicted to.*" That saying seems to imply that there were or are expectations. Hence, all expectations all have conditions.

You hear of religious icons that theoretically expound "unconditional love." Though wait - most of these icons have conditions on their love. It is, do as I say or you die! Most sacred texts expound the philosophy of - do as I say or else!! What is that? There again is conditional behavior.

Like the majority of humankind, many have children and pets to which the conditions extend. It may go like this to the dog - I feed you, I give you shelter.... Do for me! Roll over! Beg! though don't pee on the floor. Or to the kids; I feed you, I provide shelter, I bought you a new phone, you owe me - do as I say. And then the parents come up with this; I want you to do this..... I want you to do that... If you don't do this, you won't get your new clothes for school, your grounded - go to your room! Then what do the kids do? Rebel perhaps. I like the Free Dictionary's explanation of rebel: "*To feel or express strong unwillingness.*" Why? There again is the expectation relating to their conditional behavior.

Probably enough of the examples though the premise applies to every aspect of life, some to a larger degree than others. All conditions imply expectations and all expectations imply control. How is all that working out for mankind? Apparently, from what I see, not very well, though this has to be! To have freedom, there has to be control. There always has to be opposite opposites - positive and negative energy - always!

Imagine if - you lived in an unconditional state of being (4) - *as best as possible!*

This is what the universe is made of. Imagine if you accept the premise of positive and negative energy. This is what makes one expand and have an experience or one could call it, an adventure.

There are some that think my words should be a little “more gentler.” Here is my gentle attempt at it: My gentle “perception,” would be that, it all comes down to wanting the “offending” person to change their behavior to make the “offended” person happy. That goes back to the saying:

*Some may love me and some may hate me,
None of that has anything to do with me!*

Let’s say, someone says something that offends you. Perhaps you are somewhere waiting, someone cuts in on the line or cue in front of you. Perhaps you hold the door open for someone and they don’t say, “Thank-you” - you know, all the common courtesy things that you EXPECT. There it is again - expectations!

Without a doubt, everyone has things that annoy them, especially certain individuals, maybe a relative, sibling, a parent or a boss/manager. Perhaps you bought a vehicle that is having many problems and challenges. I personally have one of those challenging type vehicles. You know, the kind that is always an on going frustration. You get in it, and have to try really hard not to be frustrated or let the frustration take away from your happiness for any length of time. It has been a personal struggle NOT to get frustrated with this vehicle. After all, it is just a vehicle. When I came to a more in depth

Imagine if - you lived in an unconditional state of being (5) - *as best as possible!*

realization of the balance between positive and negative energy, I had one of those moments where the only thing one can do is laugh about it. The first vehicle of this manufacturer that I purchased was totally awesome, you know, the positive energy thing. The second and current vehicle has been for the most part, a negative experience. I felt that the vehicle is important, though it is really meaningless. It only has meaning if you are basing your experience on material things. If one thinks that material things imbue success, then one will always struggle with the expectations of it. My perception of success is liking one's self.

Back to Gandhi's mindset; when you change how you view yourself, how the world views you changes. So applying that premise to my vehicle situation; I had to change how I view the vehicle. It's mainly awesome with some negativity mixed in. The above Gandhi saying can be applied to almost all aspects of life.

Is it your choices that create your thoughts, or is it your thoughts that create your choices? Sometimes, it's the choices that you make, which can lead to the thoughts that can sometimes eat away at one's subconscious. Change how you view it. Living in an unconditional state of being to the best of your ability, means that you don't let things continually frustrate you.

You may for a few moments ponder the negative way; which helps you appreciate how awesome it feels when you are living in a mostly happy state. No matter what anyone says to you, no matter what anyone does, you take it in, then let it go.

Imagine if - you lived in an unconditional state of being (6) - *as best as possible!*

I think that for the most part, if one ignores a particular situation, it will always come back to the fore. You can then accept that there will always and has to be, the positive and negative energy and viewpoints.

How you choose to live that out, is your choice; your health in both the spiritual and physical states, will live out with karmic results. In this human experience you are having, happiness equals health. When someone is impatient and needs to get by you or is honking their horn, when someone is yelling at you because perhaps you are not driving or living up to their expectations; smile at them and let it go. You have that choice.

As I tend to shy away from that conditional word “love”, I choose to use the word unconditional. Often, we say things automatically as it is what our subconscious does. For example, perhaps you have a “new” mate as the other may have expired or you got bored of the old one or they you. Whatever scenario you may come with up – you may accidentally call your new mate by the name of the old mate. Or perhaps when someone belts out, “I love you,” the automatic or subconscious response is just to say, “I love you” back. I choose to say that I “unconditionalize” them. What could be better than that? For me, from my perspective, letting someone know that I unconditionalize him or her is the most awesome thing. Unconditionalize is perhaps not as smooth sounding as love; unconditional has no expectations. There are no words like love or hate attached to it.

Living in an unconditional state to the best one can, means that you are not bound by what the other person does or says.

Imagine if - you lived in an unconditional state of being (7) - *as best as possible!*

It also means that you are there for them if they want or need anything, no matter what, with no conditions or expectations on their behavior.

It is rather ironic that for the most part, one cannot even self-love themselves without placing or causing conditions on one's self. If you live a life in which you think or believe that you are a sinner, then you put conditions on yourself thereby, having to ask for forgiveness or "repenting" - this in turn leads to living a life of stress. You are enslaving yourself to your own negative emotions. If everyone lived in a state of unconditionality, then it does not matter what anyone does or says, you remain in your "happy" state of being. That without a doubt requires some work. It is a state of mind, a state of being. When you follow yourself and not others, you then live for yourself first.

There is no blaming others for your lot in life, no playing the victim game, there is just you taking responsibility for you. You get to create the life you choose, not someone forcing you to feel a certain way, act a certain way or behave in a certain way - again, all those conditions are expectations from others and yourself. We all seem to want answers from others, from religion, from so called "holy ones", from spiritual leaders - when your power lies within yourself. We have all the answers inside us, though continually we are told that we are naive or underserving. Living unconditionally can only apply to you personally. When you are happy and living in a state of unconditionality as best as possible, there are no motives even for yourself.

Imagine If - 5

**The 3 R's were Religion,
Racism and Relationships
And way more stuff...**

Imagine if – The 3 R's were Religion, Racism and Relationships and way more stuff...

- From my prospective

As I always start a chapter with the “From my perspective,” I will again say this right now: This is from my perspective!

Organized Religion

At the onset of this book, I really hadn't planned to discuss religion, though apparently I am. It is a subject that will be sensitive for many and generally, my perceptions may upset many. Again, this has nothing to do with me. If you become upset with what I say, then it has everything to do with you! You know the saying that I have been throwing around rather profusely: *“Some may love me, some may hate me, none of that has anything to do with me!”*

Remember, there is awesomeness in everything and in everyone.

Religion – working out for mankind? Not to well it seems. Most people want answers from others so they really don't have to think, as it seems to be the easy way out. Read this book, follow this book or sacred text, join this group, follow this pastor – hmmm... after all they or “it” should know, right?

Pray for this, pray for that, give me your money (or at least 10%), - by the grace of god this happened, - god grant me this, whew, - Oh god, I am getting tired of this! - Oh god, please help me! - Oh god, this feels so good! That letter “G” sure hits the spot! Then there is, - god bless this country, - god bless that country, -god bless our troops, - oh god help us win the war, - trust in god and on and on and on and on.

That word god - and yes, I am using the lower case g because I

Imagine if – The 3 R's were Religion, Racism and Relationships and way more stuff... (2)

can! What is god or the god that most organized religions center around? I guess that would depend on whether your choice is a monotheistic religion or another type of organized religion.

If you are willing or want to, there is some interesting information regarding the beginning of monotheism and the previous cultures that have tried to enforce this belief system.

For the most part, FMP (almost my favorite saying), a “god” is something that is supreme to a human. One could make currency or money a god – a god by definition could be many things. For the continuation of this chapter, we will make “god” a supreme being or something like that.

I often think of or view movies that have referred to Greek Mythology and the gods therein. I am sure there will be those that profess astounding Greek Mythology knowledge that will want to correct me. For the most part, there were the gods and goddesses that were worshipped and hence ruled the lives of those within that culture. *Zeus* - the god of the sky and the creator of man who lived for the glory of mankind, *Apollo* - the sun god, *Hades* - the god of the underworld, *Poseidon* - the god of the sea and on and on and on... oh wait, let's not forget about *Aphrodite* - the goddess of love and beauty, perhaps the goddess of unconditionality - though she loved a good party!

Many cultures worship gods of all types with specific relevance to their particular way of life. They sacrificed beasts, humans, grains and multitudinous possessions – all to appease the “gods.”

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There were and still are, a plethora of cultures that worship sun deities. Some of these more well known include though not limited to are:

Isis - mother to Horus

Osiris - father of Horus

Horus – first Pharaoh and spirit of all those kings that followed

Amun or *Amun-Ra* - the sun gods

Atum - who represented the sun

Marici - goddess of the heavens, sun and light

Xihe - goddess of the sun

Mitra - god of the morning

Ravi - god of the sun

Dagon – sun-fish god of Babylon

All these cultures have or do worship, live and die by astrological deities. The primary deities are the Sun and Saturn. Sunday – why is it that people tend to worship on *Sunday* or *Satur-day*? How about all the robes and articles used in worship? What is their history? Perhaps they all relate back to astrological and pagan worship. Many of these astrological deities and worship rituals of past cultures, have been integrated and brought forth into organized religions of today.

Take for example the Mitre, worn by the leader of one ginormous organized religion. The Mitre represents Dagon, the sun-fish god of Babylon. What has that have to do with the famous sacred text to which that organized religion supposedly adheres to?

Then you have other head attire such as the Kippah, Yarmulke

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and the Zucchetto/Pileolus. What about the crowns worn by King and Queen? All the head attire worn by such organized religious leaders and royalty, are to block one's connection with "god or God" or the "higher-self." If you have done any studying on the energy systems within your physical body, the crown chakra is the connection to all that is, or your connection to a higher state of spiritual enlightenment. All mentioned head attire, was originally meant to deter those from spiritual connection. The crowns worn by royalty served to usurp authority from "god or God," so that the commoner would be loyal to King and Queen. The royals placed themselves and their bloodline as the authority over all. Church and state always were tied together.

As the saying goes – religion without art and the art collection is so less seductive! The art collections of churches royals are amazing!

The "Elohim," a name used much in Hebrew is plural, meaning "gods." Yes, plural. In the beginning, "gods" created the heavens and earth. Only what happened? "*Someones*" and that is plural, decided on Monotheism for their own benefit. That benefit is the control of those who submit to it. Yes, that is mastery and slavery. This subject is about to be addressed in this chapter – hang on for the ride as I am just getting warmed up!

Hence laws are formed – why you ask? Laws are always formed to benefit those that imposed them. Always!

Those that follow the monotheistic way, claim one "god" as the

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creator of all that is. That “god” being with a capital “G” apparently. If you follow the sacred texts that are the basis for their organized religious beliefs, the non-believers are to be destroyed and put to death. History has shown that to be the case. More people have died by the hand of so-called religious crusades, than by any other means.

The monotheistic way, offers the followers the philosophy of “my way or the highway.” It is the “Do as I say or you will perish.” Do as I say or you go to perhaps an everlasting, burning, torturous environment, maybe some place in between there, or the so-called heavenly reward. Some offer a resurrection to a paradisiac state, where there will be no pain or suffering, no negativity; you know, life on the French Riviera. I guess, that might be fun for a while. Can you imagine that? Peace, quiet when wanted, no one to be combative with, plenty of food, wine, dance, no credit cards, no banks, no organized religion, no government enforcing unwanted control on you... wow, that sounds ideal. Though wait, if you act now, healthcare is free because you won't require it nor would you be forced into paying for it.

Apparently, all appears to be awesome. If all these organized religions are offering this by way of all their different viewpoints, how come things are so messed up? Wouldn't the awesomeness of organized religion give you such a grand feeling? I will leave the answer for you to decide.

How can there be so many ways to paradise? Are not the sacred texts all about getting to the end in many different

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ways? Is it the many paths to the same place scenario? Does organized religion bring happiness for all those people following it? How can the all the paths to the end, be so different than all the different outcomes? If we are all part of “all that is,” which is what one could assume that “God” is all about, then how come everyone is so divided? How come there is so much war, murder and violence?

You are right! You can believe or perceive whatever you so choose, whatever makes you happy or whatever benefits you the most, for your choice. After all, a belief is a thought that one continually thinks over and over. That and that alone is what a belief is. How many of you, following an organized religion, are truly happy? Take away the organized religion and what happens to some? They can’t take it! Their lives immediately seem to fall apart. They need something to believe in because they don’t believe in themselves!

I made a couple of invited appearances to this “spiritual” group and after arriving, realized it was another organized religion trying to introduce Christianity to the uninformed. I think they were sorry they invited me. At the end of one evening, a devote attendee asked me what makes my spirituality better than hers. I asked her what would happen if she didn’t attend church for a few weeks – her response: “I couldn’t do that, I would be lost!” There you have it! Lost without an organized group to believe with. From my perspective, sacred texts are for the most part, metaphoric. They give examples of what could happen if you choose a certain path.

A path perhaps following God, offers up certain rewards, and

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do we all love to be rewarded – it makes one feel so warm and fuzzy! If that path is one that goes against the “rules and regulations” of the “God,” then punishment is the *soup de jour*. Your life as you know it, becomes permanently doomed; though wait, maybe if you repent you will be saved!

From my perspective, metaphors are about living life enlightened. No more, no less. There is an amazing quote that Abraham Hicks once said, though I won’t use which sacred text was referred to; it went something like this: “No where (in this particular sacred text) did this particular religious icon say – I will do for you what you cannot do for yourself! The purpose was all about getting people to believe in themselves!”

Then there is the largest organized religion that propounds marital advice and educational classes to those entering marriage-hood. They will not let you marry within the church unless you take education classes. Interestingly, marital advice from a church leader that has never been married – how ironic is that.

That same organization’s history was responsible for one of the greatest slaughters of mankind – “The Crusades.” Differing historians put the reasoning for such crusades as to: regaining land, doing so-called God’s work for monetary rewards – All this in the name of “God.” Or was it because those that occupied certain lands were not the “chosen people?” What kind of “god” or “God” needs mere mortal man to do its work? Do you not think that “God” by now, would have let everyone know who his/her/its chosen people are?

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Or better yet, would not have “God” put his/her/its stamp of approval on those chosen people and wait – the reward for that? Living in peace perhaps..... I’m not seeing it. After all, didn’t this “God” create the universe?

Would not this awesome creator of everything, be able to do whatever it wanted, when it wanted - at a snap? Then organized religion is telling us that this creator is relying on our behavior to make it happy! As the comedian George Carlin would say:

“Religion has convinced people that there’s an invisible man... living in the sky, who watches everything you do every minute of every day. And the invisible man has a list of ten specific things he doesn’t want you to do. And if you do any of these things, he will send you to a special place, of burning and fire and smoke and torture and anguish for you to live forever, and suffer and burn and scream until the end of time. Though he loves you. He loves you and he needs money.”

Maybe most are already in “hell” and don’t even recognize it! Let’s see; this supreme being that created everything, needs money, sent a “son” to earth to pay for our alleged sins - I’m so confused by all of this! Could not this *being* create another son? Create its own money? Create a human that is perfect? Maybe a relationship to “God” is like a marriage. Maybe some marry “God” because “God” needs someone to make him/her/it happy, because apparently “God” is not happy itself. Then, as one sacred texts expounds that we, mankind, were created in “Gods” image! So, is this “God” here as a human, as a spirit, as all that is? Are we all “God?”

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Then I see signs or billboards on church property: God is Love, God is Great, God is Patient, God is Good – I saw an Email address the other day with GodisGood@..... So then if “God” is all of this good, and “God” created *everything*, then “God” would have to have had to create evil. “God” would have had to create cancer cells, hate, war, pestilence, famine, murder, terrorism, death - everything else that one thinks is not good.

Then organized religion blames the “devil” or “Satan.” Who created Satan? If this “God” was so great and powerful, why hasn't it done anything about anything? Without a doubt, I am sure “God” in all its glory and the creator of all that is, would be able to get rid of a simplistic energy being called Satan! Then there are those that think that this “God” will destroy all the wicked ones in the end times - that this is a test for the faithful.

Really? So perhaps, all this fighting has been and still is, over land; all these organized religions believe that they are the “chosen people” of this so-called “God” with a capitol G! Well, let's get into it with a little history. History as always, being someone's account based on their own perspective.

So, back in about 325 C.E., a thing called the Council of Nicea – perhaps you have heard of it and even if you have, do more research as there are many perspectives on it. This was pretty much the start of the Canonized Sacred Texts, to which most Christian and spin off organized religions base their beliefs. It is rather interesting that all the different organized religions, all came as a result of someone not liking what was taught. Perhaps the organized religion didn't satisfy their own need for land, money or their own physical lust. You know the one

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organized religion; “God” said, I could have many wives! Or “God” told me that I was special!

Ok, back to the Council of Nicea - and this is the short of it as I am sure you can do your own investigation. I would urge you to do so, you know, the investigation that is right for you! There are many differences in the historical reporting of this, so take it all as you may. This is my perception and for the most part is irrelevant as to how your current human experience plays out.

We have Constantine, a pagan, being the ruler of Rome. As he was faced with losing power, decided to forge an alliance with the bishops of that time, the Christians. It was at this meeting that much of the doctrine of Christianity was formed. The council main objective was determining the relationship of: how the Son/Sun related to the Father (source mind) and the holy spirit (source/unity energy). As I gather or understand, the books of the sacred text were canonized. Perhaps they missed adding 12-15 of other sacred writings that talked about the spirit, incarnations, women and their role in the church – perhaps they formed an organizational base of “Christianity” for what served them the best. Again, laws are created for the benefit of those that created them. Laws for the most part, being created for financial or political gain. That seems to be the same today.

It was also about that time that the “cross” magically came into existence. Ah, there is more research for you! The cross as known today, is actually of pagan origin, as is most of the celebrated holidays and “items” used within the churches. If

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there was a death of a religious icon or wise man, no doubt, he was put to death, as were most at that time, on a wooden stake. Perhaps the same kind of wooden structure as the one Joan of Arc was burned at. The cross was used in Pagan sex worship and represented the part of the male anatomy that is used to procreate – you research that! That also leads me to clarify the sword that Romeo gave to Juliet. Perhaps it was not a real sword. It was also that part of that male anatomy. More research for you!

The Council of Nicea began the web of control over mankind, having the commoners believe that they are all sinners and had to accept laws or control as a means for validation or salvation. Therein is the greatest lie or misdirection ever told and given to mankind. The secret to a good trick is to make people look the other way! I'll throw in that government thing again; Church and state – hand in hand!

That deception, in my perception, has weaved its way into all organized religions, cultures and family; it has thus influenced the behavior and treatment of one another to each other. It has commercialized the one thing that is yours for FREE. Access to source/unity energy and source mind is yours for free, and no one, nor any group has the right to control you, especially organized religion.

Organized religion has no right to take your money and build buildings and churches, with the intent that you can come and worship for free when it is not free. You paid for it, and are paying for it. You are paying to be controlled - part of your salvation non-the-less. You are paying to be a slave – that is

Imagine if – The 3 R's were Religion, Racism and Relationships and way more stuff... (12)

right, submission to a master, one of the masters being salvation.

Let's look at the countries that are deemed to be poor; those that we in North America call "less fortunate." Imagine all the wealth inside the churches and the massive church assets. Where one finds a poor and helpless community – what is in the middle of that community? A church, and for the most part, a wealthy one at that. All the wealth due to the lie that organized religion has and continues to propagate upon mankind.

Again, as the saying goes – religion without art and the art collection - is so less seductive! Look at all the art, gold and assets inside the churches! And wait; are not the churches exempt from property and other taxes? And then there are organized groups that don't claim to follow any organized religion. What do they do? They still ask for monetary relief and your money!

Imagine if, you read everything, investigated everything, and followed no one except yourself. Only you know the path that is right for you. I will expound on this shortly. The moment you accept that you are a sinner, or that you are this imperfect person, as organized religion would have you believe; you live in stress and what does stress bring? Illness.

Again, if you perceive or believe that all is energy and we are energy beings - let us continue. We have all heard the words unconscious, consciousness, subconscious – what does all that have to do with organized religion – everything and nothing!

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An oxymoronic statement perhaps! Everything in the universe is a layer of consciousness. All is consciousness, created from thought. Quantum physics, all is energy; positive and negative.

This is where you, as a physical being comes into play. My perception as is many people's perception, that we are both physical and spiritual. Spiritual again meaning; not as in an "organized religious" way. Again, you may need to re-read and do your own research. Your path remember? Everyone's path is different and you may need to find out and research what is logical for you. If you are happy where you are, rock on!!

It seems for most on this planet, things are in turmoil. Many believe it is the "end of the times." If you believe that premise and continually think it so, the more thought you give it, the more you make it so for you. A million people believing in a statement or perhaps a prophecy such as those contained in so-called sacred texts; make it so and come into fulfillment by continually having that intense thought.

If you think we are just a physical being on this planet and nothing more, then quit reading. If you think events and your life is not what it appears to be, if you have questions, if things just don't fit for you or you don't buy into what is being shoved down your throat well, humor me and read on. Perhaps for you, this will lead into a other vantage point or perspective.

There is a saying that once you "love" yourself, or once you fall in love with yourself, you have an intimate understanding of everything and everyone. For me, once I let go of all the "nonsense" and the belief system that I held on to, I began to

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look at everything differently. It was for the most part a struggle, now I follow my myself. If all is energy, then all is positive and negative or a variation thereof.

Energy cannot die nor can it stand still. Everything always changes, expands and moves forward. The next day cannot be the same as the day before even though you may think it is the same 'ol, same 'ol. It cannot be the same as the day before, because we all affect each other. The spirit world never can be the same as they affect each other and us. What we do and how we do it, also affects the spirit world. As above - so below. We are all connected and part of "all that is!"

As I get into this and the philosophies I share, they will reflect my perception of organized religion as they already have, my perception of the word "racism," my perception of the word "poverty" , and generally my global view of why we are here. I cannot get into what your path is as I have no clue. Your path again, is yours and yours alone. Your path is your experience and your experience alone. There are things that impact us all globally, and from my perspective, it is rather fascinating and mind altering.

The Non-Organized Religion Aspect

Without getting too deep at this juncture, I will start to get into the spiritual – the non-religious spiritual being that I perceive we are. When most people say they are spiritual, for the most part they are thinking "God" like or religious. Some spiritualists perceive or believe there is more space in the body than there is matter. If you ever had the chance to view exhibits of Gunther von Hagens' Body Worlds, you will

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understand that concept. The spiritual body is also along the same thought process of those that practice yoga or meditation. **I perceive we are spiritual beings having a physical experience.**

Our consciousness is our spirit so to speak. If you are unconscious, for example, laying in a hospital bed, your physical body can still be functioning and you can still subconsciously be aware of your surroundings and those around you. Often it is said that the unconscious can hear music or the words of those that are attending to them.

As energy can never die, I perceive we are all energy beings and connected spiritually or energetically. At a later juncture, I will get into what some call source mind or as some call it, "God's" mind. As we are all part of "all that is," we are all connected to both source/unity energy and source mind. There is no separation or division as what seemingly has happened between us all here on this planet. This disconnect, as brought about by organized religion and some cultures, separate us more on the physical side or the physical being.

It is the physical body that suffers the impact when one is not well spiritually. The sicker one gets physically, the more spiritual they become. If our body is a "projection" of our subconscious thoughts, then we need to *improve* our spirituality. Many seek meditation or meditational retreats to improve their spiritual wellness, practice yoga or many forms of eastern philosophy. I am not veering off the topic of religion though it may appear so. It is all connected, so hang in there.

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From my perspective and for 99% of us, we all have a higher-self, a spiritual-self if you will; this higher-self has intentions and motivations for us. Following the intentions of our higher-self, is the only path that leads us to happiness in this human experience. Following any other physical path or desires, leads to conflict within. This higher-self is part of our soul. Most would think that our soul is just our self, only one physical being and one spiritual being though I perceive that not to be so. I will get into some explanation of this though it will be rather brief. Everything has to be logical for me and this is part of my logical journey. This concept or perception explains why each of us can live in our own reality, which can be so different than others; it explains why we have to dream and our connection to all others. I can buy into anything that has logic and makes sense to me. So until someone else can sell me on something that is “more” logical and explanatory, here goes:

What is real to me is my own reality and my own truth. You and I could have extremely opposite opinions on a particular subject, we can both be right to ourselves. As long as my actions are such that I do not harm my brother or other human being, then who is anyone to tell me that my reality in which I think and live is wrong! The moment you want me to come into your reality, that becomes control. The moment you want me to come into your reality, implies that you depending on my behavior for your own happiness. Who cares what someone else thinks of you! You are here for your experience not theirs!

Without a doubt, as we all live on a conditional planet, you will have to buy into or participate in other realities, albeit for a

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short period of time. The other realities being; “someone else’s” reality or realities – a controlling reality. I personally object to all of that, so I try to live with “freedom of mind.” For the most part, we have to be mindful of speeding in a vehicle, following the stop signs – all within reason. Governments, organized religion and many cultures all expect their “subjects” or citizens to follow their rules. Again, I object profusely. An example, would be the government telling me that I have to pay for the healthcare of someone else. I didn’t come here for their experience. I came here for my own experience and no one else’s. This saying kind of popped into my thought process which is: *“I live in my own reality, everything outside of my reality is an illusion.”* If you have ever followed any meditational teachings, you will have heard that we live in illusion. In other words, not all is what it seems. You know, kind of like magic and what is magic? An illusion!

I perceive there are spirit races as there are human races. These spirit races are of higher consciousness, each having their own levels of consciousness. As on this planet, there are many layers of consciousness, from plants to beasts/animals to humans. Some think we are the highest form of consciousness on this planet – I’ll leave that alone for the moment.

We all require other forms of consciousness to feed us so we survive; that is why some of us live off of plants, plants are a layer of consciousness. There are farms that raise chickens, cattle, pigs – all other layers of consciousness that humans eat to live; you eat and live off the energy of plants or animals – whichever lifestyle you choose to partake of. I perceive that our higher-self, part of our soul, belongs to one of the spirit

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races and for each of us, we belong to a specific spirit race. These spirit races are composed of many races, further broken down into both non-physical and semi-physical. These races guide, control and influence all of humanity. One of these semi-physical races are the ones that are responsible for much of the genetic mutations/modifications done to humanoids and humans perhaps the “God” of the sacred texts. Do your own research! I could buy into the philosophy that a higher conscious being is the perhaps the “God” of earth, as alluded to in the sacred texts. History has shown that all gods which have been worshipped in past cultures, have been astrological, especially sun gods.

That being said, all things are created from thought or consciousness, so no doubt some higher conscious being had something to do with humankind. Do I have to worship them? Absolutely not! I only follow my higher-self! Again, that is the only path that brings happiness in this human experience. I am sure you have heard someone say – “I am here for a purpose.” Well, you are here for a purpose, and it is your path, yours alone, and only you can know what that purpose or path is.

While I am here, I may as well jump right into it all. There are those with the knowledge given to them, that each of us have another eleven incarnates that were sent here along with us. I take that a step further. The supposition then is that the other eleven incarnates arrive at the same time, into the same race. So that means twelve of you making up one soul. Stay with me now – have you ever noticed that people always say – “I’m looking for my soul mate, someone who understands me,” well perhaps that is because we are not a complete soul. If our

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spirit, our soul, replicated itself; and as energy cannot stand still, then expansion has thus taken place. Perhaps our spirit or soul, that which I call our higher-self; came from a particular spirit race, with intention and motivation for us. That intention being our path and experience here.

Again, stay with me as this will lead shortly into the Racism, poverty and a little later on, why we have to dream.

At a later juncture perhaps not in this book, I will go further into the subject of souls and oversouls and even higher up the ladder. There is more interesting information in Voyagers Vol I authored by Ashyana Deane. So back to this perspective - If your soul or higher-self has replicated itself and fragmented - that is the key word here, not split itself but fragmented itself into twelve incarnates, then you have another eleven here as do I. Fragmentation would imply that some incarnates will have more of the soul and some less. There again is the required or natural energy balance between spirit form as is the case in physical form. Everything and absolutely everything has to eventually balance itself out energetically. As this planet is a living energy entity, it has to balance itself as well. As one can tell from the events of earth, we are extremely out of balance from an energetic perspective, hence the tumultuous time period that we are living in.

This will have implications when I discuss the relevance of how many believe or perceive that we were all born or created equal. With that being said, I truly perceive that all are not intended to understand or as the saying goes.. “they don't get it”; all are not intended to even care about such matters. That

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is not meant to say that those that do not understand, are not here for their own purpose. Many may just be too busy in their human experience, that they don't care or don't want to care. Some would rather just party on, watch TV, go the game, drink – you know, all the trappings and desires of physical life. These desires tend to distract one from their purpose or goals. It could be that your goal or path is just to do nothing but exist.

There are many that have the view that we, or our individual spirit, choose the family we are born into - for the experience we are having. Yes I know, many will say that they didn't choose where they are, what they are doing in their current experience. Your soul or higher-self absolutely did for you!

Your soul or spirit sent you to the family and the race that you born into. When your spirit bonded with the “atoms” of that physical being, the little baby, you were intended to be right where you are for the sole purpose of fulfilling the directives of your soul or higher-self. Yes, those other eleven incarnates that are here with you in the same race, arrived at the same time as you, all have a purpose here and are connected to you on a personal level that is much higher than you can imagine. This is where the dreaming comes into play. Think of identical twins – an explanation of sharing the same mind and being so connected?

All actions on every level of consciousness effect us – all is energy so therefore all actions have consequences. Whether someone across the ocean is thinking negative thoughts or your fellow work mate beside you is having a negative moment, all is connected. As a vibrational being, whatever you

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do affects everyone else. All is vibrational. If you join the thoughts of those with negative and destructive thoughts, you contribute to the power of that particular negative energy flow. If you think there is a an evil being – you know, the one being that a sacred text says exists, then that being exists for you. If you live with positive thoughts, you contribute to the power of that energy flow and align yourself with those that think the same way. The more thoughts you have along the same vein as another, the more intense that vein or flow of energy becomes. One day, you may have more negative thoughts than positive or vice versa – nothing stays the same as energy can never remain the same.

Energy continually changes and expands. What you think was or is a “golden rule” for you ten years or ten days ago, no longer exists. What the organized scientific community thinks is a standard, constantly changes also, although they may object to that comment. One could say there are “rules” that the universe follows, though there has to be slight variations to those rules – the rule can never stay the same. That is why many scientific “rules or laws” are averaged over many years. The solar flux, the magnetic fields – all constantly change. That guideline or rule that you may have been using, has changed based on you, on your vibration and the vibrationality of everyone and everything else.

No two days can be the same for anyone. If you don't like what you feel, change your thoughts. If you don't like what is happening around you, change your thoughts. Freedom always lies within yourself. No one else can ever hold your freedom. Again, everything about is energy, everything around and in

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you is energy. Every decision made anywhere is energetic. There is one more thing I would like to throw at you before I get into the racism topic. Time – always in demand though as many already know, time is of no consequence in terms of the universe. We use time on this planet to judge age, seasons, months, weeks, minutes and all this “time” is based on the sexagesimal numeral system dating back to the Sumerians. The sixty seconds in a minute, sixty minutes in an hour, three hundred and sixty degrees in a circle and as some perceive, the six-six-six of the sacred texts. These all relate to the sexagesimal system.

If one perceived, according to sacred texts, the mathematics of one day as a thousand years; then if one lived a hundred years, it would only seem that you have lived 2.4 hours. If you have lived fifty years, then it would seem you only were here for perhaps 1.2 hours. That is a total of 72 minutes for fifty years – That seems to equal 1.44 minutes per year or 86.4 seconds. That would mean from the time the spirit binds to the physical atoms of the baby which happens between 33 and 55 days, you have 7.2 seconds per month: that is just over 1 minute from the time of egg fertilization to birth. Philosophy is all just a supposition of sort, though it does produce an interesting thought process. We are only here in this physical form for just a snap of the fingers.

So, if you are here for your own path, then how can anyone truly follow any teachings, rules and or organized religion? This implies that you are here to follow your higher-self. So on to other things like racism, poverty and even a wee touch on mental illness and who knows what else.

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Racism – Mastery vs. Slavery

Without a doubt, you have a choice on how you interact in your relationships with other people regardless of ethnicity. It is your choice to “treat” all equally or not. Government seems to make an attempt at producing laws that try and force their subjects into equality; for the most part, it doesn't seem to work as well as the controlling group of “someones” wishes or demands it to. The wolf will do what the wolf does, when the wolf needs to do it. In other words, we all do what we need to do when we need to do it, if we don't want to do it, we won't.

Based on our perceptions, we all have some type of misconceptions. As oxymoronic as that seems, I doubt there are many that do not “stereo-type” or perhaps use certain ethnicities as comedic material. For the most part, it is all in good humor. If someone wants to make a joke that I am Caucasian with certain idiosyncrasies, have at it. I couldn't care less.

Again, based on historical references, historians based on their personal perceptions, have documented atrocities to many ethnicities. People have been enslaved since the first seeding of mankind here on this planet.

My perceptions based on my research, of which are always logical to me, have led me to understand that we were conceived in thought, to be slaves. We are all slaves to something. My perception is that of mastery and slavery. Mastery and slavery is not that of being strictly positive and negative. The positive and negative energies still exist within the mastery and slavery framework. Mastery and slavery then

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falls under the intensity of one’s thought. I could be a negative person and still be the master – that would mean that I own or dominate the negative situation.

The other person in this particular scenario, may be of the positive persuasion and be the slave because their intensity of thought is less than the master. That means that whichever person exhibits the most conviction of thought, is the master. The other person, the slave, doesn’t believe in their thoughts or conviction of thoughts enough, to offset the balance between master and slave.

Whether a slave by race, sex, relationships, financial institutions, by the government or organized religion, we for the most part, live in and on a conditional planet. You don’t become a slave to the banking system until you sign on the line.

Whichever entity, be it a person, group or organization that has the stronger conviction or holds the financial advantage, becomes the master. “They,” who wins manipulating or reshaping of the situation, and “they,” that control the outcome, is the master both financially and energetically. Look up the meaning of the word mortgage and that becomes rather apparent. Currency or money is also a type of energy. It is ironic that as currency is fiat, in other words it is fake, illusionary and has no backing, currency/money actually controls mankind. Maybe the greatest illusion is currency. The moment you have to “pay” for something - incentives, motivations and greed all come to the fore. In actuality, there is a difference between currency and money – again, there is more research for you.

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The one with the most gold wins - that is how this all got started with the added bonus of more research for you. It is interesting the importance of gold and the early mining of it. It is interesting how the Pharaohs all were sent to their "belief of an afterlife," with gold.

I do not perceive that all are created or born equal. If you buy into the idea that we all came from a pair of humans and are all descendants of that pair; no one was born equal nor can they can be. There are many scientific studies showing differing, body types vs. health, brain sizes vs. IQ and athletic or work ability. Do your own research.

Again, how you "treat" others is your choice. Without a doubt, you can "treat" everyone equal thus "acting" in the best possible way towards others.

Those children that are born in a loving environment, have a jump on life, so to speak. Statistically perhaps, a 40% higher IQ than those that are born to a mother whose environment was that of stress. I will refer back to Bruce Lipton who made the statement: "The parents are the genetic engineers of their children."

So based on my perception of our higher-self: If you wake up every morning and think someone will do or perform a "racist" act towards you, it will happen! You are what you think you are! Again, your higher-self, your spirit, part of your soul, and remembering that it takes twelve incarnates to be a complete soul; chose your family, your race, your economic status, to be hosted by your physical body. You, with your intentions and

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motivations, have this human experience at this very moment in which you are generating energy for the spirit race from which you came.

Have you ever noticed that there are certain races always in conflict? Have you ever noticed that there are always certain races that live in peace? It has to be so. For every race that lives in conflict, there will be those that live in peace. For those that always hate, there will be those that always love and yes, I know, I am using the love word again. Everything is about the balancing of energy. As above - so below. The spirit races are continually balancing their energies and so are we. Whatever the spirit world does, affects us and vice versa - nothing more and nothing less! Everything is vibrational and responds accordingly. The universe could not expand without the balancing of the negative and positive energy. Likewise, the universe could not expand unless there was thought.

If you choose to believe there is racism, then racism will exist for you. If you continually talk about racism and make it your focus of attention – you bring more racism into your world.

“By your thoughts, you create the world in which you live!”

If you don't like the world in which you live, change your thoughts. Your reality is yours and yours alone. No one can or should tell you what your reality should be. That is control – object to all control. Freedom lies within your mind. Freedom is controlling yourself, and that is the only one who should be controlling you. If what is inside your mind is your reality as only it can be, then everything else is an illusion. Again, it is

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your subconscious thoughts that reflect onto your physical body.

Your reality is what is real to you. I am sure you have heard it before... People always saying, “in reality this, in reality that, you need to live in reality” - Reality is yours and yours alone. Tell them to get out of your reality.

It seems that much in North America is primarily black and white, from a race perspective as perspective history will testify to that. From sensationalized main stream media, the race issue divides as it always has. Back to the balancing of energy – there will always be negative and positive. It is your choice how you play it out. You have a path set out for you. Ask yourself questions, read and listen to all, follow no one except yourself. You have all the answers within you! The best part, everything to create your world is free. You don't have to pay anyone. You don't have to belong to any organized group or religion to follow what is yours and yours alone.

“There is no difference between the god of that famous sacred text controlling you and by you becoming a slave to that god (glorifying the god); than a manager to a subordinate, than a parent to a child with all the parental rules, than a couple in a relationship where one is more demanding or needy of the other. All those in control are feeding off the energy of those in submission.”

There have been many recorded instances, and again, history is only a record of someone's perceptions; of atrocities or “slavery” perpetuated within the same races. Blacks have enslaved blacks, whites have enslaved whites, yellows have enslaved yellows and so on. You see atrocities within races

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and to races. In the 1800's, after abolishing slavery in Africa, what happened? Africa was colonized. Colonized for what? Financial gain at the cost of yes, slavery. What a surprise that money was involved. The people traded masters and remained enslaved. How pathetic was that! They colonized Africa with also some intent to Christianize the Africans. Again, more enslavement. The same slavery exists when one jumps from one organized religion to another –in search of perhaps a master that has less rules than the previous one. Mastery and slavery always will exist! That is the energetic balance and expansion of positive and negative.

Slavery is like a hereditary disease. What is a hereditary disease? It is thoughts passed down through generations. Thoughts of your ancestors – Again do your own research! Epigenetics. Using slavery as a means of surviving, it is acceptance - *“They just accepted their lot or place in life.”*

Slavery or the slave way of thinking, can be applied to how man has placed women in hierarchy. Later, on page 55 of this chapter, I talk about some historical references to the last patriarchal/matriarchal rule.

If a particular race, or and as is so applicable at this moment, the female species; believes that the survival of themselves or their family can be best served by becoming the slave, then those thoughts proliferate down through generations. A woman may think that the man is amazing or that he is the best they can have or get – then that is their reality because that is what they think over and over. It is then their belief or perception; it is that same thought process that can be applied

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to many situations in life. That is their momentary reality - that is the moment of survival. This scenario just seems to prove that one's reality is constantly changing. Even for the same person, reality may change many times through out the day. Energy can never stand still, as it only can expand and move forward. If you have succumb or submitted to the thought, you have submitted to the master. By submitting, many think less of themselves, many dislike or hate themselves.

How do many exact the energetic retribution? Perhaps monetary compensation of course - after all, currency or money may truly be the master of this planet. From divorces of all types, be it business or relationship, to atrocities dealt to certain races, land claims, art work, all seem to go back after the "money" in order to make themselves feel good. Or is it? Maybe they are just simply greedy. Who knows – after all the greatest repayment plan is in the form of karma. Remember that definition again: *"The physical and energetic consequences of the choices you make."*

There are those women that have themselves as their only asset. Many women in third world countries treat their body as their greatest asset. A man may have assets in terms of financial securities, real estate and the like, though the woman may not have that available to her in any given situation. That is a prime example of mastery verses slavery, plain and simple and of course, from my perspective.

The emotions are the physical guidance system. The higher-self is the spiritual guidance system. Both systems together

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form your reality, and that is where conflict begins.

“Your thoughts, your reality, your choice.”

It is interesting what happens from an energetic standpoint, as those that have been enslaved need to balance themselves as well; that balance is resolved by their actions and reactions. As a sidebar, It is an interesting thought in that, a woman has two eggs and a man has five million sperm give or take – who really is more valuable to the human species?

I stumbled across this taken from the FirstPeople.us website and it is the story of the “Wolves Within” –

An old Grandfather said to his grandson, who came to him with anger at a friend who had done him an injustice, “Let me tell you a story. I too, at times, have felt a great hate for those that have taken so much, with no sorrow for what they do.

Though hate wears you down, and does not hurt your enemy. It is like taking poison and wishing your enemy would die. I have struggled with these feelings many times. He continued, “It is as if there are two wolves inside of me. One is good and does no harm. He lives in harmony with all around him, and does not take offense when no offense was intended. He will only fight when it is right to do so, and in the right way.

Though the other wolf, ah! He is full of anger. The littlest thing will set him into a fit of temper. He fights everyone, all the time, for no reason. He cannot think because his anger and hate are so great. It is helpless anger, for his anger will change nothing.

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Sometimes, it is hard to live with these two wolves inside me, for both of them are trying to dominate my spirit."

The boy looked intently into his Grandfather's eyes and asked, "Which one wins, Grandfather?"

The Grandfather smiled and quietly said, "The one I feed."

On another scale, it seems that there is a master and slave within each of us, just as in the example of the two wolves. You have the master and slave and the positive and negative energy. Which do you make the master? Your spiritual you or your physical you? From my perception, the spiritual you is always the master, first because you are under the direction and motivation of your higher-self, and secondly, because your spiritual you, lets you know when the physical you is not in harmony with it.

The conflict within, is a result of a difference of intention between your higher-self and your physical you. This is why your emotions are your guide. Your physical emotion and subconscious thoughts, project onto your physical body, that being you, in three dimensions. All those emotions that play out daily, are a result of things learned in the subconscious from your birth. For example, when one gets angry, a past experience burned into your subconscious, is having a conflict with your higher-self. This is telling you, that the physical path you are on, is not the path for you as set forth by your higher-self.

Everything and I mean everything, everywhere is all energy

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and nothing but energy. Every action, every consequence, every living thing, the universe – all is energy or consciousness. It is your choice how you choose to live. All cannot be happy at the same time, all cannot be grumpy at the same time. Everything has to balance. The time you are most happy, someone has to be most sad. The moment that you choose to be angry, someone will have self-control. If you choose to love someone, somewhere there will be another living in hate. Where there is marriage, there will be divorce. Hey, isn't there a 50% marriage to divorce rate? Where there is a war, somewhere there will be peace. That is the way of the universe. Energy all has to eventually balance out. Paradise or peace on earth – can never happen! It is impossible! You are here for a human experience as set forth by your higher-self and the spirit race from which you came, enjoy it for all it was meant to be – an experience.

Racism: It starts and ends with you and your thoughts. You and your ancestors caused it and kept it alive by thinking it - firstly into existence, and secondly, by perpetuation. If you don't want racism, don't think it is so. You are the victim of yourself. Quit blaming others for what you think exists and change how you view yourself. Quit being a slave to others and have mastery over yourself – It is all in your mind! A million people believing that a prophecy or some future event will take place – make it so. A million people thinking they are slaves, make it so! Remember, it is all about your thought and intensity of thought. The more people thinking the same way or the same thought process, join together to make that thought conscious and real to those that choose it to be real. Again, your thoughts, your reality, your choice.

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Poverty and....

This same principle applies for poverty as it does for racism. If you believe it to be so or to exist, then it does. Some of the happiest people live in what those in affluent society call poverty. There has to be a group of “someones” that set the standard for poverty. I have travelled extensively in South America and have seen some poverty stricken if not destitute people, though only by the standards from the country from which I travelled. Most that live within this standard, don't even know they live in “poverty.” Many get up every morning and they have to search for food, that is “normal” to them. There again, this is all “someones” perception. Stay with me!

Back to your higher-self. As your higher-self or your spirit chose your family and race for your experience, that would mean that your higher-self choose your financial status for the human experience you are having or about to have. Again, anyone can choose to feed, cloth, financially assist or do whatever they feel they wish to do for those they think live in “poverty.” If your emotions lead you to that path, then so be it! Your higher-self chose the physical body for which it will have the human experience. So from my perspective, one is never born into poverty as their higher-self chose the where and within to live out their human experience, your soul chose the same for those of their incarnates.

Those living in particular countries that are known for “poverty,” and again whatever you deem poverty or a level of poverty to be, perhaps generate a different type of energy that is required by the spirit race from which those came. From my perception, many “soul” families and those of the same twelve

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incarnates, may live in either the same communities or within the same country. Some will live in happiness, some will live in sadness, there will be hate, there will be love – there will be all aspects of the energy spectrum to balance the energy fields.

Imagine if you are here for about 7.2 seconds per month or 84 seconds per year, then really you are here for just a snap of the finger. Your physical body may not seem to know that, though your spirit sure does. Perhaps your spirit or higher-self cannot fulfill their planned path and need to opt out of the experience they are about to have. Perhaps your spirit realizes at some point, they cannot do what they had planned to do on earth and need to come back again. The spirit as an energy being, never dies as energy never dies. The physical body is shed and the spirit returns to pure energy from which it came – be that as pure negative energy or pure positive energy or any proportion and mix there of. As you all have shared one mind or one soul as we shall explore shortly, then all other incarnates have to return to pure energy as well.

Perhaps that's why infant deaths take place. The spirit cannot fulfill it's desired path so it leaves. After all, one of your primary reasons here is to help generate energy and fuel your spirit race. All the layers of consciousness fuel the layers above them.

That leads to some interesting thoughts or philosophical viewpoints. What happens if say, one of the incarnates can't or doesn't return with the rest? If the physical body is buried, which is what some cultures do, then that spirit is tied to the earth for longer than it should. There are cultures that teach or

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prepare the elders for death. That would include learning or preparing for the intermediate state or bardo of the spirit. This is the state of separation between your physical and spirit bodies.

Perhaps those spirits that can't quite leave for some reason are or spirits or energy being that seem to hang around. Perhaps they are the spirits that are slightly hanging around you, you know, those of say a parent that some feel surrounding them for a time after death. These are just philosophies that I like to throw out there. You can let yourself die or not. Many that have been faced with serious illnesses have chosen, by their strong will to live - and so they have. Those that have, so to speak given up, have done just that, let go. There may be some physical beings that are just feel lost because some of their incarnates have already transitioned back.

Then again, you have those that have believed to encounter their favorite religious icon at the doors to heaven. And what was the response? They were told the hotel was full at the moment and they had to come back later. Perhaps, when one is about to transition, they hallucinate into a temporary state of being-ness to which or what they most believed and worshipped. They perhaps joined the same energy flow or stream of those of like mind. From my perspective, heaven isn't what most believe it is. I perceive most think they will meet the supreme being of their choice and see the lucky son of that supreme being hanging out by a throne. Wait, that's not all, angels playing harps and cards, yes everything will be blissful; after all, isn't that what you paid all that money for, salvation and a great time in heaven?

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Perhaps there will be those that don't have much of a path as one of their stronger incarnates will be playing out the dominant role. As always, the balance of energy will play out there too. And what else does that mean? Not all of those incarnates were born equal.

Mental Illness and more...

Well, if you are still hanging in for the read, I would like to explore a couple more areas that relate to individual reality; that reality being what is real to each individual – definitely not within the societal norms. If you buy into the idea that each soul is comprised of twelve incarnates, then you along with eleven others share the mind of the soul. Let's call it the "soul supermind." This "supermind" will come into play when we talk about dreaming and the reason you have to dream. It is this concept or perception of the "supermind" that for me, has much logic and perhaps the most fascinating.

Often one sees or hears information either from main stream media or other media sources, regarding shootings caused by the "mentally ill." There will be those that push for more funding to help or determine those, that society or a group of "someones" deem mentally ill. After some violent act, there is always some group wondering why and how such individuals slip through the seeming tight and prudent governmental control.

Then there are those individuals that organized science or modern allopathic medicine have magically shown, by use of technology, to have some type of brain disease or disorder. Such diseases or disorders range from Alzheimer's, Cerebral

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Palsy, Dyslexia, Multiple Sclerosis and the list goes on and on. Perhaps some disorders that result in you know, someone going ballistic with a gun or knife.

So as the saying goes, what came first the chicken or the egg – let's apply that to what came first, the mind or the thought? As every thought that has been thought still exists, therein lies the formula: thought = consciousness = mass. Consciousness in intensity is mass. Everything is consciousness and therefore came from thought. Your physical body is a direct reflection of your subconscious thoughts. We carry all the opportunistic organisms that could proliferate into debilitating diseases if thought into being. Your health is dependent on your thoughts.

So if every thought that has been thought still exists, then by that premise, one would be able to connect into "all that is." The "all that is" would then be, as some would call it "God's" mind or as I refer to it, source mind. Think of this; source/unity energy, which is inherent within you, together with your thoughts and all thoughts that still exist, create/created "all that is," or "God's mind." That is without a doubt, amazing and awesome to me.

Now going back to one's reality; we all think we are "normal," that is, normal to ourselves, after all, it is to ourselves that we really answer to. Perhaps I will use the word real instead of normal, and real being our own reality. If someone doesn't agree with another, you hear the sayings: get real, they are crazy, they are stupid, where do they get those crazy ideas from, oh and the best one as in the words of this well know news celebrity – "though in reality!" There again, whose

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reality? My reality, your reality, someone else's reality – all those realities are right to and for the individual to whom they belong. No one, no groups of "someones," have the right to tell anyone what their reality should be. That becomes control and no one has the right to control anyone.

With that being said, there will always be mastery and slavery; those that dominate and those that are submissive, within that dynamic is the balancing of energy. As I progress through these writings, I am of the mind to start calling everything positive and negative energy. If some think there is evil, how about calling it just negative. And for happiness, let's call it positive. So instead of good and bad, we have positive and negative. Instead of mastery and slavery, we could call it domination and submission. Another view or wording of this is: within domination and submission is control and acceptance respectively, within control and acceptance are positive and negative energies.

Most think that all our thinking and learning is performed in one's head. There is a heart based group believe the heart is what connects one to all consciousness. Nothing could be further from the truth in my reality! As a spirit being, everything happens around us. Your thoughts are electromagnetic waves, which is or equals consciousness. Your Neocortex is a mainly a transmitter and receiver to "all that is." The more you work your rational brain, as some would call it, the more connected to "all that is" that you become. When I first discovered this, I was stunned. Once I did more research, and I would implore everyone to do their own research, I found logic for me. Everyone will have their own logic. I will

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say this again, no one should ever force you into their reality or logic. It is awesome to share thoughts or philosophize, after all that is how we expand and grow.

So when one reads a book for example and perhaps reads that several times or reads many books, people may say oh, that person is so smart. Really they are not for the most part storing that information in their head, they are accessing the thoughts that already exist. After all, the thoughts that created the book, once thought, always exist. You are accessing or connecting to the existing thoughts and are actually “tuned” into them via your Neocortex. I perceive that science, education and the societal norms, have taught us that we take in all the information and it's in our head. I do not subscribe to that theory or premise. All information is all around us, all the time. We are all connected to everything, every level of consciousness. The more you work your brain, the more synapsis are firing, the more connection you have to “all that is.” One then expands your Neocortex, to tune into the same wavelength or frequency of the being who created those particular thoughts. How amazing is that? You can be whomever you so choose to be, by connecting to their thoughts. I am whomever I so choose to be! Therein is the next level of expansion.

There are different people such as scientists, doctors and whoever – tell us that you can't get any smarter after a certain age. Do they really know? Look at these so-called experts; they spend their life time dedicated to solving one problem and what do they do? They die a miserable physical life because they couldn't solve the problem they were working on. Go

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with what flows for you, your path – what is logical to you. I am my own scientist, my own doctor, my own whatever I want to be and no one can tell me otherwise.

Ask yourself questions especially before you go to sleep. I will get into this shortly. Work out your brain. Think for yourself. Get your own answers! You can connect to “all that is,” though your “antennae” has to be tuned in! Einstein’s thoughts, for example, still exist. Anyone’s thoughts, mine, yours, the neighbors, the scientist on the other side of the planet; all thoughts are instantaneously available for you to connect into. We are all one! I will clarify that all thoughts that one can connect into, are not those of the subconscious mind. Only those thoughts that have been created by your rational brain are connected to source mind. The thoughts and emotions relating to the subconscious mind are what connect you to source/unity energy.

Your instinctual brain, the brain involved with emotion – the Limbic brain, is what is primarily connected with the heart. One can receive a heart transplant and still rock on with perhaps some changes to emotion though, hmmm a brain transplant – that is your connection to all that is. Unfold that Neocortex and you have an antennae to “all that is.” A brain transplant? Perhaps not at this time.

Back to mental illness after that rant. Again, thought is consciousness. If a mother is struggling and living in stress during pregnancy, then her thoughts can alter her chemical biology. That in turn, alters the chemical biology to the fetus. Again, the child is born in the environment of the mother.

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Other than chemical or toxicological effects that outside influences may have, or physical trauma to female or the fetus; thoughts of the mother have the most significant impact regarding the development and chromosomal expression for the proper growth of the child.

Those children that are thought of as defective or deformed are only so, because of the thoughts of those involved around them. I will emphasize this again with the caveat of trauma and toxicology. All it takes is a negative thought to produce negative results. If you go back to the Chapter of the Power of You, your emotions control the source/unity energy and the flow of that energy within your physical body. There may be a specific moment in fetal development, where a frequency from source energy is required to express a particular gene. If this gene is not expressed, developmental growth will be effected. This “error” if you will, may cause further detriment to the growth of the infant. If negative or limiting thoughts are present, the frequencies required will not be at the proper amplitude/level/intensity for what is required to express the gene or genes. With negative emotions present, chemical and biological changes also occur. The changes in body chemistry may also be a factor in gene expression.

Now that you know that your thoughts are responsible for everything that happens in your life, how will you think? This also applies to those whose children get sick after birth. As parents, you and your thoughts are responsible for the energies that those thoughts produce that surround your child, your family and yes, your pets too. I am sure that most parents that have children which struggle, do not want to assume they

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were responsible in large part, for the child's outcome. Change your thoughts! Imagine if you change how you view your child. I personally, have been a student of this lesson. If you do not know, how would you have known how to act? Now that you do know, the choice is yours.

Let us go back to Gandhi's viewpoint. When you change how you view yourself, the way the world views you changes. Imagine if you changed your view towards your child – not as a defective being, rather one who communicates on a higher level. The frustration of the situation may very well feel like it is a handicap for you. We are all vibrational beings. Whether or not you have figured out how to use your other senses than your five main ones, that child already knows what you are thinking, well before you are thinking it.

Children from birth have learned to use other communications skills, those much higher and advanced than you as a parent. Instead of showing frustration, which they can read or feel, change your attitude. Everyone is here as a teacher in this human experience. That saying again, I have no friends, I have no enemies, I only have teachers! Perhaps the lesson you are learning, is one you are required to learn for the journey and experience you are in. There are many who live in stress and especially, stress from organized religious groups where they live in a state of sin, thinking and believing they are sinners. That alone contributes to your lack of self-worth, self-respect and yes I'll say it, self-love. Change your thoughts!

The mentally ill, ill according to whom? They don't fit in with societal norms? Norms set by whom? Perhaps they are

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normal to themselves and you are not normal! If the defect is caused by an energetic/frequency anomaly, perhaps the solution or help is available from of an auditory frequency such as Binaural Beats. Do your research as there are many auditory aids available for that. Most children that struggle seem not to be grounded to this earthly plane, the “normal” as deemed by society. If your root energy center, your earthly grounding is underdeveloped or blocked, you will often struggle with what most think of as “normal” day to day functions and interactions with others. Again, do your own research as there are sound wave solutions available to help unblock the energy. The medical or physiological professions seems to want to solve this by giving them drugs, treatments of all allopathic types – apparently that is not working out too well. How about just repairing what was missing in the first place. Oh wait, how about having good thoughts in the first place!

Truth or Lies

Then after the mental illness slot, I am throwing in the truth or lies. This is a topic relating to reality. My perception – truth or lies are a perception of someone's reality. Did I put the cup down or pick it up? Depending on my point of view, a truth or a lie. I could be picking up the cup and you might think I am putting the cup down. Who is telling the truth? Wait – a group of “someones” called a jury will decide. Somewhere, there will be a group of “someones” that will have put some rules or laws into play, that benefit someone they know or even themselves. A truth or lie depends on your perspective.

There will be those that are blatantly slanting their perceptions

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– in others words, stealing or taking what isn't theirs. Though from another perspective, they may think they have the right to take whatever, as they may feel they have earned it. Those also may use some other type of justification and validation for what they do or did.

Then there will be those who in their mind or reality, believe in what they have done or are doing is the truth to them. Guess what? They get to live with the karma of their consequences. And what is karma again? The physical and energetic consequences of the choices one makes and that is your health! Perhaps that is the “missing the mark” or as often called sin. Perhaps, it could be that you are in judgment day everyday. The result that sinning or missing the mark pays is; the physical death from a disease that you let proliferate by your thoughts and decisions - or maybe your score at the end of the judgment day is also your resultant health.

We all learn lessons from others. There were a few teachers that seemed to live a few different lives simultaneously. One would think it must be difficult to keep the stories straight. Trying not to confuse one life with the other, making sure that people from one life do not meet others from the other lives. Think of the stress and health issues that keeping all that straight would entail. Think of the deception involved if they have a partner; the “lies” they would have to tell the partner should any of the lives cross. Think of all the avoidance – trying not to bump into the others so that they don't have to make up more stories or answer questions from their mate.

This may be to them normal as it is their reality. It may be so

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real, they are not telling lies to anyone, just their version of the truth. Again, to them, it's normal. It is their reality, real to them and their truth. As that type of reality is so complicated, I chose not to participate in it.

So how about telling a lie that is completely “made up?” The True or False scenario – cannot be from my perception. To make up a lie, you will undoubtedly take bits and pieces from your reality or thoughts of others. There can be no complete or absolute fabrication – and that is an absolute an oxymoronic statement. A truth to a person is their reality. They own their reality therefore they own that truth. That is what is real to them. As everyone's reality is different and thank goodness for that, it means that the truth is different to everyone else. As their reality changes, so does the truth to them.

Let's go back for a moment to the twelve incarnate perspective that makes up a soul. If you are all sharing the “supermind,” you each have a personality, a motivation and intention, could not there be some instances where the you are sharing personalities?

Perhaps your personality is an accumulation or collection of your past lives? If the spirit or soul is not split, that means you are fragmented between the physical bodies. Could not one or two or more physical beings be stronger in personality and spirit than the others? Could not that be an explanation for split personalities or even what some think as schizophrenia?

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Imagination

Imagination – things dreams are made from, books are written from, though not mine – I hide behind philosophy. Then you have movies or your imagination - used by yourself to think you are the greatest or is that ego?

Who is to say that imagination is imaginary? What if it is your reality? Perhaps when you are imagining, you are actually connecting into other's thoughts, other's perceptions and other ideas that are on the same vibrational plane as you. Imagination may very well be the conscious dreaming brain state. Perhaps the term lucid dreaming comes to mind. Some of the most perceived genius people, are those that are constantly day dreaming. I am sure those day dreamers sometimes annoy people that are actually trying to work and get things done. Who is to say they are not working in some other reality?

As all thoughts that have been thought still exist, then that would apply to higher conscious beings, those of a spirit race that are higher up on the ladder of consciousness. If one is able to connect to those thoughts, perhaps all the science fiction movies are reality, just not on this planet.

The actor who takes on the role of the "person" they are playing – are not they in another person's reality? Isn't that what makes an awesome actor? - an actor that can slip into the mind of the character's role of whom they are playing. A great actor even takes on the physical attributes of the person they are imitating – that is how amazingly connected our spirit and belief system is to the physical body. The actor truly believes

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the role they are portraying. As in one with the universe, they are one with the character.

Dreaming

I like this topic because no one really knows much about it. They, the would be dream specialists study it, perform scientific research, hook the dreamers up with dream research machines; the result is that no one really knows. From what I have read and researched about dreaming the information does not appear logical to me.

Logic is always foremost and for the most part, the basis for my perceptions. Yes, my reality.

Back to way back when; thousands and thousands of years ago, and I do have to make it sound good; the first seeding of mankind on this planet involved a type of human that was not limited in capabilities. They were therefore, like the gods that created or modified them. There is that line from a sacred text... "in the image of," well, apparently that didn't work out too well as these humans didn't exactly do as they were told.

Freedom right? We all want it! The first created beings became gods like the gods that made them. Remember, we are all consciousness and all came from thought. To think there are no higher conscious beings other than humankind on earth is ludicrous, and that is ludicrous from every perspective including mine. So, you know how you always awake when you come out of a dream, did you ever wonder why? It is your spirit consciousness joining back with your physical consciousness, re-joining your physical body. Have you ever

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had the experience of being awoken fast and didn't know where you are, or as the expression would go – *got to get the cobwebs out of my eyes?* Or better yet, when you have been mentally taxing yourself and you say, "I need to rest or sleep or just close my eyes?" Science or the group of "someones," keep telling us that we need to sleep because our physical body demands it.

They , the so-called experts, tell you that you have to have this many hours of sleep, eat this kind of food, like they know everything – well, perhaps there is another reason; and I will throw that out there along with all the preceding philosophical ideas or as I say, "logical to me" ideas. Imagine if that when a person said something that resonated with you, you ran with it, expanding on the thought. Expanding on someone else's thoughts becomes expansion. Don't stick to the norms, don't be afraid that someone will think you are weird, after all, our reality is real to us.

Here we go: Twelve incarnates to make a soul. The soul being the "supermind," is shared between the twelve incarnates. That "supermind" is also part of a greater whole, you being directly "related" to another 1727 , though that is a wee bit beyond the scope of this chapter. My logic, is as follows:

Way back when, the soul, your higher-self, could communicate directly with you. The gods or higher conscious beings that originally created man with full capabilities, had to limit and control man. Why,? the first production run of mankind decided they didn't need to be controlled by anyone. As that production run of mankind didn't work out, the new creations

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were now limited in brain power. Mankind was no longer as powerful as the gods that modified them. Controlling entities - wait, there are those on this planet that choose to do that to you right now! You were and are limited in your thinking ability and thus the instinctual brain, your emotions, could no longer relay the information into your cellular memory and have it play out into your subconscious mind. So from my perspective, there is much logic from information provided in the Voyagers Vol I authored by Ashyana Deane. I take what seems logical for me and roll in my own perspectives and connected thoughts.

If our physical body is a direct reflection of our subconscious thoughts, whatever we think or are directed to think, we eventually become physically. Your subconscious thoughts are projected onto your three dimensional body. I would call this direction a type of motivation or intention. It is "*your spiritual guidance system*" – and now, no longer in tact, because of what? The need to control you – the need for your energy, exclusive to the spirit race to which you belong. You may require a refresher on the incarnate subject so feel free to review that information on pages 20-22 of this chapter.

I am sure all of you at some time have pondered a question like "what is the best way to travel to _____," and a few days later, perhaps hours or perhaps in the middle of your sleep, you come up with the answer. All of my discoveries for me are "discovered" in dream state, of which now I am able to do while fully awake. By the way, that is so awesome.

Your answers to perhaps, complex questions or what some

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may call dilemmas, are all part of your intuition. Some people will have intuition and call it the “gut” feeling. For example, when you meet someone, you may have an initial feeling about that person and for the most part, you are right for you! You may have a particular feeling about walking down a certain street – again, follow your feelings. They are always right for you.

There are some science driven groups that tell you not to follow your intuition – though of course they tell you that because you need the science to make money or “make them money.” Again, it is your choice, follow yourself.

Let's get back to the dream discussion; when you ask yourself questions, and from my prospective, that is one of the most important things to do for yourself, it is opening up your mind to “all that is.” Whether realizing it or not, you send that question to layers of consciousness for it to be literally worked out. The soul “supermind” that we mentioned earlier, comes into play now. Your dreams are from my perspective, are partially your answers and guidance from your soul or higher-self. You are sending your questions out to your incarnates, to all those within the soul “supermind,” and to all those in your soul family

The response from some of you will range from – I have the craziest dreams, I have dreams that are violent, I have dreams of people chasing me, I have dreams of winning the lottery and on and on. When you awaken from your dreams or should I say, when your spirit consciousness returns or joins with your physical self, you may remember, for the most part, the dream

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from the perspective of yourself; in other words, the dream will or may have involved people and places that you know in your current human experience. You may experience things that are actually happening with and to your other incarnates. This is all sharing your “supermind” of your soul, and you may experience the sharing of energy with those on a higher level of the oversouls and beyond - and that is another subject!

There are many that suggest writing down your dreams immediately upon waking, though from personal experience, that is a hard thing to do – most of the time you cannot move yet. Many times I get “direction or ideas” and I forget them by the time I can move my body to write them down. For most people, the body shuts down during dream state so that you are not able to move. This prevents possible trauma to your body while in the dream state. I find it fascinating to watch my beagle while he is perhaps dreaming. The chubby dog is just running, though going nowhere which sort of like many here on this planet. It is too bad that my doggie wasn't actually running as perhaps he would shed some weight.

Every dream means something. For me, I have learned to remember most or parts of them well enough that I can decipher what lesson or meaning the dream implies. Every dream means something for you. I have gotten to the place now, that I have a dream within the dream. While in this “dream state,” I am aware and know the meaning or intuition instantly.

My perception is that the pineal gland is what controls the spiritual consciousness, that gland being our spiritual third

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eye. If you don't know about the subject, do research, and more research and then followed by asking yourself questions especially before sleep; asking, more asking, read everything. Follow no one but yourself, as you will get the answers from yourself, for yourself. You have all the answers to all your questions inside of you. No one knows your path or your answers – only you. Your dreams and intuitions are free. Like source/unity energy and source mind, IT IS ALL FREE! No paying any organized religion, government, culture, family or spiritual practitioner. Source/unity energy and source mind is free for you!

Onward – after a few hours of “hard thinking,” perhaps you say to yourself, “I am so tired, I can't stay awake,” why? There are a few reasons for this; first, because your energy is either required by your other incarnates or you may require energy from them – you need to be refreshed and get answers. The analogy to that would be perhaps a webpage refresh or even software update. Due to the awesome grace of those “gods or higher conscious beings,” the ones that many think created us; we need in this human experience, to share the “supermind,” so that we can receive the direction and motivation from our personal soul and soul family. The more questions you seek from yourself, the more your Neocortex is able to “tune” to consciousness that will in turn, give you the answers you seek. This is what those of the past called gnosis or self-knowledge.

Most think that when they pray, they are talking to “God” or a supreme being – how is that working out for you? Swell? Are your prayers being answered? It seems to me that answered prayers for peace and love do not appear to be in abundance.

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From my perspective, when you pray or ask questions to yourself, you are actually by thought, creating a vibrational pattern or feeling. That vibrational language, is the connection to your higher-self, your soul and all those in your “supermind.” These feelings or vibrations are in effect, sending your request for guidance to all layers of consciousness. As you are divine and god to you, you are asking your spiritual self for help. No one and I mean absolutely no one can take that from you. That is your freedom. That is your reality - Again, no one, no government, no organized religion, no family member or no culture, ever has the right to make you conform to their reality. It is yours and yours alone – and your freedom is free to you.

Other Thoughts

There will be times that you may have to share in some other forms of reality. Those realities of others, maybe the day to day activities of existence. Globally, meaning your entire reality to you, is yours and it's real to you. Your global reality is your collective or accumulative reality.

This especially applies for parents to children; get out of your child's way and let them find the path and live the experience they came here for! Imagine if you learn to have self-respect and yes, that word self-love, for yourself! Perhaps when you do, you can then begin the process of letting your children go. The children can then be what they need to be, following their own motivations and intentions. While I am on this topic, I have talked with several younger people who suffer from a multitude of health issues. What is the one thing they have in all common? I bet you can't wait to hear this – CONTROLLING

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PARENTS! The child can't have the experience they are here to have when the parents will not let go. Parents can't seem to let the child/children make their own decisions, even at later years in the child's life. Stop it parents! Remember parents, your child's higher-self, your child's soul, chose you and your family for their experience. Let them be who they want to be. Without a doubt, your child may or will require some guidance in the younger years. Guidance is not the same as control. Perhaps you may wonder why many children are rebellious. I just had to hit on that point again because I feel it is so important. A child cannot fulfill it's intention and motivation when they have controlling parents or for that matter a controlling church. Perhaps that is why the spirit leaves and the body dies, as the spirit cannot fulfill it's objectives and intentions!

There are a couple of dogs in my neighborhood, always nervous and freaking out; the owner is continually nagging and just won't stop yelling at them. The owner won't let the dogs visit the other dogs, you know, the doggie socialization. If I were the dogs, I would want out of that relationship in the worst way. There are people that blame suicide on mental illness – really? Think again. Perhaps it is time to take another look at how you treat your children – perhaps it's time to quit shoving organized religion and control down your child's throat. They are here for their experience and not yours! Perhaps there are too many perhaps in these writings!

I guess that was a bit off topic – I just wanted to go there as it came to mind. Dreams – we all have to dream, it is how we connect and get instruction at this time from our higher-selves.

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Once you get to understand how your own spirituality works, and that starts with self-respect, self-love and or liking yourself, you will then have that intimate or personal knowledge of how to connect directly to your higher-self and still use dreams as guidance. Take care of that Neocortex, it is your connection to “all that is” and especially your incarnates.

So before I get into my perspective on relationships, I am going to bang on organized religion's door once more. Back in the day – the Egyptian days of about the 18th Dynasty, there was this Pharaoh who upon the death of his father, radically changed the politics and culture of the Egyptian rule. The Pharaoh began to call himself Akhenaten or Akhenaton. This Pharaoh, became the instigator of monotheism. Along with his wife Nefertiti, the couple put themselves on high next to Aton, the sun god. They insisted that Aton was the “God” of Egypt and the only “God.”

The Egyptian culture had many gods though mostly sun gods, which coincidentally or not, form the basis of most organized religions today. Do your research - dig deep as most people today just follow. Imagine if you thought for yourself. Back to Egypt: So, the Amon or Amun priests of whom their god was another sun god called Amon, had a practice called “Weighing of the Hearts.” Again, do some research on that. It seems that as far back as the Egyptian culture, those that could afford, paid the priests for salvation. If you had the financial ability, you could then buy your way into a better after life.

How familiar is that? Right to this very day, organized religion is all about money. And what do you have to do to keep

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organized religion going? Sure, just a mere 10% or 20% of your money – for what? Remember source/unity energy? Source mind? IT'S FREE – you don't have to pay and you don't need anyone telling you what your path in life should be. You have the answers within you. **No one, no organized religion, no pastor, no priestly hierarchy, no spiritual leader, not your religious icon of choice – has the ability to: save you, bless you, or be closer than you to source/unity energy (spirit) or source mind (god/"God"). No one has the right to take money for your alleged salvation.** Instead of organized religion, perhaps it should be called, the "Organized Magic Act of Salvation." It is like paying for a magic act that you never get to see, as no organized religion can bring or give you salvation. How can someone give you salvation when they don't own it!

When you look around at so-called modern day worship, the organized religions of today try to sell the idea that they are not an organized religion; they expound following the teachings of their favorite religious icon. Wait, they still have a building to worship in, still want the "no tax" benefits, still collect money from people so desperate for salvation and yes, it seem that the desperate are so willing to pay for it.

Now these so called non-religious organized religions integrate music and bands so they have an added edge in getting people into their place of worship. Then they have annual conferences to try and get the young people involved by offering up the music – though wait, that's not all – they charge these young people money for them to attend. So let me see; attend an organized religious function and have people pay for something that is inherently theirs for free? I guess the

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organizers and suppliers to such events need the money. Why? So perhaps they can enjoy the material pleasures for the rest of the year, or maybe they need the money to buy their own way into salvation for what they have just done; selling salvation when there is no salvation to be sold!

So perhaps, thank Pharaoh Akhenaton for attempting to block the selling of salvation, though that concept didn't seem to last long in his culture. The Priests of Amun had too much at risk financially, therefore dooming Akhenaten and his godlike disposition. It seems there was a lesson for someone in that culture.

One other interesting point about Pharaoh Akhenaton, was that his wife Nefertiti, was placed on the same plane as the Pharaoh. They were both equals in their relationship to the sun god Aton; Akhenaton a living god and Nefertiti, a living goddess. As this was the start of monotheism, it was also the last royal rule that held women at the same level as man. Since that time and especially after the Council of Nicea, Patriarchal style of leadership was implemented. It was that council who established the role and relationship of these three entities:

The holy spirit known as source/unity energy, TO God the Father known as source mind, TO your favorite religious icon, the son/sun. Perhaps and maybe, the son/sun is the illuminator that provides life for all.

From television broadcasts to subscription radio channels, to rock and roll modern day organized religion – all want your money. Without your money, how are they going to pay for

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their elegant buildings, the leader's extravagant lifestyle, the production facilities, the fancy hair.... Or how about the spiritual guru's that are selling their teachings? You have heard it: *"Wait, you too can have "magic" for just 149 Dollars – if you act now, we will throw in a handful of 'feel good temporarily' for free."* Perhaps that retreat for 10,000 Dollars will help their hairdo. It's a another group selling you temporary salvation - another corporation selling you a product and taking your money.

Imagine if your kept your money for yourself. Taking the money out organized religion and or organized spirituality, removes their control and power over you. No one has more power than you - they just know how to use theirs. You didn't loose your power. You have transferred energy to them by becoming submissive to them. By transferring it back to yourself and becoming your own master, you become free. Freedom is in the mind. Freedom can be your reality if you make it so.

Relationships

There are lots of them, many types of them and some we don't wish or want to have. Relationships! Every interaction between humans is some type of a relationship. So far through these writings, I have probably dabbled in most of the major types of relationships. Limited for this conversation, you have the romantic relationships, the work relationships, the workplace romantic relationships, the friends with benefits relationships, the marriage relationships, the family relationships and the parents to child/children relationships. I did expound on the parent to child relationship in the last few

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pages and I am sure, to a few parents, there will be some dislike for what I wrote and that is good! If your emotions are not stirred up, then I am not doing what I set out to do and that is philosophize. If you get upset, it is your emotions through your physical body telling you, that you are not on the path of your higher-self. Imagine if you followed your higher-self, the battle of internal conflict would no longer exist.

Let's get to it: When you get home from work or wherever you are spending your days..., your doggie, your cat or whatever pet you have is always going to love you, perhaps because you feed it, shelter it and give it a scratch or a hug once in a while. That pet offers the closest thing to unconditional love there is, because between humans, unconditional love cannot exist - we live in and on a conditional planet - everything that happens therein is a condition thereof.

Back to the definition of romance: that being an anticipation to a feeling that you are addicted to. From my perspective, most people get married, shack up/cohabit, have children, have pets – all in the effort to have someone love them. Yes, the word love is conditional. I hear it all the time – Oh, I love romance, it makes me feel so special. You are right – special, until that warm fuzzy feeling is gone, then what? Why do you feel special? Perhaps because you don't like yourself and you are depending on someone else to make you happy?

Why do people choose the mates they do? Some marry for security, some marry for love or what they think is love – how many marry because it is the mate they can't keep their hands off of? Lust! Not many. Many more marry for security, as the

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future mate may be liked by the family, the mate may fit into the age or accepted social circles, you know the line, *“oh, my friends just love him/her to pieces...”* And then after they latch on to a mate, they disown all their previous so-called friends, because now, they have it all – or perhaps the mate is jealous and insecure, or maybe they are both insecure. This is the *“I can’t talk to any of my previous friends”* mentality.

Without a doubt, culture and family have much to do with one’s wanting to get married and have children. The typical situation; married to a beautiful mate, 2.4 children and a house with a white picket fence. I always had a chuckle watching the game show thing, that is when I watched TV; you would hear the contestant state their name and say, “I am happily married to my partner ‘X’ and we have ‘X’ number of children.” What, like they were going to say they were unhappily married? Why is it that they had to say any qualifying statement about their relationship? I have never heard anyone say.....“Gee, Thanks – I am married to this jerk Bob and he won’t give me any children.” Now that would have been funny or at least honest.

Then after a few years as the romance has faded or the romance addiction can no longer be filled, the couple tries for another child in the hopes of holding the marriage or arrangement together. How did that work for all of you? And what kind of arrangement was it? For “love,” the kind of “till death do you part” or perhaps he/she talked me into it, I guess it was time, my biological clock was ticking or.... I needed to stay or get into the country. Well, at least the later would show some kind of honesty about it all. Or maybe it was, “they are a nice enough person” when actually what they are thinking is....

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"I hope they aren't this boring all the time." Maybe your mate put on a facade for the courtship, trapped you into having kids, maybe you got the little lady pregnant and that wasn't planned. Now you want to do the right thing – the right thing for whom?

Then you have to change your religion so that you can get married in your church of choice to keep the families happy, take the marriage course, pretend you care – all to be tied down to a vow of keeping your mate thoroughly happy at all cost through sickness and health and picking up clothes behind them. And now, you thought this is just the downside, wait a minute– let's balance that out. My marriage arrangement or relationship is just awesome. What is that line? – oh, it's give and take, we are sharing our lives with each other – I don't want to be alone.

So now you come home from work, you have had a rough day and you need your mate to support you! You are running at only ten per cent of your level. Your boss is a jerk and you are covering two people's work load. Wait, maybe that is because your boss is taking that extra money for him/herself, and then maybe, he/she didn't give you that promotion or raise like they said they would.

So the conversation goes like this.. *"Oh baby, would you please run the garbage out? (reverse role - iron my shirts?), did you get my flowers and pickup the dry-cleaning? (get my beer and pizza for the card game) but baby.. you promised!! Jerk!"*

And then it begins they never do anything, they get home from work and do nothing, they just sit in front of the TV and

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drink beer, they didn't even pickup their clothes from this morning, the socks are still on the floor from last week, he didn't change his habits like he promised he would before we got married.... Or maybe it's, makeup all over the counter again, they always leaves tissues lying around, didn't clean the table, had a headache again, won't touch me.... on and on..... Well, I have those problems with my dog so don't feel bad.

Well, maybe your mate is running at the "ten per cent" energy level themselves. Maybe your mate is still mad at you about something from last week or last year. Maybe it is that you have expectations and Oh wait, all those expectations from when you first got together. Perhaps, there are all those expectations from when you were growing up that you didn't get - and then you thought oh, when I meet my prince or princess - they will make me happy.

Then you bounce from one mate to the other, kind of like people do with organized religion; hoping, wishing, praying, wanting, needing with much desperation, and then like magic, the person appears that is, "the one." The one that seems to meet all expectations - and just in time! That biological clock is ticking. Then like the illusion buster that life can be, oh - they are not what I thought..... magic has turned into reality! Reality, whose reality?

My mate was suppose to MAKE me happy! My children were suppose to MAKE me happy! My profession is suppose to MAKE me happy! My faith in my favorite religious icon is suppose to save me and MAKE me happy? Where is everything that is suppose to MAKE me happy? Then their reality turns to

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mind altering goodies like affairs, alcohol, drugs, sports, finding another religious group that appeals and allows me to do what I want, and yet the list goes on..

So relationship people, what is the answer to making your relationship work?

Perhaps liking yourself might be the key. Imagine if success in life was like yourself. If you are not depending on your mate, your children, your job, your career, your organized religion and your family for happiness, then that means you are not relying on others for your happiness. You have removed the slave called expectation.

Once you like yourself, you then have an intimate understanding of everything and everyone. You can then live in a state of being that is as close as one can get to that of “unconditional.” That state of being is for yourself. Who cares what everyone else is doing as it doesn't matter, because you are well and you are strong. You are not depending on others for your happiness. You are not “expecting” someone else to make you happy because you are happy already!

Expectations – when I hear that word, I often think of that in the context of partners “expecting” a child. Ah.. a new life, a life that I can mold and make my own. A child that can complete me and leave me with a connection to my mate! Or maybe a not, some may not want that connection if the connection is a financial one. Perhaps that is why some choose to get pregnant in the first place – a type of entrapment.

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Again, expectations: Let's review a few - I expect my child to be respectful, I expect my child to help me with duties around the house, I expect my child to remember my birthday, I expect my child to follow the organized religion I raised them in, I expect my child to carry on my family name, I expect them to become what ever profession I so choose or whatever career I have planned for them, I expect my child to MAKE me proud, I expect my child to MAKE me happy. That is a whole lot of expectations! And what else? Perhaps a whole lot of disappointment if those little 'ol expectations are not met. Then if the expectations are not met, out comes the control card. Hmmm, how can I manipulate my child into doing what I want? Hmmm, maybe if I exercise control, I will be happy.

Then again, what happens if those expectations are not met? Disown the child? Kick them out of the house? Send them to the relatives? Make them live on the street? Better yet – let the kiddies get drunk or stoned out of their minds so I get to feel better about myself! Then what – oh, they get pregnant or they got someone else pregnant and then, the cycle begins all over. Perhaps one needs to re-examine what that little act of “making love” means. Making love definition: making your self feel good by thinking the other person will momentarily love you because you “gave yourself” to them.

Where are the parents? Still dealing with perhaps their ten per cent energy level because things were not so good at work. Perhaps their “adult” expected relationship is teetering on what? Someone else MAKING them happy; now you have that flow of energy running downhill and effecting all those in the path! Maybe the parents are still in search of that “support”

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from their mate? You know, that support that makes up for all the lack of energy they are experiencing.

Again, that support they need because they are depending on someone else for their happiness. For some, it appears that the “MAKE me happy support” doesn't seem to happen. Then, maybe they will get even one day and take all the mate's money, well, or at least try! Perhaps that is what keeps some couples together – the fear of losing their assets to their mate that they have alienated over the years for all the expectations that never arrived. The retribution for almost everything on this planet is money. Money seems to make one happy and all the pain go away – well, at least momentarily.

Maybe someday that “Expectational Package” will be available online. The sales pitch may go like this: *“Imagine if – you can have all you expect in life – well, it's available now direct to you for just 'X' dollars. Make it your reality now. Hurry, this offer won't last long.”*

Then comes along the blended family because the grass looks greener on other side – or my dream expectations look like reality on the other side. Now any remaining energy or “not so great energy,” is being transferred to convince your non-biological children that you care. That transfer of energy is really the energetic support for your new mate. Now you have to deal with the jealousies between the siblings – oh wait, perhaps you are showing more “love” for your own biological offspring over the blended offspring.

Then you have the newly formed biological offspring.

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Apparently, your newly formed “family” foundation is just that much stronger, why? Because you have “cemented” it through more procreation. Perhaps it is that you have just diluted or drained the energy bucket of life from which you are drawing, all because you still waiting to have your expectations fulfilled.

Well, all of the above may be because you don't have any self-respect. Remember the mastery and slavery thing? Every relationship is built on energy. Every relationship is a transfer and reshaping of the energy fields. There will always be one that is the master and one that is the slave.

For the most part, all relationships suffer at one time or another from an unbalance of the energetic fields. Imagine if a relationship where both partners lived a life of unconditionality as best they can. A relationship that didn't depend on each other for anything. I am sure there are some of those out there, though I think very rare. When one lives only to rely on others for their happiness, you live in finite energy. When one relies on one's self for happiness, you live an energetic life that is self- regenerating.

A powerhouse relationship would mean that the two are not depending on each other for their happiness. If one wants to go and do something that they feel is required for their growth, then the partner would be supportive of them and vice versa. They would both be strong, and like that little piggie in the brick house in Chapter One, their individual houses would be able to withstand all the elements of this world. Collectively, they would be unstoppable.

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If there is such a thing as true love, that is - without conditions, excluding the death of the physical body; that type of “love” would mean that no matter what the partner did or said, no matter if that partner decided to run away with another person, the mate left behind would be supportive and wish them amazing things. After all, isn't that what true love is? Isn't wanting the best for the person you love include their happiness?

People are always seem to be looking for their soul mates. It may be that two people aligned with each other, have the same spiritual intentions and motivations, perhaps soul mates of a type. If you remember the information on incarnates, it takes twelve of you to make a soul. Again, that is why perhaps many keep moving from one relationship to another, or from one organized religion to another, in search of fulfillment. When you “love” yourself or have self-respect, it means you are at one with your higher-self, and thus at home with your part of your soul.

I was just thinking of the emotion of “happy.” It is that emotion which only comes from following your spiritual higher-self. It is the only emotion of seven that exists, in which physical health and a spiritual connection with your higher-self can exist.

Whether it is a relationship of the type described at the beginning of this segment or any other conceivable type, all is energetic. It is important to remember that these energies must shift back and forth from positive to negative, from mastery to slavery. Mastery and slavery being the strong

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conviction of thought verses a weak conviction of thought. The balancing of energy is the medium for expansion of not only relationships, but also the universe.

If we go back to Gandhi's line: when you change how you view yourself, the way the world views you changes. This can apply to all types of relationships. If you think your mate is always bossy or the master, perhaps you should change how you view yourself in that relationship. If in your mind, you always think of yourself as being bossed around, then I guess you are; think of yourself as equal and ignore the thinking that you are less than equal. You will then project a different attitude, which will in turn, unconsciously affect your mate. This is again, a reshaping of the energy fields.

Let us use a work situation as an example; your manager or whomever you choose for this example, is seemingly demeaning or disrespectful to you and you feel that they think you are not good at what you do. Imagine if you come in the next day, thinking you are the most spectacular person and the best person for the job. Just that change in attitude toward yourself, will change the attitude your manager will have to you. It may be that simple or may take some time. It will change because you have changed your energy and reshaped theirs.

Shape and reshape those energy fields! Shaping, reshaping, balancing, rebalancing – whatever term you would like to use regarding positive and negative energy; it happens everywhere – as above, so below. The spirit races around us do it all the time. The rebalancing of energy, together with thought or

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intention, are how things change, grow and move forward, in other words, how we expand. Again, the dominate or submissive comes into play.

I have come back to this writing to apply, from my perspective, the real law of attraction. Let me run this scenario by you; two mates that enjoy each other, share common interests, may do so because one may have a negative energetic disposition and the other may have an excessive positive energy. Both may be of the same thinking, the kind where source/unity energy brings to you what you vibrate or send to it. These two mates may balance each other so that they enjoy a great relationship. They transfer the required energy back and forth. They reshape their energy fields. When one needs to move on, the other will understand as that is how we all grow and expand.

Using your conviction or intensity of thought, you are able to reshape any energetic field to your desired outcome. You may wish or want to reshape your mate, your child, your manager, whomever and whatever! It is all a balancing of energy. The smile that you may give someone when you first meet, is a meeting of energy. The second you pause before you telling someone to take a hike, is a rebalancing of energy – everything that you do affects the energy fields. Use it to your benefit. I thought of this the other day as I was reviewing a view held by some “heart” people and it goes like this:

“If you want a live a life, live from the heart. If you want to create a life or a world, use your mind.”

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Most of the spiritual guru's today seem to offer a temporary fix. They expound living in the moment or now, being aware or having awareness and being mindful. I am sure those states of being will leave you with a temporary fix; you still have to use your thought process to get there, so why not use your thought process to create a lasting world for yourself by thinking it into your reality, your world.

If your relationship is not what you expect, change the view of it, create a different a view, a different reality, a reality that is yours and real to you - a reality that you like! Perhaps when you are in the reality you like, you will then like yourself.

When you like yourself, you will be happy, when you feel happy, that magical feeling of FREEDOM is yours and you rule your reality. You are then on your path for what you were intended to be. When you are on your path, everything just seems to flow naturally. May I remind you that source/unity energy is FREE.

From my perception, one can change your cellular memory from that of your lower-self to that of your higher-self. That physical-self, has, through out your early years, learned the ways of this "world." It is your choice to think physical. Thinking physical has physical consequences. To change to higher conscious thoughts, you have to begin thinking spiritually. To shape or reshape anything energetically, you have to become the energy you want it be. So for spiritual growth, you have to think from a spiritual perspective - higher-self. You cannot clear physical memory by thinking physical thoughts - lower self.

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As you replace your old energy blocking thoughts with your new “awesome” thoughts, your energy flow is increased thereby lessening pain and illness. Your cellular memory will thank you profusely. Happy thoughts create the life you were intended to live. You can then connect with ease to your spiritual self, your higher-self who only knows what is best for you. Your subconscious mind can then project on your physical body, those most awesome thoughts and intentions of your higher-self.

Many trade or sell out the spiritual self for the temporary physical gratification of the physical self. If you view yourself spiritually first, you will come to a realization that all physicality is an illusion. Your reality is what is real to you, everything else is the illusion.

Resolving conflict between yourself and others is much the same as resolving the conflict between your physical self and your higher-self. Imagine if you change how you view the conflict – change how you perceive it. If you wanted to reshape a man or his energy, you would think like a man. If you want to reshape a woman's energy, you would think like a woman. It is the same as that saying – *“to catch a thief, you must think like a thief.”*

To reshape the energy, you may have to put yourself in the same energetic field or thought process as the one with whom you are having the conflict. This scenario also applies to dealing with a manager or a child. The manager is there to make themselves look good to their manager, so they need to think like their manager would think. This applies also to the

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child. If your child is male and you need to reshape his energy or behavior, then you must guide him with the thoughts of a male. This applies to a female as well. Have you ever noticed that, especially in a corporate environment, the subordinate manager always mirrors the manager above them? It is like they can't think for themselves, they have to use the same talking lines, same reasoning – like they are reading from a prepared statement. Perhaps that is how they try to balance their working relationship; after all, they are a slave or in submission to the manager above them.

To the female - X Chromosome. The X Chromosome is genetically modified from hominoids. Forty-Eight down to Forty-six. Yes you are from this planet. The females are family or community orientated. Females are about taking care of the children – the 2.4 kids, details, flowers, grass, the white picket fence, all the homemaker things; though you also want equality and be able to take charge when you want to. Perhaps you wish to rule the world. Make it so females.

Ladies or mates, you care about the recipe to make the good fries. You pick the right potato, the right type of oil, the right type of salt, you cook them to perfection. That relates to – I need to feel appreciated for all the work I do around the house, I need time for myself, I need to go shopping when I need to go shopping so please my mate, look after the kids – and most of all, I AM YOUR EQUAL! All this again from my perspective.

To the male - Y Chromosome. The Y Chromosome is alien to this planet. That explains everything right ladies? The male world revolves around two things primarily, or FMP (for the

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most part) - Procreation/sex and money. That perhaps can be called the Double D scenario. The Double D being the Dollar and the male anatomy so aptly name Dick. I do perceive that Dick comes first both literally and sexually – and then the Dollar. Everything, and I mean everything that a man does for their mate stems from the desire to be sexually satisfied. If there is no satisfaction, well the wolf will do what the wolf has to do, when the wolf needs to do it. For the male, it is all about “planting their seed” which again, as for the Y Chromosome being alien, that would seem to make sense.

If one mate is at home looking after the children, and I know that is a wee bit rare these days, perhaps the male is out working. Yes, you can reverse the roles if you so choose. Back to the male mentality; usually the male is out working to support his family - or is he? Perhaps he is in the workforce so that so he can come home and make out with his mate. You know, that ten seconds for some - twenty minutes for others. Males tend to look at things globally. Men don't care how the fries were made, as long as they taste good.

That relates to – we don't pay much attention to how the woman/man preens themselves for their mate, as long as the mate looks good when the times comes.

As a sidebar, I would like to hit on something relating to emotions and the “making love act,” and it applies to love or lust. Once you strip the emotions from the orgasm, it is a simple muscle contraction. Whether it is the gentle type or the animalistic type, whether it is the kind that send you to the moon and back, or the “ho-hum” type, all of it is emotional.

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Many say sex is in the mind – which mind? The emotions and the instinctual brain are tied together, so the act is definitely one of emotions especially relating to the female gender. I haven't heard of too many men shedding tears of anything after the act – really! Well maybe, unless they went to the moon and back, then perhaps the mate received some jewelry in return.

There are those that think a female and male can just be friends. Again, for the most part, that is conundrum. Generally one of the genders has ulterior motives, perhaps quietly wanting more than just the friendship. That is why it is awesome not having friends. Friends are something one decides they need. When you need, you become a slave to the need. If you view all as teachers, then everything becomes a lesson.

Once things settle down in a new relationship, that “once the romance is over” thing happens, the sex act no longer is the most awesome ever. The same act that used to be awesome is now, hmmm ok. The same act may now be hampered with “expectational” let down, perhaps one of the mates is mad about the partner missing a birthday, anniversary or Valentines day. Perhaps they didn't get that special gift because they are so special or - maybe one mate suspects the other of foul play in the monogamy department. All of the above is physical. Think spiritual. If you really “love” or like yourself, whatever the mate does, will not affect your happiness. If you are really interested in your mate's happiness, then whatever they do, wish them amazingness. That ends the rather lengthy sidebar.

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So, moms or dads, when you want to talk to your children about not getting someone or your own child pregnant, view each conversation from the perspective of which gender you are talking to.

From the female perspective; perhaps the young girl won't be able to finish her education, the physical body will never be the same again, there will be no more freedom to do what a teenager wants to do. I am sure the mom's, if they are in the life of the teenager, will have a perspective of their own by which to reshape the energetic thoughts of their daughters.

From the male perspective, talk to them about the money it will cost to support the young girl and the baby, how they won't have money for sports, partying, doing all the things that a young teenager male would or want to do. Remember, when you want to reshape the male energetic thoughts, you must think like a male. The above are just examples of what one might say.

Your emotions don't have convictions, your thoughts do. Your thoughts have the ability to either be the master or the slave. One either dominates or submits to another in a particular situation; you then have the choice to be negative or positive. If you follow your higher-self, it has that control for you. It's your choice to accept and follow your higher-self. Conflict within, is again a result of not following your higher-self. Do you want to be happy, "ho-hum," or normal? Normal excitement might be getting a new sofa or a new coffee maker – you pick what you think normal excitement is.

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If your emotions control you, you may think it is better to be compassionate, that feeling of - it is better to feel for my sister, brother, humankind; you know, the I need to be self-less so that I can feel better later, knowing that I did something for someone else. From my perception, that is backwards. You mess up your cellular imprint, because you are thinking from a physical vantage point – from the physical self. For those that use air travel, remember the safety announcement? In case of emergency, place the oxygen mask on yourself first, then assist others! The same is applicable in the Petroleum Industry where deadly H₂S gases may be present. You are no help to those in need of assistance if you are physically dead. Your safety is first, then you are able to help others.

When you like yourself, you are happy, you understand the illusion, everyone and everything. You automatically do selfless and compassionate acts, why? Because you don't need to think about it. You are not consciously in search of acts or deeds to make yourself feel good as you are already there; why? because you are on the path set out by higher-self. You don't need any self action to satisfy your selflessness as you do what you do as does the wolf.

Let us view a conflict between others. Perhaps if you view the conflict as not a conflict, but rather as a difference of viewpoint or opinion. That perception already reshapes the energetic field. You can't solve what you think is a physical problem with a physical viewpoint. Many throw around this thought of Einstein – *“We cannot solve our problems with the same thinking we used when we created them.”*

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That is an interesting perspective as resolution really comes from a spiritual process, that being from your higher-self. I wanted to add again that spirituality is not an organized religious thing, it is what you are, a spiritual being, an energy being having a human experience. Resolution could be changing your view on the situation, or changing the other person's view. That is energy reshaping. Your reality verses the reality of the other person. What must you do then? Change the reality of one of those involved – that may be your own reality. That reality may only need to be changed for a short period of time – just long enough to let the “conflict” or energetic situation pass. There may be times when the energy is so strong that you cannot get in the middle of it or change it for others. You can always change reality for yourself, even if it is just momentary.

Your higher-self, your spiritual you, your rational mind, the reason you dream; all is there to help you, to guide, to come up with the solution – to come up with the change in energy that will assist in solving the situation. The moment you enter into a conflict or challenge be it a personal, family or in work relationships; your higher-self is there for you - just ask it. When you ask for the best resolution, your rational mind together with your higher-self, is already sending the “request” to all layers of your consciousness.

Those layers of consciousness include firstly, you and your incarnates which are all part of your “supermind” that we talked about earlier. Secondly, you will have assistance from your soul family – That being those further up the “spiritual ladder” if you have developed the ability to connect. It is all

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about connections. Your dreams and intuition will have the answer for you. Imagine if you asked for it, then let it happen; be open to it and it will respond for you. As Henry Ford alluded to: *"If you think you can or you think you can't – you are right."* Again, your spirituality is free, it is inherent within you.

My philosophy: I am my own doctor, I am my own scientist, I am my own healer, I am my own philosophizer, I am my own savior, I am my own god! I am. I am "all that is." Ask questions of and to yourself always. You have all the answers inside of you. Follow no one. The moment you become a slave or submit to someone else's ideologies, someone else's rules, someone else's guidelines, someone's else's whatever; you become a slave to them, you submit to their dominance. No one has the right to control you.

If for some reason you need to use someone to get something, then let your reality reflect that. Imagine if you momentarily change your reality to get what you need energetically – never let go of the big picture, never let go of your global reality that is yours and yours alone. I buy into small realities all the time; from the traffic lights, speed zones, to having to pay for water, which is our right to have like the air we breathe, to the daily "laws" that a group of "someones" think they have the right to exercise over us.

I get into someone else's reality for the short time that is required to get what I want,] then I get out. Liking yourself brings happiness and understanding of all that is. Happiness brings you freedom with no need to rely on others for it. You are your own salvation. You don't have to pay anyone for it!

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You have within you freedom, you have within you all the power and ability to believe in yourself. You are your creator of your world in this human experience. You, your higher-self, are “all that is.” This may all sound slightly repetitive and it is – all for a reason.

Discovering what you are capable of, comes from believing in yourself, you create the world in which you live. Often is heard people saying: “I have a ___ life, my life is this or that” Fill in the blank if you like. They are right, because they think they do! When you expect, you have expectations. Imagine if you are happy, expectations of others seem to disappear. The higher awakening is this: one can become anyone they so choose to be spiritually. It is a matter of connecting to “all that is” through your higher-self.

If you need to believe in something, it generally means you don't believe in yourself. The physical body was originally meant to be one thing, a slave. Live from the spiritual you, your higher-self and you will be free – freedom comes from within you. The art of a master is letting others believe they are in charge. What that means is this: sitting back and being the master of your life, while others think they are having mastery over you - when in fact, for your reality, you have mastery over them. The question and answer that started this is: Who is the poorest or richest person on earth? The one that thinks they are!

Did you realize the difference between the words want and need? The very second that you use the word “need;” for example, I need a mate in my life or I need something to

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believe in, you become an instant slave to it. You then submit yourself to that very thing or person that you believe will make you happy. The very second that you care what other people think about you, you submit to them; you transfer, not give, the power or intensity of thought away from yourself.

There is also a difference energetically when you use the words “believe or perceive.” Remember, a belief is a thought you think over and over. For the most part, a belief is filled with emotion making it a physical energy. Being physical has physical consequences. A belief may give you those temporary “nice warm fuzzy feelings,” the kind that just warm the heart; they also affect your health. Believing has physical implications, perceiving has spiritual implications.

What one perceives on the other hand, can change constantly – it is dynamic. For myself, if someone comes up with something more logical, bring it on – I will buy into immediately. I don't believe anything – I always perceive. The energy of perception is again spiritual. There is always happiness in spiritual thought, as you are then following the directives of your higher-self. Imagine If - all those do nots became imagine ifs! It's all free - by changing your thoughts!

Imagine If - 6

**The Do Nots In Your Life
Became Imagine Ifs**

Imagine if – All the Do Nots in your life became Imagine Ifs

- From my prospective –

This isn't about donuts, just all the Do Nots that seem to gravitate everywhere. You have all the "terms and conditions" that proliferate the internet, work environment, relationships, oh, and did I mention all the Do Nots associated with sacred texts.

This is kind of an interesting topic that throws all the negative energy of the Do Nots into the positive arena. We have the mastery and slavery, which is your conviction of thought or dominator verses submissive and the positive and negative energies.

Let's start off with the work environment. How many times have you seen the posting on a wall at a business or office that reads: Do Not? Then there is the top ten of Do Nots that will get you fired, dismissed, excommunicated, or banned from the most holy of something. Choose a place – let's go with a work environment; you have the Do Not list hanging in front of you, then you have the staff meeting with the amended list that is presented again with the added bonus of the things that you just messed up on. So now the list runs about thirteen or maybe more. You are told all these conditions must be abided to; if you follow the list of Do nots, your employment is secure. Now what? More stress, always worrying about what not to do. Then to top it off for the day, whatever went wrong at work needs to have a "person" or label attached to it. One often hears the phrase, "I want to know who did this, or I want to know who is responsible for making this mistake!" It's like oh, once someone knows who made the mistake, the mess from that mistake will magically disappear! Really?

Imagine if – All the Do Nots in your life became Imagine Ifs (2)

Now, at the end of the day, after the constant reminders that are directed at you from the negative side, you get to go home. Yes, your sanctuary, your retreat, your castle – peace at last or so you think.

When you get home all stressed out from work and you walk through the door, perhaps your dog or pet didn't read his/her Do Not list. An accident was waiting for you in all its glory. Though, of all the things that went on today, your pet just wants food and a hug. Or perhaps, you got home and you had the riot act read to you and posted on your forehead as you walked through the door. Better yet, your mate met you at the door wearing a provocative outfit with a list of To Dos – well at least that is moving forward. So after trying to chill out for a half hour, you look at your Do Not list that you perhaps gave your kids. You discover that the Do Not list was turned into a Do list. Now, after all the Do Nots at work and then the Do Nots at home – phew, I need a drink. Though wait, I can't drink because that was on the Do Not list.

Do Nots at work, Do Nots at home, maybe I can find an escape; some alcohol, some pharmaceuticals, some soft drugs – look at label, hmmm Do Not take this with alcohol, Do Not take more than three per day, so now what? Perhaps I should join an organization so that I can find a purpose in all of this. Though wait, doesn't that group have a list of ten Do Nots? As it would be, before all the Do Nots are listed, there is one DO and that is – give them your money. How is one to keep the family together when I now have to give money to an organization? Well, the answer is simple – add the giving of money to the Do Not list and ensure that is the only thing on

Imagine if – All the Do-Nots in your life became Imagine Ifs (3)

the Do Not list. If it feels good for you, then it is right for you. Imagine if you never resisted and only objected. Resistance is a physical energetic state, when you resist your energy cannot flow through the cells of your body – Resistance to the flow of energy is what causes pain. When you object, it is a spiritual energetic state – a control of your self from thought. Control from yourself, is the only control one should ever accept and guess what? Your spiritual you, your higher-self, wants total control of you. For that control, you live awesome and in a happy state.

Imagine Ifs

Now we are going to change the view to *Imagine Ifs*. *Imagine If* the do not list at work became a list of *Imagine Ifs*? The list now becomes a viewpoint change to a positive aspect. It might be something like this: *Imagine If*, as a salesperson, you had all your sales documents handed in and filled out properly, then the next member of your team could process those documents on time to meet the shipping deadline. *Imagine If* all product was shipped on time, then the client would pay on time. *Imagine If* the client was so happy because they received their product on time, they ordered more as they were happy with the service. *Imagine If* your manager was so impressed with your work ethic, you were given more clients. *Imagine If* that lead to a higher commission and more dollars for you! Imagine the positive attitude and contentment that would follow; when you left the office you were smiling and believing or perceiving that you rule your world!

Imagine If you took that attitude home to perhaps your family. *Imagine if* when you got home, the do not list didn't exist and

Imagine if – All the Do Nots in your life became Imagine Ifs (4)

you had the *Imagine If* program at home. *Imagine If*, you walked through your door at home smiling due to the great “*Imagine If* day” you had and boom; your family is all relaxed and easy going, no stress, your mate is living in the *Imagine If* zone instead of the stressed out zone. *Imagine If* you had picked up any goodies that were required for dinner and when you came home, there were none or very few tasks to do, because why? *Imagine If* you had done them before you went to work or even the evening before.

And wait, *Imagine If* your mate said, “*Imagine If* you put your clothes away before you went to work, I wouldn’t have to stumble over them when I walked in the room.” *Imagine If* the children followed the same program.

Maybe that would go like this: “*Imagine If* you finished your homework the moment you got home, then you could hang out with your friends and I wouldn’t have to keep asking you to finish your errands because they would all be done.” Maybe the mate at home would have more time to prepare dinner, because the *Imagine If* program had removed all the stress and angry words from the home environment. Then *Imagine If*, the mate that just got home, had a chance to sit with their feet up without the other mate hounding them to take out the trash, because why? *Imagine If* the mate took the trash out without having to be asked.

Imagine If there wasn’t the stress at home and you wouldn’t need to spend money on mind altering goodies - you had a greater opportunity to save some money. Better yet, *Imagine If* you didn’t need to join an organized religion or group to make

Imagine if – All the Do Nots in your life became Imagine Ifs (5)

you feel better because you were already happy. Oh, and perhaps better yet, you didn't need to rely on that group for happiness, as you had more money to keep within your family because why? You didn't have to pay for salvation. *Imagine If* you already have everything you wanted because you didn't need anything as you are not a slave to your needs.

Imagine If the above examples don't apply to you and you came up with your own *Imagine If* program because I don't really know what applies to your particular situation. This is another way of viewing or perspective from the positive state.

Instead of having to do, change it into wanting to do. Again needing to do is a physical thought, wanting is a mental or spiritual thought. I look at it this way; I only do what I want to do, if I "have commitments or things that some would say that they need to do," change it into wanting to do it. See what you want to do as being already completed. It would be like perhaps having to walk a great distance to get somewhere, picture yourself already at your destination. *Imagine If* you change how you view yourself so the things that may be necessary to do, become things you wanted to do. Then everything is, what you want to do. There is freedom in just thinking about tasks from that perspective. *Imagine If!*

Imagine If - 7

**Main Stream Media,
Spiritual Gurus and the Heart
Law of Attraction,
Were.....**

Imagine if – The Media, Spiritual Gurus/Heart, and the Law of Attraction were....

- From my prospective

Main Stream Media –

I'm going to start with this one because it is perhaps the one that instantly influences the human emotion. From my perspective, a high percentage of earth's inhabitants; whether or not having access to news networks, are immensely affected by their emotions. I myself used to watch the cable news networks to "keep up to date" with current events. I would spent hours watching for example, high profile court dramas or following some alleged terrorist attack. These reports would get the emotions running wild. Now, I rarely listen or watch any news program; when I do, it is just for seconds because as soon as I listen, I am blown away or astonished by the nativity of those reporting.

That saying again; you are personally responsible for everything that happens in your life; once you become aware that you are responsible for everything that happens in your life. Remember the caveat, "once you become aware." It doesn't seem to matter which network one watches or listens to, the story is all of fear. Fear generates viewers, which in turn generates revenue for the networks. Ratings determine the networks ability to generate revenue; that enables these companies to employ the multi-million dollar news celebrities.

Then to think that news corporations that range from print to live media, are monopolized and owned by the same corporations. These same corporations supply goods and services that manipulate all aspect of the masses. Think of this; create a problem or disaster or rather, make people think there is a problem or disaster, report it, then solve it. Together,

Imagine if – The Media, Spiritual Gurus/Heart, and the Law of Attraction were.... (2)

main stream media along with the government, use control by means of fear, to reshape and manipulate much of mankind. As I alluded to in the Chapter Six, everything is a shaping or reshaping of energy. The more conviction of thought, the more one becomes the master over the slaves. After all, if the news media reports it, then it must be true! Truth again, is only from the reality and perspective of those that report it. Every day, I live in my own reality; my reality is that my life and world that I create is awesome. I have never felt such amazement and understanding.

So to the media thing – I have already mentioned a favorite saying of a famous news celebrity that went like this: “Though in reality;” again, whose reality? That particular news network, continually runs promotional ads expounding this persons news program. All these reporters, for the most part, report stories that are of a negative variety. Then the same networks, produce “specials” that may feature murderers, serial killers, current murders on trial and the like; what does all that do to the viewer? It raises the anxiety, fuels the fear and makes the masses live in stress.

Understanding the unconditionality of source/unity energy; the more you focus on, think about, concentrate on, wonder why, give your attention to - you then bring into focus and generate that particular type of energy. So if the news media are concentrating on a particular story for days, the emotions of the viewers are engorged in the same train of thought. Thought in intensity is how mass is created. This again, is a shaping of energy of fields. Of prime example, is a story of how a father left a child in car and the child died of exposure from

Imagine if – The Media, Spiritual Gurus/Heart, and the Law of Attraction were.... (3)

the elements. Well, what happens next? After days of reporting on this event, after constant stirring up of the emotions of the viewers, what happens? All those viewers think about, bring into focus or give attention to that particular event actually causes more of the same to happen.

Then later, you get another news celebrity going “on the air,” reporting how there was another ten or so of the same type of events. This female news celebrity kept going on and on wondering how this could happen. Does not that make the media and the reporters personally responsible for the creation of the events or acts? After all, they brought it to the attention of the masses, they kept talking about, kept inciting the viewer’s emotions to the point that more of the same was created and brought to the fore. If all these news celebrities or reporters realized, that what they were doing in bringing attention to the event or “crime” was causing more of it, do you think they would stop? The announcers use words like horrific, heinous, heartbreaking; all the words that stir emotions in the viewers.

Without a doubt, I am sure that most of these news people think they are just reporting the news or events. I am sure they have no intent to cause more of it and bring about the creating of such; perhaps they just are not aware of what they are doing. The more stories reported about murders, serial killers, school shootings, terrorism, the more stories reported on wars and racial conflict; all cause more of the same to be created and brought into focus. I will use the analogy again of the speeding ticket. If you get a speeding ticket in a particular zone in which you did not know what the speed limit was,

Imagine if – The Media, Spiritual Gurus/Heart, and the Law of Attraction were.... (4)

I don't think the police care. You get the ticket - as the saying goes, ignorance is no excuse of the law. That theoretically would mean that next time, you would slow down in that speed zone in order to avoid the ticket.

So now, if the main stream news media knows that they are personally responsible for what they report, will they change what they do? Or will the ratings and the finances dictate that fear must prevail? All in the media talk about: wouldn't it be nice if there was peace or if there was no disease, no cancer, no this, no that... The energies have to balance. Which way do you push the scales? To the positive or to the negative? There will always be the positive and the negative or the good and the bad. There will always be the master and the slave or the dominator and the submissive. There will always be the physical perspective and the spiritual perspective. At this moment, it is rather obvious that the energy balance is leaning to the negative side; hence the extreme tumultuous lives of people on this planet. As above, so below.

I watched with interest on a famous trial between a security person and the death of the younger man. Without getting into the "racism" aspect that many perceived was the underlying context, I remember a host on a cable news network that said he now had to remind his son to drive with two hands on the steering wheel. He had to remind his son to always think about what he did while away from home, so that the police or others did not profile him.

Take a moment to really think about what the message that this TV host and father sent to his son and the masses. The

Imagine if – The Media, Spiritual Gurus/Heart, and the Law of Attraction were.... (5)

message was to be submissive. If everyday you say to your children or if the media constantly bombards the viewers with the message that there is racism; you, the media and parents, are personally responsible for causing more of it and bringing attention to it.

With that in mind, the main stream news media has a choice in how much negative and positive there is, by what they report and how they report it – now that they know. That is the amazingness of the only thing that is unconditional on this planet and in the universe - source/unity energy. Send it awesome thoughts, you get awesome thoughts back. Send it less than awesome thoughts, you get less than awesome back. The more intense the thoughts, the more mass is created.

Spiritual Gurus and the Heart

Awareness, Power of Now, Mindfulness and all of that; what is it all? How is that working out for you all? How long does all that last? How much money are you giving to the guru and their lifestyle while you work on you?

For the most part, the spiritual gurus are another breed of an organized religion. Why? Do they help you for free? Uh.. no, not from what I have seen. Constant emails offering discounted downloads, discounted coupons to send to your friends, retreats for fees of thousands of dollars. “Quick, buy your peace of mind now – space is limited!” Perhaps that is just a temporary salvation before you have to pay your traditional organized religion for the life after death salvation they are selling.

Imagine if – The Media, Spiritual Gurus/Heart, and the Law of Attraction were.... (6)

I received an email recently with a video clip of a spiritual guru talking about thoughts as energy entities. If you buy into that we are all energy then from my perspective, everything is and can only be energy. Therefore all states of mind, all states of being, all thoughts – all are energetic states formed from thought. I wanted to post this in the remark box though decided to post it right here so here goes:

“I think this subject requires clarification from my perspective; You are not your “rational mind thoughts” – your physical body is a direct reflection of your subconscious thoughts. Childhood thoughts from zero to seven years (ish) of age are what form your cellular memory and your subconscious mind. It is the thoughts of your subconscious mind that projects your 3D body in this density/dimension. Any changes to cellular memory is updated instantly in your subconscious and thus updated in your physical body. To become, have or be “awareness,” requires thought, to become “in the now” requires thought. It is a state of being. You cannot create consciousness in a state of being. Creating your world requires intensity of thought. Thoughts/consciousness = mass. The intensity of your thoughts together with source/unity energy is what creates your world. Without a doubt, you can have “the now”, the “awareness”, the “mindfulness, the “it is”, the “whatever” – all of that has to come from thought. Everything came from thought and thought is energy. Thoughts, states of being, your physical body, the computer, the paper this is written on, the food you eat – all are layers of consciousness, all are energetic entities. As energy can never die, it must always change and expand.”

Imagine if – The Media, Spiritual Gurus/Heart, and the Law of Attraction were.... (7)

To change anything energetically, you have to become the energy you want it to be. So for spiritual growth, you have to think from a spiritual perspective, your higher-self. One cannot clear physical memory by thinking physical thoughts that being from your lower-self.

If meditation is working for you, that is awesome, if the above mentioned states of mind are working for you, that is awesome. I am sure that someones reality will believe that those states are mind are what we are, and they are not thoughts. From my perspective, when you quiet the mind, it seems to quiet the physical body. Many gurus recommend meditation as an important step to achieve a spiritual connection.

What works for one, does not work for another. I will go back to the saying: *“If you want to create and live a life, live from the heart, if you want to create a world, you must use your mind.”* Everything is consciousness. Consciousness is thought.

There are those that think love and consciousness are synonymous. Again, consciousness is thought. Love is a feeling and not an emotion. Happy is the emotion that comes from following the path of your higher-self. You know you are on the right path when you are happy. Feelings like love cannot guide you to anything. Love is conditional and can only be such. Unconditional love cannot exist on or in a conditional planet. Again, the only thing that is unconditional is source/unity energy. Only emotions can guide you, not feelings. So love, move aside – you are not synonymous with anything!

Imagine if – The Media, Spiritual Gurus/Heart, and the Law of Attraction were.... (8)

There are many people that think that you can connect to consciousness through the heart. The heart and the limbic system connects to source/unity energy. That source/unity energy is free and always available to you as it is what is inside you and around you. This source/unity energy is what is unconditional. It is the medium by which the universe is created. No matter who you are or what you have done and are doing, source/unity energy responds. Your heart and limbic system are your emotions. You cannot create your world that you desire from emotions – emotions are your guide in the human experience you are having.

Your Neocortex allows the connection to all that is, to every thought that has ever been thought by all layers and beings of consciousness. It is the connection to your higher-self, it is the connection that connects all thoughts and as some would say, to source mind or “God’s Mind.” All that “nicely folded matter” in your Neocortex is the antennae that connects you to “all that is”; you just require the frequency or the vibration to the thoughts that you desire. Expanding the connections in your Neocortex is the only way by which you can connect. Ask our yourself questions about what you want to know, what your path is; ask, ask, ask – you have all the answers in you.

Exercise your brain, work it, imagine it. When you imagine, you are actually connecting to the thoughts of those like minded, those that are in the same vibratory frequency as you. If you just desire just to chill out in order to handle the day to day stress, by all means meditate, be aware, be mindful, be whatever. If you want to create, then you have to use your brain! That is how you connect. Thoughts, together with

Imagine if – The Media, Spiritual Gurus/Heart, and the Law of Attraction were.... (9)

source/unity energy create your world. The connection to “all that is” awaits you.

I want to mention a few things regarding the processing capabilities of the different brains. Most agree that the subconscious is the superior processor. The rational brain is regarded as the “little processor.” Then why is the Neocortex so large and why do humans have it over those species of lower consciousness? The Neocortex was never intended to process locally, within the physical body. I am emphasizing this again; your Neocortex is more than folded layers of matter in your head. It is your connection to “all that is.” By exercising it, by asking yourself questions that relate to you, you will begin to tune into the spiritual realm – you will be able to connect and become one with all, to become part of “all that is” for your path.

Becoming part of “all that is,” means the removal of separation; that division between mankind that is so prevalent in this physical experience. Long term happiness is the result from being connected to “all that is! If all you seek is a temporary relief and to remain in nativity, then by all means follow someone else and their teachings. The only path that matters is yours and yours alone. There is an excerpt from the TV series Spartacus that went something like this:

“We have lived and lost at the whims of our masters for too long. I would not have it so. I would not see the passing of a brother for the purpose of sport, I would not see another heart ripped from chest or breath forfeited for no cause..... Your lives are your own – Forge your own path!”

Imagine if – The Media, Spiritual Gurus/Heart, and the Law of Attraction were.... (10)

No two paths are the same, therefore you cannot follow the teachings of others nor sacred texts. You cannot follow those that profess to be “of God,” or the local pastor. You can be whoever you want to be!

Law of Attraction

Here is a saying that has been thrown around for many years – The law of Attraction. Attraction is positive to negative; like when you are walking on the grass barefoot and it feels so good – why? Perhaps the anions, negative ions of the earth attract the cations, positive ions in the physical body. These cations are actually the ions that are generally unhealthy for your physical body. Attraction is like the N and S on a magnet. Where have you seen two South poles or two North poles attract? Nowhere! Most everything in the molecular arena has the negative and positive to form some type of structure. Again, that is attraction.

To say the Law of Attraction brings positive together with positive is a misnomer. It would be more like the law of “samies.” That is my new word. It should be the law of similar or the law of synonymous or the law of co-equal; anything but the law of attraction. The premise is that if you as an energy being vibrating a particular frequency, that is for example, happy, then you vibrate into the same frequency or vibrational envelope as others that are also happy. If there is attraction, then there has to be its opposite and that it is repel. So attract and repel would be the positive and negative aspects respectively of the energetic fields.

A good analogy would be a crowd in an arena wearing say 5

Imagine if – The Media, Spiritual Gurus/Heart, and the Law of Attraction were.... (11)

different color jackets. You could have red, green, yellow, blue and white. As you walk into the arena, if you have a red jacket, you sit in the section marked red. If you have a green jacket, then you sit in the section marked green. This follows suit for the remainder of the colors.

For example, let us use green as the color for the happy group. All you who are happy, find yourself hanging out with all the other happy people. Let us say that blue is the color for sad. Then the section that is blue, hosts all the sad people. Maybe we should call it the “Law of Ditto,” or the “Law of the same wavelength.” I know, law of attraction has a better ring to it.

If there was a law of attraction from an energetic viewpoint, happy would be positive and sad would be negative. You would then theoretically attract each other and help balance the earth and the universe. That is why as an energetic being, positive and negative energies have to balance out. You can't always be happy as that cannot be. To balance yourself, you will have to experience or have the negative attract positive. To have love, hate is required. To have peace, war is required. That is the law of attraction.

I can understand why the law of attraction is used. If one “vibrates” happiness, then one could philosophically say that they attract other people who are happy. All that really happens is that the unconditionality of source/unity energy brings to you what you give to it. Always thinking fearful thoughts, bring you fear. If you don't balance yourself with thoughts that are of the opposite energy, then you become unbalanced and physical ill. Wait a minute, isn't that the thing

Imagine if – The Media, Spiritual Gurus/Heart, and the Law of Attraction were.... (12)

that some call sin? Karma! – The energetic and physical consequences of the choices you make. In other words, how you vibrate, think or feel, all comes back to you with the results of the health that you experience. That is a subject coming up in the final chapter and of which has been talked about throughout these writings.

It is interesting to see that many “spiritual gurus” are coming out with the secret behind the secret behind the secret. Here is the pitch: “Instant success! Send money and guess what? We will let you in on the secret behind the secret behind the secret!” Wow! Anything for money I guess. As energy always expands, what worked ten years ago, does not work the same now. As above, so below – Above is changing in a way that most below do not understand or perceive. Whatever is happening on this planet is a direct result of the spirit world.

Perhaps a quick way of explaining the gurus secret is to word it this way: If you are happy, then your higher-self will guide you to make the proper decisions - This in turn will lead to a happier life and a happier human experience. By the way, all this is free – you don’t have to pay anyone for any information, and you don’t have to go to a retreat and spend thousands of dollars. Those gurus are just selling you a temporary fuzzy feeling, which is like an organized religion selling you salvation and what are you doing? You are so willing to give up your money. Many sacred texts talk about heaven or hell, light or dark, love or hate – all of which are opposites. They are all examples of the positive and negative energies as everything is born in duality.

Imagine if – The Media, Spiritual Gurus/Heart, and the Law of Attraction were.... (13)

Before I end this segment, I am would to add some clarification. Source/unity energy always returns to you what you send it. That is the unconditionality of source. For some further refinement, let's try this example:

On the happy path, two people may meet who have the same general outlook or ideals regarding life. They may be for example, two people that were in the happy, green section in arena scenario mentioned above. One may someone that is so exuberant to the point that whoa, they can't slow down. The other may be one who is missing the zest or zeal of life though generally happy. These two individuals will be attracted to each other as one has more mastery type of energy and the other has much submissive type of energy. These two may balance each other out and have a very successful relationship. There are some that would call this mirroring. One of these two have what the other is energetically missing in life. For this example, this all happens within the confines of the same vibratory frequency of happiness. This principal could be applied to many types of relationships.

Other Energetic Balances

As mankind continually removes resources from this planet or as I say, my Mother Earth, the removing of energy requires Mother Earth to rebalance her energies as she is a living entity too. As the earth is anionic, every tree, every barrel of oil, every mineral and type of resources that comes from within and on the earth, have to be balanced against the cations, the positive ions that are as well on the surface and above the earth. All the bomb tests done by the super powers have also effected the balance of energy. One super power alone, in one

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group of Islands in the Pacific Ocean, set off an equivalent of one Hiroshima bomb per day for 25 years. Do you think Mother Earth just stood by? No, it has reacted over the years to balance itself from all the mess and greed that has been unleashed against it by man. Global warming is a without a doubt a major topic of conversation. I think many do not take the time to understand what has been wrongly done to our planet. Do you know about Chemtrails and what they do?

It is amazing how naive people are to these trails that spew out particulates and waste product into the ionosphere. These are a means to help reshape the energetic forces of the earth at the whims of others. Chemtrails is a subject onto itself. Again, do your own research. All the pollution, all of the populace; every activity that takes place on the planet is energy and therefore affects what Mother Earth does and how she has to respond.

So when Mother Earth needs to energetically balance itself as she is a living being, she has to have the earthquakes, the storms, the lightening, the snow, the rain; all of this to aid in the balancing of the energy being that she is. What has mankind done? Man has stripped the earth of it's resources, blown up and made useless habitable areas, all in the name of money and greed. Mother Earth cannot keep up to the task of balancing her energy. Did you ever notice that the highly populated areas always get the nasty weather? This may also have to do with the manipulation or reshaping of the Ionosphere by HAARP. Again, do your research. HAARP can initiate energy changes in our atmosphere, but only the living Mother Earth knows to what extent she will respond. No one knows or can control the events that follow as a result of the

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HAARP agenda. It is your choice to help the energy fields. Live finite: live submissive to others and depend on others for your happiness or – Live quantum, self-regenerating energy: you live in a happy state and do not require the energy of others to live – you live from source/unity energy and are a master of yourself following you, your higher-self.

Imagine If - 8

Your Health Is What You Think

Imagine if – Your health is what you think

- From my prospective -

Throughout these writings, the subject of physical health has been touched on, drilled in, repeated and sprinkled through out. Imagine if - for the most part, your health was in your control. Most think or feel that their health is out of their control or reach. They rely on health care programs and subsidies to offset the cost of medical care should they need it. Governments have chosen, by force, to control their subjects by enforcing them to pay money for health care that is not needed by many. Should one have to pay for health care for those that smoke, eat unhealthy, and live a lifestyle that is less than one of health?

It is unfathomable to imagine how much money has been spent on drug research, medical equipment and the related paraphernalia. Can you imagine if people were healthy, how many jobs would be lost? Healthcare is a yearly multi-billion dollar enterprise for profit. Where there is profit, there is motive for greed – where there is greed, there are lies - where there are lies, there is deception. Without a doubt, cures exist for many diseases - those cures have failed to come to the fore because of corporate greed.

Modern medicine is phenomenal at replacing parts, amazing at joint replacement, organ replacement, repairing broken bones and the like. Modern medicine and the equipment used by such, are in an era of unsurpassed technology. Perhaps an interesting story is in order regarding one of the main players in Allopathy, and his adversary at the time; the story of Louis Pasteur and Antoine Bechamp. Again, more research for you. The shortened version is that Pasteur, a man with money and influence, believed that disease invaded from outside the

Imagine if – Your health is what you think.... (2)

body. Bechamp believed that disease came from within, when the body is in an unhealthy state. Who won the battle? Of course, the one with money and influence. Who was right? The one without money. Pasteur, on his deathbed, bowed to Bechamp's beliefs. If Bechamp's theory was implemented into the medical system, it would have meant an elimination of a great number of diseases, and then what? The pharmaceutical corporations would not be profitable. The result, money is the master in the health care field also as it seems that money is the ruler and master of this planet!

I am going to mention Bruce Lipton again and suggest you do more search on the Biology of Belief and Epigenetics. The three things that affect the cells of your physical body are toxicology, trauma and your perceptions or beliefs. Your physical body and health is a direct reflection of your subconscious thoughts. Your subconscious thoughts are your cellular memory. It starts in the womb of the mother. The parents are the genetic engineers of their children.

If you live stress free and happy, you will be healthy. One has all the "opportunistic organisms" within them. If you don't suffer from trauma or you are not exposed to toxicity, then you are personally responsible for your health. Hereditary disease is handed down from generation to generation from the thoughts of your ancestors. You are personally responsible for your thoughts and perceptions. You are personally responsible for your beliefs, with the caveat, once you know you are. Parents, as the stronger energetic beings, can pass on their negative thoughts and energy to their children. Again, for the most part, parents through their thoughts and intentions, pass their energy on to their children. That is why many children

Imagine if – Your health is what you think.... (3)

are sick– and what do their parents do? Of course, blame everything and everyone else.

If your home has intense negative energy, guess what? Your children suffer from it, your pets suffer from it, you suffer from it, your mate suffers from it – now that you know, what will you do?

If you believe that you are a sinner as some sacred texts would have you believe, then that way of thinking also affects your health. If all day, you keep thinking about pleasing someone or something superior to you, you submit to them and become inferior. Instead of living stress free and healthy, you live in constant worry about pleasing a god, a church, an organized religion, a government, a friend, a mate – the very second that you worry about what others think of you, you submit and become a slave to them. What does a slave do? Apparently worry about pleasing the master. Why not be your own master and please yourself.

Unless you have been living on top of a toxic dump, surrounded by toxicity, perhaps even poisoned from metal implants from your surgery, or have suffered from trauma, you control for the most part, your health. We all carry the opportunistic organisms, we don't all get them. Why? Because there are some that choose not to let the organisms proliferate. Quit blaming others for your illness, when it is you, yourself that causes them, by your thoughts.

Imagine If - 9

Summary

Imagine if – Summary

- From my prospective -

If we are energy, then remember these three things:

1. There has to be a balance between positive and negative energy. This means that if you balance your thoughts, you will in turn balance your physical body.

2. There will always have to be hate to experience love, war to experience peace, physical death to enjoy the human experience of life. All the dualities or opposites have to exist because energy is such, positive and negative; there will never be peace on this planet nor in the spirit world. If you understand this, then you will understand why all those supposed “bad” things happen. To expand the universe, negative and positive have to balance out – the expansion is directed by the intensity of thought. The more intense the thought, the faster the creation. Those things that one calls “bad or evil,” are of the negative persuasion and are actually required to expand the universe.

3. As an energy being, energy can never die. As you came into this world as pure energy, you leave as pure energy. Your higher-self, yes, your soul family chose your race, earthly family and financial status by which you are to fulfill your path, intention and motivation. Accepting that premise, leads you to a further understanding of “all that is.”

Chapter 1 – If you knew the power of you

You have amazing power within yourself though organized religion, culture and family have told you otherwise. Source/unity energy is inside you, around you and in every

Imagine if – Summary.... (2)

conscious thing. Source/unity energy, together with your thoughts, enable you to create any life that you so choose. Your heart and limbic system connects to source/unity. Your thoughts through your Neocortex connects to source mind.

Chapter 2 - Your emotions were your guide

Of the seven emotions that are racially universal, only one emotion lets you be aware that you are on the right path for you - that emotion is happy. If someone says something to you that “upsets” you, it is not what they say, rather it is what you perceive. That is you depending on their behavior for happiness. When you like yourself, you are happy – and when you are happy, you have freedom. I personally choose to live in a state of unconditionality as best I can, understanding the effect of positive and negative energies. Any emotion other than happy, is a dynamic relationship within yourself, between your higher-self and your lower self, your physical you. It is this, the conflict within, that develops as one chooses to either follow the higher-self and be happy, or choose the physical self and lead a life of emotional tumult.

Chapter 3 – Death isn’t what you thought it was

For the most part, as one matures, the focus on life becomes that of what happens to one when they die. All actions are things we do to satisfy a dominant need or to make ourselves feel happy. The viewpoints discussed, are again from that of organized religion, culture and family. As we all are energy, we shed our physical body and return to the pure energy from which we came. There is freedom in understanding that no one, no organized group and no higher conscious beings can destroy energy. From an physical viewpoint, we are all of the past, the now and the future. We are “all that is!” Some would

Imagine if – Summary.... (3)

call the after death experience, an afterlife. There is a before life, a now life and an afterlife. As a spirit being or entity, we can never be destroyed or die.

Chapter 4 – You lived in an unconditional state of being

As we live in or on a conditional planet, it is impossible to have actions that are unconditional. Love is a feeling and is always based on conditions. Most choose to have a mate, have children and or pets, as this ensures there is someone to “love” them. If however, you choose not to depend on others for happiness and care for yourself first, there are then very few conditions that one places on one’s self for happiness. One then removes the self-expectations. You remain in the state of happiness with the added benefit of negativity, as it is required to balance you out as the energy being that you are having this human experience. Once you are well and strong, you then do for others what you intuitively would do. An attribute of selfishness is selflessness.

Chapter 5 – Religion, Racism, Relationship and more

I find it fascinating that many people just accept what is being told to them or more aptly, “being shoved down their throat.” Everything for me has to have logic and be logical for me. There is awesomeness in everything as every person and event can teach us a lesson. If the path you are on, brings you lasting happiness, then that is where you should be. For the most part, mankind doesn’t appear to have fallen into the “Happy” category. We have become slaves to the beliefs that we are told to accept, the beliefs that seem to make us temporarily happy or the beliefs that make others money. There is much to be learned about the history of organized religion – do your own research. Remember the saying: “*Condemnation without*

Imagine if – Summary.... (4)

investigation is the highest form of ignorance,” seems to apply here. If your path is chosen by your higher-self, then you were born into the race, family and financial status that you were meant to be in, for the path you are to follow. That is, if you choose to follow your path. This means, there is no excuse for excuses or blaming others.

Chapter 6 – All the do nots became imagine-ifs

Changing how you view yourself allow others to view you differently. That can apply to the following concept: change the wording from Do Not to, Imagine If. Instead of viewing things from a negative viewpoint, shift to a positive viewpoint. With a more positive viewpoint, comes a more positive attitude; a more positive attitude ensures less stress, a healthier physical you, and a happier environment for the experience you are having.

Chapter 7 – Media and Spiritual Gurus

It seems that everywhere one turns, someone or some group has their hand out for money. Source/unity energy is free - source mind is free. To have lasting happiness in this human experience, freedom from control is required. Freedom can be your reality if you so choose. That choice is yours and yours alone. You are an energy being – Shape, reshape your energy fields – Be your own master and have conviction of thought.

Chapter 8 – Health is what you think

As an energy being, you are reading the right material. If you do not believe we are energy, you are still reading the right material. Your physical 3D body is a direct reflection of your subconscious thoughts. Your subconscious is your cellular memory. Imagine if you have good thoughts, you will then have good health. Imagine if you also pay attention to what

Imagine if – Summary.... (5)

you ingest into your body, you will then have spectacular health, courtesy of Epigenetics – all this from my perspective! Awesome thoughts, healthy food = awesome you!

After-thoughts

Well, here I am with some after-thoughts. These are the thoughts that when someone says to me, how do I get there, I go well, what works for me, may not work for you. For a while, I was saying it's the Compassion, Forgiveness and Love. I used to think it was synergic.

After many months of continuing clarity, it appears more like this - and I know, I spew so much repetition. This has worked for me and I can't say that it will for you. Everyone is so different and thank goodness. I cannot tell you how much I am amazed and awed at what I have learned and discovered. Even if this book never makes it to publication, I have connected to all thoughts that exist for the path I am on. I am the most enlightened for the path I am on. I am the luckiest person on this planet and I am more than anyone could possibly imagine for me. No one has any idea of what I have connected to and all this for the path I was sent here for. The knowledge that I have acquired is beyond beyond-ness. I know that sounds strange, though that is what it is for me.

To like yourself is the most fundamental thing. From my perspective, one cannot understand what you are without liking one's self. To like one's self, is to let go of all that we hold closest or dearest to us. Most hold hurt, anger – all the negative things. If one only held the positive – wow, that would be awesome. It is strange that all the things that disrupt our happiness, is from the so-called negative polarity.

For myself, forgiveness of myself was the beginning. You cannot, and this again is from my perspective, begin the process without letting go, or forgiving of one's self. It would be awesome for healing sake, to not have memory. Other than the healing of one's self, it is a darn good thing we have memory I think.

One tends to block out all that they do not want to remember. Not remembering for some, is how they get "through the day." Some couldn't care less and take out their hurt out on others with violence, drinking, drugs and whatever else one can imagine.

I will use the love for this moment as unconditional doesn't have the same ring: I have loved hard, played hard, partied hard and for the most part, not given much of a damn. That doesn't mean that I didn't care. It just means that somewhere inside, I knew that it didn't matter. No matter what someone did or said, they all could take a hike. I, FMP, for the most part, still don't care! What that means again, is that no matter what any does or says to me, I am on the path that only matters for myself. I am now truly living a spiritual life in a physical body. There is still much work to do, so let's get on with it.

Anything anyone has done to you, be it family, so-called friends, work mates, sex mates, whatever and whoever, let it go!

They are all human and only doing what they need to do to feel good. Who cares? Why? When one can let go, not only is that compassion for yourself, that is self-respect or self-containment. Self-respect has more depth than self-love. That word love is so conditional, again everyone seems to use it profusely. Guess what? I like myself – go ahead, say it to

yourself! Look in the mirror and say it! I LIKE MYSELF. If someone is laughing at you, tell them to buzz off. Liking yourself is compassion. The greatest gift you could give yourself is compassion. How can you be compassionate to others, when you can't give that most awesome gift to yourself?

If one could box up compassion, put a ribbon around it, the gift inside would be a whole bunch of "I like myself's." I know, the grammar and spelling is wrong but then who cares! As Forrest Gump would say, "life is like a whole bunch of - I like myself's - why would anyone want chocolate."

It's funny that the spelling check shows missiles for myself's. Maybe that is what one needs - a non-physical missile to wake them up to a reminder of what they are inside. What are you? AWESOME for you. Everyone, everywhere, anytime, anyplace can be awesome for themselves. It is your choice to be awesome, always. Your higher-self knows that you are awesome. Why can't you accept it, then live the life of your higher-self? Your choice, your life, your happiness!