

out of the blue

miracles for beginners

George Thomas, Jr.

CONGRATULATIONS!
YOU GOT IT!

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*You may not, at this moment,
consciously know and fully understand
how very much you are loved.*

*This book is "dedicated"
Directly and Specifically to
You.*

Coming up –

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**You can change the Universe – Miraculously.
Could You believe that ‘loving’ thoughts are –
literally, actually, really - somehow stronger
and more effective than ‘destructive’ thoughts?**

Could you possibly believe that mental energy expended for the purpose of forgiveness could be more practical, useful, helpful, effective and powerful than investing your attention and spending your energy to maintain hold of a grievance?

Might it be that using your cognitive “powers” - AKA
Consciously focusing your thoughts – *by your choice* – not
doing what someone else TOLD you is good, but what you
have decided, based on your personal research - and focusing
on *what **you** have proved to yourself is truly good...*

*- Could you believe that focusing your thoughts and
energy on love, joy, gratitude and appreciation - could
be more powerful and more rewarding than holding on
to grudges or expending your energy remembering
past wrongs and finding current faults?*

Good.

What were you Thinking?



For everyone who has ever asked why things work the way they do.

Did you ever have a good idea, and then later find someone else got the credit? Did you ever wonder how in the world people got thinking adults to spend their hard-earned money on a “Pet Rock” - or some other product seemingly totally bereft of value... Or why it is that some people seem to have all the luck and others just can't seem to get a break? Why is it some are healthy, some are ill, some are wealthy, and some have nil? There's much to be told but there is one overriding, HUGE factor that affects your and my life more than any other single thing in the Galaxy.

And the answer may seem simplistic or even unbelievable to you, but it is because of something we all do each and every day. It is this: Thinking. – And, yes, there's more to the story.

How can I say such a thing, and what do I mean? The answers are in this little missive. It is copyright Coherent Marketing and no portion may be reproduced without our express written consent, but Hey - Its Cheap! Just buy another copy (buy one for all your relatives & friends, too – we really appreciate it!).

After we make a mistake; once we have an automobile accident, or experience ANY activity with a negative outcome - even as simple as stubbing our toe on the coffee table, we may be asked, "What were you Thinking?" - or ask ourselves, after we make what seems to be an unwise financial decision, "What was I Thinking?". . .

Could it be that what we *think* contributes to, even causes what we *experience*? Let examine for a moment the *process* of thinking.

Thinking. Everyone does it. The PhDs among us - and the children in Elementary school. We think about what we're doing, what we want, what we're experiencing, we think about how we're going to accomplish this task, get to that goal, finish project X, etc.

And sometimes - some would say all too often - we simply think whatever the TV or Radio tell us to. Yep, we surrender our rights to the possession of our own unique thought processes to somebody else's thoughts. This is not to say that this is always a "Bad" thing...

Each of us humans thinks. We can think about something bad, we can think about something good. We can think about what might happen in the future, we can think about what already happened in the past.

But you get the idea, we're thinkers. We're Always Thinking! Even in sleep we dream. Comatose hospital patients can be observed going through REM sleep (Rapid Eye Movement indicating dream activity).

Thought exists. Where is it? Try this exercise: Think of something - anything. Now, stand or sit still - or run around - Where IS that thought? Maybe somewhere between your ears, behind your eyes... maybe right in front of your eyes, maybe a little bit higher. But when you close your eyes - isn't it a little bit bigger? ..smaller? And - After you think that thought, another thought enters your consciousness - where did the earlier thought go? Does it still exist? Are all of our thoughts "out there" in the Ether?

What about a thought from the past? A thought someone once thought? Do thoughts have anything to do with time and space at all?

They seem to be short lived things. But they recur... and seem to show up out of the blue. We don't always consciously decide to think a specific thought. But it is difficult to stop a thought. Do we only think that we're thinking? Well, maybe all these questions don't have easy answers. OK. ..Got you to thinking there for a second?

Let's leave "time and space" for a moment and have a little fun with an allegory. **An illustrative little story about I-Beams...**

Imagine you're a girder - an I-Beam - only one I-Beam - but you're one of the many I-Beams in the building known as Reliant Stadium...



For those unfamiliar, it makes the Astrodome (the former “8th wonder of the world”), look like a garage, one could put an 18 story building inside the dome.) - Reliant Stadium is HUGE.

But you’re an I-Beam - and if you think (*you decide to think - based on whatever right or wrong input you’ve had leading you to think this way*)... you decide that you don’t appreciate where you’ve been placed in the building.

You’re only supporting the cheap seats... and you feel you’ve been discriminated against... and that the architect wasn't fair in placing you where you are... that you have a valid reason for being unhappy. . . And you think/believe that the I-Beams in the High Dollar Section get all the accolades - they’re looked upon with respect, people appreciate them, they get all the glory...

And you’re a Lowly, ‘Cheap Bleacher’ I-Beam - supporting seating for People who don’t Even EVER THINK about what a contribution you make to the building. Why, without you, their seats would collapse! Why, the whole section could come crumbling down (those ingrates)... and you share your feelings with the other I-Beams around you and, sure enough, you find out that there are others who feel the same way..

In Fact - In YOUR REALITY - Hey - *you BELIEVE it!* All the I-Beams in your section have been neglected and mistreated. You haven’t even been painted! The I-Beams in the High Dollar Area get all the glory - they get to hold up the Big Time Fans - Corporate Executives, Celebrities, Millionaires, ..while you have to hold up the

dreeds of humanity - ITS JUST NOT FAIR!

How could a Just Architect allow such a thing? ..and you know that evil, hateful Construction Company had it in for you... and especially that foreman who decided to put you here. . .

Yes - you have plenty of evidence to prove you are right in your feeling that, not only is life not Fair, but its just plain wrong!

And you think that no matter how hard you try, you'll always be the "Cheap Seats" Beam with a right to be discontent as long as you exist! And for anyone to suggest you should CHANGE YOUR MIND about it and to **THINK Differently**... Well, that's just their opinion - they haven't seen what you've seen - they haven't experienced the disrespect, the disappointment, the depreciation. They just don't know how it feels...

So, you and your fellow I-Beams develop a culture of envy... a culture of unhappiness. Your experience is that of the victim. **AND** You are continuously proving yourself right – by your *experience!

You **KNOW** you've been disrespected and put upon and not only do you hate the I-Beams in the other sections; you hate the architect for putting you there. And you agree with one another - that your position is right, that it is your lot in life to be miserable and unhappy and that bad stuff just seems to happen to you no matter what you do...

* you notice it EVERY TIME someone spills a drink or drops some popcorn in your section – and that is PROOF they don't respect you.

... OK –

That settles it. – or is there more to the story?

Next, we go and conduct an interview with an I-Beam from the High Dollar Section..

We ask, “How are you?”, and get the response, “Fantastic. I’m a

blessed I-Beam. I get to support all this area and make the people in the seats feel safe. I'm grateful."

"But no one ever notices you.", we counter, "You're underneath the seating area, and people are always either looking at the action on the field, the TV monitors or the steps and their seats - they don't even notice you - doesn't that get to you?"

"Oh, no...", the I-Beam responds, "I know that I'm of service – And, let's face it – people are going to think whatever they want to, I can't change *their* minds. But I've been given a great opportunity and I get to be a part of this super stadium. I have happy fans sitting in my seats, I get to hear all the cheering... – its a wonderful existence!"

Two different sets of Circumstances - Right? ..Or might something else be involved? Could these I-Beams state of being, or 'lot in life' if you will, have *anything* to do with their attitudes? – could there be a relationship with... What They Were **Thinking?**

We have arrived at **The Point** which, being expressed in various ways, looks something like:

- **If you think you can – or – If you think you can't – Either Way, You're Right! (Henry Ford)**
- **You'll See it When you Believe it. (Wayne Dyer)**
- **As he thinks in his heart, so is he. (Proverbs 23:7)**

Strong's Exhaustive Concordance of the Bible shows the definition of the original Hebrew word translated "thinks" in the Bible verse above includes, "...to *split* or *open*, i.e. ..to *act as gate-keeper*.. to *estimate*:- think.

IN OTHER WORDS, (here's your chance to catch it) -

We can monitor and control what we think, and thereby impact (change, if we so choose) what we experience.

We can literally change what we experience in our lives when we choose to THINK that way (and if you don't yet believe, read on).

The idea of, “..bringing every thought into captivity..” (II Cor 10: 5) is not only a valid admonition for Christians, it is the practice that can *and will when applied* change for the better the reality of the practitioner. - *Admittedly, easier said than done.*

But - *and this is the cool part* - We have an option most of us have never fully understood and exercised: We can consciously *decide* What to Think.

We can *and do* **decide** what to think all the time. Granted, we get a song “stuck” in our mind and it keeps rattling around in our heads “without thinking” ..or we get a call from a friend or relative and have that, “I was just thinking of you” experience. What is that about?

Thoughts are out there - in the "Ether". You can believe that thoughts 'transcend' time and space, that they are fleeting wisps of vapor and gone, that they come and go on their own. You can believe that thoughts are things that you can control - or simply agree that they exist "NOW"... Whenever NOW is.

But our reality - that of each individual thinker - is largely based on what we put our minds to. Think about it...

(no, really...)

L. Ron Hubbard and the folks who practice *Scientology* have indicated that Thoughts are Things. And thoughts, like wildflower seeds, can find rich soil, and optimal weather conditions, or they can be crowded out of any chance to grow by other thoughts that use up all the nutrients and potential energy for growth. We could think of abundance, but if we have 10 other thoughts of scarcity and hoarding for every thought of abundance the idea of abundance will never reach the critical mass needed to bring it to fruition.

-*-

For a Brief Moment - Consider "sin" – or for the non-religious: error.

The New Testament book of James describes how it comes about:

James 1: 14 (Amplified version) But every person is tempted when he is drawn away, enticed *and* baited by his own evil desire (lust, passions). 15) Then the evil desire when it has conceived gives birth to sin, and sin when it is fully matured brings forth death.

In this description, BEFORE we "sin" we first have to have the *desire* - we must - prior to taking action - have the *thought*. Then the thought leads to action (in this case wrong action that leads to death)...

BUT WAIT A MINUTE! Couldn't we Consciously DECIDE to think thoughts that will result in a positive, edifying experience? - If the principle: First thought, then action taken based on thought applies in the negative, why couldn't the same principle be applied - on purpose – by choice - to manifest *positive* results?

Can you begin to consider that what happens to you (what happens to each of us) is - at least in part - because of and predicated upon what you and I train ourselves to expect. And *we train ourselves*- we set expectations in place *with what we think about*. Admittedly, “Bad things happen to Good people”. Nevertheless, the concept is true.

Did you know *you can decide* what thoughts you think? Have you ever practiced “Positive Thinking” (kudos to Norman Vincent Peale)?

IF you have you know it works – *probably only sporadically* for you, because you've only practiced it sporadically. If you haven't experienced the good results and improvement in the attitude of the one that lives behind your eyes, I submit that you didn't understand it. This is not to imply you're 'at fault' (besides that, it is generally agreed that there is nothing you or I can do to alter the past - we can, however impact the present - and our future).

This is not to suggest you simply decide and you'll immediately get into “The Zone” of thinking “**thoughts of Appreciation rather than Depreciation**” (kudos to Dr. Wayne Dyer) - and stay there. But it is possible to change your mind. It is possible to catch yourself thinking the “wrong” thing (you are the arbiter of what is wrong for you) and

decide to think differently.

You *can* go to a higher level of thinking - for hours at a time - its amazing what humans can do with practice. **When you get to the point** (again, easier said than done, easier conceived than believed - and YOU have to decide) **that you're willing to try it**, as the Nike Ads say, "Just Do It."... **The results are inescapable.**

Many of us have been expending 'some' energy and effort from time to time at getting what we want by Prayer, Creative Visualization, Meditation, etc. for X number of years with limited positive outcomes. How about this? - Eternal, Spiritual Laws exist. And thinking works the way it works. No less reliable than the Laws of Gravity or Physics, the Law of Thought (to coin a phrase) is at least part of the reason why "To those that have will more be given".

What does this mean?

Pretty much three interdependent things.

1). You can have whatever you want IF

2). You know WHAT to want AND

3). You apply your mind (heart) to the task - by thinking right.

Well, taken literally, anybody can agree with that, can't they? If you don't get what you want, either you didn't *want* the right things or you failed to properly apply yourself. OK, yes. BUT wanting what is the right thing to want as well as applying your mind to the task are skills we can learn with practice.

You have a mind you are using at this instant to read these words and think these thoughts. And, dear reader, no matter what happened in the past that seems to have led you into the circumstances, attitudes and thoughts you currently find yourself in – because of what we perceive someone else did to or for us or by reason of habit (because that's just what I've always thought) – you have, with that wonderful mind you are using right now, a powerful tool to change your reality.

It is submitted that the Ultimate Power in All That Is has created what now is "by things which do not appear" (and continues to do so).

You can't lay hands on a thought. One can't physically take hold of Faith or Love. But neither can any thinking person deny that they exist.

Double-blind scientific studies have proven that Prayer works.

People were asked to pray for other people they did not know. The recipients of prayer did not know they were being prayed for. And the subjects who were recipients of prayers improved more rapidly and their health problems lessened, compared to a non-prayed-for group, with no other change in treatment (all patients were given the best possible physical medical treatment).

What is prayer, if not concentrated, focused thought?

Could we make the effort to "pray without ceasing" as the Apostle Paul admonished those who would live "the way"? And, might we experience a better *life* along with a better attitude by practicing - i.e. catching ourselves and choosing to overpower/replace our negative thoughts with positive ones?

Here's a concept to consider - however briefly:
You and I HAVE what you and I have thought.

We are what we think about. We get what we focus on. *We are the recipients - either beneficiaries or victims - of what we've been putting out into the Ether with our minds- with our thoughts..*

Could you consider that it is possible we have been conditioned - trained and taught a set of ideas and concepts (by well-meaning people) that may not all be entirely accurate?

Some people are self-justifying creatures, and believe that their reality is largely somebody else's fault - *because that is what they have been taught.*

We see in our experience what we have been thinking of. As he thinks in his heart So IS He. If you can agree to consider this (we're not presuming you're convinced yet) – IF this were really true... If our reality has come into existence through a process of our thinking -

What could one DO with this information?

Wrap your mind around the concept, and catch yourself! When you notice yourself thinking negatively, CHANGE YOUR MIND and find something to be thankful for instead. Make the conscious choice to be at peace rather than frustrated when the opportunity presents itself (and it will).

FOR EXAMPLE

Have you ever had less-than-blissful experiences in freeway traffic?

Imagine you were leaving from a HUGE Family Reunion. You met relatives you hadn't seen in years, had a great time, really enjoyed yourself and when it was time to leave you left feeling enriched and encouraged from the experience. And then you knew that everyone departed together and all headed out on to the same freeway and so, everyone on the freeway was part of your extended family - Well, you'd drive friendly and all tend to yield to each other.. ..and "Uncle X" or "Cousin Y" would be given a bit of leeway if they drove a little less than perfectly - you know - because they were family.

You and your other relatives would watch out for them and each other - and make the adjustments necessary. So, ..no 'accidents', no Road Rage... No harm, no foul.

Guess what !

Perhaps you hadn't thought this way, but here's another way to think:

You're related to everybody out there now – they just don't all know it (yet).

*

Can you begin to see what can happen as we consciously decide to THINK differently?

YES ! There will be people on the freeway who don't think this way. We still have to watch out for them. But WE don't have to get ***Stressed*** worrying about them, judging them as idiots, cursing them, and getting OUR minds caught up in the vicious cycle of negativity. We can choose peace rather than road rage. We can change our minds – we can *choose* to think of how good it is that we HAVE a vehicle, etc.

What about Relationships? Rather than thinking of the problems, the shortcomings, the faults of the other person - Why not think about - consciously decide to focus on (give your attention to) - the positive?

When we can decide to think about the things we like about that person (be it a spouse, relative, neighbor, etc.) and focus on the positives, by doing so we will reinforce that aspect of their personalities. What we *think* about is what we'll *see* more of. This may seem at first glance impossible and it is without question difficult – but do you think it could be possible?

Think about the positive qualities - and even go so far as to vocalize your appreciation. Caution - it must be real. Feigned love contributes to your weakness. We know, internally, when we practice deception and it yields unhappiness and instability.

How about your health? Can you think of yourself as improving? Can you imagine your circumstances improving? Of course you can! When you keep thinking that way, you will begin to DO the things that will result in, and then lead to the evidence of, improved circumstances manifesting in your life.

Think of being healthy. Maintain thoughts of 'getting better' and you

can't help but start to eat better, sleep better, exercise more and DO the actions and participate in behaviors that result from those thoughts of better health.

Could you change your mind regarding your job? Is it possible that the thoughts you harbor impact what happens there? Could you decide to practice focusing on solutions rather than problems - to put your effort into consciously expecting success?

**“You can't solve a problem with
the same mind that created it.”**

- Albert Einstein

The apostle Paul admonished us to set our minds on whatever things are true, whatever things are noble, whatever things are just... things that are pure, lovely and 'of good report'. Can thinking of virtue and praiseworthy things - can focused conscious thoughts like this - produce circumstances in our lives that are different from the circumstances produced by thoughts of a negative nature? Yes. They do and they will.

There are distractions all around us. Dozens of rapid-fire images assail our minds daily from various sources of advertising. We have 24/7 news (candidly mostly bad news) impinging on our consciousness - If we do not choose what to think, this current world can cause us to become scatter-brained, confused, and derail our otherwise smooth running Train of Thought.

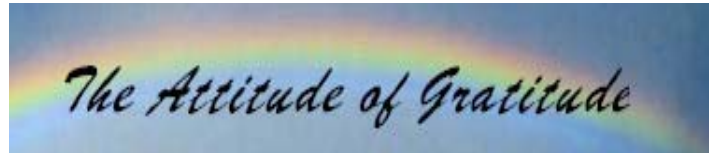
How about thinking “good” thoughts? Can we understand that we will get **results** - good or bad - that follow what we think? Perhaps if you think less of “failure” and more of “results”, this minor shift in your perspective will make the next step easier.

~~ * ~~

Whether you're an I-Beam in the Mezzanine or a Bolt holding down a seat in this building that is the Universe... Whether you're a Major Pillar, a Window Sill or the padding under the carpet that no one will ever see - in the analogy of the Building - you can change what you

have and have what you want by changing what you THINK (you'll still have to take out the garbage... and be careful not to stub your toe on the leg of the coffee table).

*Recommended:
Acquire and develop, begin practicing*



Well, that's pretty much it. You can choose to stop reading and just think awhile. It is believed (the writer *thinks*) you've gotten the point. But if you like... By way of review - and to move up a level the following is offered (some of this you've heard before):

- 1) **Double Blind Studies have scientifically proven Prayer Works.**
(So, probably you can-)
- 2) **Ask and it will be given you.**
(And understand that you can)
- 3) **Seek and you will find.**
(And that)
- 4) **ALL things are possible with God.**
(You might even *choose to use the thought* :)
- 5) **I can do ALL things through Christ which strengthens me.**
(And then,)
- 6) **When you pray, believe that you receive it *and you shall have it.***

And the caveat:

- 7) **But let him ask in faith, nothing wavering.**

It is most assiduously recommended that if you decide to pray, you THINK *before* you pray; and posited that you will likely experience a higher degree of success when you get your mind quiet before you begin. You are, after all, petitioning the Ultimate Power in all that is.

What we HAVE and what we SEE was first what we THOUGHT.

Prayer is the application of focused, conscious thought in a petition to the Ultimate Source of Power.

Pray in appreciation. Pray in faith. When, while thinking and believing your petition is directed toward and in fact reaches the Source of Infinite Power, you KNOW that you are grateful and then ask for what you want, expressing appreciation in advance and believing you will get what you are focusing on BECAUSE you are willing and committed to **do whatever it takes** to attain what you ask for, and you KNOW that what you are asking for is good for all concerned, and in line with all that is worthy of praise and thanks, and that your belief that what you are asking for - what you want - is unshakably, unalterably right, just, good, charitable and will produce the best possible results for anyone and everyone who could possibly be affected by it... What could or would possibly prevent it being received? (*keep the faith - we'll be manifesting results soon enough*)

~ ~ ~ ~ ~

Here's a Thought - "Be constant in prayer"... "*Prayer*" is a term used to mean reverently connecting with the Source of all that is. The experts at it - sages of old - went to a quiet place, by themselves, often in a wilderness setting - and recommended you pray in a private, closed area. A secure venue helps quiet the mind and eliminate interruptions, and when 'alone with our thoughts' we have more control over them.

But thoughts are thoughts, aren't they? Can we think thoughts of appreciation while we're driving to work? Is it possible to mentally ask to be guided toward being more useful - or ask for improved behavior as you walk by the way? ..To be constant in prayer - to "pray without ceasing"? It'll take work, but the answer is **yes**.

The Power is there. It is REAL. It is awesome. If you understand

you need to be careful with a chain saw, you can imagine what tapping into this power can do - and how careful you need be when you choose to apply it. But there's no need to be fearful - the instructions are available (a quick check is available in a book you most likely already own - reread Matt 5:3 - 6:14).

And, as long as we're getting specific, here's another clue: don't spend all of your energy thinking of yourself. You will come to understand that outgoing concern, AKA Love, Works - every time.

Some believe that ALL prayer is answered. In the Biblical book of Proverbs (some sage advice there, by the way) is the advice that sometimes we are to "answer a fool according to his folly". When we mess up and ask for (by thinking about) the wrong thing the answer may well be that we receive the wrong thing. If we don't get the answer we expect, it is because we asked "amiss" (see James 4:3). So it is in our best interests to exercise caution, to 'be careful what you wish for'.

So... Just *THINK!*

Its your decision. - Every time you're thinking. Every thought you think.

You are conscious now - cognizant of what thoughts are in your mind - right Now.

Good! - Now - Realize this: ***If you have a problem***, (many seem to)... Einstein told us, "You can't solve a problem with the same mind that created it."

BUT - You *can* Change Your own Mind (!)

And here's the tricky part: you're the **ONLY** one that can).

Here's a suggestion: Begin now to ***revise your thinking***. You may choose to or not – it is *your* mind. Your choice. Revise the way you think of problems. You see, you can ***agree to change your perspective*** – it is simply a small shift in awareness.. (*stay with me*)

You are certainly ready to by now to ... Consider...

Think this:

There are no “problems” – there are only ‘conditions’ and/or ‘situations’. It is YOUR perspective and YOUR choice (!)

Another? Sure.

What are you grateful for? Why not do something in response to that? Do it in your mind if nowhere else. You could think thanks.

The Ultimate Power that has always been and will always be **IS NOW** (and is *always* available). It *is* possible to tap into the power of this infinite Source using your mind. (Whether you believe it or not, you were made in the ‘image’ of God)...

You can <i>think</i> your way to a better life.

We will see - in the circumstances evident in our lives - the results of what we (and the rest of the intelligence in the universe) have been thinking (consciously and unconsciously, to be sure- but do you want ‘better’ or do you want to whine?).

No, it is not likely you’ll lose 20 pounds overnight because you concentrated REALLY HARD, or get that new car you think you want just by closing your eyes and imagining it. And, as covered earlier, this will be difficult for one who is in the habit of thinking negative. **This is a process...** But rest assured, if you keep focusing the awesome power of your mind on so called accidents, mistakes and negative outcomes, *they* will continue to show up in your experience. It is guaranteed. It is *LAW*.

However, if you apply some concerted effort in the direction of abundance, happiness and well-being... You may rest assured - You’ll get more of what you’re thinking about.

So, What do you think?

Right now?

SEE?

You CAN choose what to think.

Do you think that, “Anything worth doing is worth doing well.”?

Do you think that “As you sow so also shall you reap.”?

Why not... Think Big?

“Think, and _____.”

Oh, ..The blank space in the line above?

Well, that’s up to you.

What do you think?

Once you have been exposed to this truth and cognitively process that you are not, in fact, doomed to be the victim of the prevailing consciousness around you, nor do you have to think what others tell you to think, and you can begin to grow beyond what you have been told that you *should* think – and that you can choose what you *want* to think ..and that you can (frankly easily) then begin to think *what you choose* to think – Then, my sibling -

You are on your way to manifesting the miraculous.

Miracles

What about an extraordinary event – one that could be viewed as a supernatural intervention in human affairs?

OK. The subtitle of this work is, “miracles for beginners”, and there are understandable questions. Patience. The miraculous is usually defined as an occurrence that seems to happen in spite of normal, physical laws that we are used to. The mother that lifts a car off of her baby, for example (when we all know she really can’t do that).

Much has been written about miracles. Aren’t ‘miracles’ wonderful? Don’t they make you feel great? Inspiring, aren’t they? Wouldn’t you like to understand how they come about? You can. You’ve probably heard that a rainbow is simply the refraction and reflection of the sun’s rays in raindrops, spray or mist (as if it wasn’t a miracle), Right?

When we hope and pray for a positive outcome, keep thinking about or visualize something good we would like. And then something remarkably good suddenly appears to our happiness and wonder, it is often referred to as a miracle.

Now, get ready. Here it comes (the self-evident simply is). When one holds negative images in mind, when one assumes and then maintains the ‘victim’ role and believes that the world (or their family, their boss, the landlord, the state, the stars, fate or whatever) is against them and perhaps even keeps asking, “Why do bad things keep happening

to me?”... Then something bad happens. Say an “accident”. Well, we know that – this is *not* a miracle... huh?

Like attracts (and seems to beget) like. This is an immutable law in this universe. Want to stop having “accidents”? Change your mind and stop believing in them. Want more of the ‘good’ miracles? Guess what to do.

What? You may be asking – are you being treated like a little kid? Is this a plan to ‘trick’ you into changing your mind? Surely this doesn’t mean that, “if we ignore it, it’ll go away”, does it? Out of sight, out of mind – and consequently out of our experience? ..Or does it?

Here we go – Please continue. Please don’t dismiss the idea without seriously considering it - just open your mind a teeny bit to the possibility it really could be just that simple – not necessarily easy – (insert your own expletive here) no, not *easy* - but yes, simple.

~ * ~

Whether you realize or can relate to the concept, we live in a ‘holographic’ Universe (capitalized because it is Holy). Let’s agree that some things ARE – whether you or I, the U.S. Congress or the Dallas Cowboy Cheerleaders *believe* they are or not. The Law of gravity existed long before Newton did any work on the subject.

The sentence: God is Love, for example, is one with veracity involved, whatever one’s level of understanding. And, as an aside, each of the terms in that three word sentence needs an accurate and clear definition to be clearly understood before we can see the truth therein. If you will agree that the term used, “Love”, can and does have multiple meanings. More on this later, but for the moment, read “God” as the term for the Ultimate, Infinite, Changeless-yet-Eternally Expanding *Source* of All That Is; “is” being the word used to mean ‘we are defining as’; and “Love” being pure, *outgoing* concern (as opposed to a tit-for-tat sort of trading of energy and matter) and the word for what powers, energizes, and fuels All that Is.

It may take a lot of work and concentration for one who has habitually always perceived the downside, one whose life has been filled with

bad, unpleasant experiences, poverty, illness, etc. to come to grips with the “Law of Attraction”.

But – REALITY CHECK! The truth of the matter is that when one literally changes one’s mind, revises one’s perception and perspective (recontextualize is a wonderful term) – and begins to focus on the positive, one will begin to experience more and more positivity in their circumstances. And yes, miracles (the good kind) can and DO happen to and for those who appreciate them.

If you can consider that there is at least some merit in the concept – or you could **agree** that *by some definition in some cases for some people that Perception is (at least their) Reality*, you’re making progress...

So does this mean that ‘Miracles are everywhere’ but we just don’t currently perceive or regard things that way?

Well, maybe that could be a part of it – but don’t believe that’s all there is to the story. More is ahead. And you are promised “real”, solid, concrete, “there’s no way that could have happened otherwise” –type events will occur *in your life experience* when and as you keep on the path you’re going right now. You’re heading for Miracles.

If we grasp it, the idea that, “God is Love”, indicates that the Infinite and Supernatural has (and is) a caring, nurturing and kindly outlook toward the natural (as opposed to God being vindictive and hateful) and *that*, my friend, is certainly miraculous.

We’ve ALL wandered off from time to time and been distracted or even ‘lost our way’. But there’s less real harm in that than we’ve been led to believe. Love is patient, love is kind, and it never fails. So move forward confident and secure in the knowledge that you are supernaturally loved and supported – and that you have all the time you need. You will also come to recognize this: You are heading in the direction of understanding that what you *really* want (even thought you have plenty of it) is to waste no time. Waste no time.

Questions? Sure.

What about other people?

So, what I think determines what I get... What about influencing other people? For example, can one think that someone else loves them, wants to give them money, etc. (and expect it to happen?) You could think it, BUT - One wonderful thing about humans is our Free Will. Like the old joke about the psychiatrist and the Light Bulb - "How many Psychiatrists does it take to change a light bulb?" Only one - but it has to *want* to change.

To think of someone else giving you money, for example, implies you are needy or wanting. The more likely response will be *that person asking you for money*. But, note – if you do change your mind and decide to be grateful for *whatever* you get ("in everything give thanks"), you're likely to find yourself having more.

Is there anything I can do about someone else?

You or I can firmly believe that it would be in Bob's best interest to stop smoking, or Betty's to lose weight or Ed's to get a job, etc. - and we could behave in ways that let them know we're pulling for them to be successful, pray for them daily, etc. but the cold hard truth is each of us must "do our own thing".

It is natural to be a SNIOP (Susceptible to the Negative Influence of Other People). To bring light, hope, and a positive spirit to another person is not the way most of us spend our time and energy. But you are not most people. Some believe it IS possible to improve a situation by mentally/spiritually 'sending' love – to infuse peace and cooperation into others – at least momentarily. We can think whatever we want.

If you choose to believe this, please also have ONLY the best interests of all you hope to positively impact in mind. It will be impossible to so influence anyone you are simultaneously condemning and judging as ‘wrong’. And realize – the absolutely best way to help others is to use your energy to improve yourself. Use your ability to focus to find something right, something good - about the one you would help, and give *that* your attention.

What about God?

“All things are possible with God”

The apostle Paul wrote, “In Him we live and move and have our being.” In the Psalms we read that there is no where man can be that God is not present. Anything we want or desire we can achieve, when and as (because) we are in agreement with the Source of All that is.

And, without God?

This is simply a false idea. We can, in fact bring suffering, pain, scarcity, and unhappiness on ourselves when we choose to believe that there is no God. But why would anyone want to deny God? The answer is: they’ve been taught to. They think it is good for them. *Some people saw some* religious-type folks and didn’t like their behavior and (‘naturally’) came to the conclusion that they wanted no part of ‘that kind of God’. Well, of course not! – That version of the Eternal Source of All that Is was incomplete, inaccurate, and resulted in unpleasant consequences.

How unfortunate and unhappy is the individual who honestly believes (because it seems good to them) they are intellectually elevated above the bumpkins who believe an Infinite Supreme Intelligence exists. The kinesiological truth is that the Giver of all that is, **is**. While the concept of an aged, bearded lightning bolt thrower in the heavens ready to approve and reward or condemn and punish is inaccurate (to say the least). The total arrogance of Atheism does not serve its adherents.

Without God there would be nothing (and that is *not* our ultimate goal, by the way - some hold a misunderstood view of what Nirvana is). Mistakes and incomplete information do not negate the truth. The earth is roughly spherical – even if one thinks it is flat.

So we're tending toward the "with God" way. We've also heard that "The fear of the Lord is to hate evil." Whatever your religious or philosophical persuasion, it certainly seems that evil exists. Precisely how to define evil is debatable, but we are not yet all residing 24/7 in 'Heaven' (as far as we can tell), so it behooves us to do what we can to link up with / synchronize with / agree with God, since it is written (in a widely read Book), "No evil may sojourn with [God]."

What to DO - Now that I understand that what I think will shape what I experience, what about behavior?

Your behavior is the evidence of what you've been thinking. The ancestor to action is thought. You will act on what you have thought. You will behave in ways that are consistent with what you have been thinking (consciously or unconsciously).

As each of us chooses to elevate *our* consciousness and spend more of *our* thinking on love, abundance, joy and gratitude for the beauty that surrounds us for example, we can and do raise the collective consciousness of humanity. Positive, uplifting thoughts vibrate at a higher stronger level of energy than negative ones. Love does cover a multitude of sins, since the power and energy of Forgiveness, Love, Joy and other positive/clinically "good" thoughts and actions overpower and supersede the negatives.

When you witness someone committing a kind act – as simple as holding a door open for another – rest assured that the individual acting kind thought it was a good idea or they would not have behaved in that way.

So thinking 'good' – whatever that is – is better?

Understand that the Golden Rule is pragmatic.

When your mind is focused on *outgoing* concern rather than *your* lacks, wants, problems, needs or on condemning others, you will behave in ways that evidence that attitude (the ancestor to *every* action is thought) – and the Universe will respond in kind. It's the Golden RULE not the golden exception.

So you'll be 'thinking good' – using your cognitive POWER to give attention to the desirable in your experience rather than focusing on (and thereby actually drawing more to yourself) things you don't like.

And behavior echoes (or reveals) thoughts and mindset. There will be consequences to this thinking. And we can influence our thinking by our acting! You may have heard 'act enthusiastic and you'll be enthusiastic'. One option would be to alter your behavior.

Here's a pragmatic way to be: Try Kindness – toward everyone and everything (and this tends to be more difficult) **without exception**. In this case – if you choose this way (and it *is* your choice) – you don't even have to think about it – just BE kind. And persist. Waste no time.

The Bottom Line is: Love works.

Only Believe

From Eastern Mysticism to Judaism, from the Holy Bible to secular books like *Think and Grow Rich* by Napoleon Hill, a basic tenet of truth is expressed in the phrase, “Only Believe”.

- As a man thinketh in his heart so is he.
- Whatever you ask in prayer, *believe* that you receive it and you shall have it.

Thoughts are things, and might be described as analogous to seeds. Idle thoughts come and go, and most will not spring forth into fullness and ‘bear fruit’. But the Incandescent Light Bulb, Phonograph, Internal Combustion Engine, Space Shuttle and Atom Bomb ALL began as a thought. Someone somewhere had an idea.

This is to aid your understanding of the reality of Belief, what it is and what it does and How To USE it in Your Life to improve your circumstances. To become what **you** *want* to become, rather than what you (as most do) stumble into becoming (or become by default).

The Oxford Large Print Dictionary second edition OXFORD UNIVERSITY PRESS 1995 contains the entry below:

belief *noun*

- 1 the feeling that something is real and true; trust, confidence.
- 2 something accepted as true; what one believes.
- 3 acceptance of the teachings of a religion etc.; these teachings.

The process was the same for the Light Bulb, the Phonograph, the Internal Combustion Engine and the Wright Brothers flight at Kitty Hawk. When a sufficient amount of belief *came into existence* - when the idea reached critical mass - When enough belief that the idea *could* work and *would* work became extant (whether in the mind of one individual or a group) - the thing manifested or came into existence in our Universe.

For lack of more complete terminology / the longer version of what the stuff is, here's what happened: BELIEF catalyzed the unmanifest ..and then something we humans can discern with our 5 senses.. ..showed up in what we perceive as REALITY.

What great teachers and philosophers have alluded to over millennia is that by and large we see - in the circumstances around us - what we expect to see. That is to say, what we get is generally what we expect - we see what we believe.

Yes, Granted - the "unexpected" happens. Catastrophes strike without warning, etc. (There is a source for these, but that's another story). But in our everyday world, we often find that what we believe (AKA what we expect) happens.

Truth told we've all known people that "Bad Stuff" just keeps happening to - the "Accident Prone" individual. They just seem to keep having these (so-called) accidents. It is submitted that there is a reason for that. We have also run across the disgruntled, bitter person who always has a complaint about something - and seemingly rightly so! Because the evidence is there - they are victims.

You and I have also known some people who just seem to always be

in a good mood. Things that upset other people – just seems not to bother them. They exude a positive outlook and attitude even if it is raining...

The point is: Both the Optimist and the Pessimist will self-fulfill their own respective prophecies - Because they BELIEVE them.

When we nurse and coddle thoughts of how unfair life is, how mean or unkind people are - when we convince ourselves to believe the “Bad” stuff. Sure Enough, we find the evidence around us to prove ourselves right!

But, dear reader, the opposite is equally true - If we honestly believe most people are decent, life is good, etc. We will find evidence in our lives - in our circumstances and experience - to justify *that* belief.

Perhaps you’ve read the book - or it was read to you as a child, *The Little Engine That Could...* It is a story of what happens when sufficient motivation comes into being to cause one to put concerted effort into doing what is otherwise thought of as impossible (I think I can.). ..about how changing your mind changes outcomes.

In Other Words, what we believe is true! What each individual chooses to believe (or through force of habitual thought patterns, believes) is - for that person - what they *see* in their lives. That is, from each individual’s perspective - what they believe is True, Real, ‘the way things actually are’... Well, “Duh!” you say - If it weren’t true we wouldn’t believe it! Ah, yes. But could you allow that we humans - everyday of our lives – **decide what to believe?**

Whether consciously or unconsciously, we act on a set of beliefs based on our experiences in life. Based on what we’ve been taught. If our peers have been predominantly negative we tend to find it easy to complain. IF, on the other hand, we have had the good fortune to be in circumstances where the majority of input influencing our conditioning has been positive, uplifting, appreciative, etc. we tend to look at life differently.

It is generally accepted that for something to be believed - not just

considered intellectually - but to become a strong enough belief to impact behavior - an idea or concept must be received from 3 different sources. This is why it is unusual for one person to be able to change the mind of another. This also helps us avoid doing something irrational upon the first hearing of an idea.

There is also a down side to this... If “everybody” knows something - it *must* be true... right? For centuries, “everybody” knew the earth was flat and if you sailed a ship out far enough you’d fall off the edge out into space. So - mini-point here - it could be in your best interests to “prove all things, hold fast that which is good.”

Lately it has become fashionable to “Question Authority”... The reality of our world is that quite often, authority figures obtained that authority through years of study and hands-on experience and have valid reasons for their edicts, advice, etc. But we would be short changing ourselves if we conceded that *everyone* in *any* position of authority has *the* answer for our specific situation in our specific life. YOU and I, dear reader, are the ones who will be manifesting our own destinies by what we choose to think, say and do - and what we believe.

Let’s have a little mental adventure...

Imagine - that you, as an individual, are one cell in the organism that is the Universe... OK- we’ll make it easier, one cell in the organism that is the Earth – you can do that. You are (an admittedly small) part of the whole; one of millions of cells that comprise the entirety of the eco-system that is our planet. And further, that your behavior impacts the health of the organism... that what you as an individual cell do impacts - even if ever so slightly - the rest of the organism. What you do *matters*.

Might you be influenced by this belief? Might this impact what you think? ..and say? ..and do?

OK. Imagine that you are a Brick - in a building. Now you also need to realize that what you do - and what you are – has at least something to do with (and affects) the stability of the entire building.

IF, for example, if you (as a singular brick) have no integrity, at some point you fall apart and crumble, the result is the creation of a hole in the wall, weakening the structural integrity of that wall, and consequently the entire structure.

If you choose to be a solid, dependable brick - and Think/Believe you are useful - and Think/Believe you are right where you are supposed to be - and believe the construction foreman had you placed in the right location, and BELIEVE the Brick Mason put the right amount of mortar below, over and around you - and you continue upward on this mental course and (why not) consider that you are privileged to be there, and think that your role in the building is vital and important - not overly important, or more important than the other bricks, but important.

Might you consider that it was important that you believe yourself to be solid, strong and dependable?

Could you begin to see that WHAT IT IS THAT YOU BELIEVE impacts your reality - Has a solid, real impact on what you see and hear in the physical world?

Also, we've heard, "Experience is the best Teacher." So after Mom tells us not to touch the stove and Dad says the same thing, and then we touch it, we burn our fingers and - Voila! We Believe! **Please note** - In this example, the fact that it *was hot BEFORE we believed*. So you may concede that some things we don't yet believe are nonetheless (already) true. EXCELLENT!!!

So now we're going forward.

An aspect we may not have been taught is that the reality of the idea expressed as, "Only Believe", is that we can just go ahead and believe something, and - if there are no laws in the Universe withstanding it - it will Become True. It will become, because we believe it will, our Reality. - Yep - Really. What? Sound like a quantum leap?

Jesus of Nazareth taught his disciples that if they asked anything of him it would be done for them - *provided they believed it.*

In his book, *You'll See It When You Believe It*, best selling author Wayne W. Dyer points out that we can, in fact, transform our lives by learning to BELIEVE and practice principles that - although different than the standard operating procedures of most folks - work when applied.

The admonition in Scripture (James 1:5&6) is that if we ask for wisdom, it will be given to us - *provided we ask in faith* - without wavering. In other words, we have to BELIEVE in order to receive.

We can have abundance rather than scarcity, health rather than illness, happiness rather than bitterness – IF we so choose –

WHEN we and as WE BELIEVE it.

Now, hold on, the critics say... What about the handicapped, what about the terminally ill, etc? The Snappy Comeback is: You never heard of Helen Keller? You never heard of anyone ever recovering from a “Terminal” illness?

The evidence is out there, my friend. There are an untold number of bona fide true stories of people - not that different from you and me - who overcame the “evidence” of medical expert’s diagnoses, an environment of poverty, lack of education, and/or whatever else others succumbed to. Somehow people who appeared to be destined to be Victims became Victors.

Certainly, if your life up to this point has been one of scarcity, neglect, “failure” and UNpleasant circumstances, it will tend to be more difficult for you to believe in abundance and success than for someone who has been living it for decades. This is not a valid reason for you to throw the idea away as having no merit... Ya gotta Believe!

We’ve all heard of individuals who soared above their seeming handicaps, obstacles, illnesses. Remember the Olympics not that

many years ago, when Coach Bella Karoli told gymnast Kerri Shrug, “You Can Do It!”? Remember what she did? (*evidently she believed him*) –

1996 Summer Olympics – with torn ligaments in her ankle from her previous vault, she performed another (scoring 9.712), helping bring Team USA the gold medal. Face it - what she did was ‘impossible’ - but she did it anyway. Lance Armstrong’s Cancer stopped him from racing in the Tour de France didn’t it? No Way, Jose.

The point, dear reader, is that *each of us* can tap into the same Source and achieve what it is we want - IF WE WILL STEADFASTLY **BELIEVE**.

Without question this is not the automatic habitual way most of us tend to think. But - Dear Reader - You *can* change your mind. It is only impossible if you BELIEVE it to be so.

Take a brief moment to practice - Can you - if ONLY FOR A MOMENT - imagine yourself healthy? - just imagine it. Can you imagine you will (someday) be able to wake up and get out of bed feeling like you had a good night’s sleep and your back doesn’t hurt?

Let’s see. Think of something you want (something ‘small’). Now, Believe you can attain it. Yes, you understand you may have to pay for it, you may have to work for it, you may have to trade some of your time and energy for it, but try this: Believe you will attain it.

Your author knows quite well that “stuff” gets in the way of getting what we want, and that this whole deal, while as true as anything ever gets, is “Easier Said than Done”. And, that ‘things take time’ (duh). But what’s true is true. Immutable laws exist in our Universe (and recent studies of quantum physics apparently are pointing toward an understanding that intention is as close to what we previously viewed as *causation* as we can find).

The “How To” part does require effort and time, and admittedly is usually difficult at first (it gets easier over time), but suffice it to say, the principle has been, is now, and will always be: true, applicable and

available. The central idea is YOU are the ONLY one who can accomplish this. *No one* - however well meaning - with whatever resources - *can do it for you*.

Here are three essential points:

- **FIRST – Practice thoughts of Appreciation rather than Depreciation.**

We can - with practice - and this is admittedly easier said than done, but IT IS POSSIBLE - get better at “Thinking Positive”. If you’ve ever practiced *The Power of Positive Thinking* (kudos to Norman Vincent Peale), you know it works. The trick is to train your mind to *stay* focused on the positive, *keep* expecting the good, etc. What thwarts our efforts is that we so easily fall into habitual ways of thinking. But - “practice makes better” - we can form NEW habits!

This “Believing” stuff works - but it takes effort! Just as an athlete has to practice, strain, work, practice, focus, work, practice (get it?) - so too will the individual who wants to *achieve* ANY desire. And - BELIEF occurs when enough practice has transpired that the individual becomes convinced -believes- they can accomplish whatever the goal is.

So - when you have opportunity - *and you will soon* - Believe it! - YOU can control what you are thinking. You can believe better than you used to. When you have opportunity to criticize, find something to be grateful for instead. There are plenty of things to appreciate out there, and as you practice you will find more. Hey! You’ve got a mind - USE IT!

As you apply this “trick” you will prove to yourself it IS possible to do. And be on your way to believing that you can, in fact (shudder), actually control what you think!

IF you can - In Fact - Control / DECIDE What to Think - You can Decide to Appreciate. You might even decide to Believe.

ALSO ~ **an aside** ~ Like Thumper's Dad said, (from the Disney movie *BAMBI*) "*If you can't say something nice, don't say anything at all.*" Practice controlling your tongue (we never said it'd be easy). You'll find you CAN do it. And, if you can do it once, you can do it again.

- **SECONDLY –**

Recognize that you already apply this principle in your present daily life.

You believe the sun will rise in the morning, don't you? Great. WHY do you believe that? It is not tomorrow yet. You haven't seen any *evidence* of the sun's rising tomorrow. Yet you fully expect it to happen, based on experience guided by intellect. You make the logical *leap of faith* that it will.

If you believe you'll have a good day, chances are excellent you will. If you are dreading going in to work, or the dentist, or whatever else you are not looking forward to, chances are that you'll find that when it is over that it happened as you expected. The best it is likely to get for one with this belief (if the experience turned out to be positive) will be to grudgingly admit, "Well, that wasn't so bad, after all".

What we believe is possible is possible. In his book, *Think and Grow Rich*, Napoleon Hill wrote this: **WHATEVER THE MIND OF MAN CAN CONCEIVE AND BELIEVE IT CAN ACHIEVE.**

- **FINALLY –**

IF you will just Go Ahead and Believe, the results will show up and amaze you.

Believe, and what you think is what you'll see. And not in a bad way. There's no reason to fear anything. (*with* God, remember?) Because "perfect love casts out fear". One could say Love *supersedes* fear as would sand water. Belief = a thought repeated often enough. The immutable Laws of the Universe are not open to debate. As far as science and/or religions have advanced our thinking, we simply do not know what it is that we don't know. (Profound, huh?)

The point being: the *stuff* that *causes* things to happen - the *reason* why the acorn becomes an oak, the *thing* that makes flowers bloom, the *power* by which (from a purely physical perspective) a sperm and egg come together and seemingly produce a Mozart, Albert Einstein, Winston Churchill or YOU exists. **Somehow, my sibling, you and I came to be here.** This ‘power’ is a force that cannot be misdirected, suppressed or altered. (“I change not”) We humans - by how we use our minds and what we believe - can, however, cause what would otherwise be ‘right’ for all concerned to become misdirected, and end up ‘wrong’. We can experience what we don’t want.

An acorn will NOT produce a peach tree. And, dear reader, an expectation of success - when firmly held on to - *cannot* and will not result in failure.

~ Another “aside” – Why not (if you’re in the habit of thinking failure) think this way: We produce **results**. By what we think, by what we do, what we get are results... IF we can decide that what happened was a result - rather than a “failure”, we can progress.

Thoughts are things. They exist. And IF - like a flower in a garden - they are allowed to develop, without being overrun with weeds, without any prodding or pushing along, they will Bloom. ..The best fertilizer out there is simple Belief.

Now FAITH is the SUBSTANCE (the stuff) of things hoped for - the EVIDENCE of things not (yet) seen.so that the things which are seen were not made of things which are visible.

In other words, the **stuff** we can see, hear, taste, smell and touch came into existence by a process that is not discernable with the 5 senses. What we can physically experience came into existence somehow. And (here’s something) while it may be that Energy and Matter can neither be created nor destroyed, NEW STUFF comes into existence every day.

Acorns use minerals in the earth, water, Carbon Dioxide, etc. and become trees, which, over time, grow old and become wood that

burns, releasing energy as heat. But HOW does that happen? Is it simply a chemical reaction? What is it that *caused* the acorn to germinate & grow?

Distill this concept a bit and the practical application of this truth is that there is something - call it Faith, Love, Universal Intelligence, God, Cosmic Consciousness... - what name or term you or I choose to use doesn't negate the existence of this reality, this Source, this 'cause' if you will. There IS something that brings new stuff into our reality... something that causes things to show up in our lives. Last year's flowers are gone, shriveled up, history. But NEW ones are here today!

Could it be that what makes the flowers bloom is the same thing that brings love into our lives? Could it be that a Supreme Spiritual Law more certain that Gravity Exists, has always existed and will always exist, that *compels* stuff to happen, Causes the energy "out there" to manifest itself into form we can perceive... and that we tap into the unyielding Power of this Eternal, Unchanging Law when we... When we *think*?

Could it be that the awesome POWER that brings into existence things that did not previously exist is the Thought, Desire, and unfettered Belief that they will?

When people are laid off from their job, they either believe they'll get another job or they don't. Perhaps they BELIEVE they'll get another job by the time their Unemployment runs out (and they do). Perhaps they believe that they will get a better job (and they do). Perhaps they believe that the world is against them, and no matter what they do, they'll never get another job, and they don't.. And then, *they Change Their Mind*, and believe they'll get a job - just not a good one... AND THEN THEY DO.

Let's "cut to the Chase"...

YOU CAN CHOOSE TO BELIEVE THAT GOOD STUFF IS GOING TO HAPPEN FOR YOU. You've already proven to yourself you can CHOOSE what to think - haven't you?

IF You Believe you CAN

or

IF you Believe you CAN'T -

EITHER WAY - YOU'RE RIGHT !

Our conditioning has led us to Believe what it is that we Believe, and - TODAY - we believe differently than we did as children. Why is that? Because we have learned that things we previously believed were not based in 'reality'.

As an example, perpetuating the myth of "Santa Claus"... The idea has critical mass, and adults who 'know better' continue to encourage belief in this and it can (and does) undermine children's belief in teachings that are more useful, as in, "They lied to me about Santa Claus and the Easter Bunny, this God (or Jesus, Moses, Mohammad – take your pick) stuff may also be a hoax - how am I to know?".

It is submitted that most of us have been conditioned by the world around us to believe 'Life is Tough', 'You get what you pay for', 'Life isn't Fair', 'If anything can go wrong, it will', 'Bad Things happen to good people', etc.

Among humans, there are umpteen versions of belief / philosophies / religions / etc... Here's what we humans do: We believe what we've been programmed to believe.

IF we CHOOSE to Believe it – it is True - FOR THOSE WHO CHOOSE TO BELIEVE IT.

~ ~ ☺ ~ ~

News stories in Broadcast and Print media focus on violence, wars, murders, suffering, etc. We have a barrage of negative information assailing us constantly. Let's face it - It isn't hard to be critical – it is perfectly natural to fall into cynicism, negativity, etc... With all the bad news coming at us 24/7 - *How is it that ANYONE is ever happy?*

Seriously - With all this impinging on our consciousness – individual as well as collective - ***How is it that ANYONE is ever happy?*** (And you know it - Some People Are!)



Dear reader! You can be happy, healthy, at peace – fulfilled, and all that other “Pollyanna” – type stuff.

It is possible to “reprogram” ourselves – and we definitely do NOT have to do anything that disagrees or conflicts with *anything* that is true and good that we’ve been told – by Churches, Religious Authorities or Respected Teachers, Philosophers, etc. Certainly one need not fear offending Divinity.

What we’ve been told by the true and honest teachings of our early years was (in most cases) accurate – *as far as it went* – but it was also truly *incomplete* information. We have also been subject to – unconsciously at least and ‘on purpose’ in some cases – information supplied by people who were doing the best they knew how – which was NOT in our best long term interests, and was, frankly – ‘wrong’.

We can over write our previous conditioning. If “perfect loves casts out fear” which it does, we can supersede our problems and scarcity mind set and overcome our prior “victim” status... for better health, improved finances, relationships, employment – anything we want. –

IF someone told you this was EASY, they were trying to be encouraging... I Never said it was **easy** to do, but ***it IS Possible!***

There’s more “How To” to come – for now, *just change your mind and believe it possible*. You may have read, “All things are Possible with God.”

By definition, “all” excludes nothing.

So –

Try it. You'll Like it.

One more suggestion: Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things.

How the Universe Works

There are a number of Books that propose to explain how the Universe works. The research that led to this book encountered teachings that at first glance appeared unrelated or even opposed to each other, then later became recontextualized and are now seen as integrating with relative ease.

Buddhism and Christianity for example – at least traditional Christianity – have diverse teachings. It has been written that Buddhism leads one to Enlightenment and Christianity to Salvation, and that these two are not the same thing.

Adherents to either schools (or ways of thinking) observe core truths that guide behavior and may express - in different terms - similar concepts. The truth of, “As he thinketh in his heart, so is he” can be seen to agree with “What we have was first what we thought”.

A popular Christian Hymn says, “God speaks to us”. This is not (as some religious folk might think) due to any favoritism on the part of God, since the Bible states, “God is not a respecter of persons”. So – IF true, this would mean that God (whatever that term means) must be communicating... with us (with everyone). And it follows that those who have “ears to hear” will be “getting it”, while those “whose minds have been blinded by unbelief” won’t be able to discern the messages in these communications.

So it would certainly seem that it would be in our best interests to acquire the ability to perceive what is being offered, since, by definition, the Source is Infinite. And, being Eternal, may well remember more than we do and – since also defined as Love – will be speaking to us words (or pictures, or feelings) that would help us. This would make sense. It would be in our best interests to pay attention. Yes?

And GOD wouldn't necessarily be constrained to speaking to us at a lectern in a church building. ..And would be (*because God is Love*) communicating with us regarding how to become happier, stronger, smarter, healthier, wealthier, more effective, more successful, since neither you nor I are blissfully happy and Joyful ALL of the time (or you wouldn't be reading and I wouldn't be writing) – Right?

As written in the Book of Ecclesiastes, There is nothing new under the sun. Meaning there are no “new” Universal Laws springing into existence. Things are as they are, work as they work, expand as they expand and do as they do. Of course, there's new stuff coming into our awareness all the time; new things, new ideas, new ways to do things. This is precisely *because* there is no change in the way the Universe works. With God ALL things are possible. (and yes, I understand you've heard that before).

Once one begins to **realize eternity** – and by that meaning once one can begin truly living in the “now” – with the understanding that Now is Eternal... a new level of consciousness emerges.

Selah.

It is useful to understand the concept that GOD is trustworthy. God doesn't “Play Dice with the Universe” as Einstein put it. The Source of All that Is - is not fickle or capricious. “**I change not.**” is the Biblical quote. Remember that. And please follow.

If God is Infinite, Omnipresent, Omnipotent, Loving, and God is Changeless; If we are either children of God, made in the image of God, part of God or particles of God, Then it logically follows (Love – remember?) that we can have whatever we want *because of who and what we are*.

If this seems like a Quantum leap, stay tuned. If, in point of fact, our Creator and Source of Being is loving, caring, giving and desirous of creation expanding AKA becoming perfect (most of us can agree we can improve/grow more) and is simultaneously just – we MUST get what we deserve – which must be what we want.

As we begin to realize (breathe deep) that what we are experiencing in our lives is, in fact, what we ‘want’ (what we’ve been paying attention to) and deserve (as the children of Unlimited Abundance) it becomes obvious that if and when we experience anything other than beauty, truth, happiness, health and all the ‘good’ things there must be a reason.

The Source of All is decidedly NOT vindictive, megalomaniacal or sadistic. The ‘fire and brimstone’ lightning bolt throwing judge that condemns to eternal burning in hell is simply an invention of ignorant men (who by the way, thought when teaching this they were doing good – more on that later).

At the same time, expecting to get happiness, love, beauty and good in return for laziness, pride, criticism and fault finding, while believing you are a victim – is unrealistic for a reason. It is simply not in alignment with the Laws of the Universe.

Kindness is likely to be visited on one infrequently when one chooses to be unkind. And, my dear sibling, it IS a choice. How you behave, what you believe, what you think about.

Loving unconditionally has as part of it allowing Free Will – we MAY in fact do anything we choose. However, since the entirety of everything that exists is also loved unconditionally, Justice happens. We will reap what we sow (our actual harvest is way more than we sow – We sow seeds... We harvest crops!).

When we choose *consciously or unconsciously* to maintain our focus on the inadequacies and errors in the world around us and choose to be critical – in a JUST Universe – we will receive inadequacy, error and criticism because that’s what we are – by the process of paying attention to it – showing the Universe that ..we... *want*.

But you can’t mean that – I don’t really WANT bad stuff. OK – Not consciously – but when we habituate attitudes and expectations we get what we expect – and we can do so ON PURPOSE or by

default. IF consciously we think GOD loves us – and unconsciously we believe that our purpose in life is to suffer, we will manifest suffering. This is a valid teaching.

So for us to experience Miracles, we need to: 1) Think differently, 2) Recontextualize what we experience and 3) Expect them.

It is a holographic Universe, this place of ours. Martin Luther King, Jr. is reported to have said, “I’ve been to the mountaintop.” He is also reported to have taught, “You don’t have to see the entire staircase – just take the first step in faith”.

People alive today have experienced periods of real bliss. The ineffable (at least part of it) has become known experientially by some of our fellow humans. Is there any rationale reason a just and loving Creator would deny this for you if you wanted it?

What? You haven’t been “good” enough? WHAT? You think that, “God is Love – except when he’s upset”??? Could you entertain the concept that maybe you haven’t believed enough? Or that you have believed an incomplete version of how things really work?

You’ve heard the admonition, “Choose Life”? You are being now asked to entertain the thought, “Choose Miracles”.

The next section has some of the “How To” part.

12 Pragmatic Points

Since there's 'nothing new under the sun' (more on that in a bit) you've probably heard most of these before in one form or another. The hope is that considering them from one more vantage point (can you say, Holographic Universe?) will be the catalyst to bring you over the edge of doubt or vacillation to a somewhat more serious pursuit of enlightened pragmatism, i.e. how to *be* in order to have better results show up in your life.

1) What you keep in mind is what you'll find.

Calibrating well above the threshold for integrity (see Hawkins, *Power vs. Force*, et al), "as he thinketh in his heart, so is he", and the idea that 'What we think about is what expands' are truthful.

Recognizing this concept will enable you to consciously decide to change what you're keeping in mind. With practice you will see more and more circumstantial evidence this is true and you will improve.

As you become aware of the absolute truth of this idea you may experience regret, i.e. the "shoulda, coulda, woulda"s. When the thought comes to your consciousness, "I caused that bad thing", resist self recrimination. The fact of the matter is: you didn't know better at the time – or you would have thought differently (stay tuned – we'll get to how to deal with mistakes, errors and regrets). Understand that what you think about is what you'll experience and be patient with yourself –

And become aware (bring into cognition) that you believe...

2) Practice makes Better

You may have heard the axiom, “Practice makes Perfect”, but seemingly at the same time - held the thought that perfection is impossible; since this is what religion, academia, the media and other authorities have been telling us since we were children. So let’s move incrementally.

Anyone can agree that practicing virtually anything will improve one’s ability at it – whatever “it” is. And, with time (and practice) you will recontextualize the concept of perfection (more on that later). So, take the next logical step - we won’t expect to get perfect (because we don’t frankly yet fully grasp what perfection is all about), but we can expect to get better.

In point of fact, it is heartily recommended that you...

3) Expect Success

It is likely you’ll be pleasantly surprised as you begin to put into practice the concepts and principles you’re reading here. That’s OK. It can be a life changing revelation. But as you do so (seriously!) *expect* to be successful – because you can’t help but be successful at whatever you keep in mind. Whether you imagine the positive outcome of an event or activity, pray for things to turn out right, meditate or visualize yourself in improved circumstances, or otherwise pre-pave the way (kudos to Abraham-Hicks) expect success.

Whatever methodology you use, know this: If you expect the worse, don’t be surprised when that turns out be your experience. But the converse is equally true (it is actually more likely- due to the fact that positive thoughts are so much more powerful than negative ones) ..and achievable.

Expect Success. Then, go ahead and...

4) Express your Appreciation

Allow it to flow through you. No public display is required. Outside of a cheerful countenance and kind manner toward everyone, simply express as it comes to you. An outward show or constantly telling other people how much you appreciate could be counter productive. Frankly some of the beauty you will begin to experience, happiness you will feel and bliss that will overtake you will be difficult if not impossible to express in words. But when you have reason to (and you will), be grateful for what others are doing for you and tell them, "Thank you".

Consequently you will begin to see more and more of things for which to be grateful. You'll temper your behavior because the gratitude is real. And you will *feel* better (more on feeling later- stay tuned). Expressing gratitude to your Source in private is something you can always do; and experientially you will understand God doesn't condemn the practice and won't chastise you – even if you get a bit emotional about it.

5) Believe in (understand) Grace

Come to grips with the truth of what is. Yes, we are 'saved' by grace. But we can also communicate with each other by grace. You are able to read these words because by grace you received the ability to translate these symbols into words. Perhaps you grew up in a society that valued literacy. It is by grace that you have eyes and limbs – and also your awesome mind. God is love. Our Source is now, has been, and forever will be: Giving... graciously.

Aside - yep.. Can you allow the concept that God / Universal Intelligence / The Holy Source of All that Is - cannot and will not change – Is Changeless – and (yes, my sibling, and) is always – and simultaneously – creating, expanding and evolving?

What we have, we have by grace. There are things we can (and will) do (AKA behaviors can engage in) to seemingly increase the likelihood of positive outcomes. But understanding, believing in *and expecting* Grace will allow more of it to manifest in your experience. You can avoid the “I’m not worthy” idea and act on the understanding that whatever you receive is a gracious gift (and appreciate it).

6) Become a Disciple

AKA: a student. This is not to suggest you become a disciple of a specific individual or religion or guru, become a disciple of The Truth. A disciple needs to discipline themselves – but need not ‘go all austere’ so to speak. Be diligent in your study, serious in meditation, reverent in prayer, circumspect in action... and gentle with yourself.

This does not require a monk-like, aloof, dead-to-the-world or above-it-all lifestyle or practice. Granted, as your understanding improves (as your awareness is enhanced) you may choose to associate with former friends, habits and settings less often. This is not to say you’ll “shun” them - or be critical of them. They just won’t necessarily be what you consciously choose to have in your experience.

“Study to show yourself approved”. And practice! Remember, practice makes better. You can ‘push’ yourself a little (if you don’t, who will?). But please – this is not to become egregious “work” (yuck!) – God is “Love” remember – not a ‘slave driver’. Don’t be foolish or extreme, and don’t forget it is important to...

7) Rest

Give yourself a break! Make time to relax (at absolute minimum once a week). Practicing meditation can help you get better at it and you will be able to recharge rapidly after you get good at it, but on your way there, be gentle with yourself. And understand that some of the activities you used to think that you absolutely must engage in are not all that earth-shattering in importance after all. You can take a few minutes off ... and the world won’t stop turning.

As you progress to higher elevation/energy levels or higher levels of awareness/consciousness you will recognize there is more to life and thoughts and existence than merely your physical body. But while we appear in corporeal form, realize the truth that we will always function more efficiently and effectively when rested. Studies confirm when we're tired we eat more, gain weight and are at risk for diabetes. Exhausted people tend to be cranky. Stress is a killer. You already know this, so be a smart disciple and be kind to your medium for communication in this world (your body) and do what tends to life, happiness and well-being – get sufficient REST.

8) Get with it!

Take action. Yep – we just read we possibly need to get more rest. Now we are to get “Up and at ‘em!”? Yep. One is not getting the rest we're talking about sitting on the couch watching television murder mysteries or the evening mews. Lack of physical activity is just that – a LACK. Rest is something entirely different. Get enough sleep. But not by falling asleep in front of the Television.

Then, when rested, *swing into action*. Find something useful to do and get about getting it done. Do NOT waste time attempting to make it through your life in a waking stupor or a semi-conscious state. Don't be concerned about the 'how'. As you progress you will be inspired and find things to do - So, DO them. Take the actions that will advance you on your path. *Engage!* Become a person of Action!

9) Prove all things; hold fast that which is good.

Stick with what works, integrating truth as you go. It is good to check from time to time and see if you are receiving truly helpful guidance. As you progress through time, you will likely experience plateaus in development and sometimes this can be frustrating – when the bliss you recently experienced seems to elude you. If progress seems to come to a halt and you aren't doing anything differently, understand that starts and stops, progress and patience are all part of the process,

but don't continue pursuing a 'new' way that isn't working.

Reality Check time... Let's presume for the sake of convenience that you are at least 12 years old as you read this. If you had (at least) 12 years... *12 years* to get to your current condition (whatever that is) then please realize it is not reasonable to expect to get to a place of bliss.. and stay there... with only a few weeks (or years- depending on what you believe) of serious study/application. So (please) be patient – with yourself and the process.

If you hit a bump in the road, realize you can always go 'back' and repeat what worked before, thought-wise. If meditating every day worked but you are not at the present moment as advanced/elevated as you would like and seem to have hit a plateau, why not go back to meditating every day – it couldn't hurt. It is perfectly OK to “retreat to the familiar” from time to time. Don't get mad at yourself when things don't go as you planned. You can always use the next idea:

10) Ask for help.

You may already have some inkling of the actual (mind-boggling) enormity of Love. First, please concede that you don't already know everything (not to be rude, but you really don't). Second, consider that it (Love) could be larger than you previously thought. Then, (Now) realize that if you ask Love to help, *no other result is possible* - because Love cannot possibly be stingy *because of what Love IS*. Love cannot 'hold back' – Love simply is, and is infinitely available.

So ask and (yes, you've heard this before) it will be given you... but ask in Faith! Remember # 3 - “Expect Success”? When we apply the expectation of success - when we fully expect to get the help we need and keep asking, “Persist without exception”, to quote Andy Andrews, it will be impossible to not get the help we are asking for.

Ask people; ask friends, ask relatives, seek out the answer in books. Why – here's a thought – you could even Pray! Prayer works.

Another aside – Perhaps you’ve read “God heareth not sinners” – What does this really mean? Is it possible we’ve misunderstood?

Quite simply, **it means that when there is nothing to hear, nothing is heard.** Stop and THINK.

- 1) A sinner is not going to be praying – by definition they’re busy ‘sinning’ and therefore not applying faith, the expectation of success or quite frankly even *thinking* right. So –
- 2) God doesn’t hear what doesn’t exist! Because the sinner is simply not praying.

Prayer *requires* a reverent attitude- and one who is busy ‘sinning’ simply won’t be in that mind set (what isn’t happening isn’t creating). Just as no one can hear what isn’t being said, even a certified telepath can’t perceive thoughts that aren’t being thought.

Please consider that we may have been given – by well meaning individuals – inaccurate and incomplete information; and that it is OK to ask for clarification. LOVE never faults ignorance. Stupidity, perhaps – but not ignorance (Father forgive them, *for they know not what they do*).

Recommended study is in another section, but quick references: *Power vs. Force*, *Living the Field*, *The Power of Intention*, and for those who choose, *A Course in Miracles*.

And wrap your mind around this truth (and it is the truth): the Source of All does not discriminate *against* anything or anyone. So as you ask, the answer will be given. But in order to receive ya gotta do it “right”... and this leads us to the eleventh point - and this point is not so much what to do but rather what to cease doing:

11) Stop Condemning (period).

Not only do you have no *right* to judge anyone else, please pause and realize this: you have no clue whatsoever *HOW* to judge what anyone else’s motivation was (you don’t know what they were thinking) nor

any real knowledge of what the ramifications of their actions will be throughout time (and don't interrupt and ask if I think murder is wrong - what a critic! – I'm asking now– begin changing your mind!).

Socrates taught that people do what they think is good (for them at the time). While it may be viewed as regrettable, the fact is humans in and of themselves seem to have absolutely no way of knowing what is *truly* (AKA 'really') good.

What people do, at the time they are doing it (what you and I do), they (we) self-justify. What they (we) choose to do, from their (our) frame of reference at the time seems to be what is good for them (us). Given their (our) circumstances and mind set at the time, it seems right/good.

(Yes, it is perfectly OK to reread that bit – whew!).

This is not to say it *is* good for them – or anyone else, but that, in their mind, at the time, they do what they do because they *think* it is good for them (or they wouldn't do it).

The thief thinks that stealing will be good because of what will be gained by theft. The liar lies because it is thought the lie will yield the desired result. Perhaps you've done something you knew was wrong or at best illegal. Why did you do it? Because *at the time* you decided/thought it was good (or at least acceptable) for you.

“All by itself” the human mind cannot tell true from false. We may regret the wrong or bad or stupid things we did, but *in the instant we did them* we thought they were right and good for us (they were what we wanted), or we would not have done them. Yes, even someone who harms themselves on purpose thinks (at the time) it a good thing.

So consider if Mr. X or Ms. Y did something *you* think was wrong, any decision to condemn them is based on incomplete information.

~*~

Right, Wrong? Good, Bad? Sort of like that guy... back in the day – you know, back in the 1860's... whose cousin came to visit after an extended absence and asked:

So, how have things been the last couple of years?

Well we had a bumper crop of corn last year.

Oh, that's good.

No it was bad. We had way more than we could store and field mice got into the barn and tore the heck out of it. We barely saved enough to feed ourselves.

We've had some drama. I had to shoot my son's favorite horse.

Oh that's bad.

No, it turned out for the best. That horse was really getting on in years and had started getting ornery... Well to make a long story short my son decided to ride him and tried to jump a fence and the horse threw him off - and broke my boy's right arm and right leg and his own leg in the process, so I had to shoot the horse.

Whew! – Well I guess it was time for the horse, but your son – broken arm *and* leg – man that's *bad*.

No – it was good... the best thing that could have happened. A regiment of the army came through here a week later conscripting every able bodied male in the county, but since my son couldn't get around they left him with us. Now, of course the war's over and well, we're doing just fine... How have you and Amanda been?

~ * ~

The point being: IF you can understand that one cannot judge accurately without ALL the facts, realize that you cannot get ALL the facts and, in all candor, have no idea how any specific action or event will impact the entirety of the Universe. The guy who cut in front of you on the freeway and in so doing delayed your arrival may by doing so have simultaneously saved you from a horrendous wreck you otherwise would have had if you had arrived at point X a minute earlier.

You and I have nowhere near the enormity of evidence, intelligence and knowledge of what impact an action or incident will have on us tomorrow, much less on persons 5 or 10 succeeding generations later (eternity is a long time, huh).

So leave judging and justice to the Divine. Because that is the ONLY guarantee justice will be served. And (the good news is) you may rest assured; *no one ever “gets away” with anything.* Evil begets evil and feeds on itself (nasty, huh? –that’s why we call it ‘evil’), “What goes around comes around”, and “Karma happens”. However you want to phrase it, vengeance is decidedly not yours or mine. We simply don’t know enough to make the judgment to condemn. So,

12) Take the next logical step: Forgive.

And here’s where we may begin to lose some if we’re not careful – so please stay with it. Also note: this does not say “Forgive and forget”.

We’ve already been taught that Forgiveness must be “from the heart” or it simply doesn’t cut the mustard. The model prayer of the Christ of Nazareth has been translated: “..forgive us... *as we forgive others..*” So it makes sense that if we have any guilt about anything, or are maintaining a grudge about anything, anywhere, anytime it is in our best interests – yea, verily, our continued long term status may well depend on it – we need to get this right and forgive. (!)

At some point we will begin to grasp and take ownership of the value of some of the points in *A Course in Miracles*. As we stop attacking others (which you do when you condemn) we begin to *receive* fewer attacks. As we understand what forgiveness is and *why* to forgive (for they know not what they do) rather than merely knowing intellectually that forgiveness seems the pragmatic thing to do, we can change our minds, recontextualize and realize:

- a) The people who did us wrong had no real idea what they were doing (even if they consciously wanted to hurt us, they could not have consciously realized what

harm they were doing to themselves or they would not have done it!) and

- b) Forgiveness heals the forgiver. With modified thinking comes modified behavior. As we forgive we are forgiven. We can even begin to forgive ourselves. Forgiving folk have no desire to hurt, defraud, steal from or injure others since they understand what goes around comes around.

What more can we learn about how to forgive? If (when) you want to, just do it. Practicing anything improves the thing that is practiced.

Where possible, start close to home – forgive your parents, siblings, relatives. Challenging? Maybe... or start off forgiving those who have no clue you're still holding a grudge. Forgive your first grade teacher for making you sit still. Forgive the server in that restaurant with the service so bad you'll never go there again. You don't have to announce to them you're forgiving them – that would probably be uncomfortable for both parties. And it may make no apparent difference to *them*, but YOU will benefit - Guaranteed.

Review the preceding 11 points.

By keeping forgiveness in mind, that is what you will find. Expect success. You will get better at forgiving with practice, so have faith. Nurture an attitude of gratitude, believe you will receive the help you need by grace (you can't *earn* forgiveness). Study, rest, take action, stay with what works and ask for help when you need it. It *will* arrive, right on schedule, as you replace doubt with doing and fear with loving.

12 points, right?

Yes there is another step after forgiveness (there are several). But fear not, you will learn. As comprehension grows so will positive results. As understanding develops, thinking changes and, as Dr. Wayne Dyer succinctly put it, “When you change the way you look at things, things change”.

The essential question of, “Do you live in a friendly or a hostile Universe?” is not merely an important one. Your answer is, even now, determining what you are becoming and what you will experience as you move forward in your life.

The Truth is that our Universe is abundant, expanding, loving and kind, responsive and giving, with limitless energy and power which is available to anyone and everyone who will ‘play by the rules’. As we begin to get ourselves in sync with Universal Laws, we will begin to see the evidence in our experience. “Things” will become easier.

Universal, Eternal, Laws exist - and change not. And ‘Karma Happens.’ So what to do – what’s the next step?

Try Kindness.

Be kind. When you just go ahead and do the little ‘extra’ things that help others, you are helping yourself. If you’re reading this linearly (page by page from the introduction) you’ve been exposed to the truth that what you give is what you’ll get, what you give is what you will receive, and that you cannot harm others without harming yourself. But the converse is equally true – you cannot live a life style of helping and encouraging others without receiving help and encouragement (and here’s a hint - the second way is ‘better’).

There is more that can and will be helpful to you (me) in your (our) quest to live a life of enlightened pragmatism. Consider – if only for a moment --- What if the admonition, “Become Perfect” was possible? What if you have had incomplete understanding and ‘perfect’ may not mean what you’ve thought? - Seriously, if all things are possible with God, why not perfection? What is excluded from “all” anyway?

Now, please... Please don’t get ‘down on yourself’ or consider yourself failing if you don’t reach perfection in three months.

What created you only creates perfection. What IS ‘perfect’ anyway?

Think of / imagine a perfect rose in full bloom. Now imagine a young rose bud, not yet ready to bloom, but with everything perfectly formed and in place so that, when it is time, it will become the lovely 'in full bloom' thing it is destined to become.

Now know this: **the bud is already perfect.** It is not finished yet. But it is perfect, a perfect bud. Let's think something as simple as a tree. The next tree you lay eyes on – can you consider that it is perfect for its purpose. Perfectly placed, perfectly formed and doing what it is doing, perfectly. And it will either continue to grow and thrive as a tree, or the energy that is now manifested as a tree will change form and become some other 'perfect' thing.

Wrapping up this section.

From the Introduction to *A Course in Miracles*, paragraph 2, sections 2 and 3:

Nothing real can be threatened. Nothing unreal exists.

We will come to understand this. Right now, Just pause a moment.

Being Pragmatic can be defined simply as: Doing what works.
Here are a few thoughts to close the section:

Quoting Gen 1:31 - And God saw everything that he had made, and, behold, it was very good.

The First rule of biogenesis is: Like begets like.

God is Love.

You and I were created in the image of God.

An acorn from an oak tree won't develop into a peach tree.

God is Love,

And you and I are the offspring of God.

Go ahead, use your mind and think. You are not likely to be condemned for merely *thinking*, are you?

Compassionate Non-Interference

This little section has to do with Love. And we'll get right to that, but it is also located between the previous section and the next one. The one *after* this one is interesting. And the segment two sections after this may seem out of place or 'off topic'.

...Now hold on - This is s'posed to be a Spirtchul book, ain't it?

It is the hope that the section after that (about money– whoa!) will encourage you to understand that, while you (and I) may be a spiritual being having a physical experience - rather than a physical being having a spiritual experience (kudos to Teilhard de Chardin), a break from the esoteric to the practical may be timely. The fact is – we pretty much gotta play with the cards we're dealt... at least until we learn how to get better cards *and we can and we will...* but when that happens, we'll need to play with those better cards (use what works!).

So – ...Might we take a different look at - <i>Love</i> ?

Guess what, in my estimation, is the best possible way to Be...

Why *In Love* (of course), experiencing Abundance, Prosperity, Health and Well-Being. And being involved in and appreciating / creating Beauty. *Being loving* – exhibiting loving behavior, right? And, as we grow in grace and knowledge (II Peter 3:18) it could even be pausing before rushing in to explain to others where they're wrong – or showing them the better way do accomplish goal X. Integrating the desire to help others with Compassionate Non-Interference

Please pause a moment and consider what this can mean. Not just tolerating - or not physically interrupting, but acting because of and being motivated by compassion. This is another way of alluding to the Art of Allowing (with kudos going to works of Abraham-Hicks).

Compassionate non-interference is part of it, but there IS helpfulness also (kinda ineffable). Certainly love includes a willingness to help in anyway one can, or supply what is asked when possible, but also understanding that what may have *previously* been thought to be helpful- *when operating from a perspective of a lower level of energy* - could so very easily be “wrong” or at least not in the best interests for the long term welfare of the one being helped when viewed through a more accurate cognition of reality, a more enlightened perspective. Haste makes waste. Your “help” just might not.

Compassionate concern for just what action is the best or the most fitting way to be helpful coupled with a heightened unwillingness to hurt could be even more effective. So that what one might have proposed previously (when less aware) or thought seemed to be the thing to do, i.e. jump in and act on what was thought of as ‘helping’ is now (at higher awareness) tempered with more compassion for the one being helped than was previously in cognition. So that unbidden proactive help – esp. help not directly requested - is less likely to occur. This is then not due to fear, but rather comes out of a perspective of compassion.

The rule of thumb then becomes: when observing any situation or condition that appears to be a ‘problem’, it is always the best tactic to *elevate you*. By that is meant elevating your consciousness – moving (via processes and practices you will learn) from apathy, sorrow, sadness, anger or anything “negative” to love, joy, peace, patience, kindness, goodness, faith, gentleness and self-control. This is because a rising tide lifts all boats. You will always elevate others *when and as* you engage in the thought processes and actions involved in elevating *yourself* (and certainly take action when that is required).

IF you catch on to the concept, “Do unto others as you would have them do unto you.” It won’t be too much of a leap to think to ‘treat others as you want to be treated’. Get it?

How about, “Look on others as you would have them look on you.”? Wouldn’t you like to be respected?

You might go so far as to modify your *unspoken* attitude toward other people. If you would have others respect, honor and bless you, or

defer to you, help you, then do so to them. Someone once wrote: Be Kind. Certainly this would preclude condemnation, so that's no longer a problem. And with an overriding compassion and concern for everyone else *without exception*, the behavior that flows from that mindset (kindness) cannot possibly be 'bad'.

What is it the happy people have going for them that unhappy people don't? The happy have habituated a *way of being* in which the thing we call happiness appreciates. By definition, when something appreciates it increases in value - there becomes more of it.

The unhappy have habituated a way of being as well.

Habituating a better way of being is something anyone can do *with time and practice* – if and as they want to.

So, become perfect. What do I mean? “as your Father in Heaven is perfect”... and what is Our Heavenly Father? Well, I do know this much – God doesn't get offended...

God is spirit. God is LOVE. Take a moment and review -

1 Cor 13:4 (Lamsa Translation)

Love is long-suffering and kind; love does not envy; love does not make a vain display of itself, and does not boast,

(5) Does not behave itself unseemly, seeks not its own, is not easily provoked, thinks no evil; (6) Rejoices not over iniquity, but rejoices in the truth; (7) Bears all things, believes all things, hopes all things, endures all things.

(8) Love never fails;

(13) And now abide faith, hope, love, these three; but the greatest of these is love.

Radical Concepts

“Present Moment Happiness”?

What was I thinking? - I can choose to be happy?

Hey there, reader! Welcome to another section. You asked for understanding (or you would not be reading these words). OK? ..I now invite you to consider revising your thinking. As you *change your perspective* on things, *for you at least*, those things seem to change. ..Ahem...

When circumstances present themselves (that I have attracted into my experience because of my previous thinking) that I would “normally” and/or even reasonably and rationally react to by becoming angry, unhappy, stressed, frustrated, etc., *I will divert from that thought*. I will shift from that negative vibration as rapidly as possible (and this gets better with practice) and refocus toward something that I appreciate or something that I love.

That’s called “denial”, right? NO! **Emphatically NO** – I am NOT suggesting to DENY the existence of something ‘bad’. I am NOT recommending denial as the form of therapy to combat illness, for example.

But NEITHER is it Recommended you give the “bad” thing Your ATTENTION or FOCUS BECAUSE What you focus on expands!

I will choose to **refocus** my attention on what I *do* want and allow the bad stuff will just FADE AWAY. (and if this takes time, so be it! I’m not in a hurry!) I will side step...

I will shift my consciousness – perhaps first to blessing the apparent cause of the irritation (not condoning it or saying that it was OK – but acknowledging that it was some small part of All that Is and, as such,

it MUST have come from the Source of All that Is. God is GOOD), then moving my cognitive focus to something I like, singing, beautiful scenery, counting my blessings- or whatever else allows me to put my cognition on something I appreciate. *Refocusing my attention* on what I want and neglecting the 'bad'.. So there becomes less and less and less of it impinging on my consciousness, and less in my experience.

Directed attention on Good enables me to experience good for a greater percentage of my conscious time.. so I WILL EXPERIENCE More and more of love, more prosperity, more happiness, more Joy, more forgiveness, more appreciation and gratitude and more creation - deliberate creation. And creating things that are good and things that help other people, and things that help ME, because I want more GOOD and I practice *and will continue to practice* refusing the 'bad' and denying it my attention.

Because: 1) I want to feel better and 2) As I feel better and better, I am strengthened and enabled to use my time, energy and awareness to help others feel better and better, and as a consequence, I feel better!

This next statement may seem egotistical, grandiose or even "crazy" but the following sentence calibrates "true":

By elevating MY consciousness I raise the mean (average) ***consciousness of the planet.*** Not by hundreds, you understand, but **everything** you and I do **matters!**

Am I saying you might *want* to feel better and have excellent health and awareness of joy and love? And that you could make conscious decisions on what you think, and to *live* the way of forgiveness and appreciation *because* that is, in truth, the best possible way to aid those folks who are not currently experiencing abundance and joy?

YES !!!!!!!

Praise the God of all that is, because the God of all that is - is Love (!) Parenthetically let me add, and I don't mean to yell, but I am *excited* by this because it is true – **1) God is Love. and 2) WE are His Children!** Let that thought EXPAND. Consequences will follow.

And I am BECOMING MORE AND MORE like unto the God of all that is. I am becoming more and more loving, and more and more joyful, and more forgiving and happier, experiencing abundance and prosperity and love and forgiveness and encouragement, healing kindness and joy *as I give those concepts my attention*. Because that is my intention.

Along with the lessening of bad stuff in my awareness - because there is only so much ROOM in my awareness (perfect love casts our fear). Yes we will grow, and awareness will improve, but in this present moment, there can be no space for frustration in the midst of profound gratitude. One cannot simultaneously attack and be kind! OK! I acknowledge that previously I have had a mindset of limitation, but as I grow more aware of the truth— i.e. that there is more than enough (of anything I want) to go around, I limit myself less and therefore I *will* experience more.

I am asking for guidance, direction and help in all areas because I want help in all areas. The good news is I am convinced I am getting it – I’m certain I am making progress. *And I am certain YOU are as well, since you are thinking these thoughts right now!* Since we’re on a roll, here’s another radical concept:

<p>I have everything I need, I just want more.</p>

And I am not evil for wanting more (!) And I am not somehow depriving someone else of their ‘fair share’ or being unfair as I acquire more— more health, more wealth, more awareness, more happiness, more joy, more love – NO ONE IS LOSING to offset my gains. The “clean your plate because children in China are starving” is erroneous reasoning. Life is NOT a zero sum game.

The old way of thinking – that we play in a “zero sum game” – this idea that when government, for example, reduces one area of taxation, it must then of necessity raise taxes somewhere else to ‘make up for it’ has been proven wrong in the history of the United States of America and, it is here submitted, the concept that for you or me to receive

conditions that help us become healthier, wealthier, happier and more fulfilled must be somehow “balanced” by someone else’s illness, poverty, sadness and want – **That** is what is the true “evil” – or better stated as simply “wrong”. (This is the Abundant Universe!)

What we formerly believed has not always been what is really true! The world is NOT flat. The sun does not sink into the earth or ocean at nightfall, we CAN circumnavigate the globe, and what we have called miracles can and do occur when the conditions and potentialities for their manifestation make their way from the ever present, always abundantly available, Eternal Source of Energy into “our world” of perceivable-by-5-senses things.

There is no reason – other than wrong thinking, feeling and acting - that eventuates in children starving. My experience of abundance and prosperity does NOT somehow cause a reaction of poverty and lack elsewhere to “make up” for an imagined imbalance. As a wise man (Dr. Wayne Dyer) once said, “You cannot get sick enough to heal one person. You cannot get poor enough to lift someone else out of poverty.” Glory to God in the Highest!

The concepts of “I have everything I need” and “I want more” are not negations of one another. They are not in opposition to one another. These two seemingly paradoxical (on the surface) thoughts are, in reality, simply a better technology– They enable one another.

IF you believe that you do NOT have everything you need, you must by definition be lacking, and you can’t have “more” because you don’t have “enough”. How can you get “more” if you don’t already have? You cannot. However – IF you already acknowledge that you presently HAVE everything you NEED, Universal Laws conspire with you to enable “MORE” to come into your experience and awareness.

“To him that has will more be given, but from him who has not even what he thinks he has will be taken away.” In my former way of thinking this was unfair, unjust. And coming - as it reportedly did - from the Christ – well, that pretty much proved that God was not only unjust, but a Big Meany! And took from the poor and gave to the rich!

The rich get richer, the poor get poorer. Not because God is a Big Meany (God in fact *is* Love), but BECAUSE OF HOW THE UNIVERSE WORKS!!!! (more on this later)

One more Radical Concept (change your outlook) -

We can all enjoy more than we have been in the past – we can experience joy and can take more pleasure in activities than we used to. To the degree that we consciously determine, we can enjoy more. By deciding to, and then practicing, teachings in this book (and other teachings that you will draw into your experience), we can all experience enjoyment for a larger percentage of the time we are aware.

Am I saying we can CHOOSE to Enjoy?

What if it is snowing? You could choose to enjoy it.

What if it is raining? You could choose to enjoy it.

What if it is cloudy? You could choose to enjoy it.

What if... You paused... Why? –

Do you want to ask something “negative”?

Well, no... not really. Why not?

That would be counter-productive.

Were you thinking that your pulling something out of thin air to be critical of, ..that by somehow managing to come up with something that is so distasteful that everyone would agree it is “bad” so that you can “Prove me wrong” ..that, this way, you can “win”?

Are you coming to grips with the reality/fact that *that kind of use of energy* and imagination **is**, in fact, a **wasteful** effort of an ignorant ego vainly trying to prove itself right?

Recognize it - *Anyone* can find fault if they want to... The “ability” to come up with a negative spin on something is not that great a talent, after all. Do you think that maybe you could channel and use that energy in a better way – (I mean “better” for YOU).. to expend your energy in a more “positive” way?

Great! I knew I loved you.

And you may consider that if you have a choice (and you always do) to be right *or* happy, healthy, wealthy, wise and enjoy life like never before, you may opt to “Choose Life.”

Am I suggesting you “cave in” and agree with someone or something you “know” is “wrong” – NO. Not only are you *not* to be a doormat, YOU (as written previously) are a Child of GOD (!) YOU can begin to experience miraculous things in your life.

Am I suggesting that you will begin to see miracles show up in your life when and as you begin spending less energy on being right and more on being happy?

Yes. And I absolutely guarantee it works *every time!*

Yes! You CAN Have More Money!



This part is about helping you to have more money - plain and simple. It is not about increasing your cosmic awareness, making you a better member of society, a better parent, a better student, a better Earthling, etc. (those attributes will likely develop as an additional benefit). There are things we can think, feel and do in the seemingly non-spiritual, solidly-pragmatic 'REAL' real here and now... things that work.

The Focus here is to increase your cash flow, enhance your income, assist you in the acquisition of fundage, offer concepts and practical advice to teach you how to acquire more and keep more of what you get and spend less of it so that you can **HAVE MORE MONEY**.

To play with, to invest, to escape debt, to pay bills, to give to charities, to start your own business - whatever. The premise is: **IF** you employ the precepts included here, you **WILL** have more money - it is axiomatic. To instantly address Christians, and the candidly wrong things that we have been taught: Matt 6:33 (more later).

Onward to the Conceptual part...

As King Solomon wrote in the Book of Ecclesiastes, “The eye is not satisfied with seeing, nor the ear with hearing..” In other words, We Humans Want More! It is part of who and what we are; it is an aspect of our nature as human beings.

More on this later, but the original wise guy, King Solomon, also wrote (quoting New King James – Eccl. 10:19), “A feast is made for laughter and wine makes merry, But *money answers every thing.*”

Whether you are or have been wealthy, or less than wealthy... You want more. And, dear reader, this does NOT therefore make you evil! It is quite HUMAN of you! As quoted above, it is part of our makeup to want MORE. Bill Gates evidently wasn't satisfied being a millionaire, nor was Donald Trump. Superstar athletes command salaries in the millions, and want what? More. The point being – they still want MORE. So, P L E A S E , dear reader, don't feel bad or guilty because You want more.

Part of your journey to have more money (and the attendant, ancillary things that go with it - less stress, more time for family, friends, altruistic concerns, etc.) ..is the need to understand and own the concept that it is “OK”. No, I really mean it. Viewed another way, there exists the need for you to understand that it is decidedly NOT “wrong” or ‘evil” for you – Yes, my sibling – even *YOU..* to... ***Have More Money.***

For those who still have reservations - keep reading. We'll address some preconceived notions, the existence of limiting beliefs, etc. and similar ideas later. Right now, let's get right into the twelve ways.

Twelve Ways to Have More Money

See..? Starting to be fun already, isn't it?

SPEND LESS

Oh yeah, Now you're catching on. This is not a “Get Rich Quick” deal (you'll begin to acquire wealth, but not by pursuing riches).

The truth is that even if you don't ever bring in more money than you are at this instant (and there are clues, that - when followed - guarantee you *will* attract more), even if you don't Earn more, you can still Have more. So – be a disciple... exercise some self discipline, and

1) Don't go Grocery shopping without a List!

“Impulse” items and the little extra things we see while traversing the aisles that end up in our carts and ‘only’ cost a few dollars per trip add up. IF we only go grocery shopping once a week - and ONLY buy an extra 2 items per trip, averaging *only* \$3.00 - that works out to over \$300 a year. . . Could you use an extra \$300.00?

Make a list & stick to it - The reality is, IF you will implement this you will notice that you will HAVE MORE MONEY *even in the first month*, because most of us spend way more than \$6 per week on impulse items.

2) Buy the “store brand” named items.

IF you will read the list of ingredients, you'll find that the “cheap” store or non-name-brand items often contain exactly the same ingredients - in the same percentages, etc. as the Nationally Advertised brands - at considerable savings.

Wall Mart has blatant offerings with their “equate” branded products. The Kroger version of *Head & Shoulders* shampoo, for example, is chemically the same while being significantly less expensive. OK, you're already doing this? Let's go on to:

3) Use the same strategy in shopping for EVERYTHING ELSE you Buy!

Clothes, hardware, sporting goods - pick something. We'll agree with you - “Time is Money” and you'll have to weigh the time spent vs. the dollars saved and make your own decisions regarding the effort you put into saving by spending less on things. But you'll have to admit - that if you can get over the “keeping up with the

Joneses” mentality and realize that jeans are jeans, and sneakers are sneakers - you can HAVE MORE MONEY because you simply didn’t spend it.

Understand – This is NOT recommending you buy junk. We recommend you *always* buy the Best QUALITY you can afford. The only possible exception being clothes, etc. for growing children, who will grow out of that shirt before it falls apart from age and wear in the washing machine...

4) Make Credit Cards work for you.

Rather than vice-versa. Admittedly - this is easier said than done - and in some cases at some times.. well, it seems - ya just gotta. Life will throw curves at all of us and good ol’ unsecured Credit Cards can function as a safety valve, covering expenses we don’t (yet) believe we can otherwise handle.

But paying the “minimum due” will finance someone else’s retirement, not yours. So, avoid that and, if you are in debt there, as far as it is in your power, pay them off (and budget better).

They can be a useful tool - Provided you pay the balance due monthly and - even better - get a *Discover* or other “Cash Back”-type card and pay it off every month. You’ll benefit by the convenience, improve your credit rating *and earn money in the process!*

And you know what else?

5) Realize “Its Fun to be Frugal!”

REALLY! You do realize now that you can change your mind, don’t you? You remember how your parents admonished you to “Close the door!” so as to save the air conditioning, heating & power spent regulating the temperature of your home? They had a point. The reason there is a light switch in every room is so you can turn it on *and off* as needed.

Sure - electricity is “cheap” as is water, and gas - Right? But a slight drip in one faucet can cost you 30 gallons of water a month and somebody gets to pay for it. Leaving the light on in the bathroom is *only* 60 or 120 watts, Right? .. and those are free – aren’t they? I don’t *think* so...

Would you like to have an extra Ten Bucks? Or is that not worth having? The point here is not to get all your focus on money, that is neither wise nor recommended, but if you don’t care about 10 dollars, it is submitted to you that you’re not likely to acquire and/or save enough to have hundreds or thousands or more dollars to care about either. Money neither sacred nor evil – its just an idea.

\$10.95 - that’s what saving an average of 3 cents a day in utilities equals annually (and there are several ways to save more than a mere 3 cents daily).

Here’s a concept: be less concerned about the opinions of others. You’re reading this book, aren’t you? Therefore you are definitely NOT “most people” – MOST People struggle to “get by” if they can manage that. Most people don’t even realize they can change their own minds. You can go right back to being ‘most people’ if you like... Or you can begin to TAKE SOME ACTION!

So you’re getting the idea on the “spending less” part. OK - Just ONE MORE and we’ll get to the “Making more” part...

6) Brown Bag it!

The single, easiest, best, most profound and simple way to keep more of your money is: Save money on LUNCH!

Earlier we addressed the concept of Time vs. Money... Without question, you Can Have More Money IF you will prepare your lunch, as opposed to buying it.

If you average \$4.00 per day for lunch (a *very* conservative amount) and decide you seriously want to have more money, you can spend 20 minutes (or less) the night before (or that morning if you choose)

preparing Lunch. And - even if it costs you \$2 a day to make lunch – (we're not counting weekends here) you will get to have an extra \$500.00 next year. Because you didn't spend it (and you're probably eating better as well so you'll get healthier as a side benefit!). Whatever the numbers are, save \$2/day = keep \$500/yr.

If you only do this once a week, we're talking about Having More Money to the tune of a hundred dollars... Really! This is **GUARANTEED TO WORK!!!**

Now, on to gaining more incoming dollars.

EARN MORE

7) Work Smarter

Some people are “good” workers, some are “hard” workers, and some work Smarter. In the 1950s the new field of the Efficiency Expert took off, and people made a living teaching others how to be more effective at their jobs.

Probably the best known idea along these lines of increasing our efficiency is that of making a list of “Things to do Today”. Like the grocery shopping practice mentioned earlier, putting thought to what we would like to accomplish and writing it down helps aid and discipline the mind to get it done.

There are several ways YOU will discover that you can employ in your vocation - whatever it is - to increase your efficiency.

Give it a bit of thought and what you already know how to do will come to your consciousness and, as you *apply* these ideas (take action), the results will be evident - you will get more done and the quality of what you accomplish will improve.

8) Take Care of Yourself

For example, don't work yourself to death. IF, for example you

work at a job that pays extra for overtime and you are industrious enough to work it, that'll get you what we're focusing on at the moment: more money. But Get Enough Sleep! Take care of your health. The extra you make in overtime can cost you in 'regular time' if you end up weakening your immune system and getting ill.

When we're teen aged, most of us believe we're bullet-proof. We can stay up all night partying, etc. No Problem. The reality is even teenagers function less effectively when tired, and the ability to bounce back tends to diminish as we age. This is NOT to say if you're over 40 you need retire at 7 PM each evening. Health and flexibility are not somehow "lost" because of chronology – *belief* is a humongous determinant. There are many downright elderly people in excellent health who can keep pace with the youngsters - especially as regards their work ethic. You'll forgive my digression.

But realize that your health is important. You function better and are at your best when rested and healthy. And other people will notice. All but the terminally inattentive employers will see, and reward your excellent performance. If your employer fails to recognize and reward your effort to your liking... apply #9.

9) Get a "better" job.

What is meant by "better" here is what's better for YOU. If "Job A" pays \$200 more per month than Job B, but Job A requires a two hour commute each day, and the commute wears you out, puts way too many miles on your transportation, wrecks your health due to your experiencing stress, etc... Is it really a "better" job?

It is certainly possible - really - for the job you have *now* to get better. You could get a raise, more responsibility, better benefits, etc. (you *could* change your mind) So, be awake and alert. Employers KNOW you, so you're less of a risk than a new employee (provided of course you are honest, reliable, effective, efficient, etc.)- you are a known versus an unknown...

The best time to get a better job is when you don't 'need' one. So update that resume NOW and make a hobby of seeking a better job.

This is not to suggest you use the time your current employer is paying you for in this pursuit. Nor is it suggested you publicize the fact that you're looking.

As an aside, loyalty is a virtue, but - Reality Check - sticking with a 'dead end' job with no hope of advancement is not wise.

But here's another aside - You first need the *desire* and then to realize that YOU are the one who needs to do it. YOU are the one who will make it possible to get a better job.. ..and realize this: no matter what others have told you, no matter what your current status or circumstance -

YOU CAN DO IT! ~ How?

10) Get Marketable Skills.

"Marketable" means what PAYS! You could be the finest Buggy Whip maker in the world, but aren't likely to find employment in that field (OK, if you want to go work with the Amish, its OK, it is a different lifestyle but that's not the Point - I do like that way you think though... that "Can Do" attitude will serve you well).

The point being - pick up a Sunday Paper, note what fields are hiring. Some jobs are in real demand. And they tend to pay well.

If you can't type, learn how. If you're not computer literate, get that way. The marketplace values education, and a college degree is often a real door opener for opportunity, but *thousands* of folks without a degree are making decent incomes because they have simply acquired the skills that pay well.

"Practice makes Better". You will need to apply yourself. WORK at getting better at what you do. Take classes if you need to. If money's tight (or if you want to have more, trade some of your time for it) check out books at the public library on the subjects you want to learn.

One HIGHLY RECOMMENDED book on careers and employment is *What Color is Your Parachute*. It includes some self-testing

methodologies you may find useful. It will always be a 'good' thing to reinforce what you 'already know' and when something 'makes sense' to you – unless something stronger redirects you – *go with it* (jumping back to esoteric stuff briefly) the Universe favors speed.

OK, back to the pragmatic.

11) Get into doing what you like.

Love What You Do and Do What You Love. Yes, its easier said than done - especially if bussing tables is not really all that much fun anymore and that is your current occupation.

IF you aren't in the Field of your Dreams spend your time preparing for it by improving your attitude about what you're doing NOW. Work on the one who lives behind your eyes - Find reasons to like doing what you do. Is it helping other people? Does it result in more beauty in the world? Is it better than living under a bridge? Then Love what you do.

IF you decide to Love what you do, the day goes faster, you'll find you're less tired at the end of it, and you have more energy to spend getting into a field you enjoy more and acquiring the skills needed to get That Job, which leads us to

12) The Attitude of Gratitude.

What? Yep, the attitude. Did someone famous once say, "Attitude is Everything"? If you will consciously decide to be grateful for *what you have RIGHT NOW* you will open yourself up to having more. It is a principle as certain as the Law of Gravity. For whoever has, to him will more be given, and he will have abundance. So, "In every thing give thanks", and you will find the circumstances showing up in your life to provide the physical evidence you were right to be appreciative. And You CAN have more money.

But wait a minute - now that Scripture is brought into the picture - isn't it also written that money is the root of all evil?
EMPHATICALLY, NO!

What some are MIS-Remembering is the quote from I Tim 6:10, which refers to avarice - the LOVE of money. Take a moment and get the point, expressed in the New King James translation, beginning with verse 6:

But godliness with contentment is great gain. (7) For we brought nothing into this world, *and it is certain* we can carry nothing out. (8) And having food and clothing, with these we shall be content. (9) But those who desire to be rich fall into temptation and a snare, and *into* many foolish and harmful lusts which drown men in destruction and perdition.

(10) For the love of money is a root of all *kinds of* evil, for which some have strayed from the faith in their greediness, and pierced themselves through with many sorrows.

So... we're NOT recommending greed. (duh!) Come on- Have you learned nothing, grasshopper! Your author does not condone greed. Putting the acquisition of money above all else in your life is just plain wrong (read stupid). It can and has cost people their health, ruined relationships, broken up families, even cost lives. And, No - it can't buy Happiness. We don't, can't and won't recommend you lust after money.

But look here, Sparky-

NEITHER DO WE CONDEMN ITS ACQUISITION –

..Nor did the writer of that passage above, the Apostle Paul!

What is admonished against here is misdirected focus - is that avarice – AKA Greed - putting the lust for wealth above all else in life - is not only wrong, but harmful. So, (duh!) You CAN have more Money, just be careful about your attitude toward it. (*clue* – if your attitude is to take, you will attract lack. You may not believe or understand this, but it is true).

One more reference to scripture if you'll allow.

One clearly stated reason why Jesus the Christ of Nazareth said that He manifested as human [Immanuel=God With Us] was a frankly humongous purpose (quoting from John 10:10): “..I have come that they may have life, and that they may have it more abundantly.”

An “abundant” life - no matter who defined it, would include enough of that stuff (money) in one’s life to handle expenses.

In other words, ABUNDANCE - which the Christ came to provide - IS - *by definition* - GOOD !

SO - THINK about This:

IF it takes you three long years (for example) to - get out of debt / save up a nest egg / get your dream job / have more money - by applying these principles... and that seems like a Really L O N G time, answer these three questions:

- 1) If you DON’T apply these principles – in 3 years - How old will you be?
- 2) If you DO apply these principles, and 3 years from now you have more money, how old will you be?
- 3) Why are the answers the same?

Let’s Review -

When grocery shopping, make a list - and stick to it. Exercise a little self-discipline - the rewards are worth it!

Buy the “store branded” items and save. Read the labels.

Apply these same principles to clothing, hardware, appliances, furniture (pick something).

Make Credit Cards work *for* you instead of against you (if this takes some time – that’s OK).

Enjoy being Frugal! Use the ‘Common Sense’ we so often forget.

The more misspent time, energy and funds you *stop wasting*, the more you'll get to keep, the more you'll have.

Take your Lunch! Even if it only saves you a dollar a day you can have at least \$250 more to use for something else (and probably be healthier as a bonus!).

Work Smarter - Little things you do to save time save you money and get you more productive, which tends to get you noticed and appreciated. Appreciation is often expressed on the job with money - a raise, additional opportunities, a promotion, etc. and practice makes better.

Take Care of Your Health! Medical expenses and days lost to illness will NOT help you have more money (and feeling better will bring you better results in whatever you are pursuing because of the Law of Attraction).

Get a Better Job. You can make the job you already have better without relocating. And if you need to move on, then move on.

Whether you work for others or you have your own self-generated enterprise, improve your set of skills. Focus on getting better at the things employers want in an employee or the things clients want in a vendor/provider. Practice, practice, practice.

Do what you Love and Love what you do. It may take some time, but you'll be happier, healthier AND WEALTHIER because it won't seem so much like work any more so you'll just keep getting better and better at it.

Cultivate within yourself the attitude of gratitude. Appreciate what you have NOW and you'll find more and more to appreciate start showing up in your life (this part is simply amazing once you get going at it).

CHANGE YOU OWN MIND and decide you can have more money and you know what? Since there's no law against it, go ahead and believe it: **You can have more money!**

~ * ~

OK? Good. Well, that section wasn't so bad, was it? Oh, and You can also use the "secret weapon"... Prayer (I admit it – we're heading back into the esoteric/spiritual stuff and introducing new material here).

Consciousness, AKA Energy Coherence elevates and increases with prayer. Glory to God in the highest. Some of this stuff is ineffable, but God is Love and it is the worshipper that benefits from worship.

No matter how askance we might look at organized religion, there are emotions that help us feel (be) "better". This concept (prayer helps the one praying) has been tested and proven true, via kinesiological muscle testing. The truth is that the act of focused appreciation and worship is not required by Deity. Prayer helps the prayer. The one praying is benefited by prayer. Immune system response and effectiveness is increased, during worship endorphins are released.

Come on, now – Do you actually think God (and here I mean GOD) *needs* your positive reinforcement? Or is somehow limited?

Just for a moment consider – The Source, Creator and Sustainer of All That Is *does not need or lack - Period.* GOD is that which has given and *is continually giving – and will continue to give* (love) to All that is. Because that is what IS.

If you do not recognize or 'believe' this, you must please also grasp that your lack of belief in no way alters Ultimate Reality. If you don't speak Russian that doesn't negate the presence of Russians in the Universe. If, for example, you live in the Amazon rain forest and have no concept of television, this does not negate the existence of TV.

OK now, let's just get to the 'linearly speaking' explanation. As you (and I, my sibling) elevate, that is to say become closer to GOD, we will be experiencing more of the 'goodness' of God. ("Draw near to God and he will draw near to you") One aspect of this is abundance.

The Fruit of the Spirit

This next section is about what is in the Apostle Paul's letter to the churches of Galatia. It is by no means the 'be all and end all' work on the subject, but an attempt to provide some added insight regarding these attributes: the 'fruit' - of the Holy Spirit - enumerated in the 5th chapter of Galatians, verses 22 and 23. The subject at hand is 'miracles for beginners' and since miracles are consequences of spiritual (or unseen) manifestation; a clearer understanding of Spirit is useful.

The nine descriptive terms are commented on - in context as well as independently - with the purpose of providing the reader with increased understanding of the concepts involved, as well as the "And then what?" part, i.e. What is one supposed to DO with this information once acquired?

It is the intent that the information provided will be inspirational as well as educational. Offered in hope that the reader will benefit and begin to appreciate some of the practical benefits of the wisdom (by which is meant: applied knowledge) this section of scripture contains.

Before examining each of the nine individually, getting a handle on the context will be useful.

Early in the epistle, Paul seeks to solidify his role as an Apostle of Jesus Christ in the minds of his readers. The emphasis is that what is coming up later in the letter is not what some man had an idea about or something he heard about and agrees with, but rather is presented with the full authority of Jesus the Christ of Nazareth (see Matt 28:18).

Paul then immediately conveys his amazement that a number of folks in the regions of Galatia have somehow been persuaded into believing a different gospel, a counterfeit of the truth. As the letter progresses, he relates in more detail his rationale for concern, even going so far as to pronounce a curse on those who would pervert the gospel of Christ into a mutated version, leading believers from the truth and into error.

One of the major errors Paul confronts is the teaching that believers must follow traditions and actions established prior to Christ's advent, and be justified by physical acts. One such practice focused on is physical circumcision, which Paul explains vociferously and in detail is by no means a physical requirement for those who were "called to freedom".

Much is covered in Paul's letter regarding the subject of the gospel and he asks (in Chapter 3: vs. 2 & 3), "Did you receive the Spirit by works of the law, or by hearing with faith? Are you so foolish? Having begun with the Spirit are you now ending with the flesh?"

In the 5th chapter, verse 13 we are reminded that the brethren were called to Freedom (as opposed to legalism) and also admonished not to use that freedom as an opportunity (or excuse) to selfishly fulfill the lusts of the flesh, but rather to be of service to others. The clear

implication is, one can and should be both free and altruistic, simultaneously!

The Amplified version translates verse 14 as: "For the whole Law [concerning human relationships] is complied with in the one precept, You shall love your neighbor as yourself."

We'll get to the "And then What?" part (which Paul addresses in vs. 16) after a look at specific delineated aspects of the fruit. The idea being that if these individually are not worthy of pursuit, i.e. if the specific characteristics of this fruit aren't to be desired, why should we make any effort to acquire or "bear" them?

Further clarification on the distinction of carnal vs. divine nature and a definition to the "works of the flesh" contrasted with the "fruit of the Spirit" is provided in verses 19-23. The term carnal here is not meant pejoratively, but simply as its etymology indicates (carne = meat).

Carnal equates to flesh/muscle tissue. Perhaps we can relate to how the TV character in a sitcom once put it – referring to one who makes wrong choices... Archie Bunker comically pointed out that when making wrong choices without doing any *thinking*, one is behaving like a "meat head".

vs. 22 But the fruit of the Spirit...

The Amplified version adds the hopefully understood adjective (Holy) to describe the Spirit and then adds the descriptive phrase: [the work which his presence within accomplishes] --

..is:

LOVE

The greatest (I Cor. 13:13) is described throughout the Bible, including being a definition of God, "God is Love." (God is Spirit).

Love - some would add the modifying phrase: absent disappointment and heartache - is good. But heartache and disappointment are not

love, nor are they the result of love. If humans are ‘disillusioned’ or confused about love this is due to ignorance.

In I John 4:8 one reads, “..God is love.” This fruit – the end product after germination, sufficient nurturing and flowering of this Spirit - is *the Essence* of what the Eternal Source of all that exists is. Love finds expression as caring, outgoing concern, helping, healing, ministering to, aiding, strengthening, empowering, enlivening, encouraging... pure charity – with NO Negative connotations whatsoever – pure, perfect, complete, mature, Holy... Love.

JOY

Beyond happiness, beyond physical pleasure – true, honest and undiluted. “Joy unspeakable and full of glory”. Not merely absence of sorrow, Joy is the presence of sorrow and worry’s opposite.

This aspect of the fruit overpowers and supersedes any hint of problem, any dissatisfaction or glimmer of reason for complaint. Joy, and its attendant behavior rejoicing, exists in the total absence of fear, complaint or any other negative emotion or thought. And joy allows easier access to and aids in the ‘surrendering’ process. When one is totally safely secure, with JOY, one can “Let go and Let God”.

If there is *no threat of anything* it is easier to ‘let our guard down’. Trust and freedom are enabled by Joy. Joy may well be the peak human experience.

PEACE

More than a limited time and space between hostilities – It is recorded in John 14:27, in the context of the subject of the Holy Spirit, “Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.”

Remember, “*Nothing Real can be threatened*”? This Peace is real. In a quiet setting, without interruption, understanding can and will

develop when and as one can, “be still and know I am God”. This is what all true philosophies, religions and disciplines strive for – arriving without fanfare with gentleness and understanding as the Spirit of Holiness is uninterrupted and unresisted. Peace is *Real*.

The peace that “passes all understanding” is what is referred to here. This is the *peace*, owned and maintained by GOD.

PATIENCE

“**Longsuffering**” in some translations – The “Patience of Job” comes to mind. This is the biblical story of a man whose family, wealth, and even health were stripped away. His well-meaning friends tried to explain his errors to him. His wife told him to, “curse God and die.” Job patiently endured, and was miraculously blessed.

The evidence of patience in the lives of those so blessed may not be instantly visible. But they possess the uncanny ability to withstand inconvenience or delay without complaint. When faced with the circumstances which would ‘make a preacher cuss’, these folks are not only civil, but kind. They no longer view delays as ‘problems’.

This spiritual gift colors their perception of everything. One who is patient won’t be stressed or in a hurry. Perhaps rather surprisingly, the one who bears this fruit will accomplish amazing results in record time – and enjoy the process.

KINDNESS

Applied Mercy. Kindness manifests itself in action. Strong’s Concordance speaks of kindness as “moral excellence (in character or demeanor)”. When the awareness of others and their needs, feelings, and circumstances exists in concert with the inner pervasive desire to make things easier for everyone else on the planet there is kindness. It motivates those with this fruit to “do unto others as you would have them do unto you”.

Beyond common courtesy, this aspect motivates the possessor to behave kindly habitually (with no worry of receiving anything in return). One cannot simultaneously attack and be kind. The spirit of Kindness then, has no natural enemies.

GOODNESS

“..only God is good.” is part of how Jesus of Nazareth responded when someone called him Good. Goodness is one attribute of the Character of the Eternal Creator of all that is. The quality of Goodness is not merely doing good things, or making good decisions, but BEING Good.

Here’s a huge and useful concept you can use anytime, anywhere in any situation: David’s statement in Psalm 23, “I will fear no evil *for Thou art with me.*” No evil may sojourn with God (Ps 5:4). What this means is that anything we think of as evil – however horrendous - can not occupy the same space/time as does the presence of ultimate Good. Good supersedes, dispels, supplants, overcomes and simply disintegrates evil (‘perfect love casts out fear’). By its nature Good *repels* evil.

This is being shown with research into Attractor Fields- see also quantum physics and string theory. “Good” is by definition where we want to spend our time. We’ll always prefer a good place to a bad one – however our thinking is structured. Wrong, sin, evil or error – *may not exist* in the same time/space as the Presence of Good.

FAITH

One of the ‘big three’... We know “faith without works is dead”. Put another way, Faith in the absence of physical activity will not produce/allow manifestation of tangible results Faith manifests itself in works – it can’t help it. Absence of doubt – yes... But beyond the absence of something, faith is the presence of knowing past any equivocation. It is spiritual “evidence” of things not seen. This is the element (and is tied to the methodology) by which the universe we perceive with the five senses came into existence and continues to

expand.

Biblically defined, Faith is a Gift, unmerited and unearned, yet simultaneously abundantly available. And Faith is - when real and exercised, mountain-moving.

GENTLENESS

The quality of being mild, moderate - not rough or severe.

Also translated as meekness, Gentleness in no way equates with weakness. This attribute impacts all behavior. When present, society functions more smoothly, personal interaction becomes civilized, arguments and bitterness lose their hold on the minds of men. There is no phony-ness in real gentleness. This is not a short term modified behavior designed to achieve an end, it is a quality devoid of negativity, sarcasm or harshness and a way of being in the world.

Gentleness obviates any need for fighting since formerly strident positions are softened by gentleness. Being gentle by definition diminishes confrontation. When this fruit is present enmity loses severity, the concept of harm toward others dissipates in the presence of gentleness and is simply no longer present.

And the final fruit listed is:

SELF CONTROL

Temperance. And beyond temperance or ‘moderation’, this fruit produces active, conscious, purposeful living. With self control, one can live “on purpose”. No longer a prisoner of self-consciousness (which is really others-consciousness), swayed by influences of the media or the idea that one must model their behavior by external standards, i.e. behave in ways that produce good opinions from others, self-control means exactly that.

The unabashed quality of consciously choosing what to do – while being armed with the knowledge and fruit covered above – will be a

very “freeing” experience for you. As you develop the ability to consciously decide what you’re thinking and become better at making better decisions you will begin to sequentially realize... You get to do whatever you want.

Owning temperance one may exercise not merely conscious control of his or her behavior (which would be honorable and exemplary in every instance) but also, when habituated in one’s life, self-control allows self-determination – which is another way of saying you can get what you want.

The (possibly just a little bit scary) truth is: you get what you pay attention to. You will have manifested into your experience the resulting people, places and things that you will become cognitive of as and by your giving of your energy to the thoughts and feelings that (seem to) produce them.

So Physical is Physical, and Spiritual is Spiritual, right?

These are the Fruit of the Eternal Holy Spirit. They are by definition SPIRITUAL in nature and not subject to physical limitations, but manifest themselves in the lives of those so blessed and observable for those who have eyes to see. And wanting to see is asking is it not? And *if* we ask and *as* we ask, it is given.

***And then what?* (vs. 16: Walk in the Spirit)**

The context here has been one of a Biblically based belief system. As more than one teacher has said, the terms you or I choose to address the ineffable may differ – the Eternal Truth simply is. Holiness exists – this is self evident and inarguable. The beliefs that God is Good, God is Love and God is Spirit are not negations of one another, but are complimentary concepts, with each simply being a description of one facet of the Whole.

This is the simple part – not necessarily easy, but simple. When walking in the Spirit, you and I will display evidence of these fruit. The Holy Spirit will produce fruit in the lives of ‘believers’ as they course correct, i.e. repent of wrong-headedness (make the decision to

turn away from error and toward the truth) and obey (God gives his spirit to those who obey him) – that is to say, get in sync with – in alignment with God. Make the course corrections to be in harmony with the Divine.

Without the desire to attain, it will not happen. *With the desire*, one will find oneself the recipient of seemingly miraculous, unasked for opportunities. People and circumstances that help in the pursuit of what you are wanting will show up “out of the blue”.

One wouldn't expect to get a crop of tomatoes planting the seeds in gravel, providing neither water nor sunlight. Nor should anyone expect the awesome transforming power of the Holy Spirit (defined elsewhere as the power of God) to yield the fruit thereof without being willing to become fertile ground - without course correcting their behavior and modifying their thinking, acting and being to get in alignment or vibrational harmony with the conditions favorable for the development of the fruit.

If ye then being simple minded can understand this; Extrapolate, my brother! Ye are not far from the Kingdom of God.

OK, I'm Kidding! - but only about the being simple minded part.

ASK, SEEK, KNOCK.

Rather than lay out a plan of attack (since not only straight is the gate and narrow is the way but ‘few there be that find it’!) let it suffice to understand that the Law of Attraction is in complete agreement with the idea that God is a rewarder of those who diligently seek Him.

Belief based on exhaustive study as well as personal experience is that all prayers are answered. Sometimes the answer is, “No”. You wouldn't give your child a loaded pistol if asked, would you? ..or a new car they couldn't drive.. or a venomous, poisonous snake for a pet.. or a life mate that would do nothing but hurt them... Neither will The Source of All, AKA “Our Heavenly Father” (remember that God is Love) give us evil when we ask for good. And how do we ask for it? By giving it – whatever it is – our ATTENTION.

Unfortunately (fortunately), the way the Universe works is: we get what we think about – and whether one agrees with or understands this concept has no bearing whatsoever on its efficacy. If we are complainers we will get circumstances showing up in our lives to complain about. If we are grateful we find more and more things occurring to appreciate. The Universe works the way it works – period.

AND BELIEVE

Promises abound in scripture as well as countless other writings that convey the truth that ALL things are possible with God... and that the one who asks receives, the individual that seeks will find and to the one that knocks, it shall be opened. But you must persist without exception (kudos to Andy Andrews). And believe you will succeed! According to your belief it will be done to and for you.

Keep asking, keep seeking, keep knocking, and Keep believing. Because if you get distracted or frustrated, or ‘too busy’ with the mundane everyday world that swallows up our time and robs us of the rewards we would receive IF we just kept at it a little longer and quit, you just might be a few tiny millimeters from the fruit mentioned above... ..from the truth and the absolute bliss that is coming about in understanding what this “Hokey Pokey” is all about. And the reassurance allowing bliss to reach you with understanding, “I will never leave you or forsake you.”

NOW LET ME GET THIS STRAIGHT -

So – what is being written here is that we can consciously focus on love, beauty, health, wealth, forgiveness, joy (or whatever we want). And What? What about criminals, terrorism, famines, earthquakes? Are we supposed to just put our head in the sand and pay no attention and ignore all the “bad” stuff out there?

Good Question –

Let’s just see what Isaiah (a ‘Biblical’ guy) says about it (referencing IS. 33: 15-16):

He who walks righteously and speaks uprightly; he who despises treachery and oppression, who refuses to accept a bribe, **who stops his ears that he may not hear of bloodshed, and shuts his eyes that he may not see evil.** (16) He shall dwell on high; his place of defense shall be the precipice of rocks; his bread shall be given him; his water shall be sure.

So, **Yes!** And admittedly this is not ONLY true for you and me. What *others* think and focus on will also happen (!) to and for them, according to *their* belief. But that doesn't mean WE have to focus on what THEY think!

No one is saying or suggesting you “Ignore it and it will go away”, BUT **catch on!** (this is so much FUN!). Once you understand this and make it your own (and you can because it is a totally free gift!) you can and will remove your focus from the non-miraculous and begin to focus and dedicate your attention to what you really want (what is GOOD)!

Once you begin to diligently apply the truth here (yes, there is effort involved) it is **guaranteed** your life will change. You will begin to see and experience little miracles such as - that irritating stuff that used to bother you – it just won't be showing up in your experience like it used to – and as you practice and progress, you'll see less and less 'bad' stuff, and more and more of what you want will begin to miraculously appear– out of the blue!

And fruit will evidence itself.

You shall know them by their fruits – a good tree bears good fruit...
You get the point. YOU, my sibling, WILL be bearing fruit. And the amazingly awesome part is: you get to decide what kind of fruit it will be – you DO decide, by your thoughts actions and feelings everyday, what the fruit of those thoughts feelings and actions will be in time (and you now recognize that you can choose what to think!).

Like attracts like. So, since you now know/remember this, you will

be altering your behavior and thinking – incrementally at first to be sure – about what you want. But you **WILL** be doing it.

Yes, if this is way different that what you are used to - out of your 'comfort zone' - it will require effort. Sometimes it might even be downright difficult.

But I promise that once you stay with it a while it is so much **FUN** you'll find yourself doing it more and more (I told you that you were loved, didn't I?).

Now, If you're ready to get to the heart of it –

How do you FEEL?

Thinking is powerful. We've covered that. What we think about we bring about. What we focus on expands. What we believe simultaneously limits and empowers us. Here's something to consider: could how we *feel* impact what we experience?

OK. Now I'm ready to zero in on a major and important focal point... To address the catalyzation of the creative process and cover some of what Neville Goddard (1905-1972) explained in *The Power of Awareness*.

Earlier in this work, prayer was addressed. When in an "altered state" such as the meditative, focused awareness one experiences in a condition of prayerfulness, one also experiences feelings. With deep and profound gratitude, for example, one experiences a *feeling* of gratitude. When frustrated, one *feels* frustrated.

I have written of the importance of the attitude of gratitude. If you've done any practice (by now you should have – if you haven't take a moment RIGHT NOW and practice being – feeling grateful), you have some idea of the power of this technology.

Let us now focus on a technology of *communicating* with "Source Energy/Consciousness" - the substance of The Field AKA *The Mind of God*. What has been referred to as the Ether has also been termed the Quantum Hologram and most recently, in the seminal work of Greg Braden (whose workshop on understanding "The Divine Matrix Shattering the Paradigm of False Limits" is recommend without reservation), referred to as *The Divine Matrix*. This is to say a ***technology of communicating with*** what I have most often been referring to using the term for the Source of everything: **GOD**.

What IS ‘feeling’?

Our physical bodies are amazingly wondrous. Be grateful for yours. Without question, the systems that coordinate seamlessly to allow us to move through space and time virtually effortlessly are in fact, mind boggling when analyzed and studied sincerely. The integration of the various systems in a healthy functioning human body is the subject of many works that, when focused on and understood in all its complexity, is nothing less than awe-inspiring.

Physically, our hearts have within them tissue similar in construction and makeup to the structure of the tissue found in our brains. Leaving the discussion of etheric mind for another time, suffice it to say we “feel” with our hearts.

We “feel” everything from anger and frustration to awe and wonder – from irritation to expectation to appreciation and love.

These sensations- AKA feelings- are the things to which most of us have not consciously given cognitive attention. We have rather (certainly in the west) been taught and trained to ignore, suppress and pretty much deny their existence. The very idea of “feeling” has been ridiculed in popular culture. We’ve been taught to think logically and that feeling or emotion has no value in the modern world – feeling is for primitive societies, not modern man in the information age.

We have read stories, seen television and movies wherein the role models presented to us (our heroes and heroines) as the “good” people are stoic, steel-hearted pragmatists... whose feelings, if they ever existed at all, are sublimated, subjugated and repressed so deeply in their lives that their feelings do not appear to enter their awareness, much less have anything to do with their behavior and/or what contributes to these heroes’ successes. We’ve been taught to be apologetic and feel guilty if we allow our feelings to evidence themselves in any physical way (“Don’t you dare cry.” for example).

Why is this Important?

If we want to communicate with one who speaks Swahili, we will have limited success with English alone. To convey we would appreciate a drink of water to a Tibetan, we might bring a cupped hand to our mouth, tilt our head back and swallow, bring our palms together and bow expressing humility, then hold our open hands palms up in entreaty. “Body language” is limited.

It is these sensations (feelings) which we (especially males) have been systematically and thoroughly trained (by well-meaning authority figures doing the best they knew how) to ignore and/or deny that are *in actuality* what “GOD” understands.

This is NOT to say God doesn’t understand English (or Spanish, or Portuguese, or French, or Albanian...)- but if YOU wanted an answer to prayer, can you imagine you would want to be more completely and thoroughly understood than trying to get your point across through body language and gestures?

This is as REAL as it gets– These sensations, AKA *FEELINGS* are being proven to be the language with which we have and are having (continuously, by the way) an ongoing dialogue with GOD.

Spoken and written of elsewhere is the concept of our “Emotional Guidance System” (kudos to Esther and Jerry Hicks, et al). This is posited to be what can, and will when cognitively utilized, provide us the feedback mechanism to enable us to ask for and receive whatever it is we want.

Our emotions and the *feelings* that they enable or generate within us are, believe it or not, the way in which we convey to The Universe – AKA GOD - AKA The Divine Matrix of All that Is - what we want, what we are giving our attention to, i.e. what we believe and what we are thinking. This makes perfect sense when you stop to think. What other way could be more efficient to understand each and every human, anywhere, anytime, of any ethnicity? It seems The Source of

All That Is would not be inefficient, limited in any way, or less than perfectly perfect. Feeling is the easiest possible process and methodology to communicate. It is understood instantly, without any time and effort of the intellect required to get the message.

So... What does “feeling” DO?

Using ‘body language’ it is possible that one whose vocal language we do not speak might be able to comprehend our desires, but we will have limited success. When we both speak the same language, we can understand one another.

We convey to the Universe – and the Universe conveys to us (in an ongoing dialogue) through the language of Feeling.

If we feel good, it is reasonable for us to anticipate more good showing up in our experience. When we feel bad, more bad. Whether one understands the mechanism for this phenomenon as being the Law of Attraction or by our communicating with the Universe or calls it having a ‘run of luck’; more of the same seems to show up in our experience. What does feeling do?

Feeling communicates with the Infinite. Your or my awareness of the fact has absolutely zero impact on the truth that we can and do communicate our expectations, our fears, our desires, our concerns and doubts – by how we feel about them.

And – here comes the salient part:

Just as you have proven to yourself that you have the ability to consciously decide what to think, and you understand that you are the arbiter of what you believe, now you may recognize you have the God-given Power to decide *and change if you so choose*, what you Feel.

And FEELING is always understood clearly and responded to accurately by the Universe (GOD).

IF we will believe that feeling is how we share information with the rest of the Universe, we would then logically as a natural consequence - presuming we want to feel good - somehow either think 'good' thoughts or do 'good' things or believe 'good' stuff so that we may receive more good in our experience and become entrained in a goodness paradigm as opposed to a badness one..

Yes.

We are each different, we are 'all the same' ... Each of us has our individual set of beliefs and expectations, brought about by our varied life experiences. So we're all going to *feel* things in different ways, and to different degrees.

So how could we have miracles show up as a consequence of the messages we are sending out? Try feeling good.

Yes this deserves more study (thank you). Yes, there is more practice to practice. Here's one suggestion:

- 1) Find a physical location that is as peaceful, quiet and undisturbed as is possible in your current situation. (Your situation will improve and this will be easier later – for now do the 'best you can').
- 2) Go there. Get comfortable.
- 3) Close your eyes, touch your heart, and be grateful.

Certainly there is more to this. Yes, 'feeling' is only one of the several things that have the miraculous as consequence... (be a disciple, remember?) But as you **practice - feeling wonderful**, for example - it is absolutely guaranteed the miraculous will show up in your experience.

Bring to your mind settings, circumstances and events you loved in the past. Looking forward, think of how you will feel in the future as you see miracles manifesting. "Practice makes Better", so be a disciple and **do it** (at least daily)! I promise you'll feel better!

So you're learning that taking **ACTION** – *Practicing* what works is required. Good for you – Well over 90% of the population never quite gets that simple incontrovertible **FACT** – Just as “Faith without works is dead”, thinking, visualizing and feeling are all useful and important, but taking **ACTION** is the catalyst that enables miracles.

Forgiveness

What is THAT all about?

Candidly, it is a most important activity which, when understood and applied, will “rock your world”.

Brief aside - I have absolutely no financial interest whatsoever in it, but Immaculee Ilibagiza's *Left to Tell* is possibly the purest conveyance of how liberating and life-transforming (and, yes—difficult) forgiveness can be. I sincerely recommend it without reservation. You do want to improve, to get better - right?

There are some salient points about forgiveness that we absolutely must know and understand.

By “must know and understand” I don't mean it would be a good idea if we had an inkling of the concept. I don't mean it would be helpful if we were exposed to the basics of the teaching. I mean, plainly and simply that our eternal state of being and existence (this is huge) is fully dependant on our level of understanding forgiveness and the then unfolding thoughts, behaviors and consequences. Do I have your attention?

Socrates and the Buddha taught the same thing as the Christ (Jesus of Nazareth), but it has been glossed over and mumbled over (and over and over) so often as to be diluted by constant use in its impact. The “Our Father” of Catholicism or “Lord’s Prayer” has as part of the request, “Forgive us as we forgive others”... The teaching seems to be that *to the degree we forgive*, we will be forgiven; presuming the answer to this prayer is, “Yes”. The good news is the answer to ALL prayers is a resounding YES! But that’s a topic for another time.

Aside time again – Forgiveness is of more value to the forgiver than to the forgiven. Much like prayer and worship, forgiveness is useful, but the object (person, group, etc.) of our forgiveness not only need not know that they are being forgiven, need not know the process or rationale for it... their knowledge of OUR Forgiveness is simply not what matters. Consciousness will be changed, but impacting *them* is not the point. The impact – change in your Universe if you will – will occur due to your (our) decision to forgive.

Forgiveness is the fragrance that the violet sheds on the heel that has crushed it.

- Mark Twain

Jesus the Christ taught, *as he was experiencing crucifixion*, WHY we should and can and ought to forgive. For the glaringly blatant and simple reason that, “They know not what they do.” Let those words ring in your ears, my sibling!

Grasp the concept and hold on for dear life. Christ was decidedly NOT asking or telling his Father – the Source of all that exists to “take it easy on them, because I’m trying to teach Christians that they should be nice to each other”.

He was NOT teaching it is OK to crucify the innocent – which He assuredly was. He was NOT just giving us a good example of ‘loving our enemies’; he was speaking to The Eternal - reasoning with the Ultimate Power and Judge, regarding the fate of His executioners.

He was teaching that the TRUTH calls for their forgiveness *precisely because they (actually) thought* that what they were doing was the best thing for them to be doing at the time and place of the deed(s). IF they had believed otherwise *they would have acted otherwise*. Obviously – they knew NOT what they were doing.

Forgiveness is HARD to learn and practice for us because of our conditioning. We have been taught by all sorts of authority figures that grudge holding is in our best interests, that we would be stupid to forgive someone who did us wrong, because then we would be susceptible to a repetition of the wrong.

This inaccurately presumes we have no ability to choose how to behave in the future – that we cannot learn from our errors - that we have no sense and will be so foolish as to allow wrongs to be perpetrated on us continually! You (and I) are not so intellectually ill-equipped so as to continue to allow such.

We have seriously and sincerely misunderstood just what the heck forgiveness IS...

**“Forgiveness only has value when it is given away.”
- Abraham Lincoln**

If you handed a seven month old two glass vials of virulent flesh-eating bacteria and e coli and left the room, ... You wouldn't DO that, would you? . . .

What – you think we know so much better than that baby what *we* should be doing, how we should be behaving, what words we should be saying, what actions we should be taking – 24/7 ?

Come ON, now, dear sibling – let's “get real”. The point to this is that your brothers and sisters (blood related or not) have about as much of a clue how to behave as the baby has about what to do with those test tubes.

Suffice it for here to say that at least part of the teachings of the Buddha were that all suffering comes from ignorance. Or, dare I paraphrase it: from *not knowing what to do*.

What Socrates taught was that people do what they think is good for them. They will NOT behave ANY other way.

Yes, they're obviously misinformed, confused or they've been *trained* to hate (which teaching existed on planet earth at the time this was first written).

People who do it (*in actuality, really*- at least at the moment) honestly and truthfully believe killing is good. – As Christ is recorded teaching His disciples in the Christian New Testament: “The time is coming when those who seek to kill you will think they do God service.”

So – The idea of *Forgiving* these frankly pitiful recipients of wrong conditioning (call them victims if you want) needs to be recontextualized from the current commonly held paradigm.

Forgiveness can be seen in a different context than viewing those who “wrong” us as diabolically evil plotters who KNOW they're doing wrong and do it anyway for the express purpose of being mean to us.

What? You don't buy the premise that they're doing what they think is good for them – at the time and place and condition of *their mind*?

We've been taught (and evidence seems to suggest) that there are “BAD” people out there, that evil exists – and it certainly seems to... And – be certain – the writer suggests that if a crazed madman comes at you with a knife, gun or bomb intent on doing you bodily harm it would certainly seem reasonable and appropriate to do your best to put him out of his misery ASAP...

There is nothing here that gives evil a pass or condones ANY harm directed toward others... B U T – pause...

Would you *fault* the infant for dropping the vials?

Most likely we'll need to reprocess the concept of "death" and get a handle on what that is or isn't (more on that elsewhere)... But getting back to the topic at hand...**Recontextualize.**

So it becomes obvious that it is in everyone's best interests that we all do everything we can to educate our fellow humans to the truth that doing GOOD, i.e. what is moral, kind, helpful, etc. is *in reality* what provides the good return we are all seeking. In other words, the actual, verified and verifiable, tested, 'tried and true' FACT is: What goes around comes around.

Whether understood in terms of karma or the idea that virtue is its own reward, we need to (by example, by formal education and whatever other means may be available to us) teach the 'bad' people to become 'good'... help them understand and own the truth that doing harm to others will not only not help them in the long run, but also that activities that hurt others have cosmic consequences and repercussions that are decidedly not in the best interests of the evil deed doer...

..and *forgive.*

Because:

- 1) we have to (Newtonian physics) and
- 2) we understand that it is wise to do so (Quantum physics) and
- 3) we understand that ***by doing so we assure our own forgiveness***

..and unless we have never made an error – or participated in a mistake that could use correction, we *need* forgiveness in order to elevate our own consciousness to the level of happiness, joy, love and all the other 'good' nouns, adjectives and adverbs we want.

Understand that anyone who possesses this understanding (that good is more to be desired than evil, that life is better than death, that hope is better than apathy, that peace is superior to conflict and strife, etc.) will as a consequence, desire *and may attain* these 'good' things, states and conditions. Universal LAW is what it is. You choose your direction.

* * * * *

Want to see Miracles in your life? Then you will. Ask and it will be given. If, when, and as - you believe. (According to your belief it will be done to you) ***And why would you not believe?*** You have a mind and you can learn. And you will be given all the guidance, direction and aid that you will accept. You are loved. You are *so* loved.

Now, here's hoping you will digest these ideas, and begin to practice and then accomplish the recontextualized thinking and consequential behavioral changes that will redound to *your* greater happiness, health, well-being, fulfillment, long life, prosperity and whatever miracles you want.

And, if I've been overly loquacious and even a bit verbose, you'll forgive me.

Thanks.

Epilogue

If you desire to attain a state of Bliss – Happiness - Joy..

It has been said, written, prescribed and taught:

Be Happy NOW.

And, if you THINK, you CAN...

Regarding one's State of Being / Level of Consciousness / Cognition
AKA Present Moment Status / Situational Awareness (*you get to choose your thoughts*)...

You are the ONLY one who determines what you think, and, as you begin to awaken to the potential you have been given, you can *and, at some point, you will* practice feeling better, and you will develop - or stated better, *refine* your ability to elevate your attitude at will by thinking incrementally better thoughts (and repeating the process).

We offer two more books: *Fun on the Holodeck – Habituating Miracles*, and *Welcome to Heaven – Let's get to Work*... They contain expanded teachings, strategies and tactics to employ – but you are NOW well on your way. I sincerely appreciate your attention and wish you health, success and happiness. Feel free to take a break...

The printed words are going a bit further now – just for a moment.

Possibly come back to the following later, but it needs to be written

right now. And there are umpteen other “How To”s out there...

What is Infinite exists beyond any boundaries of space and time, whether we choose to think about it or not. And what is Eternal is not constrained by any finite thing – space, time, or your or my limited understanding or beliefs. Eternal LAWS exists, and as you and I get in sync with them, we (and the Universe) benefit.

We can think spatially or chronologically – either way, what you may want to be is at your optimal level or state of consciousness HERE and NOW... (so Go for it!).

Thanks for reading. By now you understand that you can MOVE your state of being – your level of consciousness – your present moment awareness and status – toward Present Moment Happiness (wherein what you want manifests rapidly – yes, where you will see miracles).

If you ever want an instant quick fix – What to DO, when experiencing something ‘bad’; Look here (be grateful):

When in Doubt (or worse), move as soon as you can to Hope. Once you get to Hope you’ve crossed the threshold of negative feelings, so it will be easier to elevate to Faith, and when you make it to Faith - it is not that far to **Love**, and Love is Eternal. *Love never fails.*

And yes, Take Action. Practice.

Keep studying, but rest assured –

It all gets easier and better, the more you practice.

Recommended / Source Materials

Not everything is *for* every one. We don't all want the same things. It has been said that when the student is ready, the teacher arrives. If you have had any difficulty understanding, or have questions fear not. You have drawn this material into your experience. You have - and this is also true - at some level, unconsciously, consciously or super- or supra-consciously... *You have brought this book into your experience.*

And if you were encouraged or heartened by any part thereof; if you found some of it made sense, if you felt good or you will behave more kindly even once as a result of the experience, know and understand that I am honored and privileged to have been a conduit for that. This is part of what I want. I very much appreciate you. Thank you.

You will likely find more detailed works useful, such as:

Left to Tell by Immaculee Ilibagiza, Hay House

Ye are Gods by Analee Skarrin, DeVorss & Company

Power vs. Force, *Truth vs. Falsehood* and *Transcending Consciousness* by Dr. David R. Hawkins, Veritas Publishing

You'll See it when you Believe It, *The Power of Intention*, and frankly any of the recent works of Dr. Wayne Dyer, Hay House

The Divine Matrix by Greg Braden, Hay House

The Holy Bible – The Lamsa translation is recommended, but any decent translation has within its pages plenty of 'words to live by'. Got a 31 day month? Be a disciple (remember?). Read a chapter a day of *The Proverbs*.

It is probable you'll enjoy the Movie, *What the BLEEP do we know?* And you are virtually assured to benefit from a screening of *The Secret* (both available on DVD).

Deserving of serious attention but without detail here, you are also referred to: *A Course in Miracles* from the Foundation for Inner Peace, and the *Conversations with God* series of books from Neale Donald Walsh, G.P. Putnam's Sons, Berkley Books.

As you elevate toward the ineffable, it is likely you will benefit from *Ask and it is Given*, and *The Law of Attraction* by Esther and Jerry Hicks, Hay House – and pragmatically, *The Attractor Factor* by Dr. Joe Vitale, John Wiley & sons.

Be successful. Please be grateful. I want you happy.

Let love, healing and forgiveness flow.

*Let the abundance of well-being flow
unrestricted and unresisted,
and let the flow of well-being
continue to increase,
now and forever -
in and through, me and you.*

Other titles in the trilogy include:

Fun on the Holodeck, Habituating Miracles and Welcome to Heaven, Let's get to Work!

Visit us on the web at www.iwantmiracles.com.