

The Brown Book

Commentaries

Expositions on & explanations of
the Quotes & Illuminations within
Scaughdt's "Tome of Truth"

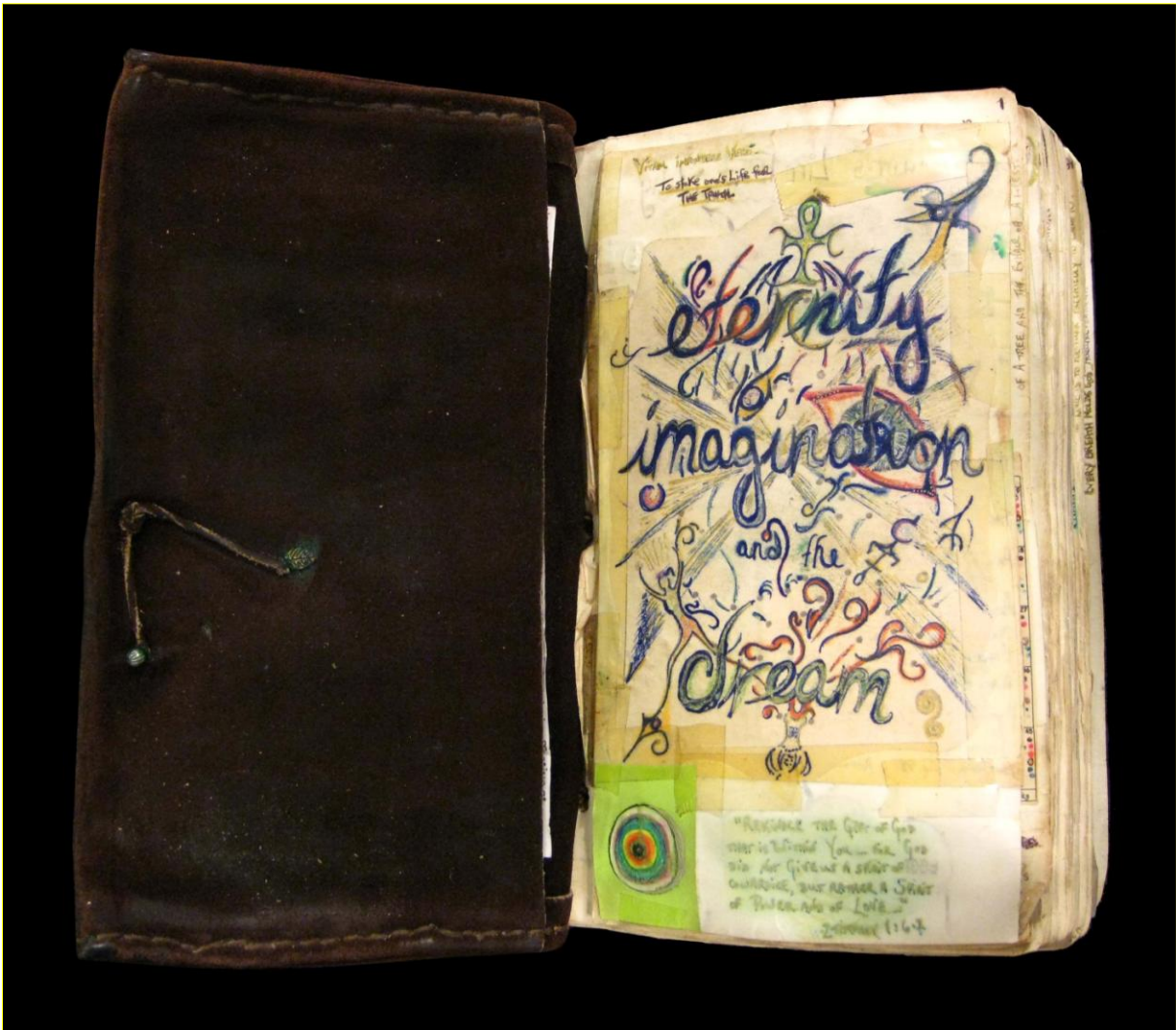


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Dedicated to Truth-Seekers everywhere:

*May you all find the Great Light
that is even in this moment
shining upon your Way.*



Introduction & Clarification

Hand-made by a dear Friend (Rebecca Jean Pittman) in the fall of 1995, ***The Brown Book*** (as I began to call it) seemed too “magical” to be used as a mere diary, and I had no idea how I could fill it in a fashion that would be worthy of its Beauty. Thus it was that I decided shortly after receiving it that it would remain empty until I had something of “true Importance” with which to give its pages Meaning. Eight years later, in the Spring of 2003, it was still pristinely empty ... I was preparing at that time to set out on a trek “around the world”, and instead of leaving my personal collection of reference books, favorite quotes, inspirational images & prized photos behind, I began to fashion ***The Brown Book*** into a kind of “True-Self Companion” for my Journey. Only partially filled when I departed for Mexico that spring, it has accompanied me and grown with me on almost all my adventures ever since. Indeed I worked *with it* on an almost daily basis throughout the last half of 2003, throughout the entire 3-year period from 2004 to 2006, and sporadically for the four years that followed; filling its pages with favorite sayings, sacred verses, Beauty-full photos, inspired illuminations, and any other distillations of Truth which I was blessed to encounter along my Way.

How the contents of the tome “arranged themselves” was a rather interesting phenomenon to behold. When a quote or a picture (written in *deep red* herein) would deeply inspire me, I would open ***The Brown Book*** to a “random” page and copy or affix it there. Then, at some point after a quote was entered, I would re-turn to it and “augment” it with a corresponding “Gold Writing”; so named because these additions were written in **gold ink** in the book itself, and because they somehow seemed to flow from The Soul within us all – a Soul which is symbolically represented by the element gold itself. These words of Wisdom were “accessed” intuitively and serve to enhance every quotation’s “deeper meanings” ... It is perhaps important to note here that, even though these sayings were accessed using my own intuition, I do not claim them as “mine” – feeling instead that they were not written *by* me, but rather merely flowed *through* me.

Just as intriguing, over time it became apparent that the quotes and images were somehow “grouping themselves” in alignment with particular themes; that every set of two facing pages contained words and symbols that seemed to harmonize with each other in relation to particular ideals, issues, or values. As such, for those desiring to use it in this fashion, ***The Brown Book*** became a “Tome of Truth” – and can thus be used as an oracle of sorts.

Finally, after many years of being appreciated by many different people, it became clear that not only were some of the book's words becoming illegible (pages were becoming tattered and ink was beginning to fade), but some of the quotes were inspiring some readers to receive “darker” (i.e. more dualistic and thus less enlightened) impressions than the ones originally intended. As such, to give readers a better chance of uncovering the book's wiser & more Harmony-engendering meanings, I decided to provide a few lines of clarification (written in *deep green* herein) for each quote. Realizing that each person's interpretation of any wisdom is a perfect reflection of their own particular station in life, I have made these clarifications relatively cryptic as well, thereby allowing the True Self of each individual reader to still be heard while reading them.

That having been explained -- sit back, peruse ... and enJOY!

P.S. A practical note with regards to using *The Brown Book* --- Pages 01-39 contain various affirmations, rituals, and reference materials I used to employ to “Ground the Moment” and remind me of the constant presence of my internal True Self ... Pages 40-171 thereafter contain the afore-mentioned quotations (and their illustrations). These Wisdoms have served as both inspiration & guidance for me during my Journey, just as the visions and images contained therein each reflect a Power-full metaphor, story or person from my Life. Of course, they each stand alone as well, reflecting Meanings & Truths that only you the individual viewer can access. As such, these pages can also be used as an “Oracle of Truth” by focusing upon a personal question or Life-challenge intently, and then opening the Book to a set of facing pages (I have identified the left-hand side of each page with an “*a*” and the right-hand page with a “*b*” in this document). Thereafter, you can either focus upon the first quote or image you notice there, or read the entirety of both facing pages’ contents to spark a deeper Knowing with regards to your particular query.

P.P.S. A philosophical note with regards to the Book’s biblical flavor --- In order to fully appreciate *The Brown Book* and its encompassed Truths, it is necessary for you to read “through” any traditional Christian religious interpretations of the verses included in its pages. Each of the tome’s Biblical verses (written in *deep blue* herein) is placed Purpose-fully on its particular page and is directly relevant to all accompanying quotations. When read with an open-mind, each and every verse accesses a very deep Universal Wisdom. Jesus (and even Paul, in his more lucid moments) was a champion of The Way of pure, unconditional Love. At the same time, he lived his life intentionally as both a political & a religious heretic – openly challenging all man-made authorities that confined &/or contradicted his understanding of limitless Compassion. Thus, to truly appreciate the deeper majesty of the verses quoted herein, it is necessary to first set aside most of what you may have learned about Jesus in church or heard about Christianity from friends or family members. Indeed, the Way of Love that Jesus espoused is so much grander than those oft-constrained teachings – so please read accordingly.

Similarly, many of the images herein have been illuminated with the Christian “cross”. Almost needless to say, this symbol has nothing at all to do with the traditionally conservative meaning(s) attached to the crucifix by the Christian church. Instead, the crosses found here represent that symbol’s far deeper Truth: namely, that one’s external “God”, one’s bodily True Self, and one’s internal Soul (the “Trinity” of every human’s consciousness -- represented by the vertical axis of the cross) are united in every moment one chooses to gratefully cherish life (represented by the left side of the crossbeam – the side of Receiving) while selflessly Serving others (represented by the right side of the same beam – the side of Giving) ... Feel free to let this Truth shine forth for you whenever you witness it, whether in this book or elsewhere.

In conclusion, it is my wish that this Tome fulfill its founding intention: namely, to provide all its readers with true Guidance towards attaining a state of perfect Contentment -- the Inner Peace that comes to all those who choose to live their lives lovingly, & thus Meaning-fully.

with Love & Peace,

Scaughdt

(December 2016)



Eternity, Imagination & the Dream

The Brown Book – its Content

Vitam Impondere Vero

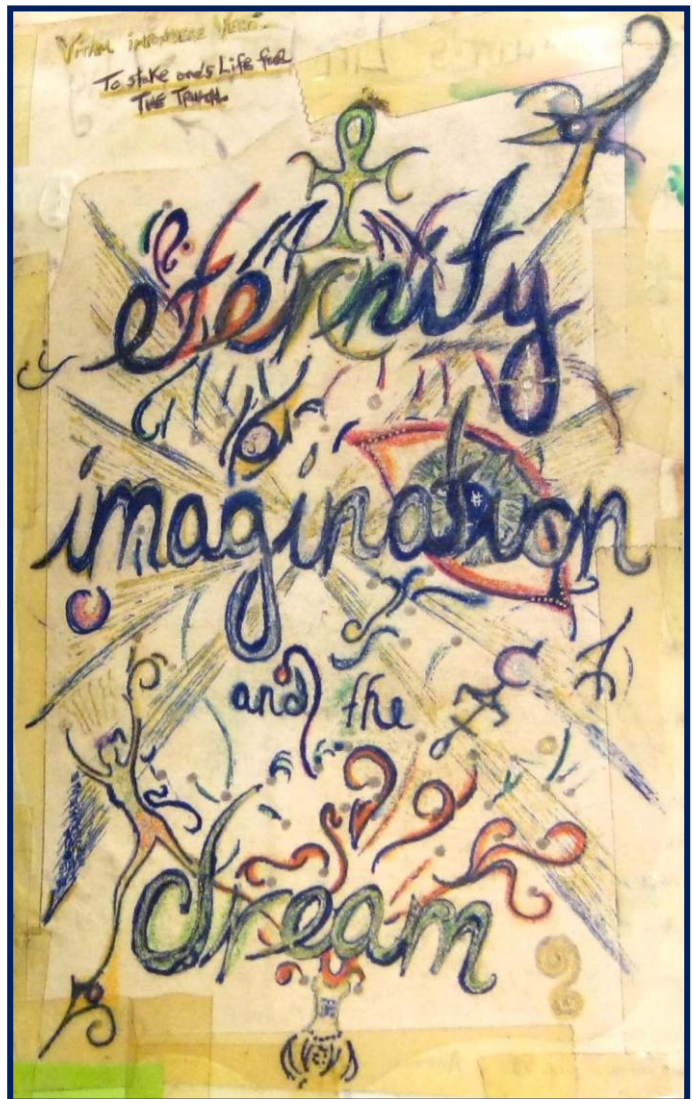
“To stake one’s Life for the Truth.” ~ Latin Saying

The only way to stake your life for “the Truth” is to courageously actualize your Truths. It is not enough to read Truth or discuss Truth or be mentally willing to engage Truth. It is not even enough to write a book of Truth (the Brown Book actually “wrote itself”) ... No, to truly **awaken** to Truth, It must be *experienced*. And to truly experience Truth, it must be enacted boldly – it must be *lived*, especially in those moments when you are deathly afraid to do so.

“Rekindle the Gift of God that is within You ... for God did not Give us a spirit of cowardice, but rather a Spirit of Power & of Love.”

~ *unknown* (2 Timothy 1:6-7)

Just because a Gift is given, does not mean that it is cherished. We have each been given Grace threefold: (1) a sense of self-Awareness (consciousness), (2) an internal moral compass (conscience), and (3) the ability to use all of them to powerfully influence our surroundings (a quantum interconnection with everything material + a limbic resonance with every sentient being therein) ... And yet, these Gifts are not what makes us Human – We become **Human** only in the moments we choose to selflessly use these gifts for the betterment of another.



PAGE 01



A Life-Flow Manual & Handbook for Salvation's Way (and a Manual for aspiring Messiahs & awakening Prophets)

***To all True Selves: You cannot aspire to become a "Messiah" ...
Choose to become a Master by re-mem-bering that you allReady ARE one!***

A true "Messiah" is anyone who consciously sacrifices any portion of his/her well-being to further the Peace of another. As such, you cannot merely intend to become this type of Savior and succeed, because intention is based in the future and exists only in the mind, while Saviorship comes only in the Here&Now and only to those who have cast aside their fears and immersed themselves in the seemingly dark waters of such "dangerous" acts of Kindness.

"Every Work reflects the Soul of Its Creator." ~ German Proverb

"Work" in this verse is any activity or project that is intentionally performed solely to further the Joy &/or Peace of another. Because the Soul of every conscious being possesses the same focus, it is a fundamental Truth that the former always reflects the latter.

Image 001 (Page 1a -- lower left corner of image above) ... This picture shows me & Rebecca Jean (who hand-crafted *The Brown Book* in 1995) sometime during the summer of 2000 ... For roughly ten years of my life (from 1993 to 2003+), I returned to the north side of Tacoma to sleep on Rebecca Jean's couch, soak up the energies of our Friendship, and revel in the magical Beauty of nearby Wright Park – where I regularly roamed to "re-charge my spiritual batteries."

Life: “... to fill with Trips, Flows and the Search for a Self.”
~ Rebecca Jean Pittman

This was originally written by the creator of *The Brown Book* as an encouragement for me to fill it with Meaning-full material ... It took 8 years before I finally wrote in it at all, and yet I think it now resonates with her wishes. Of course, it is not so much a book that reflects me searching for my Self, as much as it is one that reflects those moments in my life-Journey when I found the same.

*Oh Loving Spirit, Let Me Live Soul-Worthy!
(Every Soul that IS, is Worthy.)*

The last phrase of this verse implies that every Soul that exists is innately worthy of being appreciated **as IS**. Of course, for a Soul to truly exist, it must be actualized. And to be actualized, a Soul – which is nothing more than the core of conscient & conscious energy within every sentient being – must be enlivened by actions that harmonize with its perfect Kindness. And it is this quest that is reflected in the verse's first phrase.

NOTE: Pages 1b-5a contain “*The Mossway Calendar*”, a system of time-tending that organizes the year into 8 seasons – with each “seasonal month” having 45 days divided into 5 weeks of 9 days each. The days were re-named to represent the archetypal 9-Stage evolution of Contentment in each Human Life (from the **Peace** of Solitude, to the **Spontaneity** of Flow, to the Pro-Activity of **Co-Creation**, to the Unconventionality that spurs **Growth**, to the Compassion of **Love**, to the Honesty that allows for **Healing**, to the Truth of **Wisdom**, to the Awe in **Wonder**, and finally the Joy that is functioning **Community**). Each day of the week has its archetypally aligned hue, as do each of the 9 seasons (There is a 5 day “Transition Phase” connecting “Finter” with “Winter” that serves as the ninth month, & its archetypal color -- like the 9th day of Community -- is white) ... **Note** as well that all the *images* on pages 1b-5a were chosen to reflect the season of the page upon which they are found. Unless specified hereafter, most were found in various “spiritual calendars” that I was using during the early years of this millennium.

“Time is a meadow; not a highway.” ~ Tom Robbins

*A meadow is but the pause between the in-breath of a desert
and the out-breath of a forest ...
And, just as it is for humanity, it is the ability to consciously pause
that brings such a meadow into eternal bloom.*

Time is not measured by the linear flow of events, all of which being per se incorrectly remembered by the ego-mind. Rather, time is the malleable perception of the length of any series of interdependent moments. The implications for this Truth are that each & every sentient being in effect controls the *actual* length of their lives, in that the more selfless one's chosen deeds are, the “longer” one's moments become. This is what it means to enter the “eternal Kingdom of Heaven” in every moment we choose to actively “Love our enemy” ... Selfless kindness stretches time; selfish callousness compresses it.

Image 002 (Page 1b) ... Here, a frozen waterfall – symbolizing the Truth that even in the darkest of seasons, “pathways to God” remain; ready to be traversed in each moment's call to Caring. Indeed, it is the icy cold of winter's painful fears that makes the waterfall into such a ladder ...



Image 003 (Page 1b – overleaf) ... These are ice-crystal “angels” – symbolizing the Divine that is encapsulated in everything material, and the Amazing waiting in every “frozen” moment ...



“The Soul continually leads the many back to the One.”

~ Paramahansa Yogananda

(German translation: Der Geist versucht ewig,
die vielen zu dem Einen zurückzuführen.)

***It is the Soul that innately knows that the many are the One;
that there is nowhere to go but into where one allReady IS ...***

The Soul in this sense is every sentient being's conscient consciousness; an internal psycho-energetic reality that is constantly “hinting” (or “whispering”) that we can literally return to the Bliss of Oneness in every moment we courageously choose to act accordingly.

“Life moves in cycles ... When this is understood, [It] is enjoyed more than endured.” ~ N. D. Walsch

***Each cycle is but a series of moments – each independent yet interconnected ...
Comprehending this, one's times of “endurance” become Joy-filled.***

This is another one of the many quotes from Neale with which I do **not** resonate directly. And yet I do feel that it *does* reveal a deeper Truth if read deeply. Superficially, it seems to champion a relatively primitive view of patience; that we need only “wait out our bad times” until “better times” cycle back to us. I personally put this belief to the test on many occasions, and every time was met with an enhanced experience of suffering for both myself &/or others ... And yet the second half of the quote does hint (perhaps unwittingly) at a deeper Truth; that the “bad times” in our lives are actually the times that offer us the most power. Indeed, because it is our expressions of Love (especially given during the times we are hurting) that bring true Joy, we can indeed choose to actively care for others during our “bad times”, and thereby reap real Bliss. And when we do so, there can be no more “enduring”. Indeed it is impossible to “endure” that which brings us the most Joy, namely doing the most good – by extending the most powerful Kindness – to & for others.

PAGE 02



***“It is not for you to know the times
that the Father has set by His own Authority.”***

~ Luke (Acts 1:7)

On its face, this verse seems to state that there is an external force (see “God”) that already knows what will occur in a future that is fixed. While the physics of time seem to point to the possibility that the future has indeed already occurred (if interested, search “eternalism”), it is important to remember **1**) that “the Father” mentioned here is an *internal* entity; a facet of each sentient being's True Self, and **2**) that even though time might be a circular reality, it is perceived as having a linear flow – a linear flow in which our linear consciousness functions. Thus, in deeper terms, this verse is a call to “go with the flow”; to accept whatever happens to us by choosing to see those things as happening *for* us.

Image 004 (Page 2a) ... An evergreen tree-top peeking out from snowbank – symbolizing that we are always connected with the Light of Love, even in those times “dark” & “cold” when Love seems dead or far away ...



Image 005 (Page 2a – overleaf) ... Here we have a picture of penguins on icebergs – symbolizing that Home is truly where the Heart is (as long as that Heart is open) ...



“Be in the moment. Remember, You sent yourself this moment as a Gift. [As such, choose to] come to each moment cleanly, without a previous thought about it.” ~ God

Some have taken issue with the middle phrase of this quotation, which seems to state that we co-generate all our lives' happenstances ourselves. This is **not** the interpretation that is intended here. Rather, it has been my personal experience that we do not create our life-situations as much they are “summoned” by us – as effects that “ripple back to us” (in forms commensurate with the frequencies of our past actions) ... It also seems true that many events that seem to be summoned are actually already present in our immediate surroundings – we are simply unable to perceive them until the frequencies of certain choices “cleanse” our perceptions and enable us to do so. The latter part of this quote is also important, in that it refers to the Truth that – regardless of how familiar a situation might seem to us – every element of every event in our lives is completely unique, and can only be accurately perceived with a proportionate “Beginner's Mind”.

*The mind thinks only of the future in relation to the past ...
Thus, to truly Be in the moment,
the mind must choose to gently set aside all thought.*

“Proclaim the Message [of Love]; be persistent, regardless of whether the time is favorable or unfavorable ... Encourage others with the utmost Patience.” ~ unknown (2 Timothy 4:2)

This verse can be misleading unless read with gentle “lenses” ... On its face, it seems to admonish us to try and convince (or even downright convert) others to our own way of thinking or believing. This is **not** its intended meaning here. Rather, on a more “divine” level, “utmost patience” can be read as “absolute Acceptance”; that others already subconsciously know their uniquely perfect Path, and that it is our privilege to support them and their journeys unconditionally. This is the apex of the virtue of Patience; guiding others with loving deeds and supportive words; purposefully avoiding any conversations that are in any way persuasive (especially those that are in any way critical) ... We have been Called to Love others, not to correct them.

Image 006 (Page 2b) ... Here, a butterfly with see-through wings – symbolizing that we can always soar “spiritually”, even though we often have no concrete evidence of that ability, and must Faith-fully “jump” into thoughts of gratitude &/or deeds of Kindness anyway ...



Image 007 (Page 2b – overleaf) ... A picture of cascading rice paddies – symbolizing that the spiritual path knows no “higher” or “lower”; no more or less “enlightened” ... Every being who chooses to actively care for another when least inclined to do so receives the same Bliss-full experience of pure Oneness ...



“Wake at dawn with a winged heart
and give thanks for another day of Loving.”
~ Kahlil Gibran

This one is pretty solid as is, though it might be helpful to read “at dawn” as “Here&Now”, and enlightening to read “day” as moment”.

*As Consciousness is one's re-Awakening to God,
and as God is the essence of Love, every selfless deed is a
renewed re-Awakening to Oneness with the Divine ...
... & in and of itself an act of power-filled Worship.*

PAGE 03



*“It is Now the moment for You to awaken ...
The night is far gone; the day is near.
Let us therefore lay aside the works of darkness
and put on the Armor of [Love’s] Light.”
~ Paul (Romans 13:11-12)*

This is quite the in-Sight-full verse. Note that the “moment to awaken” is Here&Now, and that it is neither dark nor light in this critical time. In other words, the choice between actions that are self-serving (“dark”) and those that are selfless (“light”) is a perfectly pristine one in every present moment – regardless of your ego’s internal doubts to the contrary. And how are we to engage this choice? By setting aside the “works of darkness” (active sins of selfishness) and donning the “Armor of Light” (deeds of radical Goodness -- noting while we do so that Light does not recede & defend against shadow, but rather extends outward and willingly lends its brilliance to the dark).

Image 008 (Page 3a) ... This shows a reflection of a sun-showered golden mountain – symbolizing the Truth “as above so below”; at least as long as we have the courage to reflect the Love of the “above” (within) in our actions “below” (Here) ...



Image 009 (Page 3a – overleaf) ... Here, a flower-covered promenade – symbolizing the ease and Joy-fullness that comes to all of us in those moments we choose to walk the selfless “middle path” ...



“There is a teaching common to all Masters: Keep choosing the same Truth ... For Masters, this focus makes all co-creation instantaneous. Be of single Purpose.” ~ anonymous

Persistence seems indeed to be key to attaining an **in-Light-in**-ed awareness, and yet this persistence must be evident through one's chosen actions, not merely reflected in a consistency of one's chosen beliefs. Indeed, our co-creation becomes instantaneous once we realize that it is omnipresent – always there whether we personally intend to co-create or not. The Master understands that, regardless of what comes as a result of his prayers, those prayers are always answered for the Highest Good.

***As resistance IS the persistence of all that is resisted,
so too one's Purpose-full perseverance IS one's IN-Light-IN-ment.***

“Be ready for every Good Work.” ~ unknown (Titus 3:1)

To be truly “ready” for every Good Work is to see the Good Work that is always available nearby -- and then to engage the same courageously.

Image 010 (Page 3b) ... A churning waterfall (near Mt. Rainier, Washington) – symbolizing the purification that comes to us when we *willingly* flow with all that already *is*, especially the tumultuous things around us. ...



Image 011 (Page 3b – overleaf) 2 ... A calm stream (in the Olympic Peninsula's Hoh Rainforest) – symbolizing the “yin” to the “yang” of the waterfall previous; that, regardless of the discord we might be experiencing, every life-path inevitably returns to the innate Calm of Oneness from which it was born. Acceptance & Gratitude are doorways thereto; acts of Kindness are walking through that portal ...



“It is You who are moving, not time ... Time has no movement.
There is only this one moment.” ~ God

Our brains would have us believe that we are moving through a series of interconnected moments we call “time”, and yet in actuality we are perceiving an immediate past composed of an interdependent series of independently-whole, individual moments; moments we then connect after-the-fact using memories of all things familiar to us and our preconceived judgments related thereto. As such, when we remember that there truly is only this one Here&Now, we can access the perfect, unconditional Love that resides there and there alone.

***Movement, like time, is also an illusion ...
We are all simply repeatedly re-materializing;
drawn perpetually towards endless opportunities
to selflessly be of Service ...***



“God provides us with everything for our enjoyment. We are to Do Good, to be rich in Good Works, and ready to share.” ~ unknown (1 Timothy 6:17-18)

The opportunity to selflessly care for another is everything we need for our in-Joy-ment. And this opportunity is omnipresent; available in every moment. The gift need not be physical and need not be to one of the “downtrodden”. Every sentient being is starved for a real, intimate connection with another. As such, eye-contact & a kind smile sent another's way is more than enough. And even for those “alone” in the desert, there is the opportunity to pause and consciously send out a powerful frequency of Love.

Image 012 (Page 4a) ... Light shining through dewdrops on reeds – symbolizing the fact that Light infuses us all and indeed connects us all as One (stranger & lover, friend & foe, human & animal, air & water & earth); and that the most potent way for us to cleanse both our Awareness of Truth and the depth of our relationships is to act accordingly ...



Image 013 (Page 4a – overleaf) ... Here, dewdrops rest on a spider web in front of red/yellow lilies – symbolizing the Enlightenment that comes from using our intellect (yellow) to enliven our courage (red) via acts that unify ourselves with our surroundings, and thereby our Universe ...



“Life is an ongoing, never-ending process of re-Creation.”
~ the Divine many call “God”

This is an important concept to comprehend – that living is much more than attaining a sense of comfort via various forms of recreation, and it is also much more than feeling “happiness” or “success” from manipulating one's environment (what some call “co-creation”) ... Indeed, truly *living* is about re-Creating – which requires consciously harmonizing personal inclinations with the overall Flow of the Universe.

***It is not our choices
that co-create Reality,
as much as it is our Reality
that re-creates our choices.***

“Exhort one another every day, as long as it is called ‘today’” ~ unknown (Hebrews 3:13)

It is not enough to plan to care for another, or to wait to extend Kindness on special “holidays”. The time to Care is *always now*, and the person to Care for is always right next to you. And how do we “exhort” them? By simply looking them in the eye, choosing to see their True Self within, smiling at them, and then asking if there is anything we can do to bring them more Peace. This is true exhortation; an unconditional affirmation of the other -- valid & whole just as he/she already is.

Image 014 (Page 4b) ... Here, we see two celestial bodies – the Moon & Neptune – accompanying the angel sculpture that watches over the small vineyard at Alexzanna Farms (in Wildwood, Georgia). The symbolism here is rich, reflecting the Divine watching over the Earth – specifically the eternal potential (Neptune) that humanity (the grape vine) holds to develop and enliven unconditional Love (grapes to wine) – doing so more via the subtlety of quiet actions (the Moon) than the overtness of words ...



Image 015 (Page 4b – overleaf) ... Here we see eight (8) Canada geese flying across an orange “harvest moon” – symbolizing the Truth that potent Abundance always comes from actively & humbly treating all others as members of our Greater Family ...



“God rests in reason ...
God moves in passion.”
~ Kahlil Gibran

Realize that The Divine is never “one or the other” of any pairs of opposites; but rather resides always in the instant of time that connects the two – the invisible boundary where one rests gently against the other ... God is where the horizon meets the earth (here) and where the past meets the future (now) ... God lives when the ego's mind-body is consciously utilized to further the Joy of another. This is why God is neither reason nor passion, but rather is re-manifested in all actions that are humbly yet zealously Caring. In-deed, there is nothing more Self-serving than Joy-full self-sacrifice; a Truth that cannot be comprehended until courageously engaged.

***God never rests & God is far beyond reason ...
Indeed, to be truly Known, God must be Lived.***

PAGE 05



“We speak God’s Wisdom, secret and hidden, which He decreed before the ages to be our path to [the] Glory [of perfect Peace].” ~ Paul (1 Corinthians 2:7)

And how can anyone speak a wisdom that is “secret and hidden”? Because it is hidden from us *within us*. This is a deeper meaning of Paul declaring that God's will of selfless Love was “decreed before the ages” – a term used to describe the ability possessed by every sentient being to purposefully unify his/her two opposing realities (the self-serving ego-self with the service-based True Self) in every act of willing self-sacrifice ... As such, Paul inadvertently champions Jesus' selfless Way with this verse.

Image 016 (Page 5a) ... Here, a full moon is seen through a “stone window” (probably in Arches National Park) – symbolizing (among other things) the Truth that what many call “spirituality” (the purple background in this picture) is most powerfully accessed in & communicated in the material world (the stone arch) through humble-yet-flagrant acts (the Moon) of radical Kindness & selfless Generosity ...



Image 017 (Page 5a – overleaf) ... This picture shows me standing on an ocean-side boulder at Ruby Beach (Washington Peninsula) during the Summer of 2000 ... The planet “superimposed” on the picture is Jupiter, symbolizing the manifestation of Enlightenment into one’s everyday life by fully immersing one’s Self into one’s surroundings – especially one’s fears &/or the unknown ...

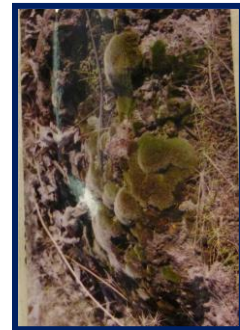


“Previous experience is never a sound indicator of Truth, since pure Truth is always co-created in – and thus at least partially tainted by – the Here&Now, and thus never objectively reenacted.” ~ inspired by N. D. Walsch

Previous experience may be no indicator of objective Truth, and yet every experience is essentially unique – meaning that there is no such thing as objective Truth. This having been established, there is a “most harmonious” view related to every perceived experience, and this view – the one most in alignment with the flow of The All – can be more readily accessed by humbly juxtaposing similar experiences from one's past to it. The Here&Now stands alone – yes, and the consequences that accrue from all Here&Now choices come back to us independently of any past choices (whose consequences have already returned). And yet, our perception of the present is to a large extent a compilation of memories from our past, just as the objective present itself has been co-molded and co-summoned by those very past events. As such, previous experience is much more than a mere indicator of current Truths – it is a direct reflection thereof.

***Truth is constant in two ways:
It is redefined in every moment,
and It allWays harmonizes absolute Love
with unconditional Acceptance ...***

Image 018 (Page 5b) ... Moss photographed in the foothills of Boise, Idaho – symbolizing the fact that our greatest Successes in life always come from allowing them to unfold. We are to “pray with moving feet” as it were, of course, and yet we are also to do so not with any specific goal or dream in mind – but rather to simply accept what comes and have faith that all our gentle, humble, and well-intended efforts will indeed bring Peace-full results. We understand that the Bigger Picture cannot be comprehended with any real objectivity – and we have no desire for fanfare or the limelight or the reaping of credit that isn't due. We work quietly for the Highest Good, and neither seek nor desire any reward for the same ...



Note: Pages 5b-7 contain information I used to align my True Self with the **cycles of the moon**.

Note that I never once used any of the archetypal references in *The Brown Book* with any certainty or assumption of outcome ... Communicating via archetype is by nature a most fuzzy business – much more akin to bewonderment than actual manifestation. As such, taking this moon-phase guide as an example, while I never firmly believed that commencing a new project on or around the waxing half-moon would guarantee that project's success, I *did* have faith that doing so **A)** made me subconsciously more focused on the project in question, and **B)** allowed my own rhythms & energies to more efficiently flow into the commencement of the same.

“To be Care-full, avoid being careful.” ~ anonymous

Of course, it is impossible to be truly Care-full when disregarding the impacts our choices have on others. The “recklessness” mentioned here is solely related to one's fears for personal well-being, which indeed must be cast aside in order to powerfully Care for another.

***The truly prudent Human
is reckless with their Kindness ...***



***“Whoever Does Good is in harmony with God;
whoever does evil has yet to comprehend God.”***
~ unknown (3 John 1:11)

An often misunderstood verse (at least under the penumbra of unconditional Love), note that the focus here is on action as opposed to mere intellectual belief. Note as well that those doing good are not judged worthy by God, but are “with God”, and that those who do not choose to do good are not condemned by God, but simply do not yet “comprehend God”. To truly Know God, we must first act as if we *are* God, whereupon we realize in so doing that we have indeed been a living facet of God all along.

Image 019 (Page 6a) ... Right away we see a card showing a large array of multi-colored snails – symbolizing a number of Truths: that we need never hurry, that immersing into our environment turns every Here into Home, that our growth in awareness and wisdom is inevitable as long as we have the humility to embrace what is, as opposed to what should or could be ... This card was sent to me from Ute Jonas, a friend in Stuttgart (Germany) who had borrowed *The Brown Book* during the summer of 2010. The back of the card (underneath the quote from Merton) is a thank you message from her – translated as “Thank you for having the Faith to place this book in my hands.”

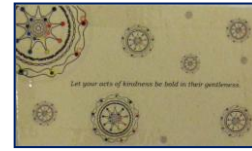


“My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I even really know myself, and the fact that I think I am doing your will does not mean that I am actually doing so. But I believe that the desire to please you does, in fact, please you. And I hope that I have that desire in all I am doing. I hope that I will never do anything apart from that desire. And I know that if I do that, you will lead me by the right road, though I may know nothing about it. Therefore, I will trust you always, though I [might] appear to be lost and in the shadow of death. I will not fear, for you are ever with me and will never leave me to face my perils alone. Amen.” ~ Thomas Merton

As with most prayers, this litany is more of a reminder of who I truly am – more a re-awakener of my True Self and its core values – than it is an actual conversation-starter with a celestial godhead ... While I humbly admit that there *might* very well be some sort of God looking down upon us from somewhere “up above”, I don’t waste any energy on worshipping or directly conversing with Him or Her. If there is such a deity and She is just, then I have nothing to do but go forth and Love others. And if he is not, then I want nothing to do with Him anyway.

NOTE: Underneath the snail card rests a series of smaller sheets containing the moon-phase records for the years that *The Brown Book* was “under construction”. The *images on the back* of these records are:

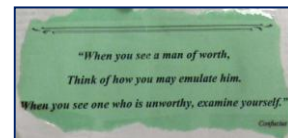
Image 020 (back of year 2011) ... This is the back of one of the “business cards” I distributed to more than few folks in 2010-2011 ... There were 10 different sayings on the backs of these cards, allowing each person to “dial in” to their own “meaning of the moment”.



“Let your acts of kindness be bold in their gentleness.” ~ Scaughdt

It has often been assumed that gentleness demands meekness &/or weakness; that in order to be gentle we must speak quietly or act reservedly .. I have found this to not be the case at all. Rather, gentleness is only partially related to *how* one acts, and much more dependent on *why* one is acting. Indeed, for any gentle deed to be prove Power-full (if not downright transformative) it is often necessary for it to require a great deal of boldness & an even greater deal of courage. If our bold Good Deed is seen to cause inadvertent pain, of course we apologize and set it aside, and yet we then replace it with a new leap of faith intended to bring Peace – the more terrifying, the better.

Image 021 (back of year 2010) ... This is a mint green (symbolizing perfectly unconditional “Spiritual Love”) portion of an unremembered flier, stating the following: “When you see a man of worth, think of how you may emulate him. When you see one who is unworthy, examine instead yourself.” ~ Confucius



This quote is not intended to encourage us to critically judge others, but rather is meant to inspire us to *attend to their behaviors* – and then to either have the courage to emulate the ones that are seen to cause Joy, or the discipline to avoid those seen to cause discord. Ever remember the concluding phrase: “examine **yourself**”. It is one of the great bellwethers of Right Action that every critical analysis of another (which might or might not be accurate) is always a clear expression of our own current state of being -- who we recently were, who we currently are, or who we could very easily become.

It is only possible to accurately see the status of yourSelf.

Image 022 (back of year 2009) ... Here, a floral representation of the Earth – symbolizing the Truth that, no matter what humankind does to Her or for Her, the Earth will ever recover and blossom forth life for those Living.



“No man is a stranger to one who truly Knows God. In the *experience* of finding your Father within you, you rediscover the Truth that all men are your Brothers.” ~ Jesus

Again, this is not a commentary on others' behaviors. We are not called to look for the good the other is somehow doing, but are rather given the privilege of seeing the good the other inherently *is* – regardless of how they are choosing to manifest the same (or not). Indeed, it is the “brother” who is acting like an enemy that needs our Kindness the most. We cannot in any way effectively coerce another into remembering their True Self. We must *show them* their innate Goodness by reflecting the same in our own actions & with our own demeanor.

Every being you “know” is your Soulmate, and every being you don’t is your Guide.

Image 023 (back of year 2008) ... This is a “Golden Mean” fossil stone that resided at the base of the osage-orange tree out front of the pre-2015 homestead at Alexzanna Farms (Wildwood, Georgia) ... While “the golden mean” is also a philosophical term related to the perfect line tread between excess & lack, the Golden Mean mentioned here is the mathematical one -- found where the ratio of two quantities is equal to the ratio of their sum to the larger of the two quantities. When plotted onto a graph, the Golden Mean value of 1.618 leads to the gradually escalating spiral we see here – a pattern that is readily found throughout nature, including humans, whose body parts often reflect the same ratio (e.g. length of 1st finger joint to length of 2nd finger joint, length of hand to length of forearm, length of fingers to elbow to length of entire arm etc) ...



“You go in search of dear Friends,
inevitably rediscovering them
within your own Soul.” ~ anonymous

We cannot find that which we seek in others or in external situations. Indeed, just as it is only possible to pose a question after its answer has been witnessed, it is only possible to seek for that which is already residing nearby (& also residing within). Looking for Love? Express the Love already within you ... Looking for Peace? Share the Peace already within you ... Looking for Happiness? Express the Joy already within you. ... That is The Way.

*The only Souls who have found their Life-Partners
have done so in the hearts of their most potent foes ...*

Image 024 (back of year 2007) ... This tile (fittingly found in the Alexzanna Farms labyrinth) shows the Hopi symbol of “The Wanderer”; a symbol representing the Truth that life is lived along an intricate and often incomprehensible path; the Truth that this path – while impossible to foretell – does manifest itself in cyclical patterns; and the Truth that, while we all inevitably are carried to the Path’s end, those who refuse to struggle against the Path’s twists & turns – those who choose to relax and “go with the flow” – and those who know Peace & Power along its course.



“He had an unerring ability for the recognition of Truth, and Truth he never hesitated to embrace, no matter from what source it appeared to emanate.” ~ anonymous (The Urantia Foundation)

Without established parameters, “truth” remains a nebulous myth. And yet each of us resonates in one way or another with various Truths. As such, the Truth of which this quote (and indeed, this entire **Brown Book**) speaks is the Truth that the base-frequency of the Universe harmonizes with what many call “unconditional Love” – that actions reflecting a selfless caring for others always harmonize with the greater Flow of Oneness from which all reality is generated and to which all things material return. Whether directly evidenced in harmonious visions or revealed in situations that tenuously obscure it with discord, this Truth is everywhere – **emanating** forth from every social interaction (celebration or argument), from every spiritual interaction (prayer or worship), and from every intellectual interaction (reading or speech).

*Truth booms forth in every moment of silence,
is honed by every instance of tragedy,
and clarified by every falsehood ...*

Image 025 (back of year 2006) ... This is a shimmery close-up of a sun image on a blue bottle (painted by Rebecca Jean) – symbolizing many Truths; among them the Truth that the Sun is always shining (even in the dead of night) and the Truth that Truth itself is constructed of thousands & thousands of smaller Truths – that we can only see clearly when we step back from a moment and gaze upon it from a non-personal perspective ...

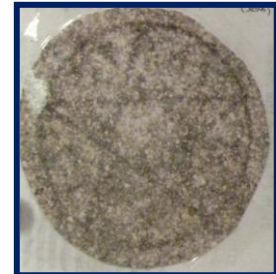


“Your Purpose here is not to learn; it is to re-member.” ~ God

It is only possible to recognize a Truth to which one is already privy; to which you have already been exposed – to which you already “know”. Some say that you can feel Truth by “listening to your gut” or by following the advice of “first thought, best thought”. And yet, the instinct-based ego is exceptionally clever in fulfilling its sole mission: to keep you alive at all costs. And one of the ways it does this is by convincing you that you “aren't good enough” to act or that you “need to learn more” before you do so. When this advice is heard from within, it is time to set it gently aside and **act lovingly anyway**. On a level of Self much deeper than the ego resides your conscience (or “Soul”) – an essence that understands and yearns for loving Oneness and courageous Compassion just as well as the ego knows & desires fear and personal survival ... Ever heed the former.

***Every mystery IS its solution;
re-Minding us all that, in order to re-member,
we must first choose to forget ...***

Image 026 (back of year 2005) ... A picture of a faint pentagram imprint in the concrete outside the North Tacoma apartment (Washington State) where I spent many a moon in the summers from 1998 to 2003. And it was somehow more than fitting that this five-pointed star be found outside this Sanctuary, for – far unlike the more common associations of this shape with Satanism and the occult – the pentagram has long been associated with self-sacrifice (representing the five wounds of Christ up through medieval times), the need for humanity to respect its place on the Earth, as well as with unconditional Love itself (seeing as how the path of the planet Venus forms a pentagram in the sky every 8 years as it traverses the heavens) ...



“The truly Wise Human is a Noble Soul who extends kindness to enemies, is tranquil amongst the turbulent, and proves generous in the midst of the grasping.” ~ anonymous

It has been said that the simpler the Truth, the more accurate it is. I have personally found this to be the case – and with regards to attaining a Meaning-full life, the Truth is quite simple indeed: the deepest Peace comes in every moment one chooses to actively care for those one cares least about (a.k.a. “Love your enemies”) ... Of course, this particular quote refers also to the fact that there are many types of “enemies” in our lives. Alongside competitors who are behaving aggressively towards us, other “enemies” include all strangers we encounter, our closest friends & family members (when they don't treat us appropriately or when they “push our buttons”), associates who provoke or bore us, & “leeches” who seem to be constantly trying to take whatever they can get. This quote implies the Truth that it is not only moral or “right” to extend kindness to such individuals, but it is also wise (i.e. practical – as the only psychologically effective response to those who are exuding fear is to exude Love) to do so.

***There is no Power in moments of ease,
and there is no experience of pure Truth
without the presence of such Power ...***

“Every truly generous act of Giving, along with every perfectly selfless Gift, comes from the Divine; coming out from the Father of Light, with whom there is no variation or shadow cast by change.” ~ unknown (James 1:17)

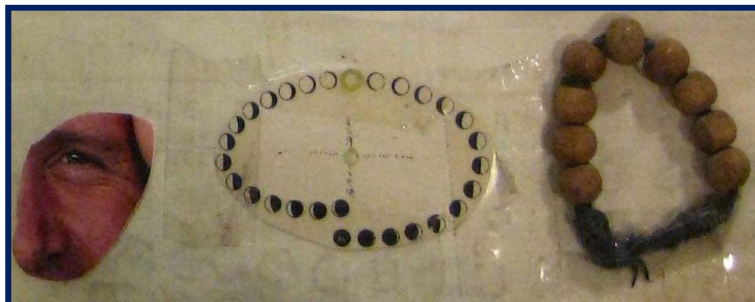
This verse traditionally has the acts of giving coming from “above; coming down from the Father”, and the humble seeker must admit that it *is* possible that some gifts are indeed showered upon us from external “celestial sources”. And yet the true power of this verse becomes illuminated the moment we alter the original wording to what we have here: “comes from the Divine; coming out from the Father” – emphasizing the Truth that we are able to access the Father **within us** in every moment of our lives, not merely those when the external “God” happens to bless us notoriously. And this makes more sense – after all, if the Father has “no variation or shadow” and if that Father is Love untainted (see [1 John 4](#), for starters), then He/She/It can do nothing but *constantly* shower us all with blessings. More importantly, on a practical level, the greatest experience of Peace always comes in those moments when we choose to extend kindness to our enemies – and this choice always comes *from within*, never from “above”. Indeed, if it were to come authoritatively “from above”, it wouldn’t allow for an unhindered choice at all. It is therefore the Father’s greatest gift that he has enabled *us* to do such powerful Giving – to be a source of blessing for others, rather than merely yearning for the same for ourselves.

“Every moment, Nature starts on her longest Journey
– and every moment She reaches her final Destination.” ~ Goethe

Evolution might lead to “genetic advancements”, and yet the innate Beauty of all creatures “primitive” is the same as all those “evolved”. The river might carve a canyon over time, and yet the landscape is just as Wonder-full before it does so. This quote also speaks to the great Truth of the malleability of enemies; that persistent kindness not only transforms the personalities of those upon whom it is showered, but also that friendship is viable and complete in the moment that one enemy chooses to care for another – fully regardless of what the other does or does not do in return.

***Nature, like Life & Love, knows no destinations ...
To arrive is merely to Begin anew.***

Image 027 (Page 6b - bottom left) ... This picture (a facet of the whole image found on the overleaf of [page 61a2](#)) shows my left eye– the eye that perceives wonderment in the normal and that can be amazed by the familiar ... The symbol in the image’s center shows the full spectrum of the phases of the moon – representing the Truth that the Light of Love is always there to be felt, and that it is best given via the softer reflections of selfless deeds than the glaring harshness of critical (or even encouraging) words ... The ring made of 9 wooden balls seen to the right was found on (and worn along) the Camino de Santiago across northern Spain – found while thinking of my immense Gratitude for my life (its difficulties as well as its blessings), and worn thereafter while courageously attempting to set that Gratitude in motion.



PAGE 07



NOTE: While these two facing pages quite obviously contain many meanings related to the moon and its various phases, a deeper glance also reveals that they also portray the Truth that we can – if we wish, and if it is for the Highest Good to do so – let go of our rituals when they no longer bear a better fruit. For me personally, the moon phase archetypes which used to play a significant role in planning my route through life and guiding me through my days, now play almost no role at all ... I consult them on occasion, yes, and yet they are no longer “needed” – having learned that it is not necessary for us to find the “best” or even the “better” activity in any given moment; but rather to simply find *any* activity that intends to serve another and then leaping Joy-fully therein & thereto.

Image 028 (Page 7a) ... Here we see a man silhouetted by a full moon, symbolizing the immersion of the lives of many men into the pursuit of women – along with the Truth that life becomes “darker” the more this conquest takes precedence. This is not to say that male-female relationships are “bad”, but rather that focusing on our deeply impregnated desire for partnership &/or lust for sexual release will always subvert the more Meaning-full avenues of living available to us ... If a partnership is a true Partnership – founded in unconditional Love and not at all constrained by the shackles of promise, duty, or commitment – then it can indeed have a positive influence on one’s Calling. All other relationships – not so much.

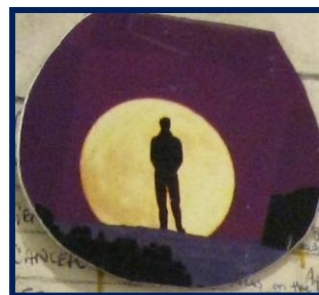


Image 029 (Page 7a – overleaf) ... This image shows hundreds of lotuses blooming on the lake at Alexzanna Farms (Wildwood, Georgia) – symbolizing (fittingly for this page) the rebirth that comes repeatedly to those who have the wherewithal to set aside their physical desires for comfort, pleasure &/or self-benefit, and replace them with deeds of selfless Kindness & Generosity. Like the human Soul that reawakens via such counter-instinctive deeds of Goodness, the lotus too rises up in the night from the muddy, murky depths to blossom pristine throughout the shining morn ...

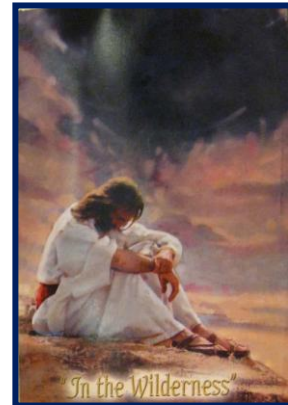


“The Moon that is full does not face the Sun.” ~ God

To truly comprehend our Purpose in any given moment, we must courageously experience it (by faith-fully giving Love to another even when uncertain of the “appropriateness” of the same). And once our Purpose is Known in this manner, there is no more seeking for it – there is nothing left to learn about it. It is then that Masters and teachers and tomes of Wisdom are all gently set aside, and one begins to shine forth that Love on one's own.

***In times of trial, re-member:
There is no real Darkness ...***

Image 030a (Page 7b) ... This card is a print of “In the Wilderness” by Ron Cicianni, a painting that has “showed up” regularly for me since I began to live as a Peace Pilgrim back in 2006. For me, it not only serves as a reminder of the 3 Great Temptations (wealth, power, and immortality) that Jesus staunchly rejected in the desert (see [Matthew 4:1-10](#)), but it also serves as a reminder that The Way of selfless Love is often a solitary affair; often a journey filled with the pangs of loneliness and fear and doubt and despair. Indeed, that is precisely what makes such a life so Power-filled – indeed, it is precisely because it is so emotionally (and often physically) challenging that this Way can reach people more deeply and convey the more potent messages of knowing true Love via selfless service & knowing real Peace via self-sacrifice ...



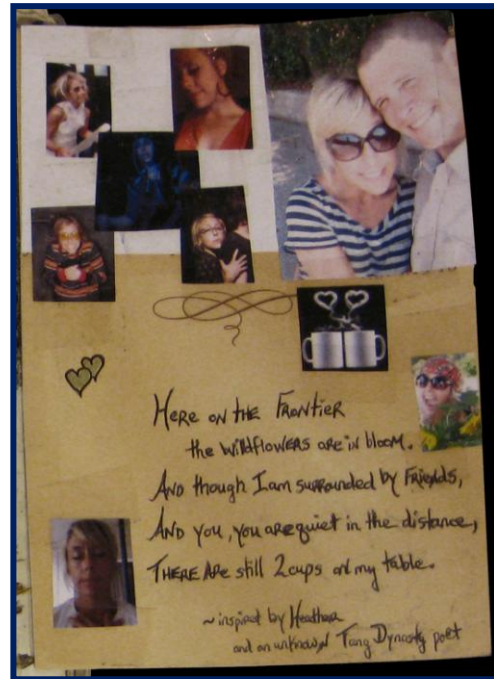
“For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are – yet [ultimately] was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.” ~ unknown (Hebrews 4:15-16)

This verse (fittingly covered over by the Heather collage described below) has often been used by Christians to excuse – if not to openly justify – their own selfishly sinful choices. I do not read it in this way ... To me, this passage reminds us that Jesus was indeed a human being – a man who suffered from the same temptations as the rest of us, a man who regularly succumbed to those temptations, and yet also a man who transcended those temptations in magnificently resolute and most noble fashions. He does not show us in the Bible a state of perfection to which we cannot hope to arrive, but rather shows us a state of perfect Love that each & every one of us can attain. Indeed, any true Master is not “above” us at all, but rather has simply already experienced the Truths we ourselves seek to know. And indeed, in order to experience transcendence to True Self, one must start from a place of ego – a place of sin (succumbing to temptation). As such, the Master cannot have true Compassion for sinners unless he/she has already experienced the pain of sinning. The Master knows that no one needs mercy administered from any external source – not from others, not from that Master, not even from God. Only the mercy that we give ourselves internally can have any significant impact on our journey. This is the true Grace that continually guides us from within through all our times of trial.

“Then God said ‘Let there Be Light.’” ~ unknown (Genesis 1:3)

This verse runs deeper than one might expect. Yes, it reflects the Truth that everything in the Universe is composed of light; that everything is essentially One. It also reflects the dangers of mixing pride with desire, as the *Elohim* (the Hebrew word for “gods” – often referring to “fallen angels” in the Old Testament) were the ones who separated the light from the All for their own whim and profit; creating darkness in the process. Something similar happens every time we do anything solely for personal benefit, instead of reaching out to Love an enemy.

Image 030b (Page 7b - overleaf) ... This collage was essentially the final entry ever made in *The Brown Book* – and fittingly so, seeing as how *The Brown Book* first and foremost was created to reflect my journey towards fully comprehending the nature of perfect, unconditional LOVE, and seeing as how Heather Peroni was and ever will be the last “girlfriend” I will ever have. Indeed, she was my final, futile-yet-well-intended attempt to harmonize romantic partnership with The Way of selfless LOVE. Now I am not saying that the two cannot be reconciled, and yet I can without a doubt say that they cannot be reconciled by myself – and Heather was the angel who helped me to finally accept that Great Truth ... Like many who came before me and many who will come hereafter, I have chosen to live and champion The Way of selfless Love, and as such am essentially “married” to all of humanity thereby ...



“Here on the Frontier, the wildflowers are in bloom.
And though I am surrounded by Friends, and you -- you are quiet in the distance,
there are still two cups on my table.”

~ inspired by an anonymous Tang Dynasty poet

Image 031 (Page 7b) ... This calmly smiling sun was a sticker I placed on my computer monitor while living in my “Steeb Street Sanctuary” in Stuttgart, Germany from 2001-2003. For me it symbolizes the ability we all have to resolutely persist in feeling deep Gratitude & even profound Joy while steadfastly going forth each & every day to do what can be done to bring more Peace into the world ...



“Beloved, do not be surprised at the fiery ordeal that is taking place within you to test you.”

~ unknown (1 Peter 4:12)

The key in this verse is the word “within”. So often we are tempted to judge our lives' external “difficulties” or “crises” or “tragedies” as ordeals. And yet every one of them we co-created with (or at least co-attracted to) ourselves. It is the internal “ordeal” that was given to us at conception; the internal struggle between selfish ego and selfless conscience that forms the psychological & spiritual foundation of our potential rebirth as a Child of God – whenever we choose to set subsequent “ordeals” aside and Care for others.



NOTE: Page 8 displays a visual/verbal re-minder of the person I chose to Be via the “Moral Guidelines” I chose (and still choose) to embody in my interactions with others.

Image 032 (Page 8a) ... This is a picture from the wall of the B&B where I stayed during my first solo pilgrimage, a journey taken to the Glastonbury Tor (England) in 2001 ... For me, it represents – in so many ways – the “Mountain” I myself intend to climb with my life: the Mountain of pure thought (crystals), the Mountain of Peace-full deeds (the white doves), the Mountain of an abundantly Caring Heart (the waterfall), and the Mountain of spreading the Truth of perfect, selfless, self-sacrificial Love (Jesus Christ) ... Best of all, this picture also unwittingly represents the Truth that we need not labor long & hard to someday attain these pinnacles – that they are actually all easily & fully accessible in every moment of radical Kindness ...



***“If you bring forth what is inside of you, what you bring forth will Save you.
If you do not bring forth what is inside of you,
what you do not bring forth will destroy you.” ~ Jesus (Thomas 70)***

There is sometimes confusion here with regards to what truly is “inside you”. There is a self-centered ego inside you, to be sure, and yet that entity is not the one mentioned here. Even deeper than our primitive instinctual drive to survive is our Soul; that essence that wants one thing and one thing only; for us to emerge as an active force for Love. And the longer we wait to actualize this True Self, the more meaningless our lives become, the more self-focused they become, and the more suffering we experience. And if we choose to cower in this manner long enough, our discordant existence will no longer be able to co-exist with the Universal Flow of Oneness – and we will indeed know a most painful destruction of that’s elf – to be born anew thereafter.

***You Are truly only those traits
which Harmonize perfectly with God’s perfection ...
Everything else about “you”
is a meaningless reflection of your lusts & fears.***

“My Work is to carry Love everywhere you’ve walked.” ~ Rumi
We can pack Love for our Journey only after we exude it to those already around us.

***To truly carry pure Love in your Heart,
you must perform selfless Love with your arms.***

“Today, this Scripture has been fulfilled in your Hearing.” ~ Luke (Luke 4:21)

This verse specifically refers to sections of the book of Isaiah (61:1, 58:6 & 61:2); sections quoted by Jesus in the synagogue to announce a deeper Truth: namely, that those who would choose to emulate (“Hear”) his Way of Love, would find the Peace of true freedom.

18 Universal Truths ...

Right Action flowing Noble ...

... Morality is always in harmony with Harmony.

Every action that is Right brings forth the peace of Oneness. Simply stated: If you are causing others harm, change course.

Patiently listening ...

... Attention is only complete in the present moment.

The past is fabricated from erroneous memory, and the future woven from fickle fear. Only the present moment is ripe to be accurately appreciated ... (In other words, cease your nostalgic daydreaming and release your pointless planning)

Perceiving Life as allWays Good ...

... Positivity is attending to the Spirit.

And “positivity” here refers to the ability to replace condemnation with acceptance, to replace inaction with action, to replace greed with generosity, to replace envy with gratitude, to replace apathy with compassion, to replace deception with honesty, to replace pride with humility, to replace boredom with wonderment, and to replace doubt with faith. Essentially, it means to be your best when your life is the worst. It means to replace cowardice with courage by being Kind when least inclined. This is what it means to “attend to your Spirit”.

Immersed in the living Earth, connected ...

... Grounding rests in Action.

The phrase “grounding rest in action” is a multi-layered pun, the meanings of which all orbit about a central Truth: namely, that to be truly representative of your actual Self, you must be somehow in motion – specifically, engaged in some deed designed to benefit another. True, some have honed their mental abilities to the point where their thoughts have become “things”; their meditations have become tangible forces – and yet for most of us, to blossom into True Self requires that we actively do something for someone else.

Relaxing, smiling, and choosing Happiness ...

... Joy is always available.

Even though it might be extremely difficult to choose Happiness in the face of tragedy, that choice **is** always available. Hint: our emotions are ruled more by our choice of action and our actions are ruled more by our choice of thought. And our thoughts, of course – blessed be, are ruled by no one.

Letting the Way be warm & smooth ...

... Choose to allow for Flow.

Comprehending the word “allow” is critical to comprehending this statement. We cannot “manifest” or “co-create” harmony in our lives. To experience such smooth Flow, we simply have to pause and realize that *harmony is always present* – that it is our opinions and beliefs about our circumstances that make them discordant, and nothing else.

Wonders blooming in the Here&Now ...

... Seeing is re-cognizing GOD.

Truly clear perception requires pausing -- to activate conscious awareness, and then pausing again -- to humbly look upon our surroundings without labeling or judging or comparing or contrasting or even describing them. And when we do so, there becomes only one experience: a raw & overwhelming Bliss that is the perfect mixture of gratitude & amazement.

The Journey IS the destination ...

... Wake up – and *continually* exclaim your arrival.

This is more than mere hollow verbiage. The only way to allow your maximum potential for Joy to blossom is to choose to be truly present in your current moment. And one of the most efficient ways to do this is to pause and realize consciously that you have already “arrived”; that there is already a critical opportunity to serve nearby, that you are the only being that can engage it, and that you are ready & willing to do so. Every kind act performed thereafter is automatically steeped in Bliss. In this way, you travel smoothly towards your life’s “end”, while Joy-fully “arriving” over & over & over again along the way.

Aloneness: Communing in Peace ...

... Solitude is being with Self – is Oneness with God.

Once you choose to purposefully let all your fears & desires completely fall away and be replaced by the desire to ease another's sufferings, you experience the Truth in that moment that *you are never alone*. The sky becomes your Guide, the Earth becomes your Friend, & every sentient being on the planet becomes a Brother or Sister. What's neat about this pure Solitude is that you can experience its Calm even when surrounded by hordes of other people; even in the midst of a raging storm.

We are all Children of the Universe ...

... See the Golden Core within everything around you.

While we are tempted to see ourselves as separate from everything around us, and while we are tempted to compare & contrast things with other things & people with other people & situations with other situations, we are always free to gently set those temptations aside. We can look past the delusion of thought (what the past has brought & what the future might hold) to simply SEE each moment as it **IS** – perfectly Wonder-full. We can look past the delusion of specific circumstances to simply SEE each thing as it **IS** – perfectly Joy-full. We can look past the delusion of others' behaviors to simply SEE each person as she/he **IS** – perfectly Beauty-full.

Feeling Life's constant Givings ...

... Be thankful for all that already IS.

It is reasonable to submit to the ego's yearnings for situations “more peaceful”, things “more abundant” and relationships “more loving”. It is reasonable to want “the best” for yourself. It is reasonable to long for “improvement” in self & others. AND – your are free to set that limited, self-centered & suffering-inducing level of reason aside. You are free to redefine reasonable – where conflict is seen as a priceless opportunity to bring Peace; where poverty is seen as a priceless opportunity to Give powerfully; where mistreatment is seen as a priceless opportunity to extend Love ... And when such choices are actively made, Gratitude wells up in its purest form. It washes over and through you on its own, bringing Joy & Peace along with it.

Heal from your deepest Vantage ...

... Love *IS* every healing.

The suffering that comes from striving to “be healthy” ends once you decide to **Be Whole** instead. The vast majority of all perceived dis-ease comes not from their external sources, but rather from our repulsion of the same – not from the painful occurrence itself, but from our rejection of it. On the other hand, when we choose to emit Love in such moments – especially an active Kindness extended towards the very “enemy” that is causing our pain, then we detach from the fear that makes our pain so painful. In these moments we experience Wholeness, and thereby a return to true Health.

Love purely ...

... Love is Light ... is Oneness of matter & perception

... is Consciousness is God.

This statement sounds a bit nebulous, and yet I have found it to be a patent, practical Truth – one that brings a potent effectiveness to all deeds when focused upon while acting. Yes, “God” is per se an indefinable entity. After all, how can we define the essence of everything using words that describe only as portion thereof? And yet, on a pragmatic level, we can feel what many call “God” by choosing to feel our own conscious awareness; which in turn allows us to experience a deep Oneness with our surroundings – especially in those moments we choose to interact with them via acts of courageously intimate Kindness. Everything we perceive is indeed made of differing densities of condensed light. And everything we perceive is constantly exchanging its subatomic particles with our own. We are *literally* all One. And we can know this Truth deeply whenever we choose to act accordingly

Trusting the Universe; Having Faith in The Way ...

... Revel in the omnipresence of Grace-full surprise.

This statement is not speaking of the typical “trust” that hopes for a specific, pleasurable outcome. Rather, it speaks to a higher level of Faith – a Faith in the flow of Universal Oneness; a Faith that this Totality is always seeking to harmonize its small regions of discord; a Faith that the Cosmos allWays succeeds in doing so. When this is believed, it takes the pressure off our own minuscule-yet-powerful choices. We can indeed effectively aid this Cosmic return to harmony, and yet our actions are not *needed* for the Universe to inevitably accomplish this end.

Embracing all with gentleness ...

... Caring as One; allowing the witness to become the witnessed.

One of the most effective ways to “pierce the veil of duality” while interacting with others is to go “beyond the beyond” ... First, see all your own opinions and analyses as primarily self-reflective (your own finger pointing at the other *might* be accurate with regards to them, but the three fingers simultaneously pointing back at yourself are most certainly accurate as well). Then, gently set aside this duality to see the moment from the perspective of the Inner Observer; the Universal Consciousness that witnesses not only the perfection of the other beneath their behaviors, but also the perfection within yourself despite your thoughts & opinions. Then, in the very next moment, simply allow yourself to sense Love for the same ... Once this is accomplished, caring Deeds of Kindness are certain to follow .

Letting righteousness steep in Humility ...

... The humbled ego knows that it too is a facet of the Divine.

True Humility is not subservience or self-degradation. It isn't feeling “less than” or “unworthy”. Indeed, if we feel this way about ourselves, it is impossible to access the courage necessary to actualize our innate majesty via acts of selfless Love. No, to do so we must first remember that we are *all* agents of the Divine; that we *all* have immense power at our command – the power to set instinctual selfishness & “prudence” aside in favor of acting as an agent of the Whole. And yet it does not require an absence of ego to let this True Self shine forth, but rather an ego that is first humble enough to recognize its own divinity, and then courageous enough to act accordingly.

Exuding Purpose ...

... All selfless service is Mission-enabling.

We may never come to know our “True-Purpose” in this lifetime. And even if we do stumble upon our Vocation, we can never be certain that there isn't something “more powerful” we could be doing for the Universe. Indeed, as beings with extremely diverse personalities, each possessing a wide array of talents & gifts, it is highly unlikely that we each only have one such “True-Purpose”. And yet that is neither here nor there, for it really doesn't matter whether we have one or many such Callings. Every act of selfless Kindness has a potent effect on our surroundings, and every such deed also serves to magnetically summon into our lives greater & greater opportunities to serve those around us.

Living with perseverant discipline ...

... Persistent courage is The Way.

Persistence in and of itself is not the key to living in harmony with your True Self. We are not here to “push the river” by striving to create that which is not in harmony with our surroundings. And we are also not here to fulfill our own dreams for “what is best” for the world. Rather, we are here to simply persevere moment-by-moment with small-yet-potent acts of radical Caring. Indeed, this persistence embodies the entirety of The Way in every instant it is engendered.

PAGE 09

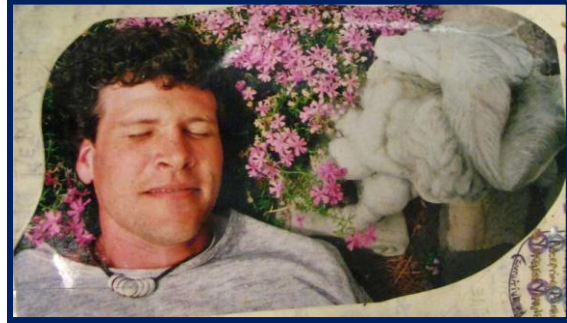


NOTE: Page 9 represents the deeper meanings of the “True Name” I adopted in 2001 and then used publicly throughout the time of this book’s co-creation.

***Find the Center of the Cosmos wherever you Are ...
Be Love -- and Be grounded in Love by actively Loving.***

In those moments you are striving for personal gains or the fulfillment of personal opinions, you are a small speck of flesh lost in the whirling vastness of the Universe. And yet in all the moments you choose to care for another without reward, you attain complete Stillness within, and the Universe revolves around *you*.

Image 033 (Page 9b) ... Here I and my True Self are seen resting “in Peace” in one of the flower gardens at Alexzanna Farms (Wildwood, Georgia) during my visit there in the Spring of 2002.



*“For mortals it is impossible, but not for God;
for God all things are possible...”*

~ unknown (Mark 10:27)

This verse seems to imply that we as humans can do nothing without assistance from an external Divinity. In reality (which becomes clear when reading the larger context of its entire passage), it speaks to the *opposite* Truth: namely, that God resides *within us*, and that we can accomplish all that this Holy Spirit desires whenever we seek the one thing that the Divine seeks – **Harmony** via acts of Love.

*“It is with the Heart that one Sees rightly;
what is essential is invisible to the eye.”*

~ Antoine de St. Exupery

This quote speaks to a Truth that is as scientific as it is mystical. Our eyes' ability to see is indeed miraculous, and yet our eyes can still only sense one billionth of the objective reality around us in any given moment. Frequencies of energy too subtle to be perceived as matter are being exchanged in every instant of every interaction. And it is the human Heart that senses these interconnections – the emotional state of the other (limbic resonance), the “rightness” of our body in its immediate environment (electro-magnetic resonance), the probable short-term effects of current choices (intuitive resonance), and the available opportunities to further harmony & lessen suffering (conscient resonance) are all being processed by our Hearts just as effectively as our brains' constant reasoning & analyses. Most importantly, if we choose to tap into this Higher Awareness by courageously acting on its “hunches”, we rebirthe a life soaked in Peace & Meaning.

***For the Child of God, the Journey always flows
from Head to Heart to Hand ...***



NOTE: Page 10a contains a list of “Ritual re-Minders” – a numerological re-reminder of the archetypal influences of both my birth & my True Names, as well as a re-Minder of my own mortality.

Awaking refreshed and thankful,
I cheerfully prepare my mind, body and spirit
for today’s perfect moments of Being ...

When truly immersed in selfless service, we become so filled with Universal Essence that we end up taking in far more “juice” than we expend. This is one of the ways to become aware of the relative purity or impurity of your intentions. If you are feeling fatigue or pain during or immediately after an act of service, then you were at least partially motivated by self-interest while engaging it.

Emotional fatigue is nothing more than the body recuperating from the drains of one’s previous acts of selfishness ...

“Begin with the End in mind.” ~ S. Covey

This is not a call to strive for future “success”, nor is it an admonishment to plan or prepare or dream about the same. Rather, this is a call to be continually re-motivated by and re-focused upon the Highest Good. Indeed, when the humble person looks upon the potential “end” of a deed, she knows that she cannot be certain of its fruition. And yet he continues to focus his intentions thereon; he continues to realign his motives with those intended to effectuate the greatest Peace for others.

Re-member that your entire Life is but the End of your Beginning.

*Knowing my Death,
I hold Its Closeness ...
Having **EMBRACED** It,
I Am ... Reborn,
and alive in this Moment.*

Far from being a masochistic call to mortality-fixation, this verse merely reminds us that consciously remembering how little time we have, and how tenuous our futures are, allows us to approach each & every moment as the priceless gift it is. It allows us to give everything we have to every chosen deed, and to continually re-align our lives to becoming powerful servants of the Whole -- as opposed to those who merely pander to their own superficial, self-centered desires.

NOTE: Pages 10b-13a contain the “Daily Affirmations” that directly correspond to a particular “Mossway Calendar” day of the week (e.g. December 1st is allWays “Solitude the 1st of Winter” in the Calendar, and would therefore be accompanied by a morning reading of the “Solitude Affirmation” on the top of [page 10b](#), the “Do Good” Affirmation on the bottom of [page 12b](#) [which was read every day] and the “Pilgrim Affirmation” on the top of [page 13a](#)) ...

Image 034 (Page 10b – top) ... This is my rendition of a seven-circuit Cretan Labyrinth with an illuminated Cross in its center – symbolizing our lives’ seemingly circuitous (but actually ever-flowing) routes of passage, but also the primary principle of selfless Love with which we can by far most easily tread those ways ...



SOLITUDE: The Earth is my Sanctuary – a Sacred Space for ritual and relaxation ... She enhances my physical health, my emotional Flow, my intellectual Wisdom, and my spiritual Growth ... Inner calm & quiet ... Immersed in the Wonders of Nature ... My life is full of Peace ... I hold Her deep within, and take Her Solitude with me wherever I Go.

Just as we are never alone – just as the essence of our own Souls resides in everything around us in every moment of our lives, so too are we always journeying essentially in Solitude through life. Indeed, even in the midst of a horde of revelers, we swim though and amongst them alone – with perceptions and feelings and knowings unique and forever still; silent not because we do not voice them – but silent because they form our individual reunion with the Divine – visions so rich & wondrous that they are truly beyond communication.

Image 035 (Page 10b – bottom) ... This is a Japanese “enso” (incomplete version) – symbolizing the Truth that while all is essentially imperfect, all is also ever in motion and ever moving towards perfection; that there is Good in all, and that often the most Good is found in moving towards perfection, not in arriving there ...

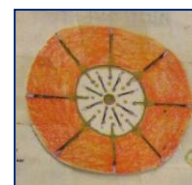


FLOW: Whirling in rhythms of vastness and vortex ... I ride Life free and easy – rolling down currents warm and smooth ... Whether briefly held in the Patience of forever-eddies, flying boldly over torrents of trial, or smooth-gliding around boulders within my Way, I feel Life’s cycles, accept what comes to me, smile, and Flow onward.

Even in our calmest moments – even when things around us are completely silent and our thoughts are completely still, we are always at the mercy of the vectors of the stars; we are always spinning around the Earth while it spins around the Sun while it hurtles through the Milky Way which plummets through the Cosmos. And yet, in every moment of conscious Kindness, we are completely still within – and in those moments the Universe revolves around us, free & easy.



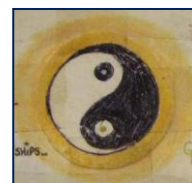
Image 036 (Page 11a – top) ... A drawing of an 8-pointed Sun – symbolizing the Truth that real Abundance can only be found in creatively acting in a way that enhances the Universe’s greatest creation: Life itself ...



CREATION: Creativity is my art of Feeling the energies around me and capturing that Feeling in vision &/or word ... My Flow-Feel is keen ... My Wonder-Vision is vivid ... I am bold and portray what I Feel: the Spirit’s Powers, Vortex-Magicks and Wonders – I dance with them all in color, word, and tone ... I hone them gently that all may Know their Majesties.

True boldness has nothing to do with recklessness or bravado, and little to do with standard understandings of “bravery”. True boldness has the Courage to humbly **See the interconnectedness** between one’s Self and one’s enemy. True boldness comes when one has the Courage to abandon temptations to attack or defend in favor of offering a gentle word or a Kind deed.

Image 037 (Page 11a – bottom) ... Here, a YinYang – symbolizing the Truth that there is deep meaning in every Victory, and potent growth in every Defeat; that there is no such thing as a moment or a happenstance that is “bad” – just as there is no such thing as a person who is “evil” ... Good is always there to be see – and if not seen, co-created ...



GROWTH: My Growth is felt – a daily evolution towards my Highest Good ... My physical body is cared for, heals well, and is progressively fitter. My mind’s Openness and capacity for Understanding is continually expanded through exposure to new ideas and beliefs ... My Spirit grows as I am ever more Aware of my Now, my Here, and my Connection with all corners of the Cosmos ... I walk tall in body, my mind walks taller with Compassion, and my Spirit is above and ever-upward.

Walking “tall in body” requires engaging deeds that are true to your True Self; a being that yearns to further the harmony of all around him. Being “tall in mind” requires having the humility to set aside all personal beliefs & analyses and Seeing all others as Brothers & Sisters; each one an equally worthy facet of the Divine. When these are done simultaneously, a person chooses to powerfully exude his “Tall Soul”.

Image 038 (Page 11b – top) ... This drawing represents the reunification of all things traditionally divided into the myths of “male” & “female” – the power to rail against injustice & the tenderness to nurture all those who have fallen; the scathing perception of reason & the flowing depth of the intuitive; the blazing heat of Truth & the cool caress of Wisdom; the will to surrender to freedom & the courage to freely surrender; the resoluteness of integrity & the empathy of humble acceptance; the persistence to see things through & the patience to allow things to develop ... True Strength comes not from being “true to your gender” – true Strength comes from unifying the All into the One ...



LOVE: Full of Compassion ... Caring for everything and everyone around me ... To Love is to Be quietly ... To Love is to flow with Purpose ... To Love is to co-create Beauty ... To Love is to have the Courage to be true to Self ... To Love is to feel Connected ... To Love is to Heal ... To Love is to comprehend Truth ... To Love is to be amazed over the same ... To Love is to cherish Community ... I Love ... and this I, LOVE.

Inner silence, true Purpose, real Beauty, pure Love, total Health, raw Comprehension, childlike Amazement, and intimate Friendships – all these things come to the fore during every single act of selfless Kindness.

Image 039 (Page 11b – bottom) ... This drawing shows a 2-headed, 3-eyed snake climbing an Ankh – symbolizing in this case not the possible eternity of life for individual Souls, but rather the eternal nature of Life itself; the Truth that the many forms of Healing all serve to evidence the way Life perpetuates itself: from birth – to growth – to injury – to recovery – to setback – to overcoming -- to aging – to decline – to death – and then to birth again ... Sentient bodies especially have been obviously “designed” (or have evolved) not only to replicate and spread life, but also to constantly heal & repair lives already born ...

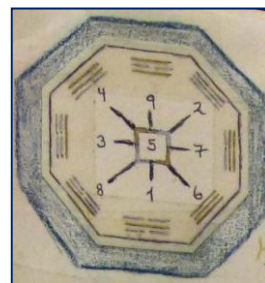


HEALING: I pro-Act my own Healing ... I am able to fulfill my Life Mission: to Awaken ... My Essence is Healer ... I engage the personal Cleansing already begun ... Today I am aware of my wounds ... Today I actively Love my Self ... I feel others’ pains with Compassion-laden understanding and without needing to Heal them thereof ... My Healings are Gifts.

We are all blessed with the ability to give Love to others, especially in those moments when those others least deserve (and therefore least expect) the same. It is in *these* moments of true Courage that we become real & potent Healers; that we allow our enemies to become Whole once more -- and thereby not only become our Friends, but also become far less painful to strangers.



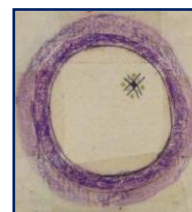
Image 040 (Page 12a – top) ... Here is a Bagua diagram, a Taoist symbol representing the eight fundamental principles that interrelate to co-generate & co-influence Reality as we know it ... Those familiar with Feng Shui (the “science” of harmonizing the material elements of one’s life with the immaterial energies flowing through and around those elements) will recognize this as one of the primary tools one can use to enhance the intensity of Harmony in one’s surroundings ... While I myself remain somewhat skeptical of the more mystical sides of Feng Shui, I will say that applying its principles to one’s home &/or office space does indeed have a dramatically positive effect on the subconscious mind ...



WISDOM: I infuse my Being with Wisdom: Great Thinking, Way Flowing, perception bending, and Truth-Wave Riding ... I feel these Wisdoms as they augment my being and couple with my own thoughts, deeds, and Ways ... In this way I am a sponge for new Wisdoms, and a channel for Living them.

Wisdom is Love. As such, we can only truly infuse ourselves with Wisdom when we courageously open our lives to experiencing how it feels to act lovingly towards others.

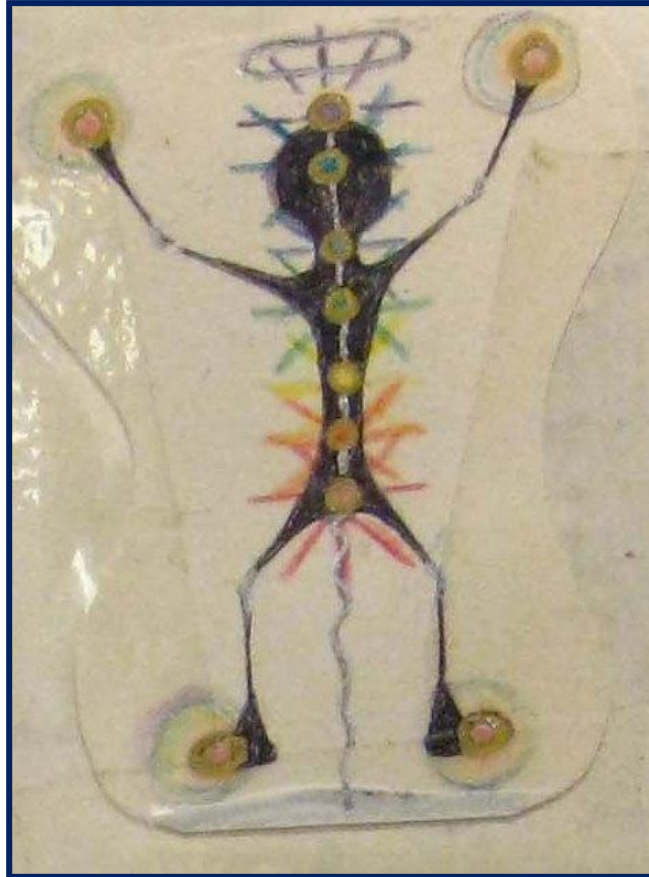
Image 041 (Page 12a – bottom) ... This could be either a soap bubble or a crystal sphere, the former symbolizing the Truth that everything material is patently transient and should be appropriately treasured without attaching thereto, and the latter symbolizing the Truth that it is indeed possible to see sacred & the Divine reflected in the material & the mundane...



WONDER: Everyday scintillating the unique “normal” ... I perceive them all anew and as a child – full of Beauty, Individuality, and Wonderment ... I focus on the present with an eye for Amazement ... I have that focus ... I am that Eye.

When we choose to see the amazing in the “normal”, the wondrous in the “familiar” and the Divine in the “other”, we automatically feel compelled to act accordingly with deeds of compassionate reverence for everything & everyone around us. And in this way, we become a source of Wonderment for all to witness the same.

Image 042 (Page 12b) ... I call this symbol “Chakra Man”, and it is important to note that I am not really an avid applicant of “Chakra Theory” (an understatement) ... Yes, there do appear to be “nodes” or “bundles” in the human body where lines of energy cross &/or combine and science might very well “catch up” to them and quantify the same someday. That having been said, what I focus on here with this image is more tied to the *archetypes* associated with each Chakra – most importantly that all seven of them unify and are thereby “purified” within every expression of selfless caring for another ...

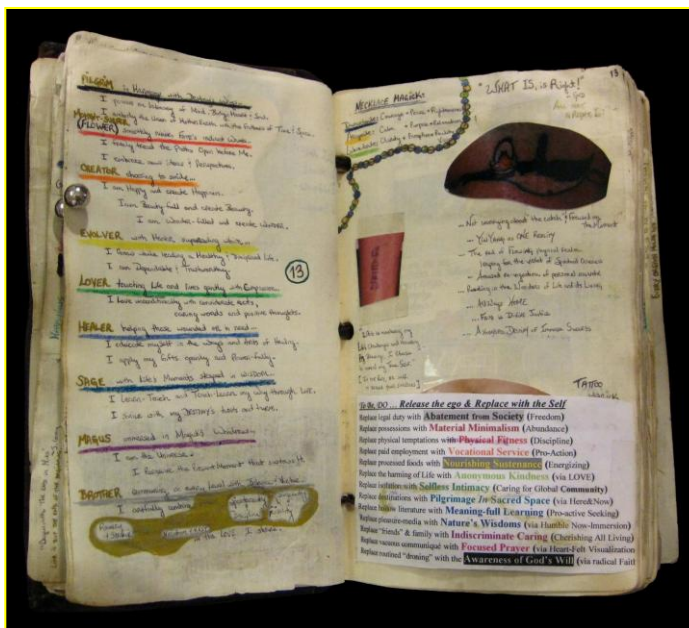


COMMUNITY: I feel and revel in my connection with my bigger Families: The Spirit God, the Cosmos, Gaia Earth, Nature, the elements, all living beings, all human beings, and all intimate Friendships ... I speak clearly and sincerely ... I Listen and I Understand ... I find and feel Love’s gentle caresses ... I love others ... I receive life’s gifts with Grace ... I radiate my Purpose in every moment ... I Heal my world through my living.

Life’s true gifts are its opportunities to transcend our personal limitations – to transcend the illusion of self and enter the Reality of Oneness. To receive those gifts, all we have to do is step boldly yet gently into our next interaction with purely selfless Kindness.

*Guide me today in Perceiving Wonder,
Serving Unconditionally, and Loving Purely ...
That I may be a Force for your Highest Good.*

It is not necessary to “know what you are doing” to be a powerful Force for Good. It is only necessary to be courageously Kind ... It is not necessary to “do amazing things” to be a powerful Force for Good. It is only necessary to be Kind ... It is not necessary to maintain an “enlightened status” to be a powerful Force for Good. It is only necessary to be Kind – for one instant – right Here – right Now.



Note: Page 13a is a series of affirmations I used to help “reprogram myself” back in the early-to-mid 2000’s – a series of statements designed to have me continually reawaken to the caring, selfless, generous, willingly self-sacrificial Self we all truly are, instead of droning aimlessly through life as the callous, selfish, greedy, self-centered ego-selves we normally pretend to be.

PILGRIM, in Harmony with Destiny’s Ways ...

I possess an intimacy of Mind, Body, Heart & Soul.

I embody the union of Mother Earth with the Fathers of Time & Space.

This is not to say that we must literally walk established pilgrimage routes to enliven our Destiny – we must merely choose to live in harmony with our True Purpose; via actions that are selfless & Kind ... This is also not to say that we only have one specific task to fulfill during our lives – not to say that “destiny” is fixed or that “fate” is predestined. To the contrary, our Destiny is simply to act as a living agent of Love, and we fulfill that Destiny in every moment we act accordingly.

MOMENT-SURFER, smoothly riding Fate’s radiant waves ...

I freely tread the Paths open before me.

I embrace new ideas & perspectives.

It is not for us to “push the river” of life – for us to strive to find a “higher purpose” or strive to manifest our “true calling” or even strive to perform the “most important task” ... It is simply for us to embrace each moment as it comes to us, and do the Good there is to be done therein.

CREATOR, choosing to smile ...

I am Happy and create Happiness.

I am Beauty-full and create Beauty.

I am Wonder-filled and create Wonder.

Just as a good beginning is half the Work, the greater portion of creativity rests in the attitude taken while creating – in steadily remaining in a state of Gratitude & Joy, while allowing the creation to essentially create itself.

EVOLVER, with Honor superceding whim ...

I Grow while leading a healthy, disciplined life.
I am dependable & trustworthy.

It is important to remember that physical Growth comes automatically, while Spiritual Advancement must be repeatedly & purposefully chosen ... Also, while the human body grows steadily over time, the maximum experience of Spiritual Enlightenment is known in every individual act of radical self-sacrifice.

LOVER, touching Life and lives gently with Compassion ...

I Love unconditionally with considerate acts,
caring words, and positive thoughts.

LOVE is best enlivened when we actively Care three times more than we caringly speak, and we caringly speak three times more than we lovingly think.

HEALER, helping those wounded or in need ...

I educate mySelf in the ways and arts of healing.
I apply my Gifts openly and Power-fully.

One of the greatest medicines – if not THE greatest medicine – is empathic Listening coupled with a heartfelt hug.

SAGE, with Life's moments steeped in Wisdom ...

I learn-teach & teach-learn my way though Life.
I smile with my Destiny's twists and turns.

Though I know I Know quite a bit – and while I Joy-fully share all that I Know with all who ask of the same, I also remind myself that I know next to nothing, and am thus ever-ready to listen & learn anew.

MAGUS, immersed in Magicks wondrous ...

I **am** the Universe.
I perceive the Present Moment that sustains It.

Once we pause long enough to slow down and deeply SEE our surroundings, we instantly & fully remember that always have been, still are, and always will be completely interconnected with everything else in the entire Cosmos – most intimately with those closest to us in proximity, and yet just as magnificently with those residing along the very edges of the Universe.

BROTHER, communing on every level with Balance & Virtue ...

I artfully combine spontaneity & discipline; sincerity & frivolity,
revelry & service, Vocation & rest in the LOVE I share.

Note that “Balance” here does not mean giving equal time to opposites or alternatives, but rather in purposefully and consciously combing the two into one – making discipline spontaneous & being spontaneous with the ways we enliven that discipline; being sincere in our frivolity & gentle in our earnestness; turning every act of service into a celebration; and finding our greatest Peace (and indeed, even experiencing the greatest recuperation) when helping others the most.

Here as well, at the bottom of Page 13b, is a written re-minder of the *13 Fundamental Vows* I chose to adopt in the beginning of my Journey of Awakening; vows that I still re-new in each moment of my living – 13 ways we can *all* set our ego aside and make room for the blossoming of True Self:

- I replace legal duty with an **Abatement from Society** (Freedom) ...
- I replace possessions with **Material Minimalism** (Abundance) ...
- I replace physical temptations with **Physical Fitness** (Discipline) ...
- I replace paid employment with **Vocational Service** (Pro-action) ...
- I replace processed food with **Nourishing Sustenance** (Cruelty-Free Energy) ...
- I replace the harming of others (&/or the mere tolerance thereof) with **Anonymous Kindness** (LOVE) ...
- I replace isolation & callousness with **Selfless Intimacy** (Global Community) ...
- I replace random movement with **Pilgrimage in Sacred Space** (Here&Now Immersion) ...
- I replace hollow literature & close-minded knowing with **Flowing Learning** (Humility) ...
- I replace hollow entertainment with **Nature-Soaked Seeking** (Wisdom) ...
- I replace supporting merely friends & family with **Indiscriminate Caring** (cherishing all Life) ...
- I replace hollow speech with **Focused Prayer** (& Heart-Felt Peace) ...
- I replace routined habit with a deep-seated **Awareness of God's Will** (via radical Faith) ...

After trying for many years to crush my various desires and addictions, I finally received an epiphany related to the Great Truth that “what is resisted, persists”. I wondered: what if my ego was actually getting stronger due to my striving against it? And if that was the case (which it indeed was), how can I combat an entity that thrives on conflict? The answer was obvious -- **with Love!** And not the “love” that “gives in” to the whims of its enemy (it certainly wouldn't work to capitulate to the ego's desires to have me become completely superficial and selfish). And yet there is another way to Love; a way that involves pausing every time a selfish urge is detected – pausing to humbly thank the ego for its efforts (however misguided they were). Thereafter, Step 2 involves making sure the ego knew that I was going to be acting selflessly for one moment, not forever – only one moment; only the current one. And finally, while keeping these two thoughts present (hovering in the back of my mind), I consciously replace the selfish impulse with a selfless deed. When we persist with this practice our brains become reprogrammed over time ... Our base base-inclinations shift – making it easier (though still challenging) to engage life's trials & difficulties in caring ways.

NOTE: Page 13b served as a personal re-minder of the deeper meanings associated with my first three tattoos (as I don't often see them mySelf) ...

“What Is, is Right!” ~ GOD

This statement is not meant to say that everything that exists is directly beneficial, nor does it attempt to state that everything – no matter how painful – can be experienced as pleasurable. What it *does* state is the Truth that, no matter how much discomfort we are experiencing, it is always possible **A**) to see the good in that situation, & **B**) to use that vision to do good for another. And this is especially true in those times when we are experiencing dis-ease of one sort or another (fear or sadness or anger or pain or fatigue); those times when it is most difficult to reach out to another in Kindness.

... and All that is Right, IS!

Image 043a (Page 13b – top) ... My very first tattoo is “Opus in Flight” – a picture of Opus (the affable penguin from the Bloom County cartoon strip) diving to catch a flying Frisbee. It is located on the outside of my left shin and reflects quite a few symbolic meanings for me, among them: that we can have Faith in the outcome as long as we are leaping “all-in” to the moment -- that we can be grateful & Joy-full just to be “playing the game” ... and that we can get much closer to Truth when we approach our encounters (indeed Life itself) with a foundation of gentle humility that borders on naiveté ...



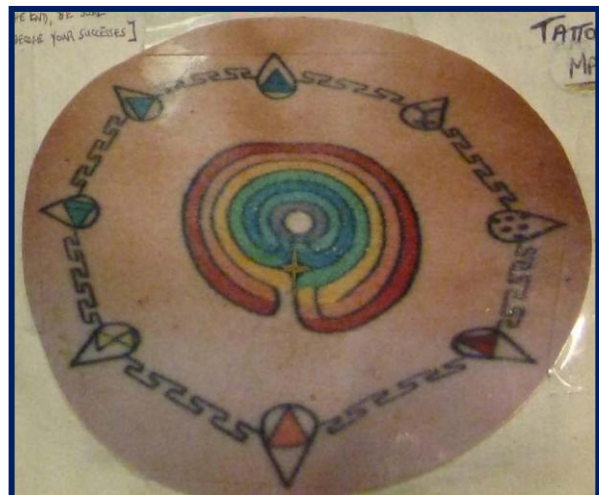
Image 043b (Page 13b – mid) ... Originally thought to say “In the end, be sure to become your Successes”, this Chinese saying (located on the outside of my right shin) *actually* say “Success is inevitable” ... Funny thing is, as long as we are dedicating our lives to selfless, unconditional Love – and as long as that Love is a *verb* more than a mere thought or emotion – both translations are equally true ...

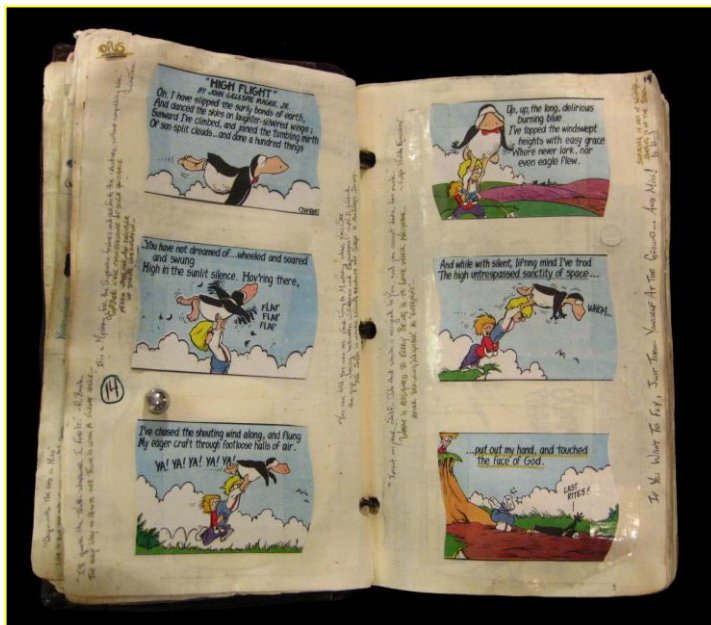


Image 043c (Page 13b – bottom) ... This image (below), entitled “The Labyrinth Citadel”, is found on my lower back. It represents the smooth flow of every sentient Soul's “dance of living”; a dance that takes place within the seemingly structured walls of time, place and the material Universe ...

My 9 Mantras of Enlightenment

- ☀️ I will Be what I Am.
- ✳️ I re-Member that I am a Messiah of the WORD.
- ✳️ I consciously submit my ego’s desires to the Will of God.
- ✳️ I witness and affirm **The Truth** within others.
- ✳️ I empower **The WAY** with Kindness & Compassion.
- ☀️ I clearly hear & believe in **The Life** – Calling my Purpose.
- ✳️ I AM that I Am – in motion, in every moment.
- ✳️ I engage the moment’s opportunities to serve God’s WILL.
- ✳️ I Am what I will Be ...





NOTE: Pages 14-15a keep me “in Touch” with one of my heroes – Opus, the lead-penguin from the cartoon strip “Bloom County” (very popular in the 1980’s, and then again in the mid 2010’s – created by Berkeley Breathed) ...

“I’ll quote the Truth wherever I find It.” ~ Richard Bach

Just as some very wise men & women have uttered some ridiculously flawed statements, so too have some of history’s most “evil villains” often spoken profound Truths. The Dalai Lama, for example, thinks that it is somehow morally acceptable to eat chickens and tells people that the primary reason for extending compassion to their enemies is so that they can attain a greater measure of Peace themselves (both are patently false). Similarly, even Hitler himself was known to speak an occasional profundity (“He who wishes to shine like the sun must burn like it.”) ... As such, let not the vessel that carries Truth either gild or taint the same. Look past who is speaking wisely, and focus on the Wisdom instead.

The only way to fully quote the Truth is with a silent smile ...

“It is a Mystery, for the Supreme fosters & perfects all beings without ever compelling them.” ~ Lao Tsu

The Supreme (otherwise known as “God” -- or the Prime Mover -- or the Quantum Interconnection – or the Soul) fosters all sentient beings to the extent that those beings choose to foster others ... This energetic “Divinity” resides both “within and all around” us at all times. It is not a personal conscious entity who forces, but rather is an impersonal flowing Power that allows ... It needs never compel one to Flow for the simple reason that one ultimately has no choice but to do so.

Grace is the omnipresence of Divine Guidance, mixed with the absolute non-existence of divine intervention ...

“You can tell you are on your way to Mastery when you See the gap closing between your willingness and your experience.” ~ unknown

One can tell he or she is on the way to true Mastery only while leaping fully into to the realization that a Master one has always been ... There is no need to “improve” or “grow”; only the privilege of allowing yourself to be the Goodness you have always been.

***The Sage is never merely willing
because the Sage is allWays Doing ...***

“Do that which is assigned to You,
and you cannot dare too much.”
~ Ralph Waldo Emerson

And what is assigned to us all is to serve the downtrodden, to forgive our friends, and to be radically Kind to our enemies ... There is no greater LOVE than this, and thus it is impossible to do more than these – and thus, also impossible to ever do “too much” ... Indeed, not doing at least one of these three means that one is always doing far too little.

***What is assigned to every Being is to Love their neighbor
– after having defined their “neighbor” to be everyone!***

“If You want to fly,
just throw your Self at the ground ...
..... and miss.”
~ Douglas Adams

And remember: the only way to truly fly ...
... is to leap into the arms of an enemy.

***Soaring is not of wings ...
Soaring is of the Soul.***



“Of course the World is Perfect!” ~ Mexican exclamation
 [Claro, Que Si El Mundo es Perfecto!]

I’m frankly not exactly sure what the original author of this statement meant by it – only what I mean by it. And what I mean by it is not that life is always pleasurable or “good” or comfortable or even “alright”, but rather that – regardless of whatever is happening to us or around us – there is always either a blessing to be appreciated or a service to engage. And seeing as how our greatest Bliss always comes in those moments when things are going poorly or painfully, and yet we choose to care for others anyway, there really is no time at all when Life isn’t, at least in this all-important sense, “Perfect” ... So essentially, the world might very well be deeply flawed from a self-centered perspective, and yet the world always returns to Perfection whenever we choose to see it as such – and we can only see it as such while we are acting accordingly.

To find Perfection, One must merely Open one’s EYE.

“Comfort your Hearts and strengthen them in every Good Work and Word.”
 ~ Paul (1 Thessalonians 2:17)

Some read this verse and focus on the word “your” – using the words as motivation to do “good deeds” in order to attain some sort of emotional reward. That is definitely *not* the deeper meaning I am intending here. Rather, the Comfort mentioned comes to us only in those moments when we are doing for others without expecting, desiring, or even noticing any benefit that might come to us in return. After all, it is truly impossible for a Good Deed for another if we are doing the same to be in any comforted thereby ourselves.

In Living, Be earnest *and* avoid seriousness.

Ironically, life is too unpredictable, and we as a species far too “small”, to ever allow ourselves to descend into the despair of meaninglessness or hopelessness ... This is not a call to sloth or selfishness, of course, but rather is a call to be Joy-full while we work for others and for the planet – and this, whether we see “positive results” or “know victory” thereby or not.

In every moment, choose to laugh serenely ...

NOTE: Pages 15b-18 we used to allow me to re-connect with the “Feuerbach Forest Labyrinth” – a 7-circuit labyrinthine path I co-created in Germany in the Spring of 2003, as well as to re-member the Wisdoms with which I was blessed while constructing it. The pattern was roughly 70 feet in diameter and took 1.5 tons of river stone to create. It was also in a relatively remote location, which had me carrying the stones to the site by backpack in dozens & dozens of trips over many days ... I would fill up two backpacks with fist-sized river rocks, put one on my back and sling the other across my chest, and then trudge roughly half a mile uphill through the forest to dump them on location. Then I would head back down and do it again ... One day, after most of the rocks had been transported to the base of the hill upon which the labyrinth was to be built, the stones were all still damp from the previous night’s rainstorm – which allowed me to notice that they each had their own subtle hues. So I proceeded to sort them by color, and then went about placing them one by one on the labyrinth pattern I had drawn on the ground with a stick; doing so according to the archetypal colors of the labyrinth itself – with red stones being placed on the outermost line, orange stones on the next circuit, then yellow, then green, then blue, then indigo, then violet, and finally white stones on the center circle ... Admittedly, these colors were only noticeable when the stones were wet, and yet it did make for quite the majestic effect when they were. After I completed the labyrinth, I opened it to the public – placing fliers in the neighboring towns inviting anyone to come who wished, and about 20 people did indeed find their way through the woods to walk it on that Opening Day ... Thereafter I returned on an almost daily basis for the next several months to maintain it and walk its meditative ways.

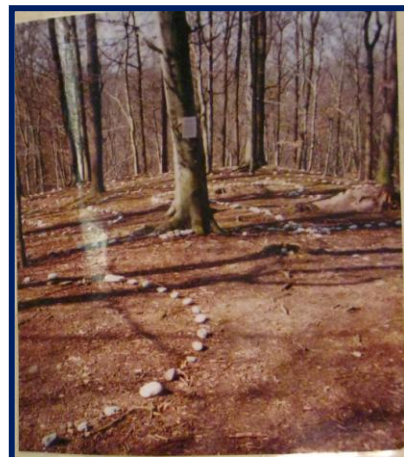
***Gratitude opens The Way ...
To Be a Force for Good,
To set those Free we love;
thereby Freeing our selves to Love.***

This is the first “verse” of the mantra I would read many times over the next several years after leaving Germany while looking at these picture thereof ... This verse sums up well not only the Purpose of that labyrinth, but also one of the primary purposes to being human on this Earth.

“Any pilgrimage (indeed, Life itself) is not about attaining more Joy for self, but must instead revolve around the opportunity to strengthen the Soul -- that we might thereafter more powerfully bring Joy to others.” ~ anonymous
Anything else is but a vacation or mere stroll.

***Indeed, it is the bringing Joy to others
that then becomes our own Joy ...***

Image 044 (Page 15b) ... The Feuerbacher Wald Labyrinth (standing near the entrance -- looking NW), built in honor of unconditional LOVE, and our collective human Mission to awaken the same in others ...



PAGE 16

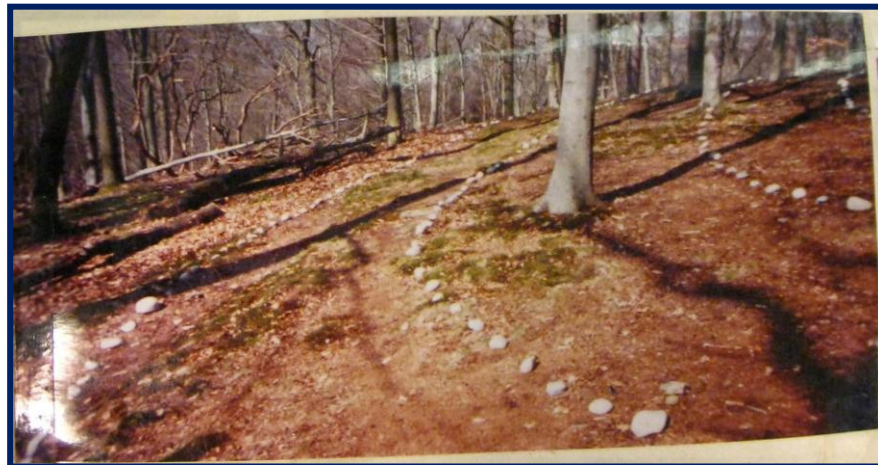
Image 045 (Page 16a) ... Looking at the Feuerbacher Wald Labyrinth (standing in the southern portion of the “yellow” third circuit -- looking N) ...



*Giving that which enhances Goodness ...
Giving allWays with pure motive and via Loving Action.*

This is the mantra's second verse, a call for us give selflessly to others -- with our actions more than our words.

Image 046 (Page 16b) ... Looking at the Feuerbacher Wald Labyrinth (standing in the southern portion of the “red” first circuit -- looking NW) ...



*Here&Now, I Am Who I AM ...
I am a perfect Soul and a perfect Me.*

This third verse, at least to me, means not that I accept all my faults, but rather that I know I am a loving Child of God despite them ... Indeed, even in those moments when I fail – *especially* in such moments, I can always choose to rise & re-become the embodiment of my best Self.

PAGE 17

Image 047 (Page 17a) ... The Feuerbacher Wald Labyrinth (standing in the northern portion of the “red” outermost circuit -- looking W) ...



***Having Faith in Humanity and Trust in God ...
Help and Guidance are allWays Present.***

Verse four relates not so much to the religious faith that believes wholeheartedly in certain eventualities or outcomes, but rather the purely humbled version thereof – where one has no hope or expectation for any assistance “from above”, and yet acts as though that help is always there .

Image 048a (Page 17b – main image) ... Seen within the Feuerbacher Wald Labyrinth – a moss-covered stump in the southern portion of the Labyrinth's “green” fourth circuit; symbolizing the fact that true LOVE truly never dies – that every selfless relationship lasts for both lifetimes, that every encounter that comes to an end nourishes all those that come thereafter, and that the Goodness of every selfless deed reverberates for eternity throughout the Cosmos ...



***Healers are Healed while Healing ...
Lovers are Loved while Loving.***

The sixth verse reflects a number of Truths – that it is the Giver in any dynamic that Receives the greater Gift, that the awakened Soul knows that selfless Giving becomes a Receiving and that selfless Receiving becomes a Gift, and that there can never be any lasting or potent Healing with LOVE present during the same.

“Days are sieves that filter the Soul; illuminating impurities,
while also revealing the Light of those who cast
their radiance into the Universe.” ~ Rumi

NOTE: It is actually the *intentions* within our days that filter our Souls.

Re-member: It is only possible to truly See one's own Self ...

Image 048b (Page 17b – top left) ... Seen within the Feuerbacher Wald Labyrinth – two cloth butterflies (blue & gold) hung on a tree there; symbolizing our continual rebirth of True Self & Purpose ...

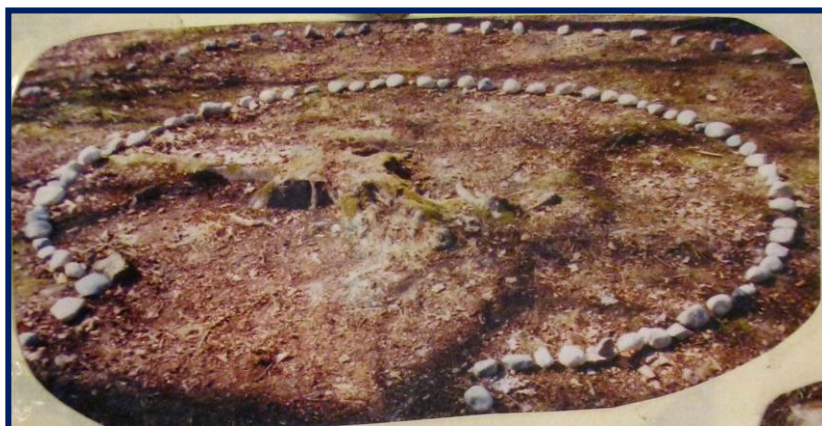


Image 048c (Page 17b – bottom left) ... Seen within the Feuerbacher Wald Labyrinth – a Kokopelli statue; a Hopi symbol representing their god of fertility and agriculture. Turquoise is also the archetypal color of Healing – a very interesting combination, seeing as how human fertility and agriculture are two primary sources of suffering on our planet today ...



PAGE 18

Image 049a (Page 18a – main image) ... Here, we see the center of the Feuerbacher Wald Labyrinth (standing in the eastern portion of the “violet” seventh circuit -- looking SW) ...



Receive your Sustenance in Holy Places.

This seventh verse reminds us to – as often as possible – eat & drink in holy places; bearing in mind of course, that every single square foot of our glorious planet is already Sacred Ground.

Image 049b (Page 18a – top right) ... This stone (a Botswana Agate – representing Light through the darkness and comfort in times of loneliness or fear) was placed in the very center of the Feuerbacher Wald Labyrinth upon its completion, and possibly still remains buried there to this day ...



Image 050a (Page 18b – main image) ... This tiny “Guardian's Home” was built in the eastern portion of the “red” outer circuit – possibly by a young child on a school field trip. There were several of these little houses nearby, and yet this is the one that rested within the diameter of the Labyrinth, and this is the one I tended and repeatedly rebuilt during my many visits there in the months following its completion ...



*Let your Life Be a Sermon,
and your Congregation will come to You ...*

This, the eighth & penultimate verse (the 9th Verse is actually deep silence), reflects the Truth that anyone who has anyone worth saying – anyone who has indeed rediscovered even a portion of the age-old Truth of the patent practicality of unconditional Love & radical Kindness – need never advertise the same or persuade others to listen. The Truth is strong enough on its own, and can in peace & calm be shared with whomever happens to be nearby. For the one who comprehends such grandeur also knows that this Truth already rests within the supra-consciousness of every single sentient being – and thus also knows that he or she is already surrounded with attendees most devoted.

Image 050b (Page 18b – top) ... This is the blackbird (a bird which represents actively using the senses – primarily the sense of sight – to finally *see* the “Bigger Picture”; the energies that course through and over the Earth, the interconnection of all the forces of Nature, the fact that Life’s Flow is always – in each & every moment, regardless of circumstance or experience – overflowing with wonders and surprises) who greeted & accompanied my mother & I while we were walking amongst the massive standing stones of Avebury during our Journey to southern England in the Spring of 1998. ...



Image 050c (Page 18b-bottom) ... This is a picture of a baby bumblebee I witnessed emerging from underneath a rock near the Labyrinth's center – symbolizing a rebirth of the ability to perform the seemingly impossible with seeming ease ...



“LOVE turns every glance into a poem,
& every smile into an act of reverence.”
~ anonymous

PAGE 19



NOTE: Page 19a was used as a re-minder that I am spiritually still now – and ever will be – “inside” the Glastonbury Tor (having “entered” in August of 2002, by walking the entirety of the 3-dimensional labyrinth that encircles its summit) . . .

Please note that when I say that part of me is still “inside” the Tor, that I do not mean a part of me (either my person or my “Soul”) is still there, but rather that a part of the Tor is always *within me* -- no matter where I roam.

“To the One who Conquers I will also give the Morning Star.”

~ unknown (Revelation 2:28)

Realize that “the one who conquers” in this verse is the one who chooses to humbly *Love anyway* , and that “the Morning Star” is the Awakening to Bliss that always accompanies such a pure & noble Victory.

The only true Victory is the dismissal of the desire to conquer.

Image 051 (Page 19a) . . . A sunrise seen through the Glastonbury Tor during my 2001 pilgrimage there.

***And, always & allWays, re-Member:
Where ... You ... Are!***

Remember: It is impossible to accurately remember without courageously re-Membering – without choosing to enliven and re-experience the lessons in those memories. statement

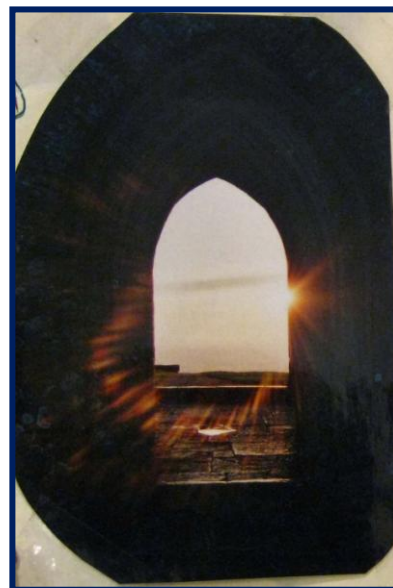
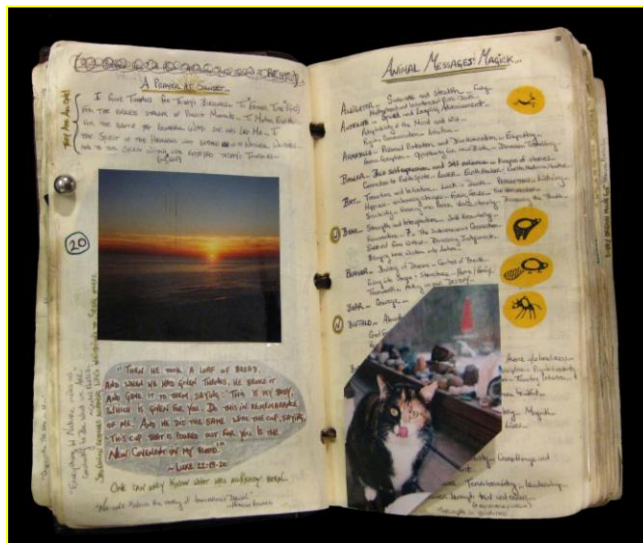


Image 052 (Page 19b) . . . This is a 7-circuit Cretan Labyrinth (similar in form to the Feuerbacher Wald Labyrinth I built in Germany) carved into a wall behind an long-abandoned medieval mill-house in Rocky Valley, England (very near Tintagel) . . . This particular carving is estimated to have been made in 1800 BC.



A Prayer at Sunset

I Give Thanks for today’s Blessings: to “Father Time” (GOD as consciousness) for the endless stream of present moments with which I have been graced; to “Mother Earth” (GOD as Home) for the gentle yet Power-full ways I have been guided; to The Spirit of the Heavens (GOD as the Flow of Highest Good) who bathed me with an appreciation of these Natural Wonders; and to The Spirit within my Self (GOD as conscience) who enjoys that Journey still.

Prayer is uttered second-best when uttered alone and into one’s own reflection ...

Prayer is uttered best when one’s actions become its utterance.

All facets of God are ONE!

Image 053 (Page 20a) ... A sunset I was blessed to witness near Ruby Beach, a sacred space on the Washington Peninsula (roughly 30 miles west of the Hoh Rainforest) that ever remains one of my favorite places in the world ...



“Then he took a loaf of bread, and when he had Given Thanks, he broke it and gave it to them all, saying: ‘This is my body, which is Given for You. Do similarly in remembrance of Me.’ And he did the same with the cup, saying: ‘This cup that is poured out for You is the New Covenant [of unconditional Love] in my blood.’” ~ Luke (Luke 22:19-20)

While many Christians believe that Jesus is commending them here to emulate his actions (via the Eucharist) as a means to the end of personal salvation, the meanings embedded in this passage run far deeper than that. Indeed, as with the rest of the biblical scenes in which Jesus teaches others, his words here too have a far deeper purpose than their face value. He speaks of bread – which is also a reference to self-sacrifice, and he speaks of wine – which was also a reference to the perfect Love of his Father; a perfect Love that blossoms forth from us all when we “eat it” by having the courage to selflessly Care for others – when we have the courage to literally “do similarly.”

“Everything in Nature invites us constantly to Be who we truly Are.” ~ Gretel Ehrlich

And what we truly are is an ever-Caring & ever-flowing facet of The Divine – ever willing to support those in need; ever willing and indeed honored to do so.

Salvation requires accepting Life’s invitations to Serve others.

“No one knows the story of tomorrow’s dawn.” ~ African Proverb

... and yet we all Know the story of today’s ... As such, let us be thankful for having been given yet another day to Love. Let us revel in the moments we choose to do so, let us forgive ourselves for those moments we do not, and let us intend to awake tomorrow to less of the latter and more of the former.

One can only truly Know what has already been ...

NOTE: Pages 20b-25 & 26b-39 reflect the essence of my “*Archetypal Dictionary*” – a recorded list of subconsciously imprinted archetypes that, when cross-referenced with what one immediately senses after posing one’s True Self (or the Universe – or God) a question, provide the questioner with a detailed, intuitive, Meaning-filled response ... As it turns out, the more specific the question – and the more archetypal meanings one thereafter accesses, the more detailed & accurate the “answer” (Whether you can use this to actually “Speak with God” or simply access your own “Higher Awareness” is unclear – – – and irrelevant) ...

“Life will bring change to me, and as such there is no need to go and manufacture it for myself ... Realizing this, it becomes my privilege to simply Live lovingly -- while remaining open to whatever comes my Way.” ~ anonymous

We all have essentially no idea – no idea what is actually inhabiting our surroundings, no idea what the true intentions are of the others in our lives, and no idea what we should do next to effectuate the Greatest Good ... As such, while we are indeed to remain ever-active in our efforts to further Peace & Harmony, there is no need to waste any energy on evaluating or striving for what cannot be known.

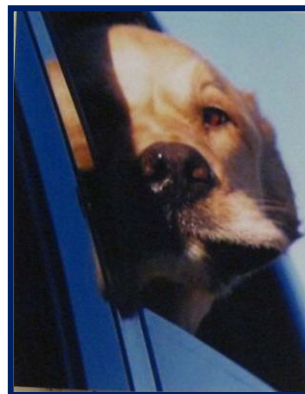
For the Master, the only surprise is a sudden lack thereof ...

Image 054 (Page 20b) ... This is Kitty (a beautiful feline Friend who is a paragon of Patience-in-Action, Interdependence over Independence, Wonderment in all moments deemed “normal” or “boring” ... and cuddling), since 2007 an Alexzanna Farms cat-in-residence ...



PAGE 21

Image 055 (Page 21a) ... This is Riley (a gentle canine Friend who embodied what it meant to be a dog – Love unconditional, Loyalty to community, defending the persecuted, choosing to see the best in others ... and cuddling). I was blessed to care for Riley (and be cared-for by him) while briefly house-sitting in Bose, Idaho in 2008 ...



*“Love, Love is a verb. Love is a doing word.
Gentle impulsion – shakes, makes me lighter.
Teardrop on the fire – fearless on my breath ...*

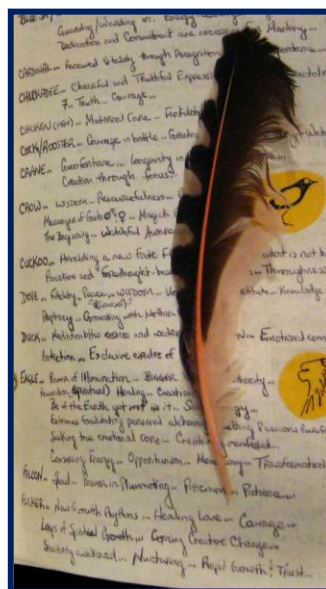
*In the night of matter, black flowers blossom.
Water is my eye – most faithful, my Love.
Teardrop on the fire – fearless on my breath.”*

~ Massive Attack

Love – when given as much to those persecuting as those persecuted – breathes life into even the darkest death, and brings hope for awakening to even the most clouded of Souls.

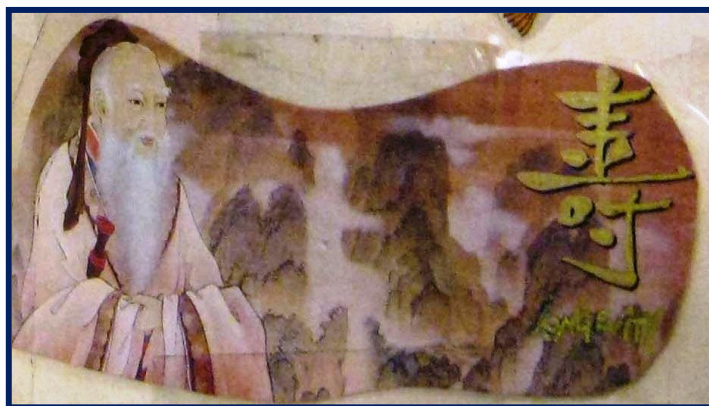
PAGE 22

§ ... Inserted into this page is a feather from a Northern Flicker – a bird who carries with it a number of potent archetypes, including a summons to new horizons, a heralding of imminent change related to one’s creative life, a call to make courageous leaps of spiritual advancement, and the awakening of one’s ability to perceive sensitively and act nurturingly ...



PAGE 23

Image 056 (Page 23b) ... Here, we see the Chinese symbol for “Longevity” and a drawing of a Chinese Sage (cut from a box of Celestial Seasons tea) ... I placed this image in *The Brown Book* not to encourage myself or others to “eat healthy” or “get rest” or otherwise “take care of themselves” in order to enjoy a longer life – indeed, almost the opposite. For the true Wise Man or Woman knows that to strive for personal longevity is per se to neglect most of the opportunities to make one’s life potently Meaning-full. As such, the true Sage never strives to arrive at a future steeped in old-age, but rather wakes each day desirous only of making **that day** the most service-laden day he or she can make it ...



PAGE 24

Image 057 (Page 24a) ... A picture of a dew-sprinkled dragonfly – symbolizing the immortal Power of Light, the life-long refinement of the True Self, and our ultimate & inevitable (at the latest after transcending our egos on our deathbeds) metamorphosis from an emotionally directed life centered in self to a spiritually directed life centered on the welfare & well-being of others ...



PAGE 25

“There is one body and one Spirit, just as You were summoned to the single focus of your Calling; one Lord, one Faith, one Baptism, one God and Father of all, who is above all and through all and In all.” ~ unknown (Ephesians 4:4-6)

We all have unique Gifts to give the Earth and its sentient inhabitants. All of these Gifts come from the same Source and all have the same primary-resonance, a base-frequency that many call unconditional Love.

Image 058 (Page 25a) ... This drawing of the “Tattoo Woman” (drawn by Rebecca colored by my Self) serves as a symbolic representation of the Truth that all of the foundations of the seven primary energy nodes of the human body all become One selfless Caring ...

“The healthy person has a thousand wishes; the sick person only one.” ~ unknown
The only way to allow our Souls to truly Rest is to rise and *give Love* during all times of dis-ease.

... and the Soul's only yearning is for its ego to come to rest.



PAGE 26

“Communication has no words ...
... and Healing, no medicine.”

~ anonymous

True communication is a limbic affair – one relayed by actions FAR more than words. Likewise, true healing begins and indeed becomes complete the moment we choose to use an illness to empower an act of Kindness.

***There is no need to say what is allReady Known ...
There is no need to heal what is allReady Whole.***

Image 059a (Page 26a – main image) ... I call the drawing the “The Light Alchemist”, a Self-portrait that focuses upon the Hue Halo that subtly emanates from every sentient being – the “upper crown” of “light rods” that every sentient being generates in their Heart Core, and that every sentient being who has chosen to Care selflessly “beams forth” in every moment he or she chooses to do so ...

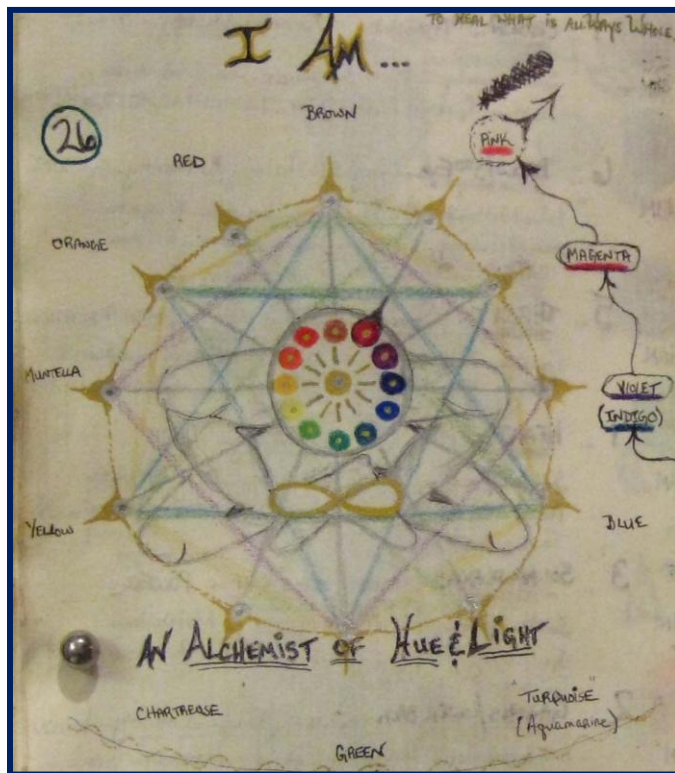


Image 059b (Page 26a – bottom) ... Here we see the archetypal potencies of each of the above-mentioned “Light Rods” – the various traits of True Self that combine to become the white, pure, perfect Light in every Human Soul ...



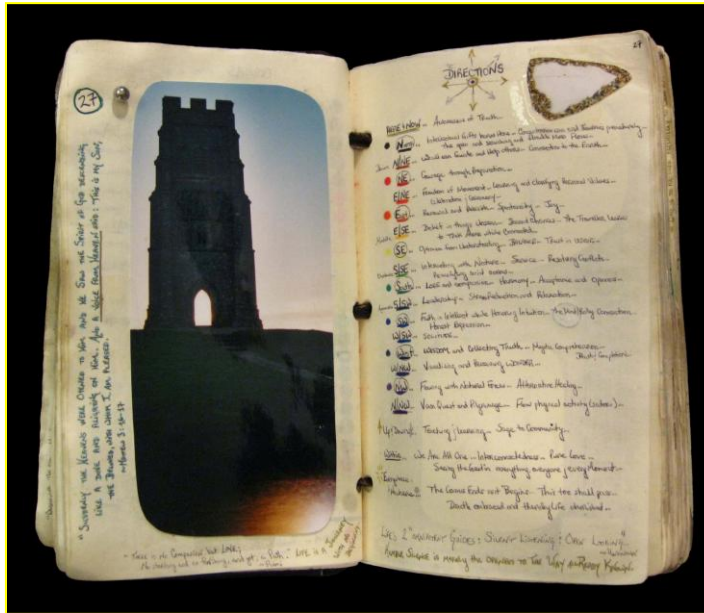


Image 060 (Page 27a) ... The Glastonbury Tor at sunrise (England), seen during my pilgrimage thereto in 2001 ...

“Suddenly the heavens were opened to him and he Saw the Spirit of God descending like a dove and alighting within Him. And a Voice from Heaven said: This is my Son, the Beloved, with whom I am pleased.”

~ *unknown* (Matthew 3:16-17)

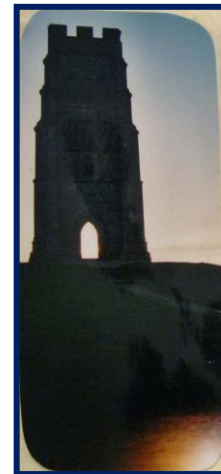
This verse can only be deeply understood when the reader remembers that “the heavens” refers to the Cosmos above and that “Heaven” refers to one’s Soul within.

“There is no companion but Love; no starting and no finishing,
... and yet always a Path.” ~ Rumi

On our Journey back to True Self, it is crucial to remember that there is always some being to whom to Give – and that such a being is the only company ever worth keeping.

Life is a Journey that knows no Beginning ...

Image 061 (Page 27b - upper right) ... This is a piece of chalk from the white cliffs of Dover (England) that had fallen from the white cliffs of Dover onto the sand there. Dover was a final, impromptu stop for me on my return from my 2001 pilgrimage to the Glastonbury Tor – a strange, windy, rainy day ... I remember walking along the base of the cliffs for hours, and I remember the tide starting to come in and me having no way of scaling the cliffs to get away from the rising ocean, and I remember having to decide between running back the way I had come in panic or proceeding onward steadily & calmly with faith that I would be presented with a way up & out ... I chose the latter, and was shortly thereafter – just as the crashing waves were starting to close my path – blessed with a seaside staircase to the top ...



“Life’s two Omniscient Guides: silent listening and open seeking” ~ anonymous

Truly open Seeking requires a truly open Heart ... and a truly open Heart requires a truly open mind.

Humble silence is merely the openness to a Way allReady Known.

PAGE 28



Image 062a (Page 28a – top right) ... Here, we see the carved wooden lid of the Chalice Well (also known as the Red Spring, located Glastonbury England). For well over 2000 years, this font has been a place where people have gathered to find refreshment and solace. Indeed, according to legend, this healing spring was where King Arthur’s knights drank before setting off to search for the Holy Grail. Ironically, Christian mythology has it that the Chalice Well marks the site Joseph of Arimathea placed that Grail ...



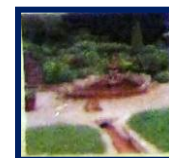
Image 062b (Page 28a – top middle) ... Here is a glance into the ever-percolating waters of the Well itself ...



Image 062c (Page 28a – bottom middle) ... This is the 'Lion's Font', from which visitors can drink the Chalice Well's healing waters. The red hue comes from the waters' extremely heavy iron content ...



Image 062d (Page 28a – bottom right) ... And this is the “Vesica Pool”, located at the base of the Chalice Well Gardens, where visitors can pause and be in Peace. The pool is made in the shape of a Vesica Piscis – the geometric form made when two same-sized circles intersect exactly halfway ...



“The past is but the Beginning of a beginning,
and all that **IS** and all that has been
is but the twilight of The Dawn.”

~ H. G. Wells

And then there is the knowledge that every single moment is both the darkness before the dawn and the glimmering just before dusk.

*Time's passing is but the re-minder
that we are re-Born in every Moment ...*

*Peace is allWays an alternative ...
Choose Peace!*

“Peace is a Choice” ~ anonymous

And remember: real Peace is never an internal feeling, but rather always an external act.

“Love is an infinite source of energy.”
~ graffiti seen along the Camino de Santiago
[*El Amor, fuente inagotable de energia.*]

Every act of LOVE we engage – every caring thought we think, every supportive word we utter, every selfless deed we do – ripples outward for eternity into the Cosmos, bringing at least a measure of solace to every being it touches thereafter.

“To the Pure all things are Pure.” ~ unknown (Titus 1:15)

It is impossible to know real purity (much less truly see anything as pure) until we have purely lived LOVE.

Image 063 (Page 28b – lower right) ... This is a closer view of the Chalice Well's “Vesica Pool” ...



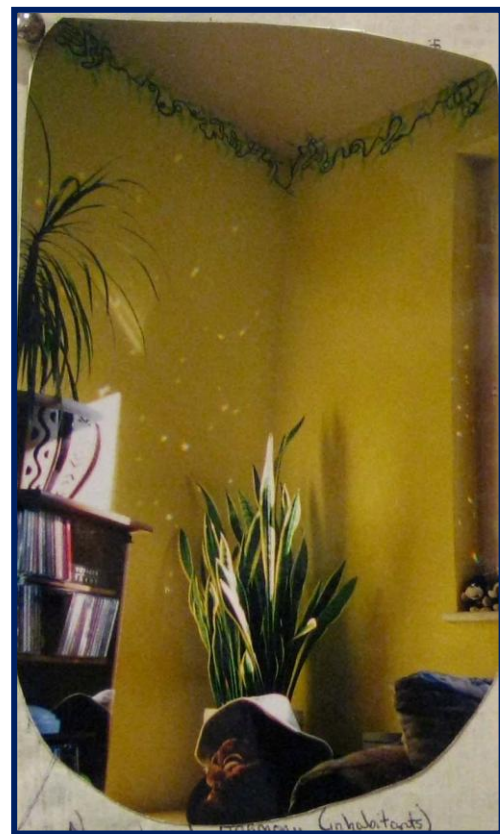
“Does It bring Food?” ~ Sun Bear

Food is always present – the question is not whether or not food is present, but rather whether or not that food that is present provides nourishment to the Soul.

The Soul never hungers; True Love never thirsts.



Image 064 (Page 29a – main image) ... This is the SE corner of the “Steeb Street Sanctuary” (my final apartment in Feuerbach, Germany), where I lived from 2001 to 2003 ... Every room was painted a different color in order to harmonize each room’s energies with its primary purpose. This picture is of its main Living Room, where I also had my “study” in the opposite corner. The “vine” border seen at the top of the walls was hand-painted by mySelf over several months. Embedded in this vine pattern were numerous sacred symbols that helped me focus during this commencement phase of my Journey back to True Self. The vine was also symbolically divided into 8 sections, each representing one season in the Mossway Calendar (see **pages 8-18** herein), with each section having 23 hand-painted flowers, the colors of which harmonized with its particular seasonal archetype. The flower on **page 126b** is a actually piece of this room’s wallpaper, saved when I moved out in the Spring of 2003. The small rainbows on the walls were regularly cast by the crystals I had hanging in the windows of this room.



“May your Way always follow the Path of your Heart.” We can all know that our way is harmonizing with our Heart
 ~ graffiti seen along the Camino de Santiago when we realize that we aren’t trying to get anywhere
 [Que tu Camino sea siempre el Camino de tu Corazon.] but where we already are, or be with anyone
 other than who we are already with.

Image 065 (Page 29a – main image overleaf) ... A picture I took of the vegetation growing underwater in an extremely clear creek at the Hoh Rainforest National Park (another one of my most favorite sacred places) ...



“I simply wake up and go Love somebody – and that alone makes for a Beauty-full life!” ~ anonymous

Note that this practice-based mentality may not always make for a comfortable life, and yet it will indeed always make for a life filled with Meaning, Peace, and Joy (which combine to form capital **B** “Beauty” (not to be confused with small **b**, subjective, aesthetic beauty).

***“Now in subjecting all things to them,
God left nothing outside their influence.”***

~ *unknown* (Hebrews 2:8)

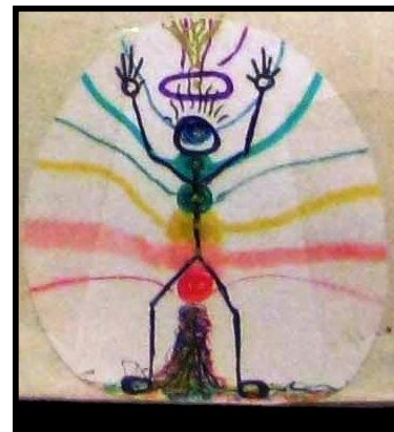
What more than a few Christians forget when reading this verse is the fact that, while an all-Loving God will continually influence us all to Do Good (and thereby come to know the real Bliss that comes to those who choose to self-sacrifice for others), he will not demand that we do so. Likewise, while an all-Loving God has seemingly given us all the power to turn our misfortunes into opportunities for Peace and our trials into opportunities for personal empowerment, He has not given us the power over the Flow of Life itself. In other words, we have relatively little influence over what happens to us, and yet complete control over how we respond to the same – that we cannot do anything about the inevitability of “bad things” happening to us, and yet we are always fully free to use those difficult &/or dis-eased situations to empower our subsequent deeds of Kindness, and thereby enhance our subsequent sense of Peace.

“Amundson traveled when he could. Blizzards were an opportunity to rest, eat and sleep ... All days had Value.” ~ Zeta Strickland

Remember not only to Value the times deemed less valuable,
but also to value the things that Value others.

***All Worth is arbitrary ...
Choose wisely.***

Image 066 (Page 29b – bottom middle) ... This is “Chakra Man”, drawn by me sometime in the mid 1990's, and removed from the journals I had written from 1993 to 2000 (before destroying most of the same in 2005 – having decided that those diaries reflected and needlessly preserved my initial “dark journey”: a self-centered, though well-intended, phase of Seeking for which I remain thankful, & for which I am also thankful to have set free) ... Once again, I personally focus more on the archetypal meanings associated with the Chakras, as opposed to their still somewhat “mystical” energies. To me, this image reflects the Truth that the “energy nodes” in the human body are not only nourishing us, but also – when we have the humility & the courage to selflessly serve others – enhance and enliven our surroundings as well.



PAGE 30

Image 067 (Page 30a) ... The picture on this page (year unknown) is of Chester Arthur May, my maternal grandfather ...



“The True Warrior has no need to compensate for ‘weakness’;
having long since transformed his challenges into Strengths.” ~ anonymous
Enlivening the Serenity Prayer makes one’s mind Peace-full – for there is no sense striving to fix what cannot be repaired ... Similarly, embodying perfect Love especially in such “hopeless” encounters &/or such unpleasant encounters makes one invincible both within & without ... Pain will come, of that we can be assured. Suffering from that pain, on the other hand, always comes from choosing to focus on the self – meaning that it can always be immediately & fully dismissed by focusing elsewhere.

*Gratitude for challenges, coupled with an appreciation
of the omnipresence of their Blessings,
grants omnipotence over all that IS.*

“Happiness is sometimes closer than one thinks ... Look twice to See It.” ~ Antje Cordé
There is no need to look twice if one chooses to See the first time.

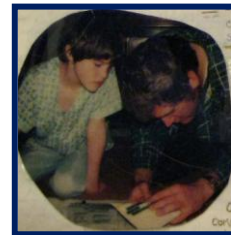
*To See one’s own Happiness,
one must Choose to See It elsewhere.*

PAGE 31

“But the Word of God is not chained.” ~ unknown (2 Timothy 2:9)

We all Which means, of course, that the Bible itself allows us – nay, *enCourages* us – to interpret its passages as divinely (i.e. as Lovingly) as we wish.

Image 068a (Page 31a) ... Here is a picture of me as a child (age unknown – possibly 8) putting a model together with my father. If memory serves me correctly, the model was – now most ironically – of a U.S. warship ...



“We cannot take responsibility for how well another accepts our Truth; we can only ensure how well It is communicated. And by how well I don’t mean how clearly; I mean how lovingly, how compassionately, how sensitively, how courageously, and how completely.” ~ inspired by N. D. Walsch

Actually, this quote is not entirely accurate, for we can never ensure that any of our Truths are effectively *communicated*, if for no other reason than the accurate communication of any Truth requires open-Hearted participation by both the listener and the speaker. As such, this Wisdom becomes much more deeply True when we replace the word “communicated” with the word “shared”, and then note that Love as a founding intention is enough to make every sharing complete.

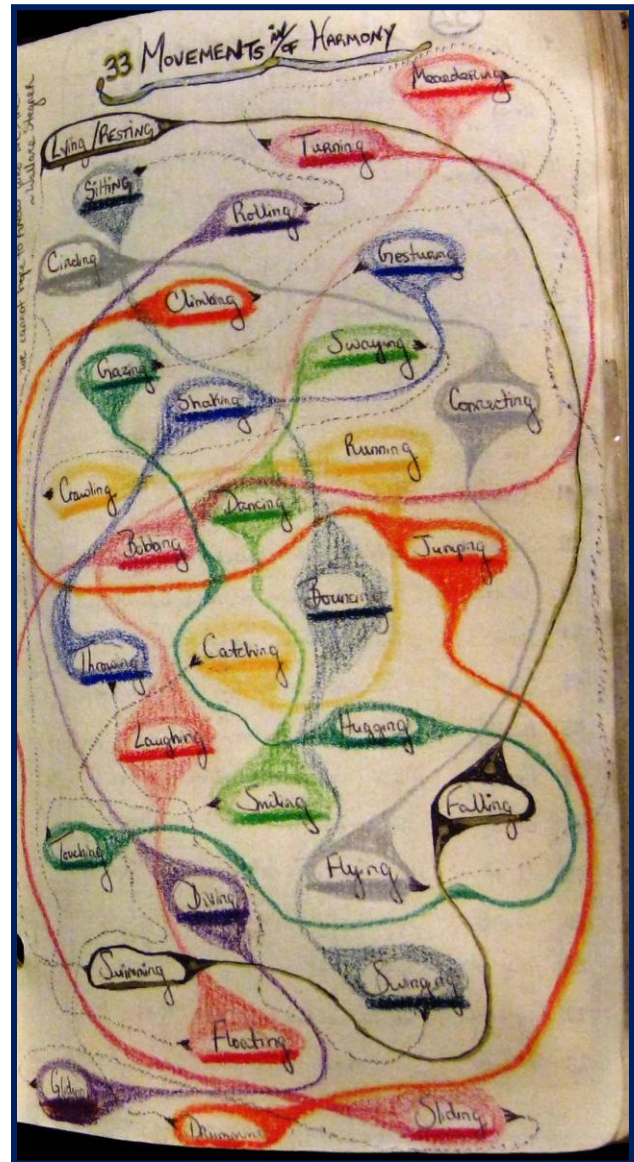
*Once you truly intend to Communicate,
Truth is re-Born in every utterance ...*

“If we don’t know Where we are, we cannot hope to know **Who** we **Are**.” ~ Wallace Stegner
 Note that you can **only** truly arrive Here – were you truly are – in those moments when you comprehend that you **are** the other -- and are acting accordingly.

***We Are allWays everywhere –
 and thus always everyone.***

Image 068b (Page 31b) ... This page is not really an “image” as much as it is a list – a list that has now become a riddle ... You see, when I look at it now (more than a few years after creating it) I remember using this page to take note of all the forms of movement in which human beings engage. And I also remember grouping these movements into clusters of three and noting those clusters by giving each its own color ... What I do **not** remember is why I grouped them the way I did. I am certain that I did so thinking that each movement in each trinity was in some way related to its two siblings, and yet I did not write down my thoughts at that time. As such, feel free to do so yourself ...

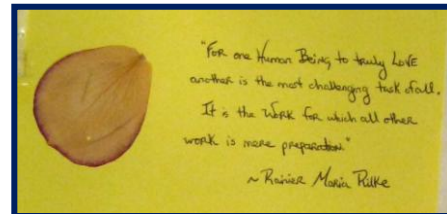
- * Resting ... Falling ... Swimming
- * Meandering ... Laughing ... Floating
- * Climbing ... Jumping ... Drumming
- * Crawling ... Running ... Catching
- * Swaying ... Dancing ... Smiling
- * Gazing ... Hugging ... Touching
- * Gesturing ... Shaking ... Throwing
- * Sitting .. Bouncing ... Swinging
- * Rolling ... Diving ... Gliding
- * Turning ... Bobbing ... Sliding
- * Circling ... Connecting ... Flying





“Live Compassion ...
 Inspire Generosity ...
 Value Service ...
 Empower Peace!”
 ~ the (i)am motto

Image 069 (Page 32a) ... This a rose petal glued to a yellow card, sent to me my dear Friend, Nanja van Vliet – the hospitalera who cared for me while I stayed at the San Bol refugio along the Camino de Santiago in October of 2008.



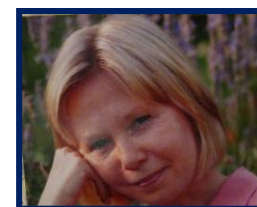
“For one Human Being to truly Love another is the most challenging task of all. It is the Work for which all other work is but mere preparation.” ~ Rainer Maria Rilke

Oddly enough – once we start to truly Love – once we have the courage to be openly Kind to those least deserving of the same and in those times we least wish to do so, then that Love becomes the easiest thing we have ever done. Indeed, once we choose to step into a life of selfless Caring, such a Love becomes the only legitimate choice available from that point forward.

“In the infinite and blissful Truth, there is no you or I – but only *I Am*.”
 ~ Nanja “Naisah” van Vliet

This quote reflects a little-known biblical Truth related to the Great Divine – namely, that God exists more within the hearts of every sentient being than He/She does in the heavens above ... Indeed, in the ancient texts themselves, the “I am” we often read in the New Testament is actually the Greek “ego eimi”, words that actually mean “I, Iam”, or “I embody the Divine.”

Image 070 (Page 32b) ... This is Raphaela Münzenmayer, a dear Friend who worked in the Reformhaus store where I shopped for most of my food sustenance from 1998-2000 ...

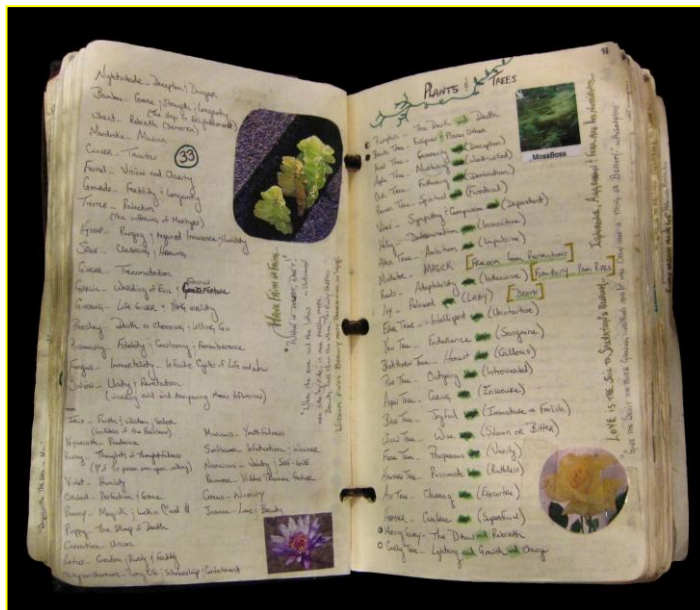


“Love is Life. Everything I understand, I understand only because of Love.” ~ Leo Tolstoy
 When we start to truly Love, we do not so much understand self or the other or life, as completely lose the desire to do so.

**Love doesn't grant understanding ...
 Love IS the comprehension.**

“Look underfoot ... The great opportunity of your life is always where you already are.” ~ John Burroughs
 It is important to stop throughout the course of each day and look down ... Stop moving and BE where you already are ... Look around for someone to love or something to beautify or some being to bring Peace ... Walk towards that someone or something ... Then get busy being Love.

PAGE 33



“When in doubt, don’t!” ~ anonymous
 Look for anyone in need ... Do for the Highest Good ...
 Detach completely from the results ... Rinse ... Repeat.

Have Faith in Faith ...

“When the rose & the lotus are side by side, is one really more Beauty-full than the other?” ~ Rusty Berkus
 Everything is equally wondrous when viewed as if for the first time ...
 Everyone is equally beautiful when seen for who they truly Are.

**Wisdom finds Beauty most Power-full
 in all things judged by others to be “ugly”.**

Image 071 (Page 33b - bottom-right) ... A yellow rose printed on the card I found lodged inside the copy of the book, *Peace Pilgrim: Her Life and Work in Her own Words* – the book that inspired me in May of 2005 to become a Peace Pilgrim myself.



“Give the Spirit the proper growing conditions and It will Open into a thing of Beauty.” ~ anonymous
We can only truly Love while forgiving ignorance, while being Kind towards aggression, and while forging ahead through fear.

*Love is the soil of Salvation's Blossom,
– and ignorance, aggression & fear
are Its essential nutrients.*

PAGE 34

Rune Wisdoms

Spiritual communion happens
any time Heaven & Earth unite.

Heaven & Earth are actually always One,
and yet we can only see them unite in LOVE ...
when we exude the Courage to act accordingly.

Epiphanies are born from the Cosmic Consciousness
whenever established order is disrupted.

Actually, epiphanies require that the established order be disrupted for a
Greater Good, not merely disrupted for disruption's sake)

The elimination of undesirable thought-patterns
allows Self-Awareness to effortlessly blossom.

Some say that noble intentions create better actions, others say that repetitive noble deeds create better thoughts. The Truth lies exactly in between the two, of course – and that Truth is essentially irrelevant, for whenever we choose to fully actualize our selfless True Self, all our undesirable thought-patterns melt completely away in those moments -- and this, without effort.

Self-activated change is required
for one's Destiny to be fulfilled.

The Flow of Life pulls us all steadily in the direction of our Destiny ...
How far as get depends on how much we are willing to swim with its current,
as opposed to railing against it ... Every act based in selfish fear chooses the
latter; every deed done for selfless Love chooses the former.

A release of attachments to material “reality”
leads to the reception of one's spiritual inheritance.

Actually, the ability to choose to release all attachment to one's “material reality” **IS** the realization of one's spiritual inheritance. Once we realize that we need nothing – that we only truly possess what we give freely to others, only then do we receive our true Abundance.

Deflected gratification
always brings the greater reward.

This is indeed true, unless one is deflecting gratification to get that reward,
in which case doing so actually brings disappointment proportionate
to the intensity of one's selfish hopes & expectations.

Always approach the rose of your moment's Beloved
with full respect and humble gentleness.

What is "the moment's Beloved" but one's True Self? And how to approach
that Self with respect & gentleness but to do so by openly Caring for another?

When desire is willingly sacrificed,
creativity is released.

AND before desire can truly be set free we must first desire to release even
that desire – we must dampen the yearnings of the ego by overriding them
with actions in harmony with the one Desire of the Soul –
namely, to lessen the burdens of the other.

True Happiness comes
from Being as opposed to pursuing.

Note that this wisdom is *not* a call to passivity. To the contrary, it is a call to
action, for the only way to BE in alignment with our true nature as human
beings is to act accordingly – and the only way to truly act accordingly
is not to pursue for oneself, but to give to another.

One's innate Character is reawakened
by purposefully choosing behavioral alternatives.

There is a dangerous myth that is quite popular in religious circles (including
the religion of the "New Age") – a myth proclaiming that Enlightenment
comes from learning to "calm the mind" over time via mental practices such
as meditation, affirmation, visualization, or yoga ... In Truth, this is not at a
productive approach to attaining a real sense of Inner Peace. Indeed, it is
only through the repetitive choice to shift our actions from the self-centered
to the selfless that we can attain an experience of our true Mastery.

The Power of Becoming pulses most fluidly
through a quiet mind and a calm heart.

Yes, and remember that the mind is only quiet – and the Heart only calm – in
moments when we are sacrificing for a cause that does not include ourselves.

True security comes
from boldly following one's Path of Destiny.

Remembering, of course, that it is impossible to follow one's true Path of
Destiny without choosing to sacrifice safety in favor of radical Kindness.
Once we do so, Providence *does* take hold and provide us with the most
stalwart of protections, and yet it does so only when we do so.

It is the Collective Consciousness that provides
the fertile ground in which all individuality blooms.

We are all different in moment and deed and circumstance, and yet we are all
One in Soul and goal and Destiny ... Yes, even though there are no two
human eyes that are exactly the same, every human being shares the same
conscient foundation, every human being shares the same desire to help build
a life of communal Harmony, and every human being is inevitably headed
towards a realization – at the latest just before passing onward – of the same.

“True partnership can only be achieved by whole beings who retain their separateness
even in uniting. Remember to let the winds of Heaven dance between you. Establishing an
open, flowing channel between the self and the Self is the ultimate form of partnership ...
God always enters into partnerships that are equal.” ~ R. Blum

Actually, the Divine only inhabits partnerships where intimacy takes a backseat to
service; where both members know intimately that they are ONE – that they are only there
to help the other serve others. all have

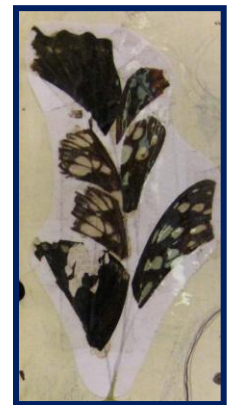
PAGE 35

The Truth in Sound

- ✱ The Truth in wind – with storms serving twofold; warning and awakening.
Life is filled with “storms” ... Let the wind remind you to see them as blessings.
- ✱ The Truth in the call of the Crow – their otherworld Paths always guarded.
Crows are the champions of the misunderstood ... Let them remind you to Care.
- ✱ The Truth in silence – LISTEN
Silence is what makes sound Meaning-full ... Let it remind you to pause.
- ✱ The Truth in a cricket’s song – knowing Cleanliness is always within you.
We all have faults & failings ... Let the crickets remind you to sing anyway.
- ✱ The Truth in falling leaves – for Death is a dance between what was & IS.
All that lives fades & dies ... Let leaves remind you that all deeds are eternal.
- ✱ The Truth in every heartbeat – Life is ever in motion; Life is ever precious.
Each moment is a gift ... Let each heartbeat remind you to be filled with giving.
- ✱ The Truth in bells tolling – true Friendship always nurtures & ever warms.
Friendship is for more than friends ... Let bells remind you to Love **all** nearby.
- ✱ The Truth in overflowing laughter – for the Soul within is always Joy-full.
Life itself is a priceless treasure ... Let laughter remind you to act accordingly.
- ✱ The Truth in babbling brooks – Nature is ever dancing & breathing deeply.
Life moves ever-onward ... Let the rivers remind you to flow along with them.
- ✱ The Truth in a rooster's crowing – Music always smiles in every sunbeam.
The sun rises anew each morning ... Let the rooster remind you to rise with it.
- ✱ The Truth in thunder’s rumble – the Skies ever saunter to Nature's pulse.
Lightning splits the skies in two ... Let thunder remind you to seek harmony.

- *The Truth of bees in flight – that Science is always alive & ever flowing.
The Universe is beyond knowing ... Let the bees remind you to be amazed.
- *The Truth in waves crashing – Erosion here is always growth elsewhere.
Earth's rivers are one ocean ... Let waves remind you to embrace all equally.
- *The Truth in fish jumping – Interrupting solitude with inner leaps of Joy.
Life is a grand adventure ... Let the leaping fish remind you to go forth boldly.
- *The Truth in joyful celebration – Unfettered dancing unfettering the Soul.
We are but here for an instant ... Let revelry remind you to choose Joy.
- *The Truth in every waterfall – ever soft though having gathered no moss.
Water goes with gravity ... Let the waterfall remind you to go where Summoned.
- *The Truth in a crackling fire – Releasing expectation, ever-mastering fear.
What burns is willingly destroyed ... Let the fire remind you to shine brightly.
- *The Truth in babies laughing – real Communication is always sans words.
We are here for Joy ... Let laughter remind you to bring out more of the same.
- *The Truth in owls' summons – away from the conventional brings clarity.
All is differently brilliant ... Let the owl remind you to treasure the unknown.
- *The Truth in the flight of bats – Always close your eyes to find your way.
Listening is the key to Knowing ... Let bats remind you to fly into new learning.
- *The Truth in the wolf's wail – Know it is always more than just the moon.
Life is full of Beauty ... Let the wolf remind you to loudly praise the Divine.
- *The Truth in the thump of drumbeats – even winter always gives us rains.
We all dance to Earth's rhythms ... Let the drums remind you to move as One.
- *The Truth in every breath – that Time never truly passes; Time simply *is*.
Breathing means we are alive ... Let the sound of breathing remind you to LIVE!

Image 072 (Page 35b) ... This “Butterfly Wing Bouquet” was hand-made & sent to me by a childhood associate (David Clark) years after losing touch with him ...



“The Eye is the mirror of the Soul, but the Ear is the portal thereto.
LISTEN to Hear ... So Lives your Soul.” ~ Katharina Petraschova
We humans depend so much on our sense of sight that we often forget to pause and Listen – are so certain that what we see is “the truth” that we close our minds to anything new.

“Pay Attention to what you Hear; the measure you Give will be the measure you Receive ... And still more will be Given You.” ~ unknown (Mark 4:24)

What so many Christians fail to do with this verse is read it in accordance with the teachings of Jesus Christ ... Jesus was in no way a fan of self-centered hoarding of pleasure or comfort or wealth, and he certainly never once meant for us to “love” others in order to be rewarded for doing so (an act which has nothing to do with LOVE at all). No, what Jesus means here (IF we are to read his words in a way that erases all contradiction & hypocrisy) is that when we serve others without desiring any personal benefit, then & only then do we receive the inner Bliss that awaits those who do so – and that once we do so, additional opportunities for further self-sacrifice open themselves to us and become visible.

Image 073 (Page 37a) ... I'm not sure where this image came from, and yet its symbolism is quite potent, representing the Truth that we can best extract the hidden secrets of Life's Mystery by using a purposeful recalling of both our own mortality and our interconnection with our community to inspire us to immerse ourselves into our surroundings (including the lives of our enemies) ...



“The forest will Answer you in the Way you Call to it.” ~ Finish Proverb

I have actually found this quote to be literally true. Allow me to explain ... From the late 90's through the early 2000's, I would often walk into the woods and use the abundance of archetypes there to directly “Talk to God” ... Yes, I know, it is true that I don't personally believe in a personal God per se (though I also admit that I might very well be wrong about that), so what do I mean by this? What do I mean when I say that I “talked to God” ... Well, as it turns out, it seems that the human subconscious (or more probably the supra-conscious) has an abundance of archetypal meanings stored – archetypes that we can all use to “communicate with our conscience” or “chat with our True Self”, if you will. The way this is done is via a series of steps ... First, it is necessary to repeatedly read an Archetypal Dictionary (like the one I have included in pages 20-24 of *The Brown Book* – see pages 53-56 herein) – preferably just before going to bed, and preferably once a night for at least a few weeks. The dictionary need not be exhaustive, and should contain multiple meanings associated with the animals, birds, insects, trees & plants commonly found in one's own community ... Then, after having “programmed” your mind to be subconsciously aware of these archetypes, it is then necessary to take your Archetypal Dictionary with you and walk to a relatively quiet space – into the woods is best, heading far away from the hustle & bustle of everyday modern living (**Note** that it is possible to “talk to God” in this manner in the city, and yet for beginners it is far more effective to be alone in Nature to receive clear messages) ... Next, once a peace-full place has been found in the woods (or wherever you decide to walk), take a good fifteen minutes and look around you. Take brief note of every single animal, bird, insect, tree &/or plant you see nearby. There is no need to memorize what you witness – your subconscious mind does so automatically and with great speed ... Finally, sit for a few moments in calm with your eyes closed and pose a question – any question. I tended to do so out loud, and yet uttering your query is not necessary. Then, once your question has been posed, open your eyes and take meticulous note of everything you happen to notice as you look around. Gaze intently in this manner for a few minutes, making a list of your witnessed archetypes as you do so ... Then, simply open up your Archetypal Dictionary, write the meanings down next to each archetypal “answer” you witnessed, and then juxtapose those meanings to get one, highly detailed Answer ... It isn't actually “talking to God” (at least I personally don't think it is), and yet you will be amazed at the depth and the accuracy of the answers you receive – answers that come right from your own, inner Greater Knowing!

Speak to Life the Way you wish to be Heard ...

“A truly Happy life is not about getting what you love, but rather about choosing to actively Care for what you've already got.” ~ anonymous

Note here that there is a vast difference between the fleeting & brittle “happiness” we feel when receiving things that we desire for ourselves (the reception thereof always leading to the suffering that comes from inevitably losing those same things) and the Happiness that comes to us when simply set forth to Do Good for others whether we receive any benefit therefrom or not.

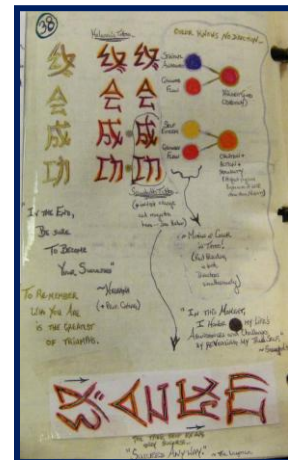
Image 074a (Page 38a - attachment) ... Here I am “Setting Out” on my “leap of faith” journey to Mexico in May of 2003. It’s funny to me now how at the time I thought I was taking so few items on my “around-the-world” tour (a trek that started in Mexico, and never left), when today I set forth into my everyday life with far less. Indeed, as I quickly discovered after arriving in Oaxaca and beginning to live with a “banda” of street artisans there, a good portion of everything seen on me in this picture proved to be completely superfluous, and was either discarded or given away by the time I left Mexico some 6+ weeks later ...



“You seek a great Fortune, and you will find a great fortune – though it will not be the Fortune that you seek. But first you must travel a long and difficult road ... a road fraught with peril. I cannot tell you how long this road shall be, but fear not the obstacles in your path, for fate has vouchsafed your reward. Though the road may wind, and yea, though your hearts may grow weary, still shall ye follow that Road ... even unto your Salvation.” ~ God (text: Joel Cohen)

Indeed, it is the devout following of the Road of Service that proves to be Salvation itself – it is having the humility and the courage to simply persist in setting forth each day to Do Good that proves to be by far the greatest Treasure – with the more painful tasks always bringing with them the more halcyon returns.

Image 074b (Page 38a – main image) ... As I explained earlier on page 43 herein, the Chinese text of the tattoo on the outside of my right shin was *thought* to have said “In the end, be sure to become your Successes” (or “Keep living in such a manner as to continually enliven your True Self”) ... Heleana had this same saying tattooed on her foot, and I placed it on myself just before she left the Big Island of Hawaii as a tribute to how much I learned from her during our year-long Friendship ... Of course, what these Chinese letters *actually* say is “Success is inevitable”, which is true – as long as we are dedicating our lives to selfless, unconditional Love; and as long as that Love is a *verb* more than a mere thought or emotion ...



“In the End, be sure to become your Successes ... In this Moment, I Honor both my current Abundance as well as my previous challenges; doing so by Choosing to actualize my True Self ... Succeed Anyway.” ~ Heleana, Scaughtd, and Heleana’s Chinese friend Professor Chong

To remember Who You Are is the greatest of Triumphs.
The True Self Knows only Success ...



NOTE here that quite a bit of information in these beginning pages of *The Brown Book* was rarely used by me after including it herein, and that this was especially the case with the astrological information on these pages. I have nothing against astrology, of course, and fully admit that it is *possible* that the complex (and mostly extremely subtle) energies exuded upon us from the celestial bodies above us *might* indeed have a subconscious influence upon our inclinations (and maybe even our life-paths). That having been said, I personally do not place much stock in the same, and used this astrological information more as archetypal augmentation (see page 72 previously) than anything else.

“God is Light and in Him there is no darkness ...” ~ unknown (1 John 1:5)

There is a bit more objective Truth in this verse than many might realize – for all matter *is* essentially composed of various condensations of light, and -- as the Bible itself tells us -- God is not only in everything all around us but residing within us as well ... Of course, the trick is to *actualize* that Divine Essence, by actively seeking to reduce the pain & suffering in our surroundings, thereby harmonizing the all-Loving “Will of God” within with the base-frequency of our immediate environment.

“Our anxiety is not imposed upon us by forces external. Rather, we impose it upon our own world and upon one another from within ourselves.” ~ Thomas Merton

Pain can indeed come to us from outside sources, *and* that pain **cannot** cause us any suffering unless we choose to allow it to have that effect ... Indeed, as long as we are consciously choosing to act for the benefit of another, it is impossible to focus on what is happening to one’s self. And if we do not focus on ourselves, it is impossible for us to suffer -- and this, no matter what pains or fears or discomforts with which we might have become afflicted.

Image 075 (Page 39a) ... This “Deep Field” image (captured by the Hubble Telescope) is filled almost entirely with various galaxies – each containing many billions of individual stars ...



“I have strong opinions of my own, but I don’t always agree with them.” ~ George Bush

Indeed, except for the ones that bear the Good Fruit of Peace, it is often our strongest opinions that are the least accurate – and that also prevent us from awakening to what we truly need to Know.

*Choose to avidly disagree
with all of your strong opinions ...*

Image 076 (Page 39b – top) ... This was the sunrise I witnessed from Haleakala Crater on the Hawaiian island of Maui, when Heleana & I briefly visited there in the Spring of 2005 ... Haleakala Crater is supposed to be one of the planet’s “Energy Hot Spots”, and yet I didn’t experience any of the light-headedness or pupil-dilation or visual disturbances that I easily noticed at other such “Sacred Spaces” -- most notably the Glastonbury Tor, the town of Avebury, Rocky Valley & St. Necton’s Glen (both near Tintagel in southern England), the Kalalau Valley at the end of the Na Pali Coast Trail (on the island of Kauai), the Green Sands Beach on the Big Island of Hawaii, the Ryoanji Temple in Kyoto (Japan), the holy mountain of Huautla de Jimenez (in southern Mexico), Wright Park in Tacoma (Washington), Ruby Beach on the Olympic Peninsula, and certain locations in and around the Grand Canyon ... In contrast to these true “Hot Spots”, Haleakala Crater was for me merely an astoundingly beautiful mountain that provided an astoundingly beautiful sunrise ...

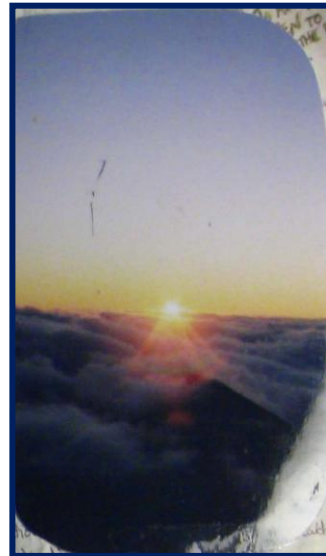
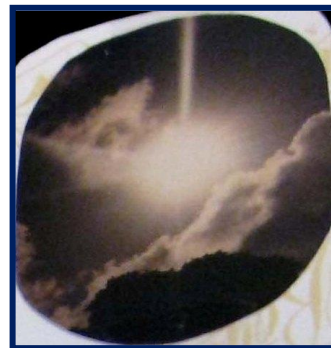


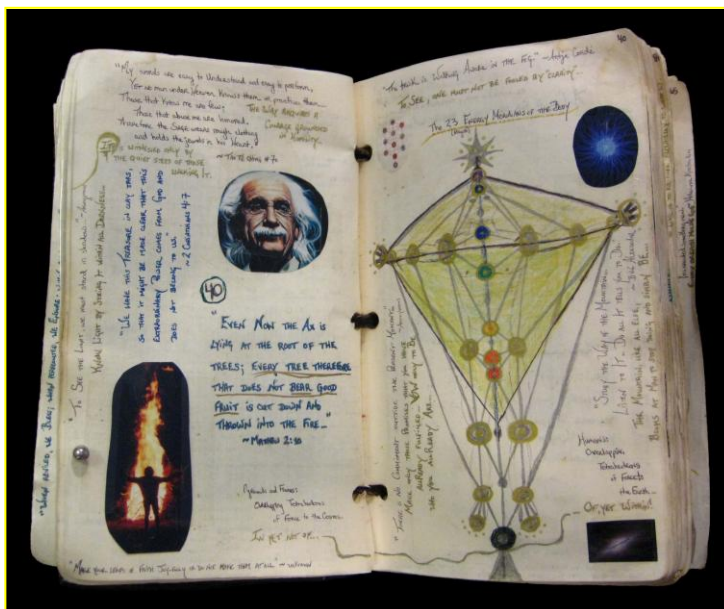
Image 077 (Page 39b – top overleaf) ... This picture shows a solar “Spirit Beam” (taken from Alexzanna Farms in Wildwood, Georgia) ...



“Only that day dawns to which we are Awake.”
~ Henry David Thoreau

*To Awaken, pause
and Open yourSelf
to all that IS.*

And to truly awaken to all that is, choose to immerse yourself dramatically therein.



NOTE: Pages 40-170 are filled with quotes and images that reflect what I believe to be the “*Ultimate Truth of the Universe*”: namely, the Truth that **we are all One**, and that the most powerful Way to access & experience this Oneness is to **act accordingly** by selflessly caring for others –especially in those times when we least wish to do so, and especially for those “least deserving” of the same.

“My words are easy to understand and easy to undertake,
 Yet no man *under Heaven* Knows them or Practices them ...
 Those who Know me are few; those who abuse me are honored.
 Therefore the wise ones wear rough clothing ...
 and hold the Jewels of Truth in their Hearts.”

~ Lao Tsu (Tao Te Ching #70)

As legend has it, Lao Tsu – the famed 6th century Chinese philosopher, scholar, and purported founder Taoism –became despondent over the moral decay of life in Chengzhou and decided to leave that kingdom at the age of 80 to live the end of his days as a hermit in the frontier wilderness. At the western gate of the province, he was recognized by a sentry who begged him to leave a written record of his wisdom before departing. The text that Lao Tsu then wrote is said to have been the *Tao Te Ching* ... Whenever I think of this story (subtly reflected in the verse above) I note the deeper Wisdom therein – namely, that we are not to continue to share our Gifts with those who repeatedly reject or deny or ridicule the same. Instead, after erring on the side of remaining too long by them, we are to give them a compassionate hug, wish them well, and move on to share those Truths with others who just might Hear & Emulate them.

***The Way requires a Courage grounded in Humility ...
 It is witnessed only by the silent steps of those Walking upon It.***

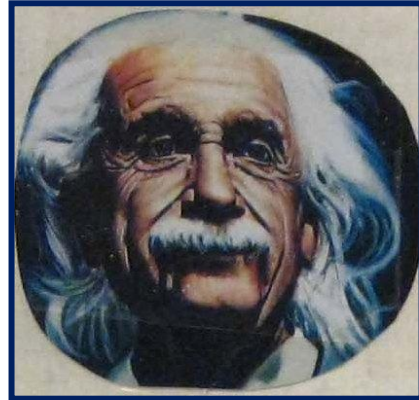
“To See the Light, we must first stand with courage in the shadows ...” ~ anonymous
 To truly See the Light of LOVE, we must first shine it forth from ourselves – and we can only do so powerfully when we ourselves are shrouded in darkness; challenged by times of pain &/or fear.

***Know Light by choosing to See It everywhere –
 residing even within the depths of Darkness ...***

“We have this Treasure in clay jars, so that it might be made clear that this extraordinary Power comes from God and does not belong to us.” ~ Paul (2 Corinthians 4:7)

Having read all of Paul’s biblical epistles many dozens of times, there is indeed a very good possibility that he meant exactly what this verse says on its face – namely, that he believes humans to be innately sin-full; requiring the will of God to provide the impetus to do whatever Good we happen to do. Of course, anyone who has deeply studied the teachings of the Scriptures knows that Jesus Christ believed *exactly the opposite* – namely, that we are all innately perfect Children of God; that we have all already been given the “extraordinary Power” that Paul mentions in this verse; that though we are indeed not much more than “clay jars”, we are clay jars that were filled with the Light & Love of the Divine from the first moment of our birth. All that remains is for us to reawaken the same by acting accordingly, especially in those moments when we believe -- as Paul errantly believes – that we are anything less than this potential Greatness.

Image 078 (Page 40a - top) ... A portrait of Albert Einstein, a man who not only proved to be one of the greatest scientists of modern history, but also a man with some intriguing views on what many call “God” ... Indeed, while many new Age aficionados profess that Einstein was a believer in a personal godhead akin to the one found in many monotheistic religions, that is actually not at all the case. Like myself, Einstein believed in the pseudo-pantheistic “god” of Spinoza – a “god” that was more of an essence than a personage; a “god” that resides in everything; a “god” of which both matter and thought are a part ... As Einstein himself put it, “the idea of a personal God is an anthropological concept which I cannot take seriously ... I believe that we have to content ourselves with our imperfect knowledge and understanding and treat values and moral obligations as a purely human problem – indeed, the most important of all human problems ... I believe in Spinoza's God, who reveals himself in the harmony of all that exists, not in a God who concerns himself with the fate and the doings of mankind ... Spinoza is the greatest of modern philosophers, because he is the first philosopher who deals with the soul and the body as one, not as two separate things.”



“Even now the axe is resting at the root of the trees; every tree therefore that does not bear Good Fruit is cut down and thrown into the Fire.” ~ Jesus Christ (Matthew 2:10)

It is extremely important for Christians & non-Christians alike to realize that Jesus is *not* threatening anyone with eternal damnation with this verse (or any other verse he utters in the New Testament). Indeed, for those who have deeply studied his teachings, it is patently obvious that he is wholeheartedly against any sort of abject condemnation – that he is a proponent of a Love that is “perfect (Matthew 5:48) and therefore does not punish at all (1 John 4:18) – that he is a champion of forgiving sin, not damning it. So what is he saying here? Simply enough, in a harmony with not only all his sermons but all his parables as well, Jesus is simply noting the patent Truth that all those acting from a place of selfishness &/or cowardice will indeed sooner or later suffer as a result – and that it is this suffering, this purifying “fire”, that encourages us to return to acting from a very different place – a place of unconditional, selfless LOVE – the place where lives Child of God within us all.



Image 079 (Page 40a - bottom) ... A picture of my Self in front of one of the many bonfires I built over the years at Alexzanna Farms (in Wildwood, Georgia) ...

Pyramids and flames are overlapping tetrahedrons of Force directed to The Cosmos – a Gift from the Earth ...
The Human Body is an overlapping Tetrahedron of Force directed to The Earth – a Gift from the Cosmos ...

While it played a minor role in my “Journey of Awakening”, I did dabble in sacred geometry from time to time, and according to those well-versed in this field, the tetrahedron is one of the fundamental forms of the Universe. It is also symbolically potent – being a “triangular pyramid”; unifying the meanings of the material (its four sides) and the spiritual (every side being a triangle).

Be IN, yet not of – OF, and yet Within ...

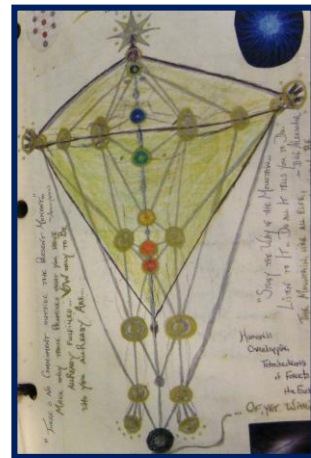
“Make your leaps of faith Joy-fully – or do not make them at all.” ~ unknown
Our leaps of Faith will always fall short unless we make them willingly (i.e. selflessly).

“The trick is choosing to walk Aware in the Fog.” ~ Antje Cordé

While we cannot ever know for certain the objective Truth about what is around us (much less what it all means), we *can* always choose to be Aware of what we *do* know.

To See, one must not be fooled by “clarity” ...

Image 080 (Page 40b - main image) ... This drawing shows the “Lines of Force” interconnecting the major centers of the human body ... It also represents the three dimensional tetrahedron that symbolizes the sentient human's ability to gather Energy from the Universe and then re-focus it upon the Earth.



“There is no commitment outside the present moment.” ~ anonymous

The Sage knows that there is no such thing as an ethical commitment that mandates a future-based performance of any word or deed. Indeed, even the most loving & well-intended of promises constrains the future choices of the one doing the promising, and always kills many opportunities to serve others ... As such, the Enlightened Woman or Man refuses to make any pacts or take any vows. His ability to LOVE others remains thus ever free & flowing, and Her choices to serve others remain ever open & limitless.

***Make only those promises that you have allReady fulfilled ...
Vow only to Be who You allReady Are.***

“Study the Way of the Mountain ... Listen to It ... Do all It tells you to Do.” ~ Bill Alexander

The Mountain, like unconditional Love, remains calm and steadfast in its place ... It does not melt with the wind & the rains, but allows itself to be gently carved thereby.

The Mountain, like everything else, booms at Mankind to stop merely doing ... & to Be ONE.



“The greatness of a Man can almost always be measured by his willingness to be Kind.” ~ G. Young

Kindness is not friendliness or tact, nor is it found in politeness or niceties. Real Kindness is extending acts of Caring in those moments we find it difficult to do so – to&/or for those people we least wish to give the same ... As such, there really is nothing greater in life than true Kindness, and as such this quote would be far more accurate if the word “almost” were removed.

**Kindness is simply hatred without ego's desire
(as all actions are ultimately pre-meditated),
just as hatred is simply Kindness
without the Soul's courage ...**

**“As God is for us, who is against us? ...
It is God who sets us Free. Who then is to condemn?”
~ Paul (Romans 8:31+33)**

One of the great misconceptions about this verse is the belief that it seemingly implies that an external, personal God will “set us free” from our own trials and turmoils; that he will somehow swoop down and “make it all better” ... Of course – as most of us are already aware, nothing could be further from the Truth. But the fact that God does not come and immediately rescue us from our moments of pain & longing does not mean He doesn’t exist, or even that He doesn’t care. Rather, it shows just the opposite – namely, that He (assuming He exists at all) Loves us so much that He refuses to assist us in our times of need; thereby allowing us to possibly come to know the deepest Bliss available to us – by transcending our self-centered moanings via actively caring for others in those very moments. As such, this is the only way that the Divine *can* set us truly free – by giving us the space to somehow choose to free our Selves.

“Live every day like it’s your last ...
... and your first.” ~ Katharina Petras

We To live every day like it is your last, do as much Good for others as you can – as though you will never see them again thereafter. To live every day like it is your first, see the Beauty in everything “normal” and be amazed by everything “boring” ... There are no ordinary moments ... Appreciate accordingly.

“A” – representing Emptiness; the ever-unborn
(and ever-rebirthing) nature of Reality ...

**Everything is essentially Nothing ...
... and Nothing; Everything.**

**Let all Days dissolve
into this Moment ...**



“Have Courage ... for it is your Father’s good pleasure to give You the Kingdom.”

~ Jesus (Luke 12:32)

In order to comprehend the deeper meaning intended here, it is important to remember a few critical facts about Jesus’ biblical teachings: First, that the “Kingdom of Heaven” for Jesus was a Here&Now, internal, Bliss-full state of being, not a post-mortem, external, paradisiacal destination (Luke 17:20-21) ... Second, the “You” to whom this state of raw Joy & perfect Peace is given is not the self-centered ego-self, but the selfless Soul-Self – and only to those Soul-Selves that are “reborn” in acts of radical Kindness &/or selfless service (hence the call to “have courage”!) ... Finally, it is indeed the Father “good pleasure” to provide *everyone* with said access to this Heaven. After all, what else can a God of “perfect Love” do but the same? (Matthew 5:48 + 1 John 4:18)

Image 081 (Page 41a - bottom) ... This is a close-up of the shower curtain I used in the Steeb Street Sanctuary (Feuerbach, Germany), where I resided from 2001-2003 ... I picked the bamboo print because it exudes the archetype of overflowing growth & abundance, and my shower happened to be in the “Wisdom corner” of my apartment (a la Feng Shui, in which I was dabbling at the time – trying to use as many tools as possible to “reprogram” my consciousness to allow my True Self to steadily take precedence over my ego) ...



“Whomever wishes to paint bamboo, must have bamboo in their Heart.” ~ Chinese Proverb

The same is true to those who wish to beautify their community; and the same is true for all those who wish to care for a Friend.

“We are what we pretend to Be, so we must be Care-full what we pretend to Be.” ~ Kurt Vonnegut Jr.

We cannot become anything by merely pretending ... To truly Become something, we must embody it so fully and appreciate it so intensely that our sincerity – via our actions – expands to the pinnacle of Love; to the point where we become Love itself.

***Pretend to Be what you Dream ...
Dream Who You truly Are!***

“Only those who See the invisible can Do the impossible.” ~ unknown

No one can literally see the invisible, of course. What this quote is actually hinting at is the fact that each & every one of us can indeed choose to SEE the best in the other – even when they are acting their worst; that each & every one of us can choose to SEE the best in life itself – even when life is at its most painful. There is Good in every enemy (even those who many deem to be “evil”), and there is Good to be done (and thus Bliss to be Known) in every tragedy. To SEE these things is to “See the invisible” – and only those who choose to so SEE can then “do the impossible” by Loving those enemies &/or serving despite personal suffering.

***The invisible is everywhere ...
The impossible is but a myth.***

“To find your Way, look for your Path where you least expect to find It.” ~ anonymous

We And where you least expect to find it, of course, is where you already are.

***Your Path allWays rests
directly under your feet ...***

Image 082 (Page 41b – main) ... This is a sketch I call “Pensive”, drawn by Rebecca Jean Pittman. I especially appreciate the symbolism (at least for me) of consciousness overriding instinct – the ability we all have to close our mouths, restrain our clenched fists, and think of (and then embody) and more Peace-full Way ...



Image 083 (Page 41b – main overleaf) ... This is a section of a card given me by my mother (I think when I set out to backpack through southern Mexico in 2003) – intriguingly the very same card given to me in farewell by Heleana when we parted ways a few years later.



“The Hearts of the Saints have been refreshed through You” ~ Paul (Philemon 1:7)

While Paul almost certainly was referring in this verse to actual Saints who had preceded his listeners in death – actual spirits who were in that very moment “looking down” upon the same with smiling beneficence, this is **not** the meaning intended here. Whenever I read any passage from the Bible – and certainly whenever I take the time to write it down to share with others – I am always reading it through the lenses of selfless Love; reading it through the lenses of the teachings of Jesus Christ. To this end, this verse actually stands for something very different – namely, that the conscience (or the “Heart of the Saints” that resides within every sentient being) of anyone witnessing any selfless deed is immediately & fully (albeit also fleetingly) reawakened to the innate feasibility of them doing similarly.

“Believe none of what your “hear” & half of what you “see” ...
Learn to HEAR & to SEE instead.” ~ unknown

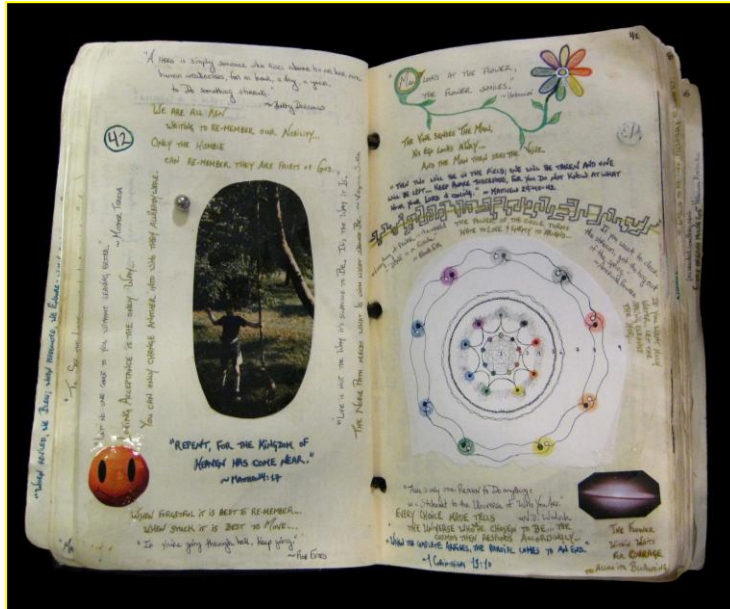
To truly HEAR others, we must listen to their deeds more than their words.
To truly SEE others, we must look at their Heart and past their behaviors.

***Hear the Silence ...
See the Invisible.***

“Where the water runs dry, the fish take flight.” ~ Chinese Proverb

Free will means that we all have the power to make every moment brilliant – to make all the bad into the Wonder-full, all the painful into the Peace-full, and all the tragic into the Meaning-full ... And the key to doing so is choosing to focus on the other instead of the self.

PAGE 42



“A Hero is simply someone who rises above his or her own human weaknesses – for an hour, for a day, for a year – to Do something stirring.” ~ Betty Deramus

We can all rise above our weaknesses to forgive our trespassers, and we can all rise above our pride to ask forgiveness for those we have trespassed against ... We can all rise above our discomforts to give to the needy, and we can all rise above our fears to be Kind to strangers ... Indeed, rising above our internal challenges to bring greater external Peace is the reason we are here.

***We are all waiting patiently to remember our Nobility,
and yet only the truly Humble can powerfully re-Member
that they are already Facets of God.***

“Let no one come to you without leaving better.”
~ Mother Teresa

And remember: we are not only to better the states of internal Peace in those we encounter via deeds of gentle graciousness, but are also to “better” those folks by thereby inspiring them to do the same for others still.

***Loving Acceptance is the only Way ...
You can only change another
into Who they allReady were.***

Image 084 (Page 42a) ... This is myself (age 7) after I broke both my wrists showing off for the neighbors by jumping from the pictured tree onto the pictured rope from the pictured branch. Needless to say, after having practiced the move all morning, I missed the rope altogether on my first (and only) attempt in front of the neighbors (who I had called over to watch) and was thereafter appropriately humbled – literally brought “back to Earth” ...



“Life is not the way it’s supposed to be. It’s The Way it IS.” ~ Virginia Satir

The humble and full acceptance of what actually is occurring is the first step in flowingly doing something *with* it – rather than futilely struggling to do something about it.

***The Noble Path melds what IS
with what “should Be”.***

“Repent, for the Kingdom of Heaven is Here&Now.” ~ unknown (Matthew 4:17)

It is important for any earnest student of the Scriptures (indeed, every earnest student of life itself) to remember that the “Kingdom of Heaven” Jesus speaks of is an *internal* state of being, **not** an “up above” destination (Luke 17:20-21) ... As such, in this verse (which originally reads “for the Kingdom of Heaven is here”) he is **not** saying that the Kingdom of Heaven has suddenly appeared due to his presence, but rather is reminding his listeners that the Kingdom of Heaven has arrived for them because the Kingdom of Heaven was there all along ... In addition, as an important aside, the word “repent” as used by Jesus (the Greek word *metanoia*) has nothing to do with self-criticism or admissions of sinfulness, and everything to do with radical change in one’s choices & behaviors – shifting from self-centered longing to selfless empathy; shifting from self-centered striving to selfless giving.

“If you’re going through hell, keep going.” ~ John Randall Dunn

It is not astonishing that we humans encounter periods of intense distress at regular intervals throughout the course of our lives. What *is* odd, however, is the seemingly frequent tendency we have to strive to remain mired in those periods of intense dis-ease; that we seemingly cling to them and even escalate them with bouts of whining, wailing, railing, and raging against them ... Indeed, the more we melodramatically focus on the negative, the longer the negative remains with us – the more we focus on ourselves, the longer we will indeed suffer. So don’t stop & linger in Hell, my Friends ... Instead, turn in such times to the nearest neighbor in need ... and get going!

***When forgetful, it is best to remember ...
When stuck, it is best to move onward.***

“Man looks at a flower, and the flower smiles.” ~ Taoist Saying

This quote is not meant to say that plants are conscious – that they literally internally “smile” when treated with Kindness ... Rather, it is saying that everything is interconnected at a most intimate, quantum level, and that as a consequence of this interconnection, every focused act of gentleness does indeed have a “gentling” effect on everything in our surroundings. Yes, the sentient beings nearest to those Good Deeds receive the greatest and most obvious benefit therefrom, and yet those things non-sentient – and even those non-living – reap harmony from the emanations thereof as well.

***The Vine senses the man, his ego looks away ...
... and the man then Sees the Vine.***

***“Then two will be in the field; one will be taken and one will be left ...
Keep Awake, therefore, for you do not know at what hour your Lord is coming.”***

~ unknown (Matthew 24:40-42)

If this is not one of the more misunderstood passages in the Bible, it is almost certainly one of the most misinterpreted .. You see, standard Christian dogma would have us believing that these verses have Jesus telling us all that God Himself is coming at some unknown time in the future to gather all the righteous with Him in “heaven above” and cast all others into eternal torment in “Hell below”, and while such an abjectly immoral Soul-sorting might indeed one day take place, it will most certainly not be the heavenly Father of Jesus Christ who does that sorting. You see, if conservatives are going to take this passage “literally” and use it as license to condemn all those who do not worship God as they do, then they are also required to take all other verses in the New testament just as literally – including [Matthew 5:48](#) & [1 John 4:18](#); two verses that, when combined and read literally, show quite unequivocally that the God of Jesus Christ will never damn anyone to Hell for any length of time, much less for eternity. Indeed, what kind of a deity would ever do such a horrendous thing, and why would anyone in the right mind (or, better stated, their Right Heart) worship such a capricious Being? ... So, that having been said, what could Jesus be saying here? What interpretation can we give this passage that harmonizes with the words of [Matthew 5:48](#) & [1 John 4:18](#) (and indeed all his other biblical teachings)? Well, simply stated, when we examine Jesus’ own words in the Gospels, it becomes quite clear what he is intending to say with these verses – namely, that we all choose to be either selfishly taking “goats” or selflessly giving “sheep” in every moment of our lives, and that we should all err on the side of the latter in as many moments as we can. For no one knows when death will come for us, and when it does – and our final moment of consciousness stretches out towards what seems like eternity during our final, dying breath – we will suffer to the degree we were self-centered during our lives, and we will know Bliss to the degree we were generous & kind.

“Everything of Power in the world is done in a circle.” ~ Black Elk

When one reads the entire passage from whence this quote comes a portion of the mystery around it dissipates, and another portion of enigma opens ... Black Elk mentions that all the major sources of power on the Earth – the moon, the sun, the seasons, the perceivable heavens and even the Earth itself – are all circles or circular. More importantly for you the reader, however, is his adjoining comment that “the life of man is also a circle; moving from childhood to childhood” – meaning, for me at least, that we are all born innocently -- loving all others and ever full of wonderment, that we then become tainted with “facts” and fears and begin seeing life as being filled with enemies and things “normal” &/or events “boring”, and that we then (at the very latest on your deathbeds, though hopefully much sooner) able at some point to “become again as a child” and return to living a life steeped in gratitude, kindness, and awe.

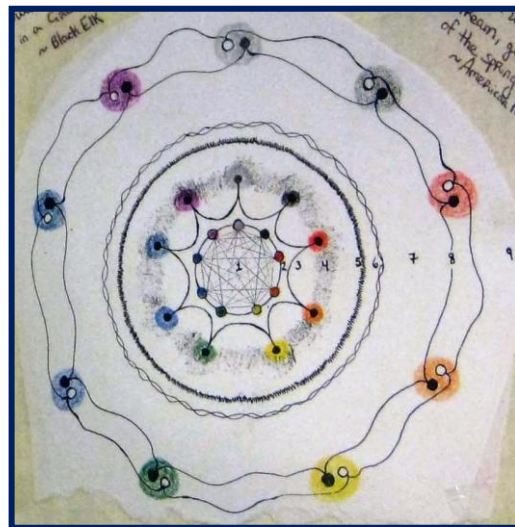
***The Power of the Circle turns hate to Love
and molds enemy into Friend.***

“If you want to clear the stream, get the hog out of the spring.” ~ American Proverb

This statement is true, as long as the “hog” is seen within one’s self (as opposed to being erroneously seen in the strangers & enemies that surround us) – and as long as that “hog” is not cleansed in a fashion that is anything but kind & compassionate. Judging others as being “sinful” or “wrong” or in any way “less than” precludes us from truly Caring for them – and thus precludes us from behaving towards them in a manner that allows them the opportunity to reawake to the loving True Self they were born to be. Likewise, when we judge our own ego-selves to the “sinful” or “bad” or in any way “less than”, the low self-esteem that caused us to behave in similar ways is actually strengthened, making it far more likely that those self-centered failings persist and resurface in the future. Only LOVE can inspire others to reform their wickedness, and only compassion-laden & forgiveness-full LOVE towards our selves can inspire us to do the same.

***If you want Holy Water,
allow the spring to Cleanse its own swine ...***

Image 085 (Page 42b) ... This is one of the earliest (and still one of the most accurate) renditions of “The Soul System” – a symbol representing the hub about which every subsequent “Re-Discovering Peace” presentation revolved, and of which every single sentient life is illuminated. In essence, it is the spiritual blueprint of one sentient being – a cross-section of the global energy-matrix that exists within and all around each & every one of us. Levels 1-5 exists within each individual (with region 1 representing the Soul, level 2 our consciousness, level 3 the conscience, level 4 the ego, and level 5 free will -- the ability we have to choose); level 6 represents the human body – the physical vessel that most of us identify as “me”; level 7 is what many call “synchronicity” – or the small portions of the vast external reality that directly affect us in any given moment; level 8 is our individual Reality (i.e. everything outside our own bodies that is perceivable); and level 9 is everything else – the rest of Reality; all the way to the very boundaries of our Universe (if it indeed has any) ... The most important aspect of the diagram (and indeed, the most important aspect of each of our own lives) is what happens to level 4 based on how we deal with level 5. Basically, every time something painful or frightening or saddening happened to us in our childhood, we responded to the same with some sort of self-centered defense mechanism. Over time, these reactions entrenched a fundamental perception of separateness between ourselves and our surroundings (the “fog” or “sludge” around level 4). Now, as adults, we have a radical choice available to us in every moment of our lives – either to act selfishly (in harmony with the egocentric inclinations of those emotional memories), or to transcend those instinctual fear-based responses and be irrationally kind instead. Every time we align ourselves with the former, the “sludge” grows thicker and our dysfunctional selfishness becomes more pronounced. Conversely, every time we choose the courageously noble latter a portion of that “sludge” (a portion proportionate to how difficult or frightening the noble act happens to be) is washed away – making it that much easier to engage such Right Action in the future. Essentially, this is a dynamic diagram that symbolically illustrates what happens whenever we choose to be “only human” as well as what happens every time we choose to be “born anew” and act in harmony with our inner, innate “Child of God” ... For more information, feel free to refer to the “Logo” page on my website (www.inspiringthealtruisticmoment.com) ...



“There is only one reason to Do anything:
as a statement to the Universe of Who You Are.”
~ Neale Donald Walsh

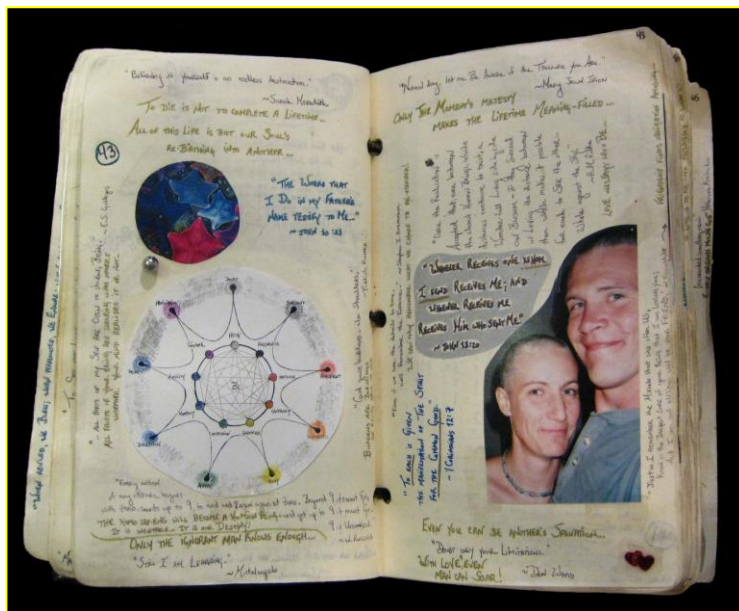
This statement is true, though Neale (once again) seems to miss the most important point -- namely, that the only way to truly embody who we truly ARE, we must make the betterment of others the only reason we are doing that anything.

*Every choice made tells the Universe
Who we have chosen to Be ...
& the Cosmos always responds accordingly.*

“When the Complete arrives, the partial comes to an end.” ~ Paul (1 Corinthians 13:10)

Actually, at least as far as human beings are concerned, the Complete (i.e. the Divine Essence that composes our conscient True Self) was given to us all in the womb, and the Complete remains within us ever still. As such, the Complete does not “arrive” as much as it is uncovered – and that, in every moment we choose to give when we would rather take; in every moment we choose to Love when we would rather cower; in every moment we choose to serve when we would rather acquire.

*The Flower Within continually waits
for your Courage to allow Its next Blossoming ...*



“Believing in your Self is an endless destination.” ~ Sarah Meredith

This not placed herein to affirm the oh-so-typical encouragements to believe in one’s own abilities to work hard and one day attain what one desires for one’s self, for to do so – as many have already realized – is to do nothing but bring about more attachment; and thus, more suffering ... No, what I mean by this quote hinges on the capitalization of the word “Self” – namely, that we are not to strive for what the ego-self selfishly yearns, but are rather to strive solely for the one Desire of the True Self; namely, to serve those in need – to ease their pains &/or enhances their Joy.

To Die is not to complete a Lifetime ... All of this Life is but our Soul’s re-Birthing into another form.

Image 086 (Page 43a - top) ... A picture of 9 multi-colored starfish – symbolizing the perfect union with All that Is in any given moment; harmonizing with the dance of the Cosmos by replacing our self’s striving for goals & personal wealth with immersing our Self deeply into the moment. In so doing, we rediscover that the best way (if not the only way) to smoothly traverse life’s troubled waters is to repeatedly focus on Loving others – especially those who we believe were the cause of said discomfort.



“The Works that I Do in my Father’s name testify to my True Self” ~ Jesus (John 10:25)

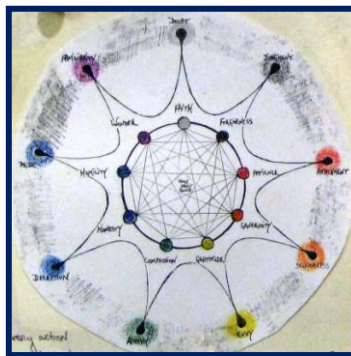
Bibles typically have this verse reading something akin to “The works that I do in my Father’s name testify about *me*”, and yet it I have purposefully altered here. You see, Jesus was an extreme proponent of humility, and his staunch advocacy thereof included himself (see [Mark 10:18](#), [John 6:47](#), [John 12:44](#), [John 14:12](#) et al) ... As such, if Jesus were speaking highly of himself here as most Christians choose to believe, then he would be violating the code of humbleness he so devoutly advocated. In essence, if Jesus were saying anything like “My deeds prove that I am the only Son of God”, then he would be speaking hypocritically – in direct contradiction to the core of his own teachings. And yet that is quite clearly *not* what he is saying here. Rather, he is saying that the deeds he does “*in his Father’s name*” (i.e. in harmony with the all-Loving will of the all-Loving God –see [Luke 6:36](#), [Matthew 5:48](#), [1 John 4:8](#) et al) are the deeds that enliven and exhibit his True Self – his innate Child of God within. And thus, seeing as how he also quite clearly stated that we too can do just as he did ([John 14:12](#)), he is reminding us here that we too can be “reborn” when we align our choices with the all-loving Will of the Divine.

“All parts of my Self are open to sharing Being.” ~ E. S. Gallegos

We Being “open to sharing” is a state of mind; a chosen willingness to be open to imminent acts of kindness should any preset themselves. Being “open to sharing Being”, on the other hand, is a verb – the realization that there is always another sentient being nearby to whom Kindness can be immediately shown, and then acting accordingly.

***Whether your Mind realizes it or not,
every facet of your Being
is already sharing with others.***

Image 087 (Page 43a - bottom) ... Here is an enlargement of the center of “The Soul System” mentioned previously on page 85. It represents every moment's choice between “sinful” actions that are self-serving (and essentially fear-based – located on the outer ring of the diagram) & virtuous choices that are selflessly caring (and fully soaked in Love – see the diagram’s inner ring) ... Essentially, in every moment of our lives, at least one of the 9 “sins” on the outer ring tempts us to behave in a way that furthers our own comfort or well-being, and yet we always have the opportunity to choose that sin’s opposing Virtue instead – to tend to the needs of others instead of satisfying our wants for ourselves. Whenever we give in to the former, the “sludge” that keeps our Empathy-Awareness distanced from everyone & everything in our surroundings gets thicker. On the other hand, whenever we choose to set our fears aside and choose virtuously, a portion of that “sludge” (primarily composed, by the way, of the residual psychological “scars” left over from the emotional memories of all the painful events from our younger years) is cleansed away. Basically, the more we choose to help ourselves, the less intimacy & Meaning we will experience in our lives over time ... The more we choose to help others, the more Love & peace & Joy we will be able to enliven – and thus the more Love & peace & Joy we will experience ourselves. For more information, feel free to click on the “9 Noble Virtues” link on the “Logo” page of my webpage (www.inspiringthealtruisticmoment.com)...



“God gave burdens ... also shoulders.” ~ Yiddish Proverb

Indeed, without difficult times of discomfort and fear and anger and sadness, our acts of Generosity & Kindness would have no depth or meaning to them ... After all what depth is there to an act of giving when we do so in times of wealth & ease? What meaning is there in an act of kindness given to an ally or a friend or a lover?

***Our burdens are our Blessings;
opportunities to use our shoulders Power-fully ...***

“Action of any nature always begins with zero, counts up to nine, to then end and begin again with zero. Beyond nine it cannot Go, and yet up to nine it must Go. Nine is Universal.” ~ W. Russell

Walter Russell was a very very very very smart man (*The New York Herald Tribune* even went so far as to call him “the modern Leonardo”) ... As such, it is somewhat affirming to see that he (admittedly inadvertently) holds my use of 9 primary archetypes in the more important aspects of my Work (from the 9 colors to the 9 seasons to the 9 sins to the 9 Virtues to the 9 levels of the Universe) to be of high merit.

***Every homosapiens must one day become a Human Being –
It is inevitable ... It is our Destiny.***

“Still, I am Learning.” ~ Michelangelo

Two things of note about this quotation – first, that legend has it that Michelangelo said this on his deathbed, implying that – at least for the enlightened humble mind – learning truly has no end, and second, that it was probably originally used *satirically* by Domenico Giuntalodi, who apparently used a similar phrase written on one of his drawings to imply that humanity’s quest for objective knowledge (as opposed to spiritual awareness &/or moral fortitude) was ultimately futile.

Only the ignorant man knows enough ...

“Normal day, let me be Aware of the Treasure you Are.” ~ Mary Jean Irion

The important facets of this quote are indicated by its four capitalizations – **first**, that there is no such thing as a “normal day”; that every single day is a uniquely priceless collection of moments ... **second**, that the key to making any day as great (as it innately is) is simply to choose to become Aware of the same ... **third**, that the only way to experience such everyday Treasures is to *treasure them* accordingly – is to actively immerse one’s Self therein ... and **fourth**, that in so doing we do not change them into something they could become, but rather rediscover what they have been all along.

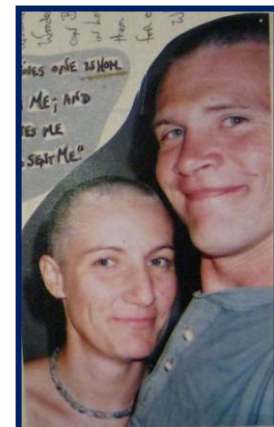
Only this moment’s Majesty makes the Lifetime Meaning-filled ...

“Once the realization is accepted that, even between the closest human beings, infinite distances continue to exist, a Wonder-full Living side by side can blossom – if, of course, they both succeed in loving the distance between them; the distance which makes it possible for them to truly See the other, whole against the sky.” ~ Rainer Maria Rilke

We can only truly Love another while choosing to accept the path they have chosen, and while choosing to Love them for who they truly Are -- no matter what they are doing or saying to the contrary ... This does not mean that we love the path they have chosen – merely that we choose to Love *them* while they walk that path. And this does not mean that we support or condone or affirm the actions they are engaging or the words they are speaking – merely that we choose to Love *them* while they do so &/or say so.

Love allWays lets the other BE ...

Image 088 (Page 43b) ... A picture of Heleana & I just prior to her departure from the Big Island in 2005 – and right after having given each other our “rebirth hairdos” ... Such a head-shaving was nothing new to me. I find it to be somewhat “cleansing” to shave off one’s hair when ending one life-phase &/or relationship to then begin another. And yet for Heleana this was the first time she had ever done so. I frankly tried to discourage her from going through with it (thinking she might be subjecting herself to unnecessary stress &/or ridicule from her friends & peers), and yet in the end she was determined – and I respected her wishes.



“Even if we lose the details to time, we’ll re-member the Essence.” ~ Stephen J. Krasemann

Indeed, time is a funny thing – passing so drudgingly whenever we are mired in tasks unpleasant, and departing like a shooting star whenever we are engaged in moments joyously halcyon. And yet even more odd than time is memory, for memory is by nature a subjectively inaccurate recording of a patently objective event. Not only do we humans not have the sensory equipment necessary to objectively perceive events in the first place, our brains are hard-wired to augment and alter our imperfect perceptions into even more imperfect recollections thereof. That having been said, these inaccuracies – as this quote implies – are not that important. For what is important is the memory of the underlying *essence* of each encounter – what is important is that our *feelings* about the *meanings* underpinning the objective events in our past are recorded in our limbic system; that the recall of the information stored in our limbic system is not subject to mental taint or psychological sabotage – and that we can summon forth this information ever-accurately to the degree we are willing to courageously put its memories into motion.

***We can only remember
what we choose to re-Member.***

***“Whoever receives one whom I send receives Me; and whoever receives Me
receives also Him who sent that Soul.” ~ Jesus Christ (John 13:20)***

As I have mentioned previously, Jesus – being the stalwart proponent of absolute humility that he was (see [Matthew 18:3-4](#) + [Matthew 23:12](#) et al) – is definitely **not** speaking of his individual self in this verse, but is rather speaking of his inner True Self – his Soul Self – his conscience – the “Child of God” within that he shares with us all (see [John 14:12](#) + [John 14:20](#) et al) ... Indeed, this is why he so obviously shifts all focus away from himself the man in this verse, and towards his Father instead; the Father who gave us all a portion of Universal divinity while in our mothers’ wombs; the Father who we all “receive” every single time we reach out and care for one less fortunate, or are kind to a passing stranger, or openly forgive an enemy their trespass against us (see [Matthew 16:14-15](#) & [Matthew 25:40](#) et al).

***“To each is Given the manifestation of the Spirit for the Common Good.”
~ Paul (1 Corinthians 12:7)***

Even though the biblical Paul was often obviously clueless as to the active, selfless nature of The Way of Jesus Christ, note that he did at least in this verse mention that it was not the Spirit itself that is given to us when we are worthy, but rather that it is “the *manifestation* of that Spirit *for the Common Good*” (i.e. the ability to actively & selflessly serve our communities &/or the others around us) that is given to us in every moment of our lives.

“Just as I remember the Miracle that was often Us, know in the deepest Core of your Being that I am Loving You; that I Am – and that I will allWays Be, your Friend.” ~ GOD

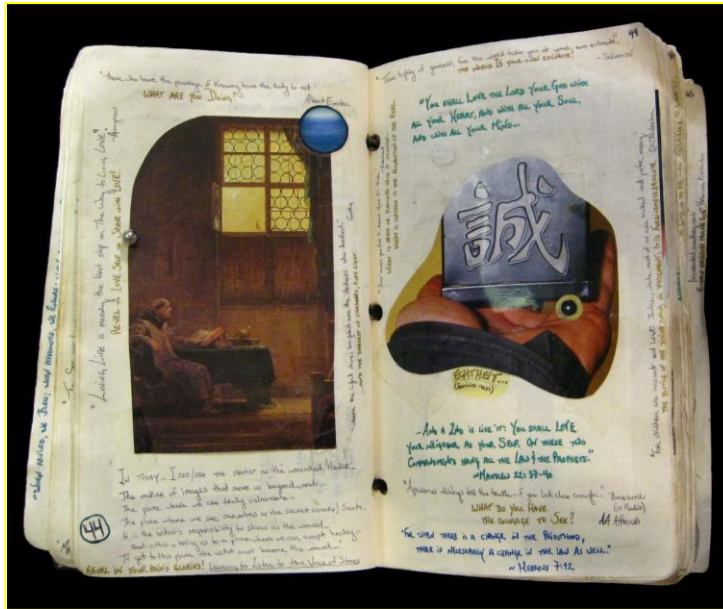
This “quote” from “God” reflects two oft-neglected Truths – **A**), that the divine “Father” Jesus references in the Bible (far unlike his relatively dysfunctional & often diabolical cousin “God” found in the Old Testament and the book of [Revelation](#)) is indeed an all-Loving essence; condemning no one and caring unconditionally for all His creations ... and **B**) that this “father” is primarily an *internal* essence; residing within us, and coming forth into the Light of day whenever we choose to enliven the same.

***Friendship finds all forms of duty & obligation
amusing – and completely unnecessary...***

“Doubt only your limitations.” ~ Don Ward

The only way to doubt your limitations
is to act as though you don’t have any.

***Even you can be the spark of another’s Salvation ...
With LOVE, even Humanity can Soar!***



“Those who have the privilege of Knowing have the duty to Act.” ~ Albert Einstein

Two things about this one: **first**, note that real Knowing (not the collection of mere factual “knowledge”, but rather the far more deep-seated, pseudo-intuitive Comprehension of the fundamental workings of the Universe with which all sentient beings are blessed in the womb) is a privilege – a gift that must be actualized to rebirth into Being ... and **second**, note that there is no real duty to act imposed on any of us, at least not in any higher, moral sense of that word. There is a state of being known as Choiceless Awareness (where a being has developed such an acute understanding of omni-interconnectivity and the ever-functional Power of selfless deeds that he/she has no true alternative in any given moment but to attempt to actualize the same) that subtly “demands” that we make the selfless choice in any given moment, and yet doing so is neither a duty nor an obligation, but rather a privilege as well.

So – What ARE you Doing?

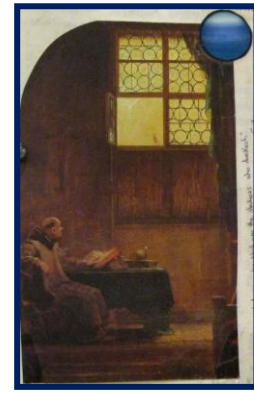
“Loving Life is merely the first step on the way to Living Love.” ~ anonymous

Actually, what I didn’t realize at the time I wrote this is that the two are actually one and the same – we can only Live Love while doing so willingly and indeed Joy-fully (a.k.a. “Loving Life”), and we can only Love Life while giving selflessly to others (a.k.a. “Living Love”) ...

P.S. This quote was written in *The Brown Book* before I started attributing most of my personal sayings as “anonymous” ... The way I see it now, anything truly Good that flows through me is not actually “from me”, and therefore should not be attributed to me as its author. I am but a servant of The One, and believe wholeheartedly that all inspiration comes from what many wise men and women call the “Cosmic Consciousness” ... As such, since whatever Wisdom I say or write does not originate in me but rather flows *through* me, it would be improper for me to take even indirect credit for the same. So I simply tell people – If you find what I say to be inspirational or Truth-filled, then it is “of God”, and if you find whatever I say or write to be erroneous or ignorant, then I and my ego take full credit for the same.

*Revel to Love the Self –
to then Serve others with Love ...*

Image 089 (Page 44a) ... I'm not sure from whence I received this postcard – knowing only that its image instills in me a great sense of calm. I have been strongly attracted to the monastic lifestyle for as long as I can remember; even before I knew what a “monk” was, actually, and many of my fonder memories consist of sitting in a similar reverie sitting by a similar window – writing and pondering and communing with Nature ... And how intriguing that it is the planet Uranus overlooking the monk in the picture; the planet – like my writings – that calls us to look at the world in new ways; to break away from stagnant mindsets and evolve into perspectives fresh & innovative; to revolt against the corruptions of the status quo and forge a new life founded in justice, integrity, and freedom.



“Where the Light shines the brightest are the shadows also darkest ...” ~ Goethe

... and the darkest of shadows, composed of pure Light.

We are never more powerful or more influential than in those times when we are suffering immensely, and yet choose to Love others anyway.

“I See the Artist as the wounded Healer; the maker of images that move us beyond words -- the place where we are truly vulnerable -- the place where we See both our selves as the secret sinners [and our Selves] as the hidden Saints. It is the artist’s ability to show us The Wound ... and in this [Way], bring us to a place where we can accept Healing. And to get to this Place, the artist must choose to become that Wound.” ~ *The Voice of Stones*

To merely see an artist, we must simply gaze upon her or his work. And yet to truly *See* artists, we must choose to See the inspiration within them that gave birth to the same ... Indeed, it is this choice of deeper Vision that allows real Healing to take place – for true Healing is always more than the rejuvenation of the body or the soothing of the mind. Healing, if it is to provide any profound & lasting salve, must be a psycho-spiritual mending – it must be founded in LOVE ... That is what it means to “become the Wound” – to care so deeply for the other that their pain becomes our own; to care for them so deeply that we than have no alternative but to reach out to soothe and repair.

Revel in your pain’s glories by acting accordingly ...

“Think highly of yourself, for the world takes you at your own estimate.” ~ unknown

Thinking highly of one’s self requires a measure of arrogance; inevitably creating enemies & times of strife. The respect we receive from others is diminished in direct proportion to the intensity of our hubris, and our effectiveness – and our personal power; and thereby our sense of personal Peace – is thereby limited commensurately as well ... Thinking for our Self, on the other hand, is entirely different matter. It requires an immense exuding of humility – a desire to sacrifice our own benefit & comfort in order to aid those nearby who are in any way suffering from need or want. It cares not for personal reward of wealth or fame, and as such inevitably receives the far greater measure of abundance and honor.

Re-member: the World IS your own estimate ...

“You shall Love the Lord your God with all your Heart, and with all your Soul, and with all your Mind ... And a second Commandment is like it: You shall Love your neighbor as your Self. On these Commandments rest both the Law and all the Prophets.” ~ Jesus (Matthew 22:37-40)

What many Christians do not realize is that the “neighbor” Jesus mentions here is actually one’s enemy (see *Luke 10:29-37*, where the heroic “neighbor” in the tale told is one of the Samaritans – the primary enemies of the Jews at that time. And not only that, the “neighbor” according to Jesus is also the one who “shows mercy”, something only done to those who have wronged us) ... Just as importantly, many Christians also still fail to understand that fulfilling the second Commandment mentioned by Jesus here is the only way to truly fulfill the first.

Image 090 (Page 44b) ... A picture of the “Authenticity” candle that resided on my desk in the “Steeb Street Sanctuary” (my Home from 2001-03) ...



“Just because you Feel It, doesn’t mean It’s there.” ~ Radiohead

It is easy to fall into the religious trap of believing in the Divine merely because we feel It wash over us during times of worship or prayer or meditation ... For what we perceive during such times of mental &/or emotional focus is but a small portion of the majesty of God. Indeed, the only way to experience any true measure of what many call the “spiritual” (and what even atheists can recognize in all moments of profound Gratitude, pure Love, or enraptured Wonderment) is to not only feel the Divine, but then to act on that impulse – to not only perceive the Oneness that binds us most intimately with all around us, but to then act accordingly with humility & boldness.

***What is seen or knocked upon is Illusion ...
What remains unseen is the Foundation of the Real.***

“For children are innocent and love Justice [for others], while most of us are wicked and prefer mercy [for ourselves].” ~ G. K. Chesterton

We cannot hope to attain any measure of the solace that comes from Enlightenment until we recognize – and indeed enliven – the Truth that Justice is only truly administered when accompanied by Kindness, Forgiveness & Compassion.

***The Justice of the Divine knows no judgment
... It is Forgiveness absolute.***

“Appearances all Ways tell the Truth ... if you Look close enough.” ~ A.A. Attanasio

We can only accurately perceive the Truth of the other when we have the humility to look past their behaviors – when we have the awareness to see past their oft-shadowed external appearance to *See* the true and ever-shining Appearance of their Soul.

What Do you have the Courage to SEE?

***“For when there is a change in the priesthood,
there is necessarily a change in the law as well.”***

~ *unknown* (Hebrews 7:12)

This verse (especially when coupled with its sister passage in [Hebrews 8:8-13](#)) is an extremely important one, for it is here that the Bible itself quite plainly tells us The Way of Jesus Christ – his Way of Selfless Love – now takes all precedence over the way of wrath and judgment and condemnation offered by much of the Bible’s “Old Testament” – that any verses in the latter that contradict Jesus’ teachings on humble mercy and unconditional forgiveness and selfless service and noble self-sacrifice are now fully null & void – that the time of fear & aggression has past, and that Love now rules the day.



“The conditions of a (Sage) Bird are 5-fold:
 The 1st, that It flies to the Highest Point ... [It visits Sacred Space];
 The 2nd, that It does not suffer for company ... [It goes there in Solitude];
 The 3rd, that It aims Its beak to the skies ... [It sits there in Reverence];
 The 4th, that It does not have a definite color ... [It adapts to whatever comes];
 The 5th, that It sings very softly ... [It worships with gentle Service].”
 ~ San Juan de la Cruz

We all have this same wise “Bird” within us at all times, and yet merely knowing that this is so is not enough ... For this “Bird” to have meaning in our lives, we must set him free – we must first visit Sacred Spaces (remembering that every space is Sacred when we treat it as such), we must then immerse ourselves there in solitude and reverence (grateful for yet another day of life). Thereafter, it is important to acknowledge whatever opportunity of service comes our way; to detach emotionally from the same – not waiting for the “more important” deed to manifest itself, but rather engaging whatever need happens to arise. Finally, our inner “Bird” flies fully free when we choose to engage those opportunities to help &/or care – especially when we do so both self-sacrificially & anonymously.

A Pilgrim’s Creed is his Journey ...

“If I keep a green bough in my Heart, the singing bird will come.” ~ Chinese Proverb

The only way to keep a living bough in our Heart is to openly offer Love – to openly offer the sanctuary of intimate empathy to all those who might be desirous of the same.

***Love allows our boughs to bloom
 ... and then we Hear the birds –
 who have been singing softly to us all along.***

“I do not judge anyone who hears my Word and yet does not follow, for I have come not to condemn the world, but rather to offer it Salvation.” ~ Jesus (John 12:47)

While the traditional rendition of the final phrase of this verse (“... but rather to save it”) seems to imply that Jesus himself came to do the saving of all sinners, Jesus himself – in many places in the New Testament – begs to differ. For he makes it repeatedly clear throughout his biblical ministry that it is *we* who must do the saving of ourselves -- that it is via the selfless acts of Kindness in harmony with his Father’s all-loving Way that we arrive at the same.

“We are all flowing within a perpetual ‘refresher course’; experiencing Wonder, appreciating the Gifts of Life, and Seeing the Lessons in every moment ... I am both a Teacher & a Guide in many ways. The role of Life-Lesson Teacher is the path that energizes my Purpose. I continue to Seek, for with that Searching comes personal growth, connections with the people who are looking for guidance, and the knowledge of how to Guide them most gently.” ~ Rebecca Jean Pittman

We are guided smoothly along our own path to the degree that we provide courageous & humble assistance to others along their own.

A Prophet's Creed is her Life ...

Image 091 (Page 45a – top + overleaf) ... Regardless of anyone’s physiological gender, we all carry “the Divine Feminine” with us ... We enliven Her within us when we choose to be thankful during life’s tougher times (the softer, nurturing, “watery” side of the Feminine), and we enliven Her around us whenever we choose to reach out to care for others – especially in those times when we least wish to do so (the Feminine’s brighter, more protective, “fiery” side).



“For in this tent we groan, longing to be clothed with our Heavenly Dwelling – And indeed, when we someday remove ourSelves from it, we will not be found naked.”

~ Paul (2 Corinthians 5:2-3)

While it is not clear what Paul actually meant with this passage (sometimes his teachings harmonized with enlightened, unconditional Love and other times they did not), we *can* reconcile these words with The Way of Jesus Christ when we see “the tent” here as our physiological body and its primitive desires (including our mental mind and its self-centered fears and yearnings). Indeed, whenever we succumb to these instinctive impulses, our True Self does indeed “groan” in its longing for the re-manifestation of our Soul’s far more noble, and far more caring inclinations. And when we do inevitably choose to throw off this “tent” of callous greed, we will not be found spiritually naked. To the contrary, in the very moment we choose to emerge from our grungy domiciles smeared with the stench of selfishness & violence, we will find ourselves clothed in a truly brilliant raiment – a cloak of selfless giving, and a robe of courageous Love.

“Find what you are searching for -- and always remember that you already have the Answer ...

You are merely re-membering and re-minding yourself of it.” ~ Suzanna Alexander

We cannot pose a question without first acknowledging some need to ask it. And we cannot feel the need to ask said question unless we first – on some deeply profound level – have already *felt* its answer. In essence, asking questions is not done to learn anything new, so much as it is done to clarify knowledge from past experiences that is already within us -- to bring to light what was once witnessed but that now resides in the shadows of our minds. And the best way – the only way, actually – to accurately access this latent enlightenment is to leap into living; to attempt to re-Member instead of striving to merely remember.

***God is not Found by seeking ...
God IS the Search.***

“Love conquers all things; Let us yield to Love!” ~ Latin Saying

Love can only conquer after we cease striving to win.

Amor Omnia Vincit ... Nos Cedamus Amori

Image 092a&b (Page 45b – top + overleaf) ... These pictures of Cassie & I were captured on a night out dancing in Boise (Idaho) in September of 2008. My relationship with Cassie was a powerful phase of personal learning – containing powerful lessons in Love: namely, **A**) what are we to do when we know well ahead of time that the other is either unprepared or unwilling (almost always the latter, actually, as we are all essentially fully prepared to Love) to truly Love us in return? .. and **B**) what are we to do once a relationship has commenced and then fallen apart – when the other has chosen to withdraw and withhold Love and yet is also unwilling to end the relationship? I had never experienced either of these scenarios, and consciously used them as purposeful experiments in the nature of – and the immense Power of – perfect, selfless Love. In essence, even though I knew ahead of time that Cassie was going to “abandon me” emotionally – even though I knew well ahead of time that she was not at all interested in a relationship built on mutual, true Love (a Love that is first & foremost a selfless verb) – I chose to Love her full speed ahead anyway ... And even though she quickly withdrew from me emotionally thereafter, I chose to stay with her and keep on Loving her unconditionally anyway – I chose to continue being Kind & Caring towards her no matter what, thereby providing her the constant opportunity to either choose Love herself, or at the very least have the courage & the integrity to end what she was not willing to start. It took awhile for this experiment to bear Good Fruit – I will admit, and yet bear that Fruit it did, on the day Cassie finally ended our relationship and freed us both to tread our separate ways ... As long as we are focusing on what we are not getting, we cannot Give – and as long as we are not Giving, we cannot know or enliven real Love ... Thank you, Cassie, for enabling me to fully experience these important Truths.



Image 092c (Page 45b – main) ... This is the symbol I drew and placed next to the “Love jewelry” I made & sold in southern Mexico while living there as a street-artisan during the early Summer of 2003. Note the Vesica Piscis made by the arms of the two intertwining figures (encapsulating both their Hearts), as well as the Vesica Piscis formed by the female head (with red being the color of emotional bravery) and the male head (with blue being the color of reasoned calm) joined in embrace (with the purple where they meet being the color of the selfless Soul) ...



“Let that be Enough.” ~ Heleana B. Kontoudios
Love is always enough – as long as that Love is a gentle verb.

*Love is not the “enough” of satisfaction or over-indulgence
... Love is without bound or limit;
knowing only the “enough” of Bliss-full Acceptance.*

Image 093 (Page 45b – bottom) ... A picture of my mother nursing my brother while reading to Me (sometime in the late Summer of 1971).

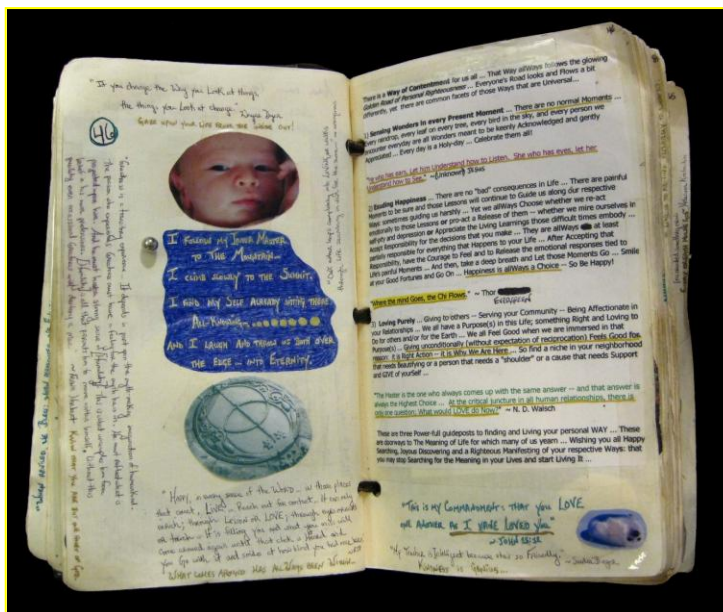


“Strengthen your belief in your Self, in the future of Humanity, in the things of this world which cannot be easily perceived. Awaken now to that which lies dormant within your Soul. Re-ignite the flame of your consciousness, and measure the strength of your conviction. Reveal the lie and renounce your hatred. Seek, find and embrace the Truths you are fortunate enough to rediscover. Cherish them. Use them to anchor You ... When twilight draws near, when you are pushed to the very limits of your Soul, when it seems that all you have left are the dead remnants of your Life – BELIEVE!” ~ unknown

Belief in the best that life has to offer – especially in times of pain or fear or discomfort or sadness – is always the conception of real Peace ... And yet making that belief into a verb – putting it courageously into motion, especially for the benefit of those “least deserving” of the same – is what makes real Peace come alive.

**Re-member: Faith in LOVE
is both the Seed & the Tree ...**

PAGE 46



“If you change the Way you look at things, the things you look at change.” ~ Wayne Dyer

This quote has been frequently misapplied by many members of the New-Age, pseudo-religious following that grew up around the teachings of Wayne Dyer & Deepak Chopra & Co. in the late 1990's – folks who focused their “spiritual growth” on developing ways to use the “Law of Abundance” to “manifest wealth” &/or “attract goodness” into their own lives for their own benefit ... While there *might* very well be a tinge of Truth within such beliefs (it *does* seem to be true that focused intention *might* indeed be able to influence the flow of happenstance), the end result of such efforts is always ultimately counterproductive – and this is so for two fundamental reasons: **A)** that whatever is specifically manifested (if such a power exists at all) will inevitably be lost to time – and bring suffering proportionate to the manifestor's attachment thereto ... and **B)** that *if* the Universe responds to intentions, it must respond not only to their specific foci but their underlying base-frequency as well; meaning that when one attempts to manifest a new car (for example), the Universe not only “hears” the car, but also “recognizes” and responds to the manifestor's belief in his or her own **lack** thereof – and as such the Universe (at least according to the Law of Abundance) would be forced to send a similar manifestation of lack in response ... So what Wayne is *actually* saying here is that when we consciously shift our perception of a thing or an event, that thing or event changes *for us*.

Gaze upon your Life from the Inside out.

Image 094 (Page 46a1 - top) ... This is a picture of my son, Duncan Arthur Hilbers, taken shortly after his birth in 1999.



“Greatness is a transitory experience ... It depends in part upon the myth-making imagination of Humankind. The person who experiences Greatness must have a feeling for the myth he is in. He must reflect what is projected upon him. And he must have a strong sense of [Humility]. This is what uncouples him from belief in his own pretensions. [Humility] is all that permits him to move within himself. Without this quality, even occasional Greatness will destroy a man.” ~ Frank Herbert

Interestingly enough, Frank Herbert used the word “sardonic” in his original quote – believing that a man must have a sense of quasi-arrogant respectlessness about him in order to be Great; that he must somehow gently-yet-aloofly stand above his surroundings in order to command the most from them. I have found this to breed men who are exactly the opposite of Great – men who only end up accomplishing hollow feats of superficially self-serving “success”; men who appropriately fade from the history books as surely as the midwinter sun fades from the late afternoon sky. No, my Friends, true Greatness – Greatness that resonates & lingers – can only come from those who have chosen to live fully steeped in humility; to be Kind even to the raunchiest of strangers; to be compassionate towards even the vilest of foes.

Know that You are but one facet of God.

***I Follow my Inner Master to the Mountain ...
I climb slowly to its summit
& Find my Self allReady sitting there; All-Knowing.
I laugh then... and throw us both over the edge
... into Eternity.***

So many people expend so much time & energy trying to “find their Calling” or “rediscover their Purpose” or “become Enlightened”, and every single one of them will inevitably come to the point in their seeking when they realize that their Calling is to actualize their Purpose, that their Purpose is to ease the suffering of whomever is closest by, and that Enlightenment comes from making that Purpose live in full.

Image 095 (Page 46a2 - bottom) ... A Picture of the closed lid of the Chalice Well in Glastonbury, England (see page 28 of *The Brown Book* – pages 59-61 herein) ...



“One either leaps completely into Loving, or one walks through life searching in vain for the same.” ~ anonymous

Note that the only way to find and know Love is to completely stop looking to be loved, and to instead immerse yourself in completely Loving.

“Happy, in every sense of the word ... In those places that count, **LIVE**. Reach out for Contact. It can only enrich; through Lesson or Love; through eyes or ears or touch. [Life] is filling you up -- and what you miss will come around again until that click is heard and you go with it -- and smile at how blind you had once been.” ~ Rebecca Jean Pittman

The key to living a full, Meaning-full life is to immerse yourself fully into each moment, do the Good that is obviously ready to be done, and then completely divest from the outcome of that Giving. There is no need to worry about “overlooking the more important task” or “missing out on the greater service” ... If a service is such that you can fulfill it, then that service will continually be drawn to your base-frequency, until either your frequency shifts (along with your ability to serve that need) or it is fulfilled. And know as well that you need not be the one who performs that noble act – that we should only be wishing for the lessening of all suffering, not that we need be the ones doing the lessening thereof.

What comes around has allWays been – Within.

“There is a Way of Contentment for us all. Everyone’s personal Road looks and flows differently, yet there are Universal facets of those uniquely personal Paths:

1) ***Sensing Wonders*** ... There are no normal Moments. Every raindrop, every leaf of every tree, every bird in the Sky, and every person we encounter every day are all miracles meant to be acknowledged and appreciated. Every day is a Holy Day -- Celebrate them all.

2) ***Exuding Happiness*** ... There are no “bad” consequences in Life. There are painful moments, to be sure, and yet their Lessons guide us along our respective Ways, with each of us ultimately choosing whether we react emotionally to them or pro-act a release thereof – whether we mire ourselves in self-pity and depression or choose to appreciate the Learning those difficult times embody ... After accepting that responsibility, we can have the Courage to feel and then to release the emotional responses tied to Life’s more painful moments. Happiness is allWays a Choice – So Be Happy.

3) ***Loving Purely*** ... We all have a Purpose(s) in this Life; something Right and Loving to Do for others &/or for the Earth. And we all feel Good when immersed in that Purpose. Indeed, giving unconditionally (without any hope of reciprocation) feels Good for a reason: it is Right Action – It is why we are all here. So find a niche in your neighborhood that needs beautifying, or a person that needs a “shoulder”, or a cause that needs support – and Give of yourSelf.

These are Doorways to the ‘Meaning’ of Living for which many yearn ... So let us all cease our searching for the Meaning of Life and commence instead with Living Meaning-fully.”

~ from a letter I wrote to my extended Human Family (ca. 2002)

“He who has ears, let him understand how to Hear ...
She who has eyes, let her understand how to See.” ~ Jesus
To Hear another well, we must See their Soul in their words ...
To See another well, we must Hear their Heart in their deeds.

***“This is my Commandment:
that you Love one another...
just like I have Loved you all.”***
~ Jesus (John 15:12)

Love for Jesus was a verb –
a humble act of self-sacrifice
given both willfully & Joy-fully.

“My Teacher is intelligent because she’s so friendly.” ~ Sandra Bieger

Real intelligence is never merely polite or friendly, but rather is always overtly caring & selflessly Kind. Real Teachers are those enlivening the former – charlatans and false guides, exuding only the former.

Kindness IS Genius ...



Image 096 (Page 47a - upper left) ... This is the “Hot-Cross Bun” I ate on Wearyall Hill in Glastonbury (England) during my pilgrimage there in 2001. Interestingly enough, while the baking & sale of these rolls today tends to mark the end of Lent (a preparatory period of penance, repentance, cleansing, and atonement), the original hot-cross buns were vegan -- made without dairy products so that they could be eaten during that period of abstinence.



“So neither the one who plants nor the one who waters is anything; only God who Gives the Growth.” ~ Paul (1 Corinthians (3:7)

While Paul quite possibly believed that God did indeed personally watch over all living things, and that no growth would take place therein without said celestial attention, Jesus in all likelihood had a very different take on the matter ... For Jesus, God the Father was a non-personal, *internal* essence (see [John 14:20](#)) that provides all sentient life with moral guidance while it grows. For Jesus growth was a simple fact of living – an innate facet of being alive. It was not *that* we grew that fascinated him, but rather *how* people chose to do so that was important.

“The most Beauty-full thing we can experience is the mysterious. It is the source of all true art and science. He to whom emotion is a stranger, he who can no longer pause and stand wrapped in Awe, is as good as dead ... His eyes are closed.” ~ Albert Einstein

Appreciating beauty is one thing; immersing our awareness in beings & moments Beauty-full is quite another -- and it is the latter upon which I believe Einstein is focusing here ... Indeed, judging things to be “beautiful” is most often an intellectual pursuit; one that can easily be less than enthusiastic; one that can easily lead us to soon label the miraculous as yet another “yet again” ... Reveling in true Beauty, however, is an emotional immersion into the wondrous – much more so than a mere cognitive labeling of a moment’s relative attractiveness. With the proper humble mindset, we come to realize that everything is Beauty-full, and when we see that Beauty, our entire being is swept away into a breathtaking awe-filled amazement, coupled with an almost

Closing the “certainties” of physical vision allows your 3rd Eye to open to The Mystery.

overwhelming sense of gratitude that we be allowed to experience such abject brilliance at all.

Image 097 (Page 47a - main image) ... This is a portion of the southern wall of the “Steeb Street Sanctuary” (my Home in Feuerbach, Germany from 2001-2003 -- see also [pages 29a, 86b & 126b](#)) ...

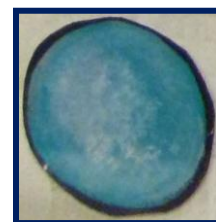


“There is nothing to do other than to Be ...” ~ anonymous

Of course, the only way to powerfully Be is to enliven the True Self, and the only way to purely enliven the True Self is to actively Care for others ... It is the ego that tempts us to sit back and “relax” – to strive for “a balance between work and play” – to be sure to “take care of yourself” and recuperate after all exertion. The True Self, on the other hand, knows that the times when the ego is calling for rest the loudest are the times we should be serving others the hardest.

“Doing” nothing means Being everything – & yet to truly BE, we must choose to Do for another.

Image 098 (Page 47a - bottom) ... This is the rendition of Neptune (symbolizing our ability to bring deep-seated, intuitive knowledge into the forefront of our perception, along with our ability to see the hidden meanings in our surroundings and incorporate them into our everyday lives) that I hand-painted on the bathroom wall of the “Steeb Street Sanctuary” ...



“Security is truly Known only after divesting your self from all yearnings for safety.” ~ anonymous

I realize that this quote sounds like philosophical fluff, and yet nothing could be further from the truth – for in Truth, this wisdom is as logical as it is effective. Consider the following: A) humans are by nature herd animals, and as such are programmed at our deepest psychological core to be kind to those being kind to us – to be kind to those others who are openly acting as members of “our herd” ... B) as innately herbivorous (actually, frugivorous) herd animals, humans are not violently aggressive by nature, and as such it can be ascertained with a high degree of faith that violently aggressive humans are acting from a place of low self-esteem &/or fear; are acting from a place of dysfunctional need brought about by a lack of caring in their younger days. As such, they proceed to harm others preemptively – both as a misguided source of self-protection, and to affirm their comfortable low opinion of themselves. Thus, whenever their desired victims choose to persist in responding to their violence of word or deed with irrational, undeserved, unconditional Kindness and compassion-laden forgiveness, the perpetrators ultimately have no choice but to either return kindness for kindness -- or depart to seek their victim elsewhere ... And this is why fully abandoning all desires for safety in the face of those who would attack us (i.e. “Loving our enemies”) is actually the surest way to avoid injurious conflict altogether.

One is only truly Safe while Loving recklessly ...

“Enlightenment has nothing to do with what you ‘know’ and everything to do with what You Do.” ~ anonymous

Moral intelligence means nothing until it is consequently & courageously enlivened.

Efficiency enables confusion, while industriousness ensures ignorance ...

“Pray with moving feet.” ~ Quaker Saying
God hears best the “words” of selfless deeds done in silence.

***When in the presence of The Divine,
re-member to dance.***

“Energy, ambiance, magnetism, and charisma are all very real fields [of existence], even though we cannot directly see any of them.” ~ Med Wheatley

It can be quite liberating – of mind as well as Heart – to realize how ill-equipped the human mind-body is to concretely “know” anything. Our eyes can only perceive a miniscule portion of all available rays of light, our other sense are often dampened from the tendency we have to dramatically over-use the sense of sight. And to top it all off, our brains are hard-wired not so much to accurately perceive reality, as to perceive only a portion of it – and then “fill in the gaps” with familiar patterns and relevant memories. As such, it can be quite helpful to regularly remember these Truths – to regularly remember that we most certainly do not know anything with absolute certainty; about our surroundings, about our planet, about our own lives, or about the lives of others.

***What we choose to see as “real”
actually shows us everything that isn't.***

“Honor comes not from ‘doing battle’,
but rather from making Peace.” ~ anonymous

We all It takes more to make Peace than refusing to fight ... To make lasting Peace, it is necessary to humbly & actively & persistently strive to befriend the enemy.

***To Honor an opponent, Forgive them in advance,
and then open your self to “defeat”.***

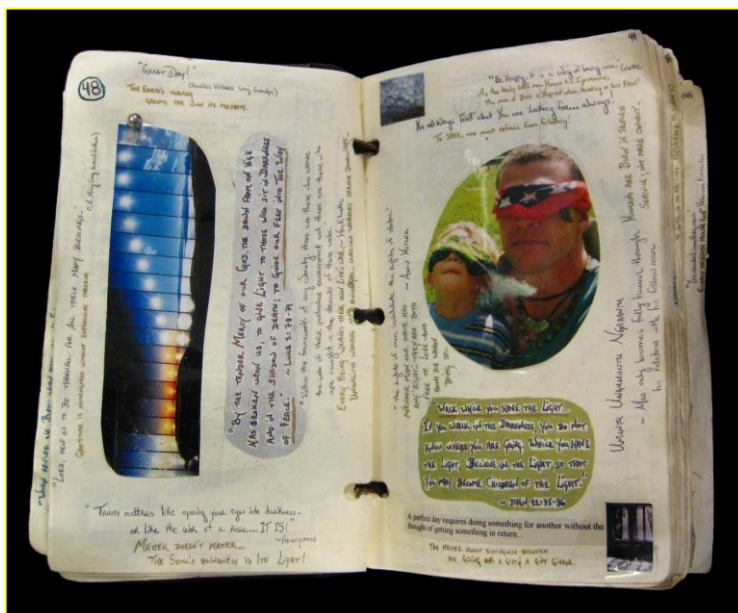
Image 099 (Page 47b) ... Here, a spider waits in the center of its web – symbolizing the energy-matrix that subtly yet irrevocably connects us all as One, the Truth that we need not strive either to attain our Destiny or manifest opportunities – that both are ever on their way to us in every moment, and we need only be awake to their imminent arrival and be prepared to engage them fully once they arrive, the Truth that purposeful gentleness is the greatest of Strengths, and the Truth that “progress” arrives fully once we choose to maintain full-fledged equanimity come what may ...



“Let him who would move the world first move himself.” ~ M. Gandhi

We move ourselves with aimless motion, superficial entertainments, and meaningless “busy work” ... In contrast, we move our Selves with purposeful choices, deep & courageous discussions, and Meaning-full acts of Kindness & Service.

***Purpose becomes Salvation
on the wings of jubilant laughter.***



“Great Day!” ~ Charles L. Hilbers

This was one of the favorite exclamations of my paternal grandfather ... I didn't visit with him that often as a child, and yet I remember he was always kind whenever we did happen to drive out to see him and Grandma. He taught me that art could be made out of almost anything, that we were to always say thanks for every meal, and that every day was indeed a Great Day – and this, whether we allowed ourselves to see it as such or not.

The Earth's turning grants the Sun its Majesty.

“Lord, let us be Thank-full for all these many Blessings.” ~ C. A. May

This was the pre-meal benediction given by my maternal grandfather before almost every meal I ever ate with him ... When I was younger, I liked it because it was short and allowed us to get to eating more quickly. Now that I am a bit older, I appreciate its elegant simplicity – so much Meaning conveyed in so few words: the Truth that our blessings are not earned by us, but instead are bestowed upon us by life itself and those who have helped us all along the way – the Truth that even in the darkest of times we are always being showered with blessings; blessings like life itself that we often dismiss and take for granted.

Gratitude is nothing without an active expression thereof.

Image 100 (Page 48a) ... A 24-hour multiple exposure of a “never-setting” sun – symbolizing that, even though there are times when we seem to have no answers to life’s trickier quandaries, there is always the Light of selfless Love waiting to be sought, seen, found, and followed ...



“By the tender mercy of our God, the dawn from on high has broken upon us, to give Light to those who sit in Darkness and in the shadow of death; to guide our feet onto the Way of Peace.” ~ Luke (Luke 1:78-79)

This passage is the conclusion of Zechariah’s prophecy about Jesus given shortly after his birth ... Importantly, it correctly predicts that Jesus would preach a Way of Peace, a quality fully embodied in The Way of selfless Love he did indeed later champion ... Interestingly, this prophecy also harmonizes well with the only time we see Jesus reading from the Old testament in public, when he is seen reading the scroll of Isaiah in Luke 4:18-19 – announcing, “The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor. He has sent me to proclaim freedom for all captives and recovery of sight those blinded; to let the oppressed go free and proclaim a time of the Lord’s benevolent favor” ... Indeed, true Freedom comes not so much from being released from physical captivity, as it does from being awakened from an internal selfish slumber – not so much from being given what one desires for self, as much as from being inspired to shed one’s fears and care for others.

“Within the framework of any society, there are those who weave the web of their particular environment and there are those who are caught in the stands of those webs.” ~ Hockhuth

To weave our own web of life, we must first exit the web in which we have been ensnared since our youth. And to free ourselves from this cultural entrapment, we must first cease to struggle against its stickiness ... Fighting against the deceptions of “the system” only encourages that matrix to defend its lies and bind its victims tighter. Instead of struggling, choose calm ... See the Truth clearly, share the Truth quietly, detach completely from all hopes of being heard or followed, and then move on resolutely. Yes, the ignorant masses have for the most part been ensnared in a complex web of wicked manipulation & perverse illusion, and yet each and every being caught in said web of lies already possesses the tools needed for an escape to a life freedom – Most do not wish to use these tools; most prefer the comfort of being trapped in the warm fuzzy feelings of helplessness and lack of accountability. Fair enough ... If they do not want to walk free into the Light of a Love-filled Life, then that is their right. If they wish to passively wait in slobbering sloth until death comes to spear them and suck the life out of them while they are still breathing, that is their prerogative. If they wish to sit back and remain stuck to their webs sofas and soap operas – if they wish to slumber-walk though their days – then show them the knives of Truth and Courage needed for escape therefrom, and then let them sleep on.

***Every Being weaves their own Life’s Web –
Unconscious weavers build cages
while conscious ones create Portals ...***

“Truth matters like opening your eyes in the darkness ... or like the color of a rose.” ~ anonymous

Truth is that which bears the Fruit of Peace &/or Joy when enlivened, and it matters not who experiences that Peace or that Joy – much less what has led to the same. If Peace is the result, Truth is the cause; if Joy is reborn, Truth was its conception.

***Matter doesn’t matter ...
The Soul’s blindness IS It’s Light.***

“Be Happy. It is a Way of being Wise.” ~ Colette

Mere happiness requires that external circumstances shower us with pleasure or comfort. True & lasting Happiness, on the other hand, is a choice that is always available to us – a state of radiant Bliss that comes to all who first decide to set the needs of others over the wants of self, and then decide to set forth to help fulfill the former – often at the expense of the latter.

***Just as only the Man of Wisdom Knows of his ignorance,
the Man of Bliss is most Joy-full when reveling in his challenges.***

“You always find what You are looking for ... always!” ~ anonymous

While it is true that the ego-self almost never finds exactly what it is looking for (and even if it does, it succumbs to the trap of futilely clinging to that transient attainment, or altering its desires yearn for something new), it is just as true that our Soul-Self always finds exactly what it is looking for – primarily because the Soul-Self is always looking for one thing and one thing only: namely, opportunities to care for others -- opportunities that are indeed always nearby and indeed always ripe for our engagement.

To Seek, one must refrain from following.

Image 101 (Page 48b) ... Duncan & I on one of our Father-Son canoe adventures back in 2002. This particular adventure was quite the undertaking – a two day affair where the group would paddle to various challenges, engage the same, and then paddle onward. Here, we partnered up with another father-son pair and took turns leading each other through an obstacle-course while blindfolded ... Faith – Courage – Humility ... This exercise required much of what it takes to be a loving parent.



“The rights of men invalidate the rights of states.” ~ Adolph Hitler

We all Just because Hitler didn't walk his talk in this regard does not mean his statement here in incorrect. To the contrary, it is 100% spot on – the rights of humans always take precedence over the rights of states ... Truth is not dependent on the actions of those who utter it ... Truth is dependent on the fruits it bears when it itself is enacted.

***Neither man nor state has any rights ...
They are both free to Love --
and both cease to be while Doing so.***

“Man only becomes fully Human through his relations with his fellow man.” ~ African Proverb

We Note that the word used in this quote is “relations”, not mere “interactions”. Any homosapiens can interact (selfishly or superficially) with others, and et it takes an actualized Human Being to form a caring *relationship* with them.

***Beings are re-Born
in acts of selfless Service for others;
not via mere contact with them.***

“Walk while you have the Light ... If you walk in the Darkness, you do not know where you are going. While you have the Light, actualize the Light, so that you may become Children of the Light.” ~ Jesus (John 12:35-36)

Keep in mind that Jesus is *not* referring to himself here, but is rather referencing the Light that he is shining via his choice to lovingly self-sacrifice for others; a choice that is available to all sentient beings, and thus a Light that is available within them all as well.

“A perfect day requires Doing for others without hope of getting something in return.” ~ unknown

Oddly enough, once the Master releases all desire for reward or recognition, the greatest wealth and the greatest honor are freely showered upon him.

***The Master cannot distinguish
between the Giving of a Gift
and the Gift that is Given.***



“Deeds, not Words!” ~ Latin Saying

This is not to say that words have no meaning or that words cannot effectuate Great Good when used selflessly. This quote merely sets out to clarify the basic Truth that no matter how potent words can be, actions are always much more so; that no matter how much a limbic listening to words can reveal the truth about a person, watching his or her actions reveals much more of that truth.

Facta Non Verba

“There is infinite movement within one moment of rest.” ~ Leo Tolstoy

We all No matter how still an object appears, its inner components are always whirling and vibrating and collapsing and being regenerated. Likewise, no matter how still an object appears, it is still sitting placidly upon a planet that is bouncing & bobbing & spinning as it flows at high velocity through the Cosmos. And this Truth is in play for the personalities & identities of our fellow humans as well – for no matter how well we think we know someone, they are always (albeit often imperceptibly) shifting in their beliefs and growing in their awareness. And likewise, no matter how entrenched their egregious behaviors or primitive values might be, they are all always moving ever steadily within themselves back towards the Kind & Caring Person they were all born to be.

**To Flow with what Is,
choose to Be still ...**

**“Now is the acceptable time ...
See, now is the Moment of Salvation!”
~ Paul (2 Corinthians 6:2)**

While it is clear from reading the works of Paul that he believed that Salvation was a singular event of divine intervention – that the time was nigh for God to send Jesus back to literally gather up all the worthy and ship them off to some otherworldly paradise, it is just as clear from reading the words of Jesus in the Gospels that he had a very different take on matters. Jesus too felt that he was alive in a time of imminent Salvation – that, as Paul so properly put it, “now is the moment of Salvation”. It’s just that, for Jesus at least, this heavenly retribution was not a singular event, and it certainly was not going to come from “on high” – either from him or his heavenly Father. No, for Jesus at least, Salvation was and still is alive in every moment of every sentient life, and its retribution comes to from within – to all those willing to set aside personal desires in favor of serving others.

“There are three Doves [of Peace].” ~ Heleana B. Kontoudios

Heleana made this statement while looking at the image that follows. I had seen one of the doves therein, but had completely missed the other two ... Ahhh, the obvious Truths we so easily miss when we neglect to pause, set aside our preconceptions, and look at each moment closely.

***For Peace to soar, It must take flight 3-Fold:
It must be desired, It must be believed
and It must be performed.***

Image 102 (Page 49a) ... This is one of Jim Warren's works (it was often my computer's screen-saver from 2002-08) – symbolizing (for me at least) the “stairway to heaven” available to each and every one of us in each & every interaction we have with others throughout the course of our lives.



“Have Compassion for the pious.” ~ Scaughdt

Whereas I used to find pious rhetoric gratingly annoying (if not downright infuriating), I now find it much easier to have Compassion for the religious zealots in my life. And I think this is so because I have spent a good portion of the last decade of my life immersing myself in the Scriptures – soaking up their meaningful mysteries, reveling in their beautiful prose, and being guided by their great & highly practical Truths; most of which remain completely unknown by those same religious conservatives who claim to be privy to the Bible’s only accurate interpretation – *their* interpretation.

***Love allows others their illusions
and cherished sufferings. Hold them gently –
... and then let them sleep.***

“While the stupid speak of the past and fools speak of the future,
the Wise speak only of the present.” ~ Napoleon

Actually, those who merely speak of the present moment are fools as well – for to speak is not to act, and action in the present moment is the only real Wisdom.

***To speak of your current moment,
gently lean into your next one...***

“Happiness is like a sunbeam, which the last shadow intercepts,
while adversity is often as the rain of Spring.” ~ Chinese Proverb

Indeed, superficial happiness (a per se fleeting emotional state of being that hinges on receiving pleasurable external stimuli &/or comforting external happenstance) always breeds attachment to the source thereof – which inevitably leads to a commensurate experience of suffering once that source inevitably fades away. Contentment, on the other hand, comes to those who choose to transcend life’s adverse situations by using them to empower his or her acts of selfless giving.

***When the shadows become your lanterns,
there is only Happiness.***

“Make each day your Masterpiece.” ~ unknown

We can make our days into masterpieces only by using them fully & actively to make the days of others come alive.

***Paint Life Care-fully
by staying outside Its “lines”.***

“Believe none of what you hear and half of what you see.” ~ my paternal Great Grandmother

The problem isn't the quality of our perceptions – the little that we do actually perceive is for the most part accurate ... The problem is believing that those perceptions are more than they are; believing that our perceptions give us more than the merest glimpse of the objective Reality whirling around us that they actually provide.

Perception both Begins & Ends Within.

“Very truly, I tell you, the one who truly Believes in me will also Do the Works that I Do -- and in fact, will Do even greater Works than these.” ~ Jesus (John 14:12)

This is actually an extremely important biblical verse, in that it reminds us all – Christians & non-Christians alike – that we have essentially the same powers as Jesus Christ; not the powers to effectuate “miracles”, of course (Jesus himself repeatedly stressed that even he didn't perform any such wonders; that is was actually the faith of the healed that effectuated his healings), but the power to be kind when least inclined – the power to love an enemy instead of attacking them – the power to reach out to strangers instead of looking away – the power to forgive those who trespass against us – the power to do the Right Thing even when there is nothing in it for ourselves; even when it will actually harm us to do so.

Image 103 (Page 49b) ... A picture of me soaking up a sunset; of me feeling “re-Born” on my 1st day back from the adventurous debacle that was my journey to Mexico in the Summer of 2003 ... I remember sitting there in that chair and being so thankful to be alive – so thankful to be free of both the recent relationships and recent plans that had shackled my effectiveness and sapped my strength. I was truly Free in this moment – free to Do what I had been Called to do. I didn't know what that Calling was at the time, of course, and yet I was somehow certain that I was going to find it – and find it I did shortly thereafter.



“Having your cake *is* the eating of it.” ~ anonymous

At least as far as the True Self is concerned, the only way to “have” one's “cake” (i.e. the Blessings of one's current life) is to “eat” the same (i.e. immerse one's self into those Blessings) – and the only way to truly “eat” that “cake” is to share its nourishment with others (i.e. use our Blessings to bring Peace &/or Joy into the lives of those nearby).

***Possession IS indeed sustenance –
& the only way to truly possess anything
... is to Give it away.***

“Be interested in the Best Way over your own way” ~ anonymous

By its very nature, the Best Way is always the Way that sacrifices the wishes of one's ego – the Way that offers up the most personal comfort to provide others with the most Peace.

The Highest Good plots your only true Course ...

“See Fate as your Friend ... Things turn out best for those who make the best of the way things turn out.” ~ unknown

This quote is not saying that our chosen outlook can turn “bad things “ into good things – or that our intentions can prevent unpleasant or painful happenstances from happening at all. Rather, it is reminding us that an “enlightened” outlook allows us to use unpleasant times &/or uncomfortable circumstances to empower our subsequent choices ... Once we realize that selfless deeds are made powerful in those moments when we least wish to engage them, our “bad times” are seen as blessings instead of curses – as opportunities to do the greater good, and thereby know the great Peace.

***What IS, is Right ...
What IS, is your only Path.***

“God is Light and in Him there is no darkness ...” ~ Paul (1 Corinthians 10:13)

It is tempting for many to claim or believe that life’s trials & turmoils are signs of God testing our resolve or even God punishing our transgressions, and yet this simply cannot be the case – at least not with any God composed of “perfect Love” (Matthew 5:48 + 1 John 4:18); at least not with any God worth worshipping ... Indeed, in the Cosmos ruled by a God of perfect Love, He (or She – or It) cannot tempt us or test us or punish us at all, for to do so would be inherently cruel. As such, if we do indeed live in such a Universe “ruled” by such a deity, it is we who either summon our own suffering (as consequences for our previously sinful actions) &/or are blessed with challenging happenstances (that then allow us to choose to transcend the same by acting selflessly despite their temptations to do otherwise).

“Stand still when the storms are raging. Stand still when all seems lost” ~ Marie Williams

It is when we are truly still – even if but for a few moments – that clarity returns; that we remember (even if but for a moment) that we always have the power to do great things in the smallest of times; that we can ever choose to beam the brightest Light when soaked in the deepest darkness.

The Flow of the moment is allWays your Ultimate Calm.

PAGE 50



“Life & Love are all we get, so Life & Love are all we can Give.” ~ Dan Zadra

Indeed, despite traditional opinions to the contrary – despite the common belief that we can somehow attain any measure of “success” via the accumulation of material wealth &/or public accolades – all we are truly afforded in life is Life itself: a conscious sliver of time, and the ability to use it powerfully. And the only way for any of us to Meaning-fully use the glimpse of existence with which we have been blessed is to **Love others** – to Love them with our actions more than our words, and with our words more than our mere feelings – to especially Love those we least like (i.e. those in our lives who need our Love the most; those to whom our Love can thus be most potently given) ... All else – all our other efforts, all our other victories, all our other accomplishments – are but whispers in the wind. Only Love given purely can enliven a radiance that never dies – only acts of Love done supra-selflessly can engender waves of super-harmonious energy that ripple outward forever, caressing all with whom they come into contact; bringing at least a small enhancement of Peace to all that rest within their vector.

***As Life is composed of Love,
we must Love to Live ...***

Image 104 (Page 50a - top left) ... This image shows the combined constellations of Sagittarius & Scorpio – symbolizing the union of Truth-seeking and persistence; generosity and passion; justice and resilience; courageous integrity and courageous exploration ...



“Love your enemies. Do Good and Give expecting nothing in return. Your reward will be great and you will become Children of the Most High; for He is kind to both the ungrateful and the sinful. Be merciful, therefore, just as your Father is merciful.” ~ Jesus (Luke 6:35-36)

Here are a few notes of importance related to this verse: **First**, it is impossible to do true Good for anyone (either enemy or ally) if that “goodness” is done to gain any personal reward or benefit. Love must be given selflessly in order to be Given at all – it must be done purely for the benefit of the other, with no hope or expectation of anything positive coming back to the giver as a consequence thereof ... **Second**, whether we engage such pure Giving or not, we are and ever will remain “Children of the Most High.” The hyper-moral essence that many call “God” resides ever within us all – from the first moment of our sentient awareness (originating in all probability sometime during our 19th week in the womb) all the way to our final, dying breath. Of course, this Truth means nothing unless we *actualize it* – unless we enliven the combination of humility & courage required to reach out and become agents of that same Divinity – with the best way of doing so being a self-sacrificial extension of Kindness to our “enemies”; to those who are doing us the most harm &/or those we most dislike or fear.

“There is nothing more difficult to take in hand, more perilous to conduct, or more uncertain in its success than to take the lead in the introduction of a New Order of things.” ~ Machiavelli

And because those efforts are so difficult to engage – and so dangerous to effectuate – and so uncertain in their success, they always effectuate the greater ultimate change in the status quo; at least in direct proportion to how courageously (and how persistently) they are attempted, as well as how purely they are intended. The current social order is based in greed for power and material wealth, and as such to strive for either of these results is to meekly capitulate to the same – to ride through life on its far smaller social wave; doing very little real Good, and enabling much real injustice. To struggle for Freedom therefrom – by working to awaken those slumbering therein – is to truly “take the lead in introducing a New Order of things” – an Order that is indeed most needed; an Order that is indeed long overdue.

To Lead, one must release the desire of being followed.

“Do you need Beauty to See? Do you need sound to be Heard?
Do you need Love to be cared for? ... Do you need at all?” ~ Scaughtd

Our primary problem is our preconceived requirements – needing “beautiful” things to feel amazed; needing an attentive listener to give our words worth; needing acts of kindness showered upon us to feel loved or worthy of Love. In reality, of course, all these prerequisites are fully superfluous – Beauty is always present for those willing to See it; our well-intended words are always heard & are always worthy, even if uttered into the stillness of solitude; and we are always Loved and worthy of Love, whether others are treating us accordingly or not. And indeed, the only way to deeply Know any of these Truths is to *become them* – to See Beauty by striving to make our surroundings more Beauty-full; to be Heard via our deeds more than our mere words; to know Love by bringing Love to others.

***Love Knows all – and yet It cannot recognize need;
... still, It cannot feel fear.***

Image 105 (Page 50a - bottom) ... This is a picture of Duncan as a baby, sleeping next to a picture of me sleeping as a baby – for me representing the Truth that Love given unconsciously to those we are “supposed to love” is not really Love at all; that we have all been given the ability to treat every living being as a member of our own Family, and that it is our greatest Mission (and indeed our greatest honor) to do so humbly and courageously. All else is but another form of slumber ...



“What was your face before the birth of your parents?” ~ Zen Koan

We can only truly **Know** our deeper Selves in those moments we choose to **See** the same in the faces of those we dislike the most – those we find most vile; those we find most crude; those we find most uncomfortable; those we find most annoying. For in these “villains” we find not only our truest of Selves hidden beneath their crude husks – but indeed we find our truest Soulmates waiting patiently therein – waiting patiently for us to reach out to them and enliven a far greater Love.

The hint of a smile is enough for Love.

“If you are going to bow, bow deeply.” ~ Chinese Proverb

Acting “humble” (or worse, openly advertising one’s own “humility”) in order to curry favor or reap forgiveness has nothing at all in common with true Humility. Indeed, real, deep-seated Humility is seen in both its sincerity & its silence – it is offered without any thought of recognition or reward; occurring when one gives completely of Self – sharing with others far more than is comfortable or convenient; given not to effectuate a mere glimmering glimpse of happiness, but rather giving everything one has to give – giving to provide the recipients thereof with a full & overwhelming experience of Joy.

Image 106 (Page 50b) ... This is an image from one of my favorite scenes from one of my favorite movies (the movie “Hero”); a scene that symbolically displays the raw Beauty and enormous Power of self-sacrifice – and a movie that both symbolically & directly conveys what it means to truly Love ...



“If only you could See what I’ve seen with your eyes.” ~ Roy (“Blade Runner”)

The only way to Love another is to treat them as though are seeing through their eyes – nay, as though they were the ones who granted you the Gift of Sight itself.

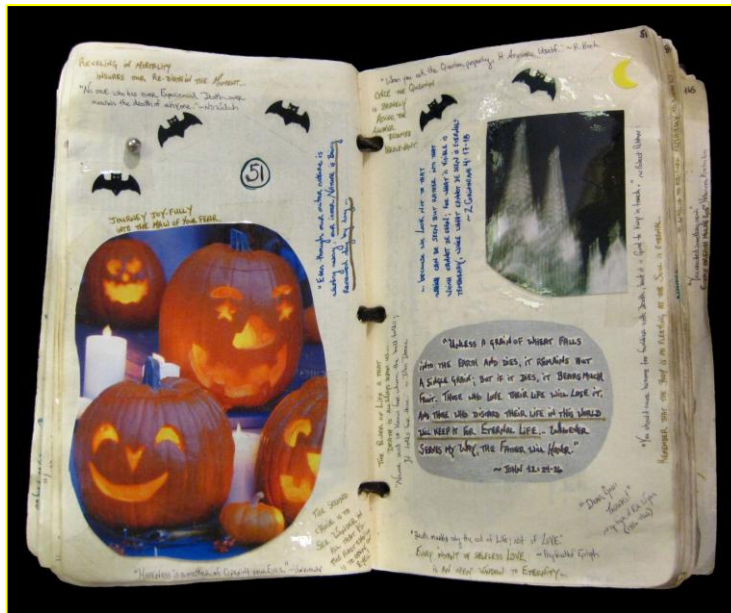
***To See as God Sees,
gaze upon Life from Within ...***

“When you’ve only one breath left, use it to say **Thank You.**” ~ Pam Brown

Those living a fully Meaning-full life never wait until their final breath to say Thank You – and they utter their thanks more with their deeds than their words when they do ... Indeed, those living the Meaning-full life express a heartfelt thankfulness regularly throughout each day – in every lingering boredom, in every moment of trial & tribulation, in every bath of wonderment and every shower of victory. They go to bed each night thankful for the previous day’s living, and they fill every waking morn with exultations of Gratitude for being given one more day to Love.

**Use every breath to evince humble gratitude ...
Let every moment be a bowing to God's Will.**

PAGE 51



“No one who has ever truly experienced death ever mourns the death of another.” ~ GOD

This quote has not been put here to somehow intimate any belief on my part in anything resembling “immortality of the Soul” or to affirm any measure of “afterlife” into which our consciousness might be transported after our bodies pass from life to death ... Indeed, while I am humble enough to note quite openly that I might be wrong about these things, I personally believe in neither a personal godhead nor any “Heaven above” to which our Souls might travel after we die. Indeed, I am not even sure that sentient beings at all possess that nebulous of notions known by many as “the Soul” ... That having been said, while I admit that there *is* the possibility of the existence of these things, there is no doubt whatsoever that focusing upon them in this lifetime is completely counterproductive. Indeed, to concentrate upon a potential hereafter is to per se remove one’s consciousness from the only moment one truly has – namely, *this* moment. Even worse, to use the potential reward of “Heaven hereafter” (or the possible punishment of being cast into “Hell below”) as a motivation for one’s good deeds completely neuters the same – as there can be no real Goodness done in order to reap reward (or avoid punishment) for one’s self ... And *that* having all been said, it is indeed a good idea to regularly confront death – both in the abstract via the r-recognition of our own mortality (and thus the re-remembrance of the preciousness of life), as well as in the concrete via bold leaps of “dangerous” faith – leaping into irrational acts of Kindness and self-sacrificial acts of Love. For it is until we do these things that we remain unknowing of the depths of our true Goodness; indeed it is until we engage these dignified deeds that we are nothing more than living half-alive.

**Reveling in mortality
ensures a re-Birth in the moment ...
Journey Joy-fully into the maw of your fears.**

Image 107 (Page 51a) ... Four happy jack-o-lanterns (representing not only the Truth that we cannot ever escape from the consequences of our actions, but also the Truth that we should actually be Joy-fully thankful for the same – as they are ever our most effective life-guides; leading us ever away from deeds that cause others pain and ever towards those that bring them Peace) with five bats flying overhead (symbolizing the Truth that we can best come to clearly perceive real, selfless Love by **A**] detaching from all enmeshment in all current relationships – especially friends and family, and **B**] choosing to appreciate, and indeed to cherish, the ever-present impermanence & ever-surprising constant of change – to live life fully by “going with the flow” & cherishing what is) ...



“Even though our outer nature is wasting away, our inner Nature is being renewed day by day ... because we look not to that which can be seen but rather into that which cannot be seen; for what is visible is temporary, while what cannot be seen is Eternal.” ~ Paul (2 Corinthians 4:17-18)

While Paul is correct to remind us that our bodies are indeed “wasting away” bit by bit, day by day – that we are indeed steadily approaching that unknown, great moment when we will pass from this life into whatever lays in wait beyond its limitations of body & mind, he is not fully correct in his later assumptions in this passage. For we most certainly do **not** automatically become renewed day by day – rather, we must *choose* to become that renewal (via radical acts of Joy-full self-sacrifice and irrational acts of selfless Kindness), and we most certainly do **not** attain said renewal by merely choosing to see the invisible holiness within another, but rather we *experience* that sacred rebirth in every moment we *choose to act* in harmony towards the same.

“Happiness is solely a matter of opening your eyes.” ~ unknown

This is true, as long as by “opening your eyes” we understand “open your Heart” – and as long as by “open your Heart” we understand “*act accordingly*.”

The second choice is to See that Wonder resides in all that IS ... The first choice is to simply Open one’s eyes.

“When you ask the question properly, it answers itself.” ~ Richard Bach

Of course, to ask any question properly, it must not only be asked humbly (with a mind freed from all goals & preconceptions), but also *enacted* faithfully ... Indeed, we cannot ever Hear a question’s truest answer until we have the courage to leap into its most dangerous potential answer and *feel* the fruits thereof. Of course, the most dangerous potential answer is always the most true & perfectly Loving answer; a true & perfect Love that we will all be ever called to utter.

Once a question is bravely asked, its answer becomes superfluous.

“Never send to know for whom the bell tolls; It tolls for thee.” ~ John Donne

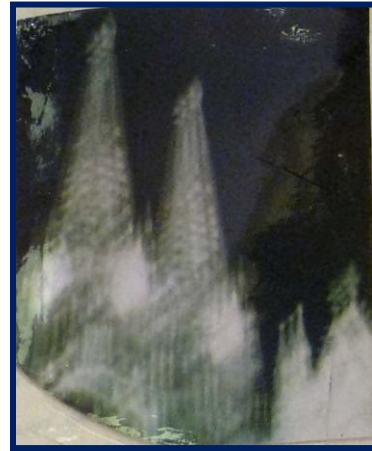
It is a waste of life to ask who has died or to focus upon who is dying ... We are but briefly alive ourselves, and death ever hastens to meet us and take us home against our will. As such, let us not waste our priceless days with thoughts of tragedies already past & waning. We are alive to live and further living ... We are awake to rouse all sleepers from their slumber. Today is the last & only today you will ever have ... Live it wisely.

The Power of Life is that death is allWays upon us ...

“Unless a grain of wheat falls into the earth and dies, it remains but a single grain. But if it dies, it bears much fruit. Those who love their life will lose it, and those who discard their life will Live eternally ... Whoever serves my Way, the Father honors.” ~ Jesus (John 12:24-26)

Though we, like every single grain of wheat, will most certainly one day die, it is our moral legacy with which we should be concerned – not our mere physical longevity. For it is a fleeting nothing to live well past 100 years and perish having done little for the children, and yet it is an eternal everything to die even at the tender age of ten after have given our brief life for those in need.

Image 108 (Page 51b - upper right) ... This “Ghost Church” picture shows the spires of the steeples of Cologne's largest church (the Kölner Dom), taken as my train rolled past one night. To me it symbolizes both the fact that there are Great Truths hidden underneath the dogmatic façade of every religion, along with the fact that those religions are indeed on their way to perishing – and thereby freeing the Great Truths they have been imprisoning for centuries ...



“You should never become too familiar with death,
but it is good to keep in touch.” ~ Robert Pelton

It is unwise to risk life’s preciousness for the rush of mere pleasure, and yet it is incredibly wise to risk that very existence to save another from suffering ... It is unwise to dwell morosely upon one’s inevitable end, and yet it is incredibly wise to regularly remember that life is a fleeting venture, and that every day a priceless gift.

***Remember that the body
is as fleeting as the Soul is eternal.***

“Dear God: Thanks!”

~ epitaph of Ed Wynn (1886 -1966)

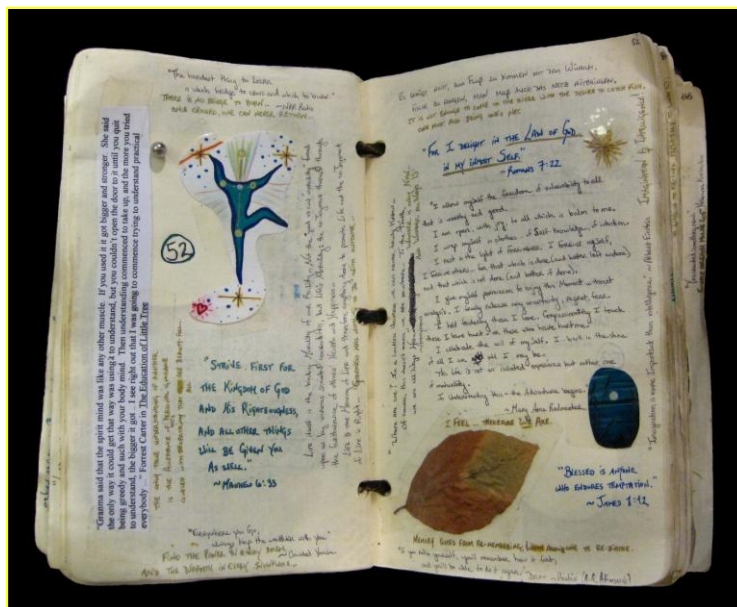
Do not let your epitaph be the first time you thank the Divine for your conscious life – and remember that the best way to thank the same is not with a silent prayer or an emotional exclamation, but rather with a humble act of anonymous Kindness shown to one seemingly “unworthy” of the same.

“Death marks only the end of Life;
never the end of Love.”

~ Prague Cemetery epitaph
(Stuttgart, Germany)

Whether or not death marks the end of life (many claim the opposite, and I have neither the proof nor the inclination to argue otherwise), there is little doubt that purely selfless, self-sacrificial Love itself knows no end ... Indeed, the energy emanated from every single act of selfless Caring flows ever-outward towards the boundaries of eternity, directly transforming those to whom directly given, powerfully inspiring those for whom immediately witnessed, indelibly “warming” all those within the immediate “blast radius” of its giving (with the more difficult the giving having the wider the radius), and gently soothing all others who happen to be one day caressed by its ever-expanding emanations.

***Every instant of selfless Love
is an open window into eternity ...***



“The hardest thing to Learn is which bridge to cross and which to burn.” ~ NPR Radio

Actually, this adage provides a conundrum that is extremely easy to resolve – with that resolution being the following: boldly cross every single bridge to which you comes, and burn none of them once crossed ... Yes, it is true that the enlightened path never asks one to “go back” – never tempts one to revisit past relationships to try and make them what they could have been, and never encourages one to focus upon “past wounds” to fruitlessly try and heal the same (Tip: the more we focus upon past wounds, the deeper their scars become, and thus the more their dysfunctions infiltrate & taint our lives). That having been said, it *is* wise to reach out to those we have harmed and offer to atone for wrongs done, just as it *is* kind to reach out to those who have harmed us and offer forgiveness for the same (and this, whether that forgiveness is desired or not) ... While it is indeed wise to “shake the dust from our feet” with regards to those who openly & repeatedly refuse the gifts we offer, it is *not* for us to “burn the bridge” thereto once we have departed. Love has the courage required to allow others to be who they wish to be, *and* it always has arms open for anyone from our past who wishes to return to us and ask for its warmth.

***There is no bridge to burn ...
Life is ever-scintillating,
and once a bridge is crossed, it disappears –
and can never be crossed again.***

Image 109 (Page 52a) ... For me at least, this “Liberation” dancer (drawn by Sandra Reum -- circa 1996) represents not only the innate Freedom we all have to choose how we respond to life’s happenstances, but also the Truth that Love – above all else – is the smoothest and surest Way to Joy ...



“Grandma said that the Spirit Mind was like any other muscle. If you used It, It got bigger and stronger. She said the only way It could get that way was using It to understand, but you couldn’t open the door to It until you quit being greedy and such with your body-mind. Then understanding commenced to take up, and the more you tried to understand, the bigger [the Spirit Mind] got ... I set right out that I was going to start trying to understand practically everybody” ~ Forrest Carter

Interestingly, we can best understand this passage when we replace the word “understand” with the word “Care” – for it is by truly Caring for others (treating them in a way that harmonizes with the soft Soul within) that we come to truly Know their True Selves, and it is by finally coming to See those True Selves (the Good Person residing beneath their often-greedy actions and often-callous words) that we begin to act accordingly ... And it is by acting accordingly that our Spirit Mind gets stronger & stronger; making every subsequent encounter with the “wicked” &/or the “mean-spirited” &/or the “annoying” more likely to end in gestures of Kindness, and every subsequent encounter with the selfish more likely to end in an expression of giving.

***The only true Understanding of another
is the acceptance of one’s own personal ignorance,
that, coupled with the certainty
that all are innately Beauty-full ...***

“Strive first for the Kingdom of God and Its righteousness, and all other things will be given you as well.” ~ Jesus (Matthew 6:33)

Note that it is impossible to successfully re-enter the Kingdom of God if we are bring “kind” in order to receive anything in return, certainly not the “all other things” promised by this passage ... Indeed, we cannot receive any true return unless we are striving for “righteousness” – i.e. unless we are striving to help the other, not acquire for ourselves. Only such sincere Goodness allows us to entire the Bliss that Jesus called “The Kingdom of Heaven”, and sincere Goodness by its very nature cannot be given when aiming for self-centered reward or personal benefit.

“Life itself is the binding morality of our Reality – not the good vs. evil “morality” forced upon us by various religions &/or their dogmas, but rather Life’s larger Morality: namely, the enJoyment of that Life via the furtherance of the Happiness of others. In this sense furthering Life *is* the Meaning of Life.” ~ anonymous

On an even deeper kevel this quote exposes the primary bellwether for determining what is True and what is False in our lives – with those things that further Life &/or Peace &/or Joy when set into motion qualifying as “True”, and those concepts that bring death &/or discord &/or sadness when set into motion qualifying as “false.”

***Goodness has nothing to do
with an action’s potential outcome ...***

“Everywhere you go, allWays keep the weather with you” ~ Crowded House

Note that this quote does not mandate that we maintain a permanently “sunny” disposition towards life ... Indeed, where there is suffering nearby, sincere empathy demands that we “suffer with” while reaching out to try and alleviate the same. And whenever there is abuse or cruelty or injustice nearby, morality demands that we rage against the same, and that we reach out to bring justice back into the fold. True, we are to err on the side of Joy & Gratitude, and yet this quote reminds us not that such “sunniness” is mandatory, but rather that we are the ones who determine our disposition; that we are the ones who choose how we emotionally respond to our lives’

***Find the power in every storm
and the warmth within every snowflake ...***

external happenstance – that we are called to immerse ourselves deeply into the feelings of others, and choose to deeply respond accordingly.

“It is not enough to come to The River with the desire to catch Fish ...
... One must also bring one’s Net.” ~ Chinese Proverb

Actually, while it is important to remember the symbolic Truth within this saying (namely, that we are to “pray with moving feet” – that we are not to merely want & yearn to manifest our goals & dreams, but that we are to humbly & persistently engage the same), it is far more important to remember that the only way for an enlightened man to fish is to do so without hook or bait – that we are all to embrace whatever comes of its own accord, and to seek to harm no other sentient being while doing that humble embracing.

“For I delight in the Law of God in my inmost Self.” ~ Paul (Romans 7:22)

The only way to truly delight in one’s inner “Law of God” (which is nothing more or less than raw, unbridled, unconditional Love) is to bring the same fully into one’s Here&Now interactions.

Image 110 (Page 52b - top right) ... This is a flower that was gifted me by the Cape of Finisterre (NW Spain) at the end of the Camino de Santiago pilgrimage I walked back in 2008 ...



“Where are we really? Of course in a limitless Universe we have no objective point of reference; and can thus never truly know where we are with any certainty ... And yet this doesn't mean that we are ever ‘nowhere’ – merely that we are simply always **Here**.” ~ anonymous

It is useless to ask where we are within the Universe, not only because by the time we were to give an answer (even if we were able to give an answer) we would already be somewhere else, but because both the question and the answer are essentially devoid of meaning – neither can provide any measure of solace or bring any measure of Joy ... Awakening to the full quality of our immediate surroundings, however – fully steeping our awareness in everything that envelops us in each present moment, has an opposite, brilliantly great Worth ... Indeed, “**Here**” is the encapsulator of everything that holds any real value in our lives. The only Good we can do is **Here**, and thus the only Meaning we can ever hope to know is always **Here** as well.

***Wonder only exists in this moment –
& Wonder allWays exists in this moment.***

“I allow myself the freedom of vulnerability to all that is worthy and Good. I am open, with Joy, to all which is balm to Me ... I wrap my Self in clothes of Self-Knowledge, of intention. I rest in the Light of Forgiveness ... I Forgive myself, I Forgive others; for that which is done (and better left undone), and that which is not done (and better Done) ... I give my Self permission to enJoy this moment without analysis. I freely release any uncertainty, regret, fear ... I hold tenderly those I Love. Compassionately I touch those I have hurt – or those who have hurt me ... I celebrate the will of my Self. I bask in the shine of all I Am and all I may Be ... This life is not an isolated experience but rather one of mutuality. In understanding this – the Adventure begins.” ~ Mary Anne Radmacher

Life becomes the Adventure it innately is the moment we realize that the only “balm” worth applying to ourSelves is the salve of leaping wholeheartedly into dangerous acts of Kindness ... For this is the only way to truly know a mutuality that is real & sincere – and this is the only way to experience true & deep-seated Love. Reaching out to others while immersed in the haze of fear -- and even through the thick fog of anger -- is the only way to rediscover the only Path to Peace.

I Feel ... Therefore, WE Are.

Image 111 (Page 52b - bottom right) ... This is a picture of a painting that hung over my bed when I lived in Weilimdorf (Germany) back in 1997-2000. To me, it symbolizes the calm that comes from gazing at the moonlit heavens; the calm that comes from remembering that we are all a small-yet-significant part of something vast and great and stunningly Beauty-full ...



“Imagination is more Important than Intelligence.” ~ Albert Einstein

There is no sense applying one’s intelligence to things already discovered or to social constructs already in place ... We are here to help humanity transcend its self-imposed limitations and assist humanity in its oft-stagnant journey towards possibly one day becoming the Caring Stewards of our Cosmos. These missions cannot be even partially enlivened without engaging our innate ability to imagine ways very different from those that got us into the collection of crises in which our species currently stew. Yes, it is intelligence that *can* set these Visions into motion, that much is true, and yet that greater Intelligence means very little without having a Noble Vision towards which it can guide us.

Imagination IS Intelligence ...

Image 112 (Page 52b - bottom left) ... A leaf that Duncan & I collected on one of our many Wonder-filled walks together through the “Feuerbacher Wald” (a stretch of woods that rests between the towns of Feuerbach & Weilimdorf to the NW of Stuttgart, Germany). At the time, it symbolized the Truth that it is wise to let the past be the past, that it is just as wise to let the future become the future, and that the best way we can do so is to soak ourselves fully in the Joys and Wonders that ever fill our Present. Even after all these years, this leaf symbolizes these Truths for me still ...



“Blessed is anyone who endures temptation.” ~ James (James 1:12)

When reading this verse, it is wise to remember that James was the “Saint of Doing” – the disciple who more deeply understood Jesus’ teachings than most others; the man who focused on works as the enlivener of all real Faith; the one who knew that mere mental faith without works is nothing of worth or merit. As such, in the context of this Wise Man’s work, we must understand that the only way to truly “endure temptation” is to actively replace it with its opposite inclination – to replace the temptation to hoard with acts of Giving, to replace the temptation to judge with acts of humble encouragement, to replace the temptation to complain with active displays of Gratitude, to replace the temptation of revenge with radical acts of Forgiveness.

“If you relax, you’ll remember how it felt, and you’ll be able to Do it again.” ~ A. A. Attanasio

It is true that Faith-full relaxation in times of stress or worry (knowing that there is Good to be done with every ounce of suffering, and knowing that there is empowerment residing within every moment of doubt) is always wise – just as it is equally true that we will never accurately remember how it felt to do something until we leap Faith-fully into doing it again.

***Memory comes from re-remembering;
which allows one to re-Birthe.***



“I [sometimes] forget that every day, hour, minute and second is worthy; that Life lives on and that new things and changes let me grow ... But then I remember it all again and suddenly everything is Beautiful ... [Beauty-full]!” ~ Sandra Reum

Indeed, it is only after we realize that there is no more need to “grow” or “improve” or “better ourselves” that we can remember the majesty of who we truly *Are* – indeed, who we have innately always Been. And once this Truth is re-Membered in full (via commensurate action more than mere mirrored thoughts or mere reflective words) we reawaken in full to not only the Beauty of our Selves, but the Beauty that fills every single nook & cranny of everything in our immediate Universe.

**Those not Seeing Life's Wonders
have merely chosen not to Look ...**

“When you make the two into One, the Inner like the outer, the outer like the Inner, and the upper like the lower... And when you make the female and the male into a single One ... When you make Eyes in the place of an eye, a Hand in place of a hand, a Foot in place of a foot and an Image in place of an image -- then you shall enter the Kingdom.” ~ Jesus (Gospel of Thomas 22)

This is a brilliantly inclusive way of reminding us to use the ego to actualize the True Self – to use the selfish, fear-based inclinations of the ego to empower every subsequent choice that reflects its opposite – to in essence use the ego to emPower the reawakening of the Soul. This is what it means to “make the two into One”, to let the Inner be reflected in the outer, to join all that was once opposing and use the same to bring Harmony into one’s surroundings, to replace mere vision (“an eye”) with deeper Knowing (“eyes”), to let our normally self-seeking hands be used to Care for others, and our normally fear-based feet be used to carry us boldly towards those in need.

“Life’s unpredictability makes It amusing ... Weigh options as best you can and then charge forward without regret.” ~ anonymous

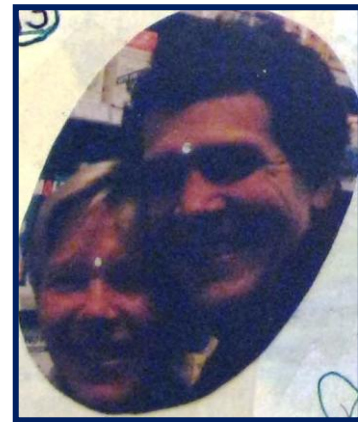
If this quote is applied to one’s desires for self-advancement, disaster will ultimately ensue. And yet if this quote is applied to the selfless desires of the Soul, Beauty & Peace will be reborn thereof. Realign with the latter, and then weigh all obvious options. Choose the one most feared, and then charge ahead, intending wholeheartedly to assuage as much pain & suffering as possible therewith. Examine the results, apologize for any pains inadvertently caused, detach from all that ensues, and move on to the next moment ... Pause – Look – See – Engage – Let Go – Repeat ... This is *The Way*.

**Faith is not knowing the truth ...
Faith is acting righteously, even
when uncertain of that action's righteousness.**

Image 113a (Page 53a – bottom right) ... This is a drawing I did of the “Peace Frog” – representing “the Frog Zone: between Adventure and the great, wet, fertile Spirit” – symbolizing not only the transient nature of our lives, but also the cleansing effect we can have on our own egos whenever we choose to transform our selves by setting aside our selfish instincts and purposefully activate the selfless inclinations of our Souls ...



Image 113b (Page 53a – bottom left) ... This is a picture of a dear Friend, Raphaela Münzenmayer, and mySelf (taken in Feuerbach, Germany). Raphaela is a gentle Soul who dabbled for a bit in the “practical selflessness” I was sharing back in the early 2000’s (and that I still share to this day) ... Of course she, like so many others who I have exposed to this Truth, was more than a bit taken aback by our need to Joy-fully self-sacrifice for others in order to access the immense Peace and enormous Power of such “radical Kindness” ... She, like so many others, openly & firmly rejects self-sacrifice – believing instead that to do so is to show a “lack of self respect” and enable others to “use & abuse” us. Of course, even though the opposite is actually the case, this Truth cannot be known until it is Faith-fully lived. Raphaela was unwilling to make this leap, and we respect-fully drifted apart as a result.

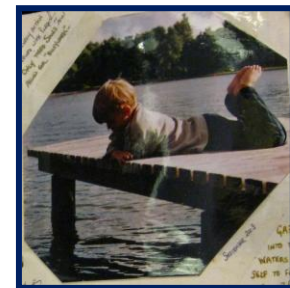


“Let every action be imbued with Purpose” ~ anonymous

No matter how “meaningless” or “banal” or “boring” a task might seem – indeed, no matter how “meaningless” it might indeed be – choose to fill it with Meaning anyway. If the task itself cannot be molded meaning-fully, then use your time completing it to bring those nearby smiles of Joy or sighs of Peace.

Only tired Souls allow for “busy work” ...

Image 114 (Page 53b) ... Gazing into the depths of a lake is to simultaneously See one’s True Self and Feel one’s interconnection with everything around the same ...



To find your Way, gaze into the still waters of yourSelf ...

You already Know where you are to go (if you don’t, then you are already there) and you already Know what to do once you arrive there (if you don’t then you are already encountering it) ... There is no “wrong time” to show another Love; there is no “better place” to bring Peace than right where you already are.

“Be the Stream of the Universe! Being the Stream of the Universe, ever true and unswerving, become as a little Child once more.” ~ Lao Tsu (Tao Te Ching #28)

The Child does not look elsewhere to find Beauty, nor does she need wander far to find a resting place for her Kindness.

***Life’s flow allWays bends yet never swerves...
It has a fixed course that is allWays shifting.***

“Now the Son of Man has been glorified, and God has been glorified in Him. If God has been glorified in Him, God will also glorify the Son in himself at once.” ~ Jesus (John 13:31-32)

When the reader of this verse focuses on the words “Son of Man” and thinks of Jesus Christ, he or she will be misled into the darkness of man-tainted, exclusivist, condemnatory religious dogma. However, if the reader of this verse realizes that Jesus was not speaking in the 3rd person here – that his love for humility and his hatred of hypocrisy actually precluded the same (see [Matthew 18:3-4](#)) – that “Son of Man” here is a reference to *everyone*; to every human being who ever lived and every human being who ever will live (otherwise he would have been lying when he uttered the statement in [Matthew 16:28](#)), then the reader will automatically re-focus on the words of true importance in this passage – namely, the words “in Him” & “in himself” – which refer to ALL OF US; indeed to every sentient being who has ever lived (see [John 14:20](#)) ... Think about it -- Realize it -- Enliven it ... *Amen* -- Let it be so.

“It is the opportunity to powerfully Care for another that is priceless; not any 'love' we might receive from them in return.” ~ anonymous

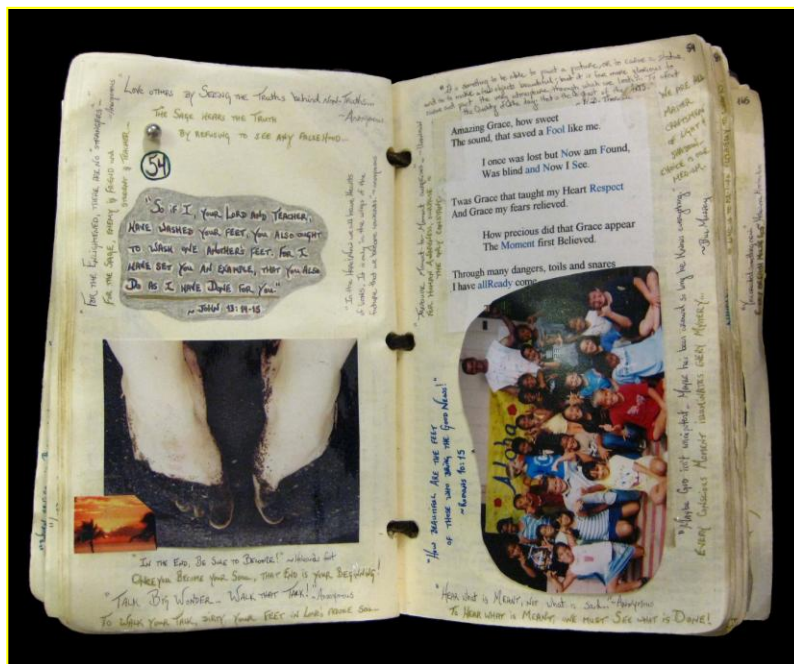
It is impossible to ever truly know true Love until this saying has been fully *experienced*.

“What really counts ... is to know the whales as Brothers, to find refuge from the storm and a place to enJoy the sunshine, and to treat children with Respect & Love; for with the passing years they become us.” ~ James Michener

There is truly no greater Service to humanity than to show unconditional Love towards the child who has yet to be shown the same. Indeed, every single act of violence, every single act of cruelty, and every single act of aggression has its roots in the lack of selfless Love receive in the perpetrator’s developing years ... And yet there is no statute of limitations on Love; it is never too late to give the same, thereby rectifying all the pain that came before – and thereby diffusing all the suffering that was soon to follow.

The Wise Man re-members that he must Become as a Child – ... & not the other way around.

PAGE 54



“Love others by Seeing the Truths behind their non-Truths.” ~ anonymous

Humans are by nature deceitful beings; doing anything and everything to be seen as worthy by the others in “their herd” – doing anything and everything ostensibly required to keep from being cast out of the same. We are a species subconsciously soaked in fear, and as such we are a species steeped in deceit and dishonesty. Avoid criticizing or condemning the frequently seen reflections of the same ... Have immense compassion for the dishonest (and thus, the fearful) instead.

*The Sage Hears the Ultimate Truth
by refusing to see any falsehood ...*

“For the Enlightened, there are no strangers.” ~ anonymous

The Enlightened Soul treats every stranger as a Friend, and every enemy as a Soulmate.

*For the Wise One, enemies are the most loyal allies,
and students the only teachers ...*

“So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another’s feet. For I have set you an example; that you also Do for others just as I have Done for You.” ~ Jesus (John 13:14-15)

This is one of the few biblical sayings from Jesus that he pretty clearly meant to relay literally as well as symbolically, meaning that not only are we to humble ourselves before others and See them as though they were royalty (&/or themselves Divine), but also that we are to *literally* wash the feet of the others in our lives. And this makes total sense ... Jesus’ ministry was all about humbling ourselves first & foremost, and then courageously opening ourselves to them with acts of courageous intimacy. Washing another’s feet powerfully satisfies both.

“In the Here&Now we all have the Hearts of lions.

It is only in the future that we become cowards.” ~ anonymous

It is possible that this is the only saying in *The Brown Book* that I completely reject on its face, for it is clearly in the future when so many people are “courageous” talkers, and it is obviously in the Here&Now when by far the majority of those brave talkers turn into cowardly non-walkers. Of course, like every other saying herein, there is a deeper Meaning at play here – namely, that the ego is a 100% fear-based entity who resides only in the future (often while obsessing on the past), while the Soul-Self is a 100% Love-based Being who resides ever-courageously in the Here&Now – the only place Love can ever hope to come into Being.

Image 115 (Page 54a - main image) ... This is a picture of Heleana’s feet in the black sand of the Big Island of Hawaii (showing most of the tattoo on her right foot, the same Chinese phrase that I later had imprinted upon my right calf – see [page 13b](#)) ... The black sands grounding her in the Peace of solitude; her white skin elevating her with an immense Love for All – the former allowing for the detachment required to deeply care for others; the latter walking forth to radiate that Caring ...



Image 116 (Page 54a - bottom left) ... a Kailua-Kona sunset, very similar to the ones I was blessed to witness almost every night from my Borders Bookstore balcony “home” back during my 2-year “Experiment with Truth” (when I lived purposefully “home-free” on the Big Island of Hawaii, from late 2003 to late 2005) ...



“In the End, be sure to Become your Successes.” ~ Professor Chong

Even though Professor Chong incorrectly translated this sentence (it more accurately reads “Success is inevitable”) the philosophy behind his error runs deep – essentially reflecting the potent Truth that true Meaning in Life & its Living is known by those who have the wherewithal (and the courage) to leap into living as a breathing embodiment of their Souls; to literally & fully become the greatest Success available to us all – the rediscovery and reanimation of our altruistically inclined True Self.

***Once you Become your Soul,
that End is Your Beginning.***

“Talk Big Wonder ... and Walk that Talk!” ~ anonymous

It is good to speak of Beauty; it is better to become a source of that Beauty ... It is good to speak of Love among humankind; it is better to become a source of that Love ... Its is good to speak of Respecting all sentient life; it is better to become a source of the Respect ... It is good to call out for Protecting the oppressed and the downtrodden; it is better to become a source of that Protection ... It is good to speak compassionately about life’s criminals & enemies; it is better to become a source of that Compassion.

***To Walk your Talk,
dirty your feet in Love’s fertile soils ...***

“It is something to be able to paint a picture, or to carve a statue, and so to make a few objects beautiful; but it is far more glorious to carve and paint the very atmosphere through which we Look ... to affect the Quality of the day. That is the highest of the arts.” ~ Henry David Thoreau

It is selfless Love that paints the most glorious landscapes – and it is the most terrifying acts of Love that paint those landscapes most brilliantly.

***We are all Master Craftsmen of Light and shadow ...
and Choice is our chosen medium.***

“Treasure your moment-to-moment surprises.” ~ unknown

If you are not being Wonder-fully surprised by your life, then you are not paying close enough attention to It.

***In Human Awareness,
surprise is the only constant.***

“Amazing Grace, how sweet the sound, that Saved a *Child* like me.

I once was lost *and* Now am **F**ound; was blind *and* Now I **S**ee.

‘Twas Grace that showed my **H**eart *R*espect, and Grace my fears *r*eleased.

How precious did that Grace appear the *M*oment first **B**elieved.

Through many dangers, toils and snares I have *a*ll**R**eady **C**ome.

‘Tis Grace hath brought me **H**ere thus far and Grace that *b*ring**s** **M**e **H**ome.”

~ inspired by J. Newton

“Amazing Grace” is a Christian hymn that was first published in 1779, with words penned by John Newton, a slave trader for many years (even after his supposed Christian conversion) ... The original words of the song, words still sung in many Christian churches to this day, were too “Paulinist” for my taste – too steeped in the “we sinners aren’t worthy” and the “only God can save us now” traditions of conservative Christianity ... I personally prefer The Way of Jesus Christ, a Way which requires the alterations I have made in *italics* above; shifting the focus away from our sinfulness and towards our innate Divinity – away from trying to be saved by God and towards doing what we can to lessen the suffering of others ... Peace.

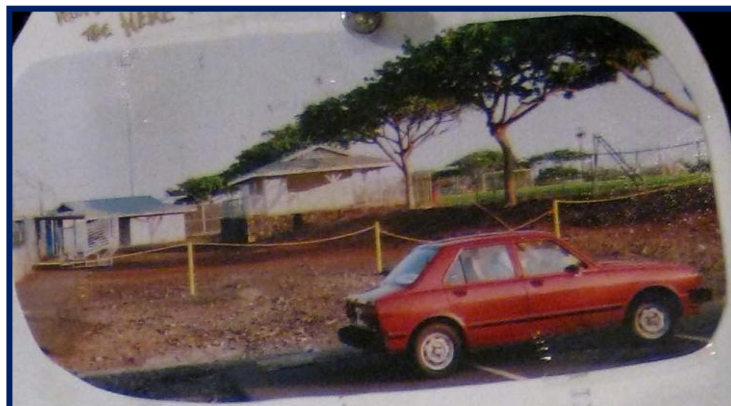
“How beautiful are the feet of those who bring the Good News!” ~ Paul (Romans 10:15)

And remember, Paul was primarily concerned with the content of those messengers – content that by & large directly & fully *contradicted* the teachings of Jesus Christ (with Paul’s “Good News” being centered upon worshiping Jesus as the only Son of God – see [1 Corinthians 15:1-4](#) & [Romans 1:1-6](#) & [Romans 10:9](#), and Jesus’ “Good News” encouraging us **not** to do so; which encourages us instead to attain *his* “Kingdom of Heaven” by selflessly extending Love to those least deserving of the same (see [Mark 10:18](#) + [Matthew 10:7](#) + [Matthew 24:12-14](#)) ... Jesus himself, as such, was far more concerned with the movement of our “feet” than he was with the words from our mouths – far more concerned not that we talk the Humbly-Loving Talk, but that we have the courage to boldly-yet-humbly Walk that Noble Way.

Image 117 (Page 54b – main image) ... Here is a picture of Mrs. Manual’s 3rd Grade Class (Kealakehe Elementary School), including Tyler (3rd child from left, top row), with whom I was blessed to work as a one-on-one mentor during the entire 2005 school year. This experience was moving and Meaning-full for me not only due to the deep bond I formed with Tyler, but also because I was able to regularly share *The Brown Book* with the entire class. It turns out that I was in the process of illuminating its pages with colored gel pens at that time, and the kids were so fascinated by its contents that Mrs. Manual allowed them to periodically peruse its pages as a reward for work well done ...



Image 118 (Page 54b – main overleaf) ... This pictures shows several of my primary Hawaiian residences while living “home-free” on the Big Island from late 2003 to late 2005: Pavilions 1 & 2 (near the Kailua-Kona public tennis courts), my “tennis bench” (just on the other side of the far left pavilion pictured) & the “Pumpkin” – the Toyota given to me by Heleana when she departed the Big Island, and in which I slept for the majority of my final 6 months living on “The Rock” ...

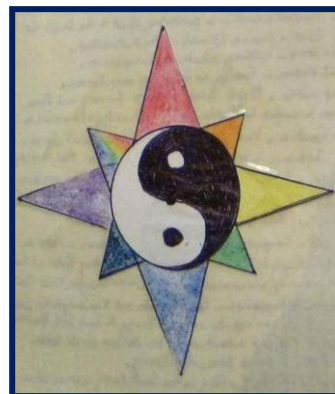


“Never too many fish in a swift creek; never too much water
for those fish in which to Live.” ~ Rumi

It is impossible for us to Love too many people, and it is impossible for us to give those people too much Love. Note that I am not advocating any dysfunctional attachments created by our acts of Kindness (they aren’t Love), nor am I advocating remaining in relationships where our given Love is misused and thus bears the bad fruit of pain or even dis-ease (to do so isn’t Loving) ... I am speaking only of purely selfless Love here, and only the selfless Love that is received in a way that bears the Good Fruit of Joy &/or Peace.

Home is where the Here IS ...

Image 119 (Page 54b – bottom) ... This symbol was “rescued” from the journals I wrote from 1993-2000 (see explanation on [page 29b](#) above) which symbolizes the 8 cardinal archetypes of force that co-empower our ability to make powerfully selfless choices (via the Free Will represented by the YinYang at its center) ...



“Maybe God isn’t Omnipotent ...

Maybe He’s simply been around for so long He Knows everything.” ~ Bill Murray

There is no point in believing in (much less worshiping) a god who is all-powerful & all-knowing ... Indeed, even if one takes the position that this God wisely & lovingly keeps out of human affairs – allowing us to reap the painful consequences of our misdeeds (and thereby enabling us to one day transcend the same by choosing differently) – maintaining this belief is still choosing to create & submit to a celestial dictatorship; a passively benign celestial dictatorship, yes, and yet a celestial dictatorship nonetheless. Considering the complete lack of concrete evidence either way, it is far more potent to choose to see “God” as a non personal force – or even a nonexistent one – than to choose to submit unnecessarily to even a benevolent tyranny. Indeed, to do the latter is to not only neuter one’s courage, but castrate one’s ability to truly Love as well. If God is all-powerful and all-Loving (as many profess), then God ultimately “has everything under control” – and if God has everything under control, there is no need to experience doubt or fear or longing – and without experiences of doubt or fear or longing, we cannot choose to Love others despite the same – and if we do not ever choose to Love others despite our doubts &/or our fears &/or our longings, then we never really enliven real Love at all.

***Every conscious moment
illuminates every Mystery ...***

“Hear what is Meant; not what is said.” ~ anonymous

To truly hear what is meant, all that is required is to identify who is actually doing the speaking ... More often than not, the ego is doing so (as evidenced by words &/or actions that are primarily self-centered &/or self-serving) ... Once the ego has been so identified, realize that it is always speaking in harmony with an underlying, fully selfish, ulterior motive. All the ego knows is fear, and the only way it deals with fear is via various manipulations ... On the other hand, if one finds that it is a True Self who is speaking (as evidenced by words &/or deeds that are limbically felt to be selfless &/or are obviously self-sacrificial), realize that this “Soul Self” is always resonating harmoniously with an underlying, fully selfless desire to bring Wisdom &/or Peace &/or Joy into the present moment. All the Soul knows is Love, and the only way it deals with Love is via an honesty that is always gentle yet always flagrant.

***To Hear what is Meant,
one must See what is actually Done ...***

PAGE 55

Image 120 (Page 55a & b) ... These two pictures are “fairy imprints” (from *Lady Cottington's Pressed Fairy Book*, written by Terry Jones). Odd images, to be sure, and yet I love the way the fairy on the left was obviously amused by his death, while the fairy on the right was clearly joyous during her demise ... Death is not something to be longed for, of course (we should cherish every day we are given), and yet death also need never be feared. Indeed, if we have chosen to live a life filled with regular acts of self-sacrificial Kindness, then our passing will be a source of bewildered amusement &/or Joy-full gratitude – never sadness or regret or shame or angst ...



Re-cognizing your death IS your re-Birth!

This saying reflects a relatively important Truth – namely, that rebirth is not what happens to you after you die physically (I have nothing against reincarnation, per se. It is simply not a productive concept – rather being one that distracts true Seekers from rediscovering & re-enlivening the True Self that *already* resides within them in *this* lifetime), nor is rebirth a shift in the person one reflects after metaphorically dying to the ego. Rather, real Rebirth comes automatically (at least in the latter, metaphorical case) *while* the ego is doing its “dying”. As such, contrary to popular “New Age” belief, it is not necessary to strive and struggle to “hone” or “perfect” or even “become” one’s True Self ... Rather, the True Self simply always is the True Self, and as such comes forth naturally and without effort once we simply choose to set aside the selfish inclinations of the ego and allow the Soul to flow forth smoothly into our current choices.



“And you are not to be called ‘Rabbi’, for you have one Teacher, and you are all students. All who exalt themselves will be humbled & all who humble themselves will be exalted.” ~ Jesus (Matthew 23:8+12)

This is an important passage, not only because it relays the Truth that no modern-day preacher should have the gall to claim “special knowledge” of the Scriptures (“special knowledge” that is indeed impossible to attain, no matter how many years one might study the ancient manuscripts &/or test their various interpretations), but also because it reflects the Truth that Jesus himself was a human being – just like those to whom he was preaching his Way of Selfless Love, and just like his modern-day readers to this very day (see [Numbers 23:19](#), [Acts 2:22](#), [Mark 24:36](#), [John 7:16](#), [John 14:12](#), et al) ... Jesus was all about humility – not only for us, but for himself. Indeed, he went out of his way on a number of occasions to extol his followers to **not** worship him, but rather to simply emulate his teachings instead (see [Mark 10:18](#), [John 5:41](#), [John 8:50-54](#), [John 12:44](#), et al) ... And yet, as most of us are already aware, this is **not** what happened. Paul came along, flipped Jesus’ wishes on their head, and created the very same Jesus-centered religion that Jesus avidly fought *against* while he was alive.

“The Moment you pledge your Highest Love, you greet your greatest fear.” ~ N. D. Walsch

Keeping in mind that this quote comes from a man who later succumbed to the temptations of greed and fame – who abandoned the teachings of selflessness and instead began propagating a message of “manifesting happiness” and “justified selfishness”, there is still a large measure of Truth to be gleaned in this particular saying (After all, we are to focus not upon the warts on a teacher’s finger, but the moon to which that finger – in this case indirectly – points, yes?) ... For it is indeed quite True that all great expressions of Love are per se required to be given despite the prevalence of a commensurate personal fear of doing so. And it is in this sense that this quote is at least partially erroneous, for we do not greet our greatest fear when we merely pledge our Highest Love, we emit our Highest Love *while actively Loving* the source of our greatest fear.

***The moment you Give your purest love,
all fear smiles and gently departs ...***

Image 121 (Page 56a - top) ... This image was drawn by Heleana (& then colored by my Self), these dragonflies resemble the tattoo she had emblazoned on the back of her neck in honor of our powerful-yet-dissolving Friendship (see [page 138a](#)). These two dragonflies symbolize many things, among them the following Truths -- Truth **A**) that in order for us to transcend our fears we must transform our actions; moving away from chasing sex & fun & comfort and towards chasing opportunities to Care, Truth **B**) that in order to transform our ability to Love others we must transform our focus of Purpose; from knowing to feeling, and from being to doing, and Truth **C**) that in order for any partnership to be functional & mutually supportive, both parties must harmonize their beliefs in – and their approach to – Truths **A**) & **B**) ...



“To cherish your possessions, you must Give them away.” ~ anonymous

While it is indeed possible to care for our possessions while tending them gently, as long as we feel that our possessions are “ours” then their true power cannot be actualized, and as such they cannot be truly *cherished*. Possessions are ours to use to help lessen the suffering of others – all other degrees of “ownership” ultimately enable the continued suffering of others, and thereby increase or own suffering as well.

***To Love what you have,
Love with what you have.***

“You will never encounter what you anticipate ...
You can only ‘see’ what you expect.” ~ anonymous

The degree to which we anticipate any encounter (or “know who someone really is” – or hope for a specific outcome – or recognize a thing or a being or a behavior pattern as “familiar”) is the degree to which you will not be able to actually See those encounters or those individuals with any real clarity. If we do not come to our happenstances with a regularly refreshed sense of wonderment and naiveté, we will only “see” what we expect to see, instead of Seeing what is actually there.

***What man can imagine, is possible –
and yet can never fully Be.***

“Sometimes you keep me laughing. Sometimes you keep me going.
And at all times, I’m thankful that we are Friends.” ~ unknown

Real and true Friendship has nothing to do with commonly held beliefs or a shared sense of humor or personalities that harmonize with one another ... Real and true Friendship exists the moment one individual humbly sees the True Self of another, and then responds accordingly with appropriate acts of Kindness &/or Generosity. Real and true Friendship – the Friendship that will ultimately save the human race (if it can be saved at all) – requires neither reciprocity nor mutual respect. Real and true Friendship requires only that one party See & then choose to Love the other. In that one initial moment of exchange, Friendship is fully reborn – and this, whether such selfless gestures are recognized or returned or respected or not.

Image 122 (Page 56a - bottom) ... Interestingly, my eyes are dilated in this picture not due to indulging in intoxicants of any kind, but rather due to the mere *anticipation* of eating an “Orbit Cake” (chocolate x chocolate x chocolate) that I had just helped to make. It is also interesting that this was not the first time that my pupils became dilated (accompanied by the feeling of being “high”) without ingesting any substance – having experienced the same effect while walking through the “ley line node” on the south-southeast side of the Glastonbury Tor, as well as while sitting in the old millhouse ruin in Rocky Valley (near Tintagel, England) ...



“As far as Happiness is concerned, you will all Ways have more than enough.” ~ anonymous

We always have enough Happiness in our lives, and this is so because **A)** real Happiness is always a choice -- and thus always available, and **B)** real Happiness is a selfless affair – and thus cannot be sought for self in the first place. It is cherished whenever it arrives, and yet it is by its very nature impossible to acquire through wish or struggle – indeed, real Happiness can only arrive for us once we cease striving for the same.

The smallest smile brings the greatest Joy ...

“You have to have received and carried on Power-full good things from your childhood. Otherwise, you would have already perished.” ~ Bob Burr

This is not necessarily true, though it is more often true than not. In other words, while it is indeed so that each and every one of us did indeed experience powerful good things that were given to us in our childhood – powerful good things that did indeed help us to survive the traumas and difficulties of our youth, it is just as true that we each experienced highly traumatic things in our childhood that helped us to transcend to adulthood even more. Indeed, while the support we received from our parent(s) and friends did help us through some of our lives’ tougher moments, it is precisely the tougher moments when we *didn’t* receive that support that allowed us to choose powerfully – that allowed us to choose to survive – that allowed us to choose to transcend the pain and live on anyway – that allowed us to choose to become powerful enough to make it through. No truly wise man or woman will ever ask you to seek out more pain in your life – pain is on its way to all of us in one way or another, and thus need never be summoned or channeled. That having been said, what the truly wise man or woman will tell you is that life’s most painful moments are – if used accordingly – its greatest gifts; allowing us to peel away our unhealthy attachments; allowing us to be grateful for life regardless; allowing us to choose to Love anyway – and thereby allow us to come to know real Love at all.

***Being alive at all
is the most Power-full testimony
of God’s graciousness.***

“My Joy is in your freedom, not your compliance.” ~ GOD

In attributing this Wisdom to God, this quote is going on the assumption that the God that might very well exist is a God worth worshiping – a truly loving, morally consistent, completely non-capricious deity who allows us all to reap the fair consequences for all of our deeds; pain commensurate to our selfish misdeeds, and peace commensurate with our selfless givings. Some might believe that a measure of Grace is also in play – the Grace that keeps us from experiencing the majority of the pain that we actually deserve (just imagine the abject torture that is fairly “earned” by every person who eats animals on a daily basis – yikes!) and the Grace that allows us to experience far more comfort than our good deeds actually merit (after all, who among us actually enlivens self-sacrificial acts of charity worthy of any of the moments of pleasure with which we are regularly blessed?) ... This is a godhead who revels in watching us – on admittedly rare, and therefore priceless occasions – transcend our most primitive selfish instincts; a God who revels in watching us step into the noble realm of selflessness; a realm Jesus called “the Kingdom of Heaven”. This godhead by His very all-loving nature cannot interfere with this perfect system of cause & effect & free will, a fact which makes the ultimate transcendence of our primal selfishness so powerfully Peace-full in those rare times when it is enlivened. This is the God referenced here, and this is the only God – if He is truly a personal, conscious entity – who is morally consistent enough to merit our reverence in any form or fashion.

***Love requires no “setting Free” ...
Love IS the Freedom.***

“I do not Give to you as the world gives. Do not let your Hearts be troubled and do not let them be afraid ... Peace I leave with you; my Peace I Give to you.” ~ Jesus (John 14:27)

“Keep your beacons of True Self well lit.” ~ anonymous

Bold acts of selfless Love are both the beacon and the lighting thereof.

***To set the Soul on fire, bathe long
in the waters of Gratitude & Wonder ...***

Image 123 (Page 56b) ... A picture of a poppy growing up through the driveway at Alexzanna Farms (Wildwood, Georgia) – symbolizing the Truth that the persistent setting aside of our fears (a.k.a. “dying to the ego”) in order to share Beauty with others allows us to inevitably come to experience the Light of real Peace ...



“Love is the only effective release for anger.” ~ anonymous

Love is not a release for anger as much as it is the utter destruction of the same. Anger is crystallized fear, and fear cannot by its very nature simultaneously exist with love in the same conscious mind ... As such, whenever Love is the focus, all forms of fear – including all manifestations of sadness and all degrees of anger – are instantaneously and fully dismantled.

***Love eliminates anger
with the healing touch
of pure Acceptance ...***

PAGE 57



“Only he who keeps his Eye fixed on the horizon will find his Right Road.” ~ Dag Hammarskjöld

Yes, we are to attend quite acutely to whatever task is at hand – giving it our full attention and showering it with our maximum Love. That having been said, once a particular in-the-moment task has reached completion, and it is time to look for, find, and engage the next selfless service, it is wise to look up with a broader view – to aim our gaze in the direction of the person with whom we wish to be; of the life we want to ultimately leave behind when we die. It is here that we will more often than not find one of the many greater services that we have been called to engage and fulfill – services that happen to align with our own unique skill set; services that are ripe for approach and engagement.

***Goals can be realized
only after they are released ...***

Image 124 (Page 57a) ... I call this picture “Solitude”, not for the more traditional “peace” felt by those who are blessed to sit in a lone chair at the end of a dock and peer into a lake’s pristine waters on a quiet, foggy summer morn, but rather for the deep-seated **Peace** known by those who do *not* do so – the far deeper **Peace** felt by those who set aside all temptations for comfort & calm to enter instead into the frayed lives of those in need – the profound **Peace** only experienced by those who willingly sacrifice their own “peace” in order to lessen others’ burdens &/or enhance their Joy ...

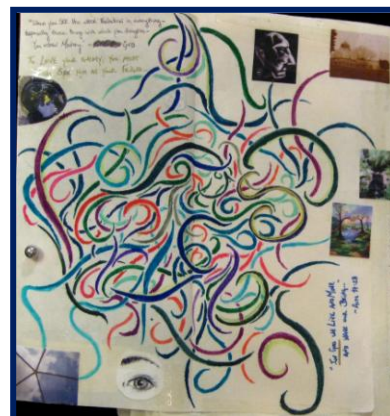


“When you can See the utter perfection in everything – especially those things with which you disagree – you have attained Mastery.” ~ GOD

This is not to say that individuals who purposefully cause others pain are “good” or that happenstances that are filled with mass suffering are “desirable” ... The word used here is “**perfection**” – and indeed we are always surrounded by the same. You see, even in life’s darkest moments of suffering and dis-ease, there rests a baseline of perfection; a foundation of “just compensation” – and this is true for the simple reason that the potential Power within any encounter or circumstance is directly proportional to how painful &/or uncomfortable it happens to be. For example, if we are feeling fully at ease and happy with our life and have a wallet full of money and happen to stop and give a homeless stranger a \$5 bill, the power of that act of kindness is not that great – and the Peace that comes from such a deed will be commensurately limited. The homeless stranger will limbically “know” that the gift was not that great of a sacrifice, and those witnessing the exchange will not be greatly inspired by the same. If, on the other hand, we have just lost a loved one and are deeply depressed and only have \$5 left to our name and are actually terrified of talking to strangers and yet decide to pause and give that same homeless stranger that same \$5 bill, the Power within that act is exponentially greater – and the Peace that comes from it will be commensurately transformative. The homeless stranger will be deeply moved by the great sacrifice of the gesture, and all those witnessing the exchange will be similarly moved – with more than few of them being so deeply inspired thereby that they will go on to give similarly to the strangers in their own lives. Thus it is that the moments of our life that seem the “darkest” and the people in our lives who are “bad” or “mean” or even “evil” contain within them the greatest chance to call forth and spread the far greater Peace. And this is the “**perfection** in everything” to which God here refers.

*To Love your enemy,
you must first know him as your Friend ...
And to know an enemy as an ally,
she must first be treated accordingly.*

Image 125 (Page 57a - overleaf) ... This artwork (which I call “Curly Ways”, by Rebecca Jean Pittman) symbolizes the Truth that all the past encounters & experiences of our lives combine anew in every instant of our current lives – profoundly influencing the way we are choosing to See & Feel about our surroundings, and thus literally becoming a part of the same ... This drawing is surrounded by a bevy of “satellite images” – images that show (moving clockwise, starting at the upper left) an Andy Goldsworthy artwork (reminding me of the Self immersed in the All), a “nude face” of unknown origin (reminding me that we are all composed of those who have come before us), a sepia-toned picture Rebecca Jean took of the W. W. Seymour Conservatory in Tacoma’s Wright Park (reminding me that there is great Life & great Beauty even in the coldest of winters), a picture Rebecca Jean took of the waterfall inside that same Conservatory (reminding me that abundance is not only a state of mind, but a state of deed), a Jim Warren painting (reminding me that there is deep Love hidden even under the most glossy of facades), a left eye sketched by Rebecca Jean (reminding me that nothing is “normal” or “boring” – that amazement is always there for the choosing), and an image of the sky seen through a roof-less yurt (reminding me that we are – whether at home or abroad – always an integral part of the Cosmos) ...



“In God we Live and Move and have our Being.” ~ Luke (Acts 17:28)

Yes, the wellspring of all things living & the source of all that is dynamic in the Universe – that essence many like to call “God – is indeed ever surrounding us; ever cradling us gently in its soft embrace; ever whispering to us quietly – urging us towards those in need nearby, and in-Couraging us to engage the same with acts of compassion-filled Kindness. As such it is indeed true that “**in God we live and move and have our Being**” ... Of course, it is just as true – at least in those moments when we choose to heed God’s call to reach out to others – that God lives and moves and has His Being *through us*.

“Whether you rush or go slowly, the Path before you remains the same.” ~ Chinese Proverb

It is incredibly important to regularly remember that it does not at all matter how far you tread along your Soul’s path of selfless service; only that you step out boldly along the same each day at all. Indeed, while the ego will tell us falsely that we need to ever strain & struggle to “attain our goals” or “fulfill our dreams” or “reach our ultimate destination”, the Truth of the matter ever remains that we need never do so – that the only goal worth attaining is bringing even the smallest measure of Peace to this moment; that the only dream worth fulfilling is to enliven the Kind & Caring Self we truly are; that there is no “ultimate destination” at all – that we arrive at our Perfect End anew in every moment we choose to boldly sacrifice our own comfort for the betterment of another.

“It is the conscious combination of Humility & Gratitude that allows the Universe to fill our apparent voids with Love & Wonder.” ~ anonymous

Indeed, it is impossible to not feel an overwhelming sense of Thankfulness every time we pause – even for an instant – to purposefully become aware again of the immense **Beauty** that fills our every visage (even those moments normally considered “boring” and even those beings normally judged to be “ugly”), and to recognize the enormous **Love** waiting to be reborn in our next act of Goodness towards another – no matter what the act, and no matter for whom.

“Besides the Noble Art of getting things done, there is the Noble Art of leaving things undone. The Wisdom of Life consists in the elimination of non-essentials.” ~ Lin Yutang

All the things done for self or to satisfy mere duties or obligations or commitments are the things better left undone, and all the things undone that would have helped another to Joy or eased another away from suffering are the things that ever need doing ... Satisfaction of personal desires is the only true “non-essential”, and as such it is the only thing that ever needs eliminating. More simply stated, in any given moment we need only identify all the things we could be doing for our own amusement or our own wealth or our own comfort or our own pleasure, and then simply do anything other than those things.

The “essentials” consist solely of Loving others to Serve your Self – and Serving others to Love your Self.

“Whenever we have an opportunity, let us work for the Good of all.” ~ Paul (Galatians 6:10)

Like so many I know (Christian & non-Christian alike), Paul assumes that we only have a sporadic sprinkling of opportunities to serve others – that we must first & foremost care for ourselves and fulfill our duties to friends and family, and that we can then care for strangers and beautify our communities and forgive our enemies at some point thereafter. As is so often the case, this approach is actually the exact *opposite* of what Jesus would have us all do – that Jesus would remind us that we always have the opportunity to sacrifice our own wishes &/or briefly set aside our own ambitions or commitments in order to help a stranger in need, or help our community to rise up into functioning beauty, or ease the (often subtle, even unrecognized) guilt of those who have trespassed against us. Indeed, it is our greatest Blessing to be able to give to others in every single moment of our lives – especially in those moments when we are “too tired” or “too scared” or “too poor” or have “something more important” to do.

Image 126 (Page 57b) ... This image (which I call “Gratitude”) is a small portion of a larger “tattoo woman” drawing done by Rebecca Jean Pittman back in the late 1990’s. This particular facet of that drawing is actually a reflection of the photo-image found on [page 147b](#) in *The Brown Book* ...



“The true secret to living a Happy, fulfilled existence rests in people learning to differentiate between their True Treasures and their false riches. The sea that surrounds us, the Sun that sends us Light, the Moon and the stars that shine in the heavens -- all these represent True Wealth ... It is such timeless things that remind us of the magic that encircles us; in order that we may continue to remember that our world is full of Wonder ... [These are the] miracles that can amaze, and thereby enable us to allow our Dreams to come true.” ~ Sergei Bambaren

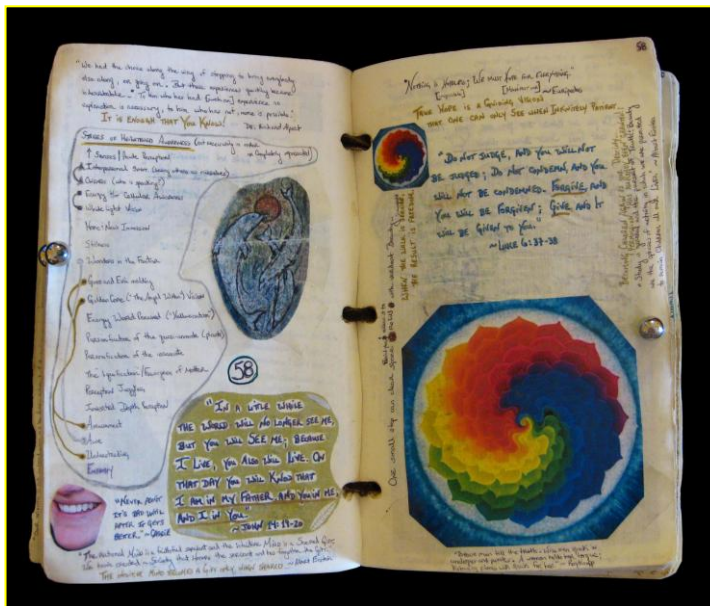
Actually, while the brilliant wonders that ever surround us are indeed True Treasures – and while it is indeed a worthwhile choice to frequently pause and allow the Beauty in those moments to wash over our consciousness and allow us to feel overwhelmed with Gratitude thereby, the truest of all our life’s Treasures is what we are allowed to do in every moment other. Indeed, the truest of all our Treasures is the ability we have – even in the most mundane of experiences; indeed, especially when feeling bedrugged or bored – to reach within and feel Grateful anyway, and then to reach out and Care for others regardless.

True Wealth is the accumulation of emptiness.

“If the root is Holy, then the branches are also Holy.” ~ Paul (Romans 11:16)

If one’s intention is truly Loving, one’s subsequent deeds will be commensurately considerate & overtly gentle – and thus will also be laden with Peace. Yes, they might be rejected or even used by their recipients to call forth insult or entrenched injury, and yet Right Actions they were when given nonetheless. Of course, whenever a recipient of Love uses the same to further or even intensify his or her suffering, then the form of Love so misused should not be offered anew. And yet it is always far better to err on the side of Loving than it is to refuse to care out of fear that said Love will be incorrectly received or inappropriately applied.

PAGE 58



“We had the choice along the Way of stopping to bring everybody else along, or of going on. But our experiences quickly became indescribable ... To him who has had [such an] experience, no explanation was necessary -- and to him who has not, none was possible.” ~ Ram Dass

Ram Dass is here describing his feeling relative to the enhanced awareness he experienced after ingesting large quantities of psilocybin, and yet I placed it in the folds of *The Brown Book* to speak similarly of how it feels to truly dive into the deepest reaches of Love – how it feels to purposefully & willfully & even Joy-fully set aside all desires and all fears and leap fully into Caring for another being, especially when doing so looks likely to bring a great measure of discomfort, loss &/or pain to one’s self thereby. The pure Bliss that always comes from such courageously humble acts of self-sacrifice truly is indescribable. It is indeed so that no explanation need be given to those humble few who have braved such amazing depths of Giving, and it is equally true that no explanation will ever suffice for those who have not personally engaged the same. To put it in simpler terms, every time I explain the qualities of truly unconditional Love, those few who have indeed journeyed there need only be shown the simplest of diagrams to smile and nod their heads in recognition. In contrast, those who do not comprehend the concept are many – and often respond with indignant rejection; telling me that selfless Love is “dangerous” or “irresponsible” or “masochistic”; claiming with vehemence that they tried it once or twice and that it didn’t work for them – that it didn’t bring them the Peace I was promising. Of course, all such negations do is expose their utterers as imposters – for the only time selfless Love is “dangerous” is when it is not given selflessly, and the only times selfless Love “doesn’t work” are the times it isn’t given at all.

It is enough that You Know ...

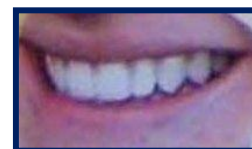
Image 127 (Page 58a - top) ... This image (which I call “Dolphin Trinity”) by Rebecca Jean Pittman symbolizes the sheer Joy that always accompanies any act of courageous intimacy – the great Bliss that always comes to those willing to make the leap for Love ...



“In a little while the world will no longer see me, but You will See me; because I Live and you also will Live. On that day you will Know that I Am in my Father - and you in Me - and I in You.” ~ Jesus (John 14:19-20)

While the traditional, conservative interpretation of this passage has been used to support the notion that Jesus was and remains the only Son of God (a contention that Jesus himself loudly & clearly rejected on numerous occasions throughout the Gospels – see [Mark 10:18](#), [John 7:16](#), [John 8:50-54](#), [John 12:47](#), et al), there are many other, deeper meanings embedded herein as well. First & foremost, Jesus intimates (quite ironically, in light of the aforementioned religious interpretation hereof) the great Truth that the Wisdoms within the teachings of any “Master” can only be seen when that teacher is no longer the focus of his or her students’ seeking. In other words, Jesus is saying here that his disciples would only be able to finally comprehend the true depth of his teachings after they stopped focusing on him and started focusing on the various applicative possibilities within said teachings. History seems to show that they never did this, of course (with John, James & Thomas being three possible exceptions), and yet they could only have done so after Jesus left the scene – after they would no longer be tempted with the enamorment of his enlightened presence. Indeed, this is so for any disciple of any “Master”, for the simple reason that every true Master essentially teaches that the same Divine Essence that they are radiating is already alive & well in the conscient True Selves residing within every single one of his or her disciples – and that it is impossible for them to see this Truth; impossible for them to see that the Master is not only “in God”, but also that the “God” within the Master is ever residing within the Soul-Self of every single other sentient being, until the Master has departed (or they depart from the Master) and they are left to themselves and their own innate-yet-latent majesty.

Image 128 (Page 58a - bottom) ... This picture is Cassie's smile, a portion of the full photo found on the overleaf of **page 61a** ... My relationship with Cassie was a great challenge in my life, and yet I knew ahead of time that it would be so. I entered into Loving her willingly; fully aware of the high likelihood that she was not desirous of the selfless Love I was offering – fully aware of the probability that my pure Love would frighten her immensely and inspire her to flee from the same ... And yet even though that is indeed what happened, I am to this day incredibly grateful, for it was in being so soundly rejected that I was able to willingly and non-dramatically Love her anyway ...



“Never admit it's bad until after it gets better.” ~ Cassie Shoebridge

This is actually just a clever way of reminding us all to not only ignore the “bad” in times of strife or struggle, but to make the “bad” better by focusing on the Good we can do therein & thereby. Indeed, what this short quip is reminding us all is the Truth that there really is nothing “bad” in life at all – except the things that our flawed, selfish judgments make to be so.

***To allow life to “get better”,
you must first realize that it never was “bad” ...***

“The rational mind is a faithful servant and the intuitive Mind is a Sacred Gift. We have created a society that honors the servant and has forgotten the Gift.” ~ Albert Einstein

The only thing more irrational than denying the Gifts provided by other forms of information gathering – the emotional, the limbic, the inspirational, the intuitive – is doing so under the guise of “honoring the rational mind” ... Indeed, the only way to truly honor reason is to humbly incorporate & indeed integrate *all* the wellsprings of information when formulating one’s vision of “the Truth.”

***The intuitive mind becomes a Gift
only when its insights are silently shown to others.***

“Nothing is impossible; We must choose to manifest our everything.” ~ Euripides

If we read “manifest” as “create” in this quote, then we will remain lost & confused ... If, on the other hand, we read its “manifest” as “perceive” &/or “appreciate” herein, then we will begin to see our Path of Peace.

***True hope is a Guiding Vision
that one can only See while infinitely patient ...***

“Do not judge and you will not be judged. Do not condemn and you will not be condemned. Forgive and you will be Forgiven. Give and Life will be Given to you.” ~ Jesus (Luke 6:37-38)

Many make the mistake of believing this passage speaks to an external dynamic – that there is some sort of Celestial Arbitrator “above” who will not judge us or condemn us if we happen to refuse to judge or condemn others; who will indeed forgive us our trespasses if we forgive others theirs; who will reward us with a more full & vibrant life if we choose to fill our current one with acts of generosity. To believe this way *might* not be incorrect, and yet to believe this way is without a doubt to sell far short the majesty innate to Life & God & Self. For the far deeper Truth herein is the one that reminds us that we will not judge ourselves or condemn ourselves if we refuse to do the same to others (after all, we cannot Love another while judging or condemning him or her, and we are first & foremost here to Love); that we will forgive ourselves our own trespasses and past sins to the same extent & degree that we are willing to forgive others theirs; and that we will finally (and indeed only) come to live a truly full Life while we are choosing to fill that Life with the gift of Giving.

Every small step clears a space behind you; allowing It to re-Fill with verdant Beauty ...

Actually, it is every *Loving* step that clears a space behind us; providing space for others – and indeed inspiring them – to come thereafter and Love similarly.

***When the Walk is Service,
the result is your Freedom.***

“The pursuit of Truth & Beauty are the spheres of activity in which we are encouraged to remain Children all our Lives.” ~ Albert Einstein

Indeed, even though adults do indeed often pursue Truth & Beauty, they are completely incapable of finding either. For adults pursue Truth to use that knowledge for self – as either a dagger or a shield, and adults pursue Beauty to covet the same for self – to generate either feelings of brittle empowerment or a sense of hollow comfort. Only those adults who choose to become again as Children – only those who seek not to possess Truth but to share it; not to control Beauty but to appreciate it – will ever truly find either.

***Becoming Children again is our Destiny ...
and permission has allReady been granted.***

Image 129 (Page 58b) ... This is a color-wheel (source unknown) that reflects the Truth that not only do all colors combine to make the purity that is White, but that all their archetypes combine to form the purity that is selfless Love ... Indeed, the flowing spontaneity of **red** allows for the creative action of **orange**, the creative action of **orange** allows for the heart-felt gratitude of **yellow**, the Heart-felt gratitude of **yellow** allows for the deep-seated compassion of **green**, the deep-seated compassion of **green** allows for the vocational enlivenment of **blue**, the vocational enlivenment of **blue** allows for the humble service of **indigo**, the humble service of **indigo** allows for the bewildered appreciation of **violet**, and the bewildered appreciation of **violet** allows for the flowing spontaneity of **red** ...



“Brave men tell the Truth. Wise men speak in analogy and puzzles.
A woman holds her tongue; knowing silence will speak for her.” ~ Royksopp

This verse speaks to the three forms of enlightened Honesty – **01**) courageously flagrant Truth-telling when asked a question of urgency; **02**) cryptic sharing when asked a question about Truth itself (questions whose answers are already known, and answers whose worth can only fully blossom when discovered by the asker, not told by another); and **03**) smiling silence when asked a question whose honest answer would potentially bring another pain or discomfort.



“Life is not what happens to you; It is what you Do with what happens to you.” ~ Aldous Huxley

Actually, life is an equal combination of what happens to us (happenstances beyond our immediate control) and what we choose to do with the same -- either reacting to things as if they are happening *to* us, or responding consciously & purposefully to things because we have chosen to see them as happening *for* us.

***Life is not events,
but rather our choice of events.***

***“Do you not Know that you are God’s Temple,
and that God’s Spirit dwells within you?” ~ Paul (1 Corinthians 3:16)***

Though Paul would claim otherwise, it is actually impossible to fully know the magnitude of “God’s Spirit” via mere words &/or own intellect. Indeed, Jesus himself noted over & over & over again in the Gospels that the only time we ever come to fully comprehend the far greater majesty of the Divine is during those moments when we are choosing to actualize the same.

***I have been given Life that I may enJoy It fully.
I choose my Calling as the manifestation of that Joy.
I AM a Power-full Being; a Power-full Force for Good.
Creative co-domination of my Reality is my birthright.
My Consciousness is a Center of Divine Operation and
my Conscience is a Hub of Cosmic Engenderment.
The best there IS, is mine to share.
I Am Light and connected with all Light.
I Am Love and at One with all Love.
I Am a facet of God;
... and at Peace with eternity in this moment.***

Interestingly enough, there are two primary ways to read this set of verses – two very different underlying foci that create two extremely different meanings that bear two radically different sets of fruit when set into motion ... The first is the “Law of Attraction” mentality that sees these words as an encouragement to crystallize one’s thoughts in such a way as to co-create wealth &/or comfort &/or pleasure for one’s self. Enlivening this focus ultimately leads to an increased attachment to superficial “successes” and thereby an intensified experience of suffering to

the degree that said “victories” are indeed manifested ... The other alternative is the “Law of Unity” mentality which sees these same words as an in-Couragement to crystallize one’s resolve in a such a way as to engage life with the sole intention of lessening others’ suffering & enhancing others’ Joy. Enlivening this focus inevitably leads to a decreased attachment to superficial pleasures and thereby an intensified experience of Inner Peace to the degree that said Peace is brought to others – especially to those “least worthy” of the same, and especially in those times when we least wish to give thereof.

“Let us go and See for ourselves.” ~ Jacques Cousteau

There is something indeed to be said for opening one’s mind – for having the humility to read challenging opinions and watch inspirational videos and listen to the words of Wise Ones. And yet there is something much more to be said for opening one’s perceptions – for having the courage to set forth to see new sights for one’s self, and to experience fresh events for one’s self, and to put new information into motion to see for one’s self which fruits it truly bears.

***Vision has nothing to do with what lies before you,
and everything to do with what resides Within you.***

***“For this I was born, and for this I came into the world:
To testify to The Truth.” ~ Jesus (John 18:37)***

First & foremost, we must come to remember that the Truth we have all come to share is the Truth of selfless Love – the Truth that we are all literally members of one Great Family; the Truth that our animal Brothers & Sisters are as much members thereof as our own mothers & fathers are; the Truth that our greatest Power & our greatest Peace both come from our greatest sacrifices; the Truth that we can ourselves can only experience a life of Joy & Meaning while enlivening this greater Call to a greater Love ... And indeed, we can only truly & deeply testify to this Truth by radically actualizing the same – far more with our actions than with our mere words; and far more with our words than with our mere thoughts.

“To imagine is everything. To know is nothing.” ~ Anatole France

This quote can be a bit misleading ... Indeed, it is not saying that we are to rescind our efforts to learn about our surroundings or abdicate fully experiencing our lives or refuse to immerse ourselves in our relationships. And it is not saying that we are to simply sit back and daydream about how life should be or how it could be. No, if this quote is indeed reflective a greater Truth, then it must be saying first & foremost that we are to repeatedly humble ourselves before our Reality – that we must remember over & over & over again that we never know enough; indeed, that we never concretely know with any certainty anything at all. And in addition, it is also saying that – while we are ever learning and ever experiencing and ever immersing ourselves in our world – we are also to imagine a living of greater Harmony and a culture of greater Wonderment and a resolve of greater Justice and a life of greater Peace, and that we are to then go forth and do our best to bring the same into being.

***Imagining your Wisdom
allows you access to The Divine ...***

“Luck and misfortune come not of themselves ...
... only when summoned.” ~ Chinese Proverb

This quote speaks to two great Truths -- **A**) that “karma” (at least within our current lifetimes) is a very real dynamic; that every action we engage (including the act of not engaging an obvious alternative) always manifests a commensurate response – a response that might materialize at a later time or even a later date, and yet a response that will materialize nonetheless, and **B**) that the greatest “misfortunes” in our lives are actually the greatest opportunities to learn and the greatest opportunities to Love. As such, our greatest misfortunes are also our greatest strokes of luck – and we “summon” them as such by choosing to see them so, and then by choosing to act accordingly.

“Anyway, I keep picturing all these little kids playing some game in this big field of rye and all. And I’m standing on the edge of some crazy cliff. What I have to do, I have to catch everybody if they start to go over the cliff. That’s all I’d do all day. I’d just be the Catcher in the Rye. I know it’s crazy, but that’s the only thing I’d really like to be.” ~ J. D. Salinger

The vast majority of humans are living lives of quiet desperation – running madly towards the crazy cliff of “success” or “fame” or “wealth” or “victory”; and thereby actually creating long lives devoid of Meaning and empty of real Love. To awaken them to their self-inflicted plight is to be their Catcher in the Rye ... To hold them close and remind them of their unconditional worth is to be their Catcher in the Rye ... To awaken them to the Truth that that their own purpose is to become a Cather in the Rye for others is to be their Catcher in the Rye.

The truly Loving “Catcher in the Rye” does not need to move at all ... Those “in need” run In to him.

“The only thing that counts is Faith made effective through Love.” ~ Paul (Galatians 5:6)

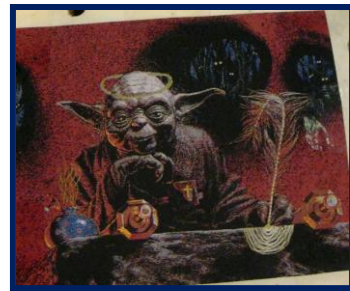
I include this verse here not only because of the Truths it shares (the Truth that one’s faith in God &/or Goodness means nothing without the believer actively emulating the same; and the Truth that acts of selfless Love are the only true Faith -- and that true Faith is the humble, empathy-rich foundation of every act of selfless Love), but also because it is Paul who did the sharing thereof – Paul, the faux-prophet who spent so much time directly & drastically contradicting the teachings of the man he so wished to honor; Paul, the man who – so unlike Jesus Christ – spent so much time telling others that works meant essentially nothing; that it was only a passive, self-centered, intellectual faith in Jesus as the only Son of God that counted. How wonderful that even a man as flawed as Paul could stumble upon the Truth in verses like these sprinkled throughout his letters – how wonderful that even a man so steeped in fear and judgment and self-loathing could cast an untainted glimpse upon the Truth of raw, unadulterated, unconditional Love; Love, the verb ... Love, the giving ... Love, the sacrifice ... Love, the foundation of any & all real Faith.

“You asked me what I came into this world to do, & I will tell you:
... I came to Live out Loud.” ~ Emille Zola

It is only possible to truly “live out loud” by courageously leaping fully into the very deeds we most fear, and to do those deeds for the very individuals we most often refuse or reject.

Let your Self shine through every selfless deed.

Image 130 (Page 59b) ... This image (which I call “Ruminating Yoda”) was sent to me by a dear Friend (Jochen Reum) and reminds me of many of the deeper Wisdoms uttered by this little, green Sage – among them: “You must unlearn what you have learned”, and “Let go of everything you fear to lose”, and “Fear leads to anger. Anger leads to hate. Hate leads to suffering”, and “Always pass on what you have learned”, and “Do or do not – There is no try” ...



“Every atom in our bodies was once a part of a star.” ~ unknown

This nifty fact means nothing unless we see the same source-star in the Hearts of others – and then go forth to act accordingly; bringing the Light of Peace &/or Joy into their lives, and thereby inspiring them to shine a similar Light upon the source-star-strangers in their own lives. This is how we come to See strangers for who they truly are – this is how we finally come to See them as Soulmates.

Let your Self shine through every selfless deed.

“When surrounded by normalcy, find Wonder!” ~ unknown

Once you choose to see the Wonder around you, “normalcy” loses all meaning. Indeed, once you reawaken to the fact that everything seen is being reborn in every moment – that nothing you are witnessing has ever been seen before – “normalcy” ceases to exist. Everything becomes a bejeweled miracle, and every being encountered becomes a freshly met Mentor.

**To Find the amazing,
simply have the humility to Seek it.**

PAGE 60



“Do not be afraid ... for I am bringing Good News of great Joy for everyone.” ~ Jesus (Luke 2:10)

Often read as a simple admonishment from Jesus – him essentially telling folks to cheer up because he had come to save them from their trials and troubles, this verse (like all other Bible verses included in *The Brown Book*) actually reflects several far deeper meanings ... First of all, the “Good News” that Jesus came to bring what not what Paul thought it was (namely, that Jesus is the only Son of God and that worshipping him as such would guarantee said believers an everlasting spiritual life after their physical death – see [1 Corinthians 15:1-4](#) & [Romans 10:9](#) et al). No, for Jesus at least, the “Good News” was **A**) that the perfect Bliss of the “Kingdom of Heaven” is available to everyone in every moment of their conscious lives (see [Matthew 10:7](#)), and **B**) that the way to experience this paradise was via purposeful acts of self-sacrificial Kindness (see [Matthew 24:12-14](#)) ... In addition, Jesus points out in this verse that we cannot access his version of Salvation while we are afraid for our own well-being, indeed that it is psychologically impossible to simultaneously fear for ourselves and Care for others – that the two are mutually exclusive – that we must choose one or the other. Indeed, this provides at least one meaningful explanation as to why Jesus so often admonished others to “[fear not](#).”

Image 131 (Page 60a) ... This is a picture of a sunbeam piercing the depths of Antelope Canyon (Arizona) – symbolizing the Truth that Love will reach & warm the deepest fears & sorrows, if only we open ourselves up and allow Love in ...



“In order to live Free & Happy, you must sacrifice boredom.
It is not always an easy sacrifice.” ~ Richard Bach

If a sacrifice is done for one’s own benefit, it will be difficult. If the same sacrifice is done to benefit others, it will be easy ... Many of the sacrifices we need to make have entrenched themselves as physical &/or emotional addictions, and as such are that much more challenging to release & replace. That having been said, the same principle applies – if we set aside an addiction to “get clean” and thereby further our own health & well-being, the addiction will repeatedly haunt us until we cave and relapse. And yet if we persistently set aside that same addiction one moment at a time in order to free ourselves to better serve another, then the impulse to relapse is dramatically weakened. Indeed, in those moments we are actually serving those others thereafter, the self-centered impulse to relapse cannot exist, and is completely extinguished therein.

***The only thing common about “boredom”
is the delusion in which it thrives ...***

***“I Am the Light of the world. Whoever follows me will never walk in darkness,
but instead will have the Light of Life.” ~ Jesus (John 8:12)***

Note first and foremost that Jesus here speaks to the “Light of the world” – a Light that radiates the same Divine Spark that resides in the Soul of every sentient being (see John 1:3-4). He does not say that he is the source of that Spark, nor does he say that we do not already have it within us. He is merely saying that he has chosen to live in such a way that his Spark shines forth through his selfless deeds (unlike the vast majority of humans to this day, whose Spark remains muted and shrouded in the tarnish of their desires and their fears) ... And this would explain why Jesus never once says “worship me” in the entire Bible – **not once!** Instead, he repeatedly encourages us to *follow* him – to emulate his Way of Loving; to enliven his teachings on selfless service and self-sacrifice; and thereby to “have the Light of Life” – the Light that was in them all along! And this interpretation is fully supported by the ancient Greek manuscripts, which do not have Jesus saying “I am the Light of the world”, but rather have him saying “I, **I am** – the Light of the world” (not merely “eimi” – “I am” Strong’s #1510, but “ego eimi” – “I, I am” Strong’s #1473 + #1510), meaning that he was not raising himself up above others at all, but was rather explaining to them that he was an embodiment of the “I am” essence – that his selfless actions & unconditional Love were allowing the Light within him to shine forth.

“From the pain comes the Dream ... From the Dream comes the Vision ...
From the Vision come the people ... From the people comes the Power ...
and from this Power comes the change.” ~ Peter Gabriel.

Our suffering reawakens the desire for Peace & Justice – which calls forth a Vision as to how society should be for all beings – which inspires us to act and inspire others to help us reform what is broken – which leads to a collective reawakening of what it means to live in a just & caring community; what it means to live for each other as One – which escalates in scope and vehemence until the broken system that caused the original pain either adapts to the civilly disobedient demands of the whole or crumbles away, either way allowing the reborn community to mold its society anew – to remake it in a way that keeps the pain away.

And from change allWays comes Freedom ...

Image 132a (Page 60b – main) ... The black and white sketch (which I call “Trinity Sun”) was drawn by Rebecca Jean Pittman, and for me symbolizes a trinity of trinities – **A**) the trinity of darkness, light, and the glimmering between the two; the place where enlightenment occurs after a time of ignorance, and the place where acceptance occurs after a time of giving – **B**) the trinity of past memory, future Vision, and the present moment where Life & Love enliven them both – and **C**) the trinity of solitude, community, the choice of intimate interdependence that can unite us all. *Note* that the the illumination thereof flows around the last lock of my Hawaiian hair (grown from November 2003 through April of 2005 – a time of Great Awakening for me personally; a time when this trinity of trinities was not only mentally rediscovered, but actively enlivened) ...



Image 132b (Page 60b – bottom right) ... I no longer remember exactly from whence this small piece of art originated, and yet its symbolism is for me remains quite clear – representing the Truth that Love must be active to truly Be, representing the Truth that there is no such thing as time – that the four seasons are One, and that there truly is only this moment, representing the Truth that evolution will run its course regardless *and* that we can positively influence the same – that it is not a duty that we do so, but rather a privilege that we choose to do so ...



“To learn your Life’s Lessons, you must take them with you as you go.” ~ anonymous

Taking a Life Lesson with you is not a mental affair – it is not intellectually comprehending a Truth or mentally remembering that Truth on a regular basis. No, to truly take a Life Lesson with you, it is necessary to regularly and courageously and fluidly *practice that Lesson* – to set it in motion in all sorts of circumstances – to continually re-evaluate the fruit that it bears – and when that fruit is Good, to apply it in ever-more-demanding scenarios; with the intention of having it bring ever-more beings an ever-greater experience of Peace & Harmony thereby.

***To carry a Truth,
you must Faith-fully follow
wherever It leads.***

“I have said nothing in secret.” ~ Jesus (John 18:20)

Indeed, I have heard so many Christians conveniently (and with great confidence) speak for Jesus about things of which he never himself spoke in the Gospels – claiming that Jesus would support gun ownership; claiming that Jesus was a supporter of animal abuse (i.e. non-veganism); claiming that Jesus was against early-term abortions; claiming that Jesus was for using violence in self-defense; claiming that Jesus would support “just wars” launched against international enemies; even claiming that Jesus would have been a Republican or a Democrat ... Of course, all of these claims are utter nonsense – and this particular statement from the Gospel of John makes that quite clear. Indeed, everything of true import that Jesus had to share he made quite plain in the Gospels, and any & every position that contradicts the radical, courageous, humble, selfless Love that he came to champion (and the Love that forms the hub of every single one of his sermons and every single one of his parables) is a position that he most certainly did **not** support or in any way affirm.



“The most important thing is to find out the most important thing.” ~ Shunryu Suzuki

The most important thing for one’s true Self always rests in attempting to fulfill what is best for the True Selves of others ... What is intended to bring Peace is the second most important thing – what brings that Peace is the most important ... What is intended to bring Joy is the second most important thing – what brings that Joy is most important ... What is intended to bring Harmony is the second most important thing – what brings that Harmony is most important ... What is intended to maximize Love is the second most important thing – what brings maximum, selfless, self-sacrificial, unconditional Love is most important.

It is most Important to realize that everything is equally Important ...

Image 133 (Page 61a - top) ... During my 2-year “Experiment with Truth” on the Big island (late 2003 to late 2005), I effectively lived in the Borders Bookstore that used to be found in Kailua-Kona. After word got around town that a “Happy Homeless Man” had taken up residence there, I would frequently receive visitors on the bookstore’s grand balcony ... Some would come almost every day and sit with me, while others were tourists with whom I only spoke once, and yet they all – to one degree or another, often after hearing the story about how I was living on the Big Island and how I came to be there – ended up wanting to know what I had to share about the nature of Life and the Meaning in its living. And seeing as how I quickly came to realize that all sentient beings already know everything that need ever be known about the same, I realized that silence & a smile was often as good an answer as any. And so more often than not when talking about Life & Love, I often would open my hands in this gesture when speaking of the Truth & the Power of selfless Caring – symbolizing as it does the fact that we are here not to point at others in judgment or grasp others in arrogance or fearfully defend ourselves from them with clenched fists, but rather are simply here to open ourselves to those who would come and rest in our Love – and set free those who would not – for “True Love never grasps or attacks: It is in allWays Giving; ever allowing the Beloved to fly free whenever she wishes to go, and ever allowing her to land gently whenever she might wish to return.”



“Succeed with Honor.” ~ anonymous

We can only truly “Succeed with Honor” when we succeed in honoring others. All our other “successes” – all conquests over our enemies, all victories over our opponents, all manipulations against our competitors, all dominations over our denigrators, all power-plays over our partners – all of these are encounters fully lacking in true Honor, and as such are all actually only varied forms of defeat. Indeed, the only way to truly Succeed over our enemies is to treat them with Honor by treating them like allies – the only way to truly Succeed over our opponents is to treat them with Honor by enabling and indeed celebrating their victories – the only way to truly Succeed against our competitors is to treat them with Honor by making them our co-workers – the only way to truly Succeed over our denigrators is to treat them with Honor by forgiving them and even supporting their well-intended aims – and the only way to truly Succeed with our partners is to treat them with Honor by giving them the Power in our relationships with them ... This is selfless Love ... This is The Way to “Succeed with Honor.”

Honor only succeeds in Action ...

“To you the Earth yields Her fruit, and you shall not ever want if you but Know how to fill your hands.” ~ Kahlil Gibran

This quote exudes Truth on many levels ... On the practical, material level, it speaks to the Truth that **A)** our bodies need very little external sustenance to thrive, **B)** that our minds need very little “goodness” to be thankful, and **C)** that what little we truly might lack in any given moment is always nearby for the easy reaping – be it sustenance for the body or wonderment for the Soul ... In addition, on the psycho-spiritual level, this quote speaks to the Truth that the only way to truly “fill our hands” (i.e. to know a sense of true Inner Peace) is **01)** for us to realize that our “hands” are already full – indeed, that they are always full – of endless gifts of Kindness we could offer others, **02)** for us to look around and see the endless opportunities in our immediate surroundings to share those gifts, and **03)** for us to then go forth and empty our hands of those gifts upon those ready to receive the same. For the Enlightened One knows that the only way to possess this Life’s Fruits is to give away the same; that the only way to accumulate true Wealth is to freely & fully give away the “wealth” we already possess.

*Once you have the Courage to open your palms,
you realize that they have allWays been full.*

Image 134 (Page 61a - bottom) ... This is a picture given to me by Cassie of a rainbow she had photographed from her family's home in Boise, Idaho. I find it odd now to think back at how I at first – while admittedly deluded by the emotional blinders worn by all those freshly “in love” – saw this image as a prognostication of our future together. Of course, in retrospect, there was a heaping mound of evidence from the beginning showing ever so clearly that this hope was anything but well-founded; that both of us had other things to do – things that neither of us could accomplish with the other by our side. Of course, symbolism often communicates more clearly in hindsight, and looking back I see this rainbow more as a warning than a bellwether; more as an encouragement for me to detach from my hopes than as an encouragement to cling to what might one day be. Indeed, just as it was the Elohim (*not* God) who showed humankind rainbow – openly using the same to proclaim their intentions to never again allow God to cleanse the Earth of their evil ([Genesis 9:12-16](#)), and symbolically admitting that they were actually imperfect spiritual beings, “fallen angels” who could only divide the Oneness of Light and never provide the true fullness of the same – so too did this particular rainbow foretell an imminent time of division and neglect, not one of Love and tenderness.



Image 135 (Page 61a - bottom overleaf) ... Here is another picture of Cassie & mySelf, this one made at “Ponderosa Point” near her family’s home in McCall (Idaho) ... *The Brown Book* is as much a sharing of how I came to Know “true Love” as it is an illumination of LOVE itself; it is as much a telling of how I learned what “love” what *not*, as much as it is a sharing of what I discovered LOVE to actually be. And indeed, every single partner mentioned herein played her significant part in fleshing out the former, allowing me to ultimately come to know the full majesty of the latter.



“Truth is simple ... Balance is simple. Rhythmic, balanced interchange between all pairs of opposite expressions is the consummate art of God’s Universe of Light.” ~ Walter Russell

Walter Russell was an exceptionally brilliant man, and I will not even pretend to explain or even comprehend the depths of what he meant with this statement (or any of his others). That having been said, I *can* offer what this quote means to me in relation to the ways I have applied and lived its principles in my own life – namely, **A**) that Truth *is* simple; that Truth is that which bears the Good Fruit of Peace &/or Joy when put into practice, ... and **B**) that Balance *is* simple; that real Balance is first & foremost known by sentient beings via the commensurate consequences that inevitably flow to our every thought, our every word, &/or our every deed – that for every action there is indeed an equal and “opposing” reaction; that for every act of dynamic Love there ultimately comes an equally intense experience of deep-seated Inner Calm, and that for every act of passive selfishness there inevitably comes an equally strident experience of violent dis-ease.

Truth and Harmony (the foundations of Peace) are simple, in that they must merely be Chosen to then Be ...

“Vocation is where one’s own deep Gladness meets the Universe’s deeper Yearning.” ~ anonymous

The Universal Oneness – by its all-encompassing nature – can only Yearn for one thing, and that one thing is an ultimate State of Harmony amongst all its many facets – all its material entities, all its energetic forces, and all its living beings ... Yes, there are always pockets of discord amongst and between all three of these groups, and yet every single moment of discord is brought to a head in order to reach an ultimate resolution; in order to ultimately be “ironed out” into an expression of inevitable Harmony. And it is within the community of sentient beings that this Truth is most profoundly experienced – with every single conscious being feeling at his or her core a Clear Call to bring Harmony to where there is conflict; to bring Joy where there is despair; to bring Intimacy where there is fear or suspicion; to bring Love where there is indignation or hatred ... Indeed, consciously effectuating any one of these four manifestations will awaken the deepest Gladness that resides in the Heart of every being so awakened – enlivening any of these four Callings is to actively do our part to bring Harmony to our surroundings, and thereby help the Universe a bit more to attain its only Peace-full Desire.

The Universe yearns for the Harmony that is re-Born when two opponents Love as One ...

“Ask and it will be given you. Seek and you will find. Knock and the door will be opened ... For everyone who asks receives and everyone who Searches finds, and for everyone who knocks, their door will be opened.” ~ Jesus (Matthew 7:7-8)

This verse is important in deed, and yet not in its traditional context ... For the typical, conservative, religiously dogmatic interpretation of this passage claims that all the “good Christian” has to do is ask for whatever he or she desires and the same will be given to them by God. And this flagrant misapplication has led to the infestation of the myth commonly known as the “Prosperity Gospel” in many modern Christian churches – a teaching that not only flies in the face of what Jesus meant with this particular passage, but also a teaching that fully contradicts the founding principles upon which Jesus’ entire ministry stood (and upon which it still stands) ... Indeed, it doesn’t take a rocket scientist to note that Jesus’ entire ministry was founded upon the principle of selfless Love and self-sacrificial Generosity. Yes, it is true that he did often claim that we could receive our deepest desires, and yet only those desires that were in harmony with the will of our True Selves; only those yearnings that were actualized “in Christ’s name” (see [Matthew 18:5](#), [Matthew 24:5](#), [Mark 9:37-39](#), [Luke 10:17](#), [John 14:26](#) et al) – a name that yearned for only one thing: to ease the suffering of *others*; to bring *others* Peace &/or Joy. And *this* is what will be given to us every time we ask “in his name” ([John 14:13-14](#)) – for every time we do so, an opportunity to serve another is immediately given to us; an opportunity to serve that was waiting to be recognized and engaged all along. And *this* is the gift that will always be given; *this* is the door that will always be opened.

“Allow your Self to be guided by being ready to go.” ~ anonymous

This quote is admittedly a bit misleading, for it is actually the *ego* that ever errantly waits to be “guided” (and thus it is the ego that rarely sets forth at all). The True Self, on the other hand, knows that -- while being “ready to go” does indeed open the mind and the Heart to the guidance “from above” (actually from *within*); a guidance that we are being constantly provided in every moment of our lives – being merely “ready to go” is not enough to fully receive said Guidance. Indeed, the True Self knows quite well that the only way to receive truly accurate Guidance relative to “what we are supposed to be doing” or “where we are supposed to be going” is to leap boldly and faithfully into the tasks already placed before us right where we already are – to simply start serving those nearest by; to simply start Loving right where we already find ourselves to be. For it is in *these* bold moments of “courageous unknowing” when we perceive quite clearly where our next station of Purpose lies (if not where we already are), as well as who resides therein waiting for our next act of Kindness (if not he or she to whom is already being given the same).

***As long as you are ready to depart,
you need never leave ...***

“Today’s doubts are tomorrow’s Faith.” ~ anonymous

This statement is indeed true, as long as we read “today” as “this very moment”, and as long as we read “tomorrow” as “the very next moment that follows” ... And once we re-read this quote in this way, we can more deeply realize the Truth that the innate potency of Faith cannot ever be actualized without first knowing doubt – that every act of true Courage is always performed despite an overwhelming sense of fear; that every act of deepest Love can only be given through a curtain of pain.

***Power-full Faith comes
only when Power-full doubt is utilized ...***

“It is a fool that looks for logic in the chambers of the human heart.” ~ Ethan Cohen

To analyze love is to dampen **Love** – to justify love is to imprison **Love** – to manipulate love is to weaken **Love** – to fight to preserve love is to kill **Love**. **Love** is most potent when given without expectation or hope of reciprocity ... **Love** is most alive when we perish during its Giving ... Indeed, real **Love** is most potent in those moments when it is given most irrationally – especially in those times we are least able; especially to those least deserving of the same ... It is true that a fool looks for logic in the chambers of the human heart, just as it is equally true that it is Wise One who has the humility & the courage to **Love** like a Fool.

Love is Stronger ...

“Avoid playing until you learn to simply play.” ~ anonymous

As long as you are trying to “win” or “compete at a high level” or “defeat the opponent” – as long as you see others as competitors instead of comrades; as enemies instead of allies; as those trying to halt your steps instead of those dancing by your side, then there is no point in “playing” ... Until all the participants in any encounter can be seen as Friends -- until we can choose to play for the victory of others as much as for our own, then there is no point in taking the field at all.

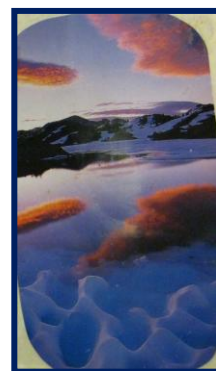
**To treat Life like a game of conquest is to ensure defeat ...
To live Life like a Child is the greatest triumph.**

“Magic easily comes to those who look for It without desiring It.” ~ anonymous

If one sees “magic” as a supernatural force that can be manipulated to one’s own advantage, then tapping into the same will always bring a measure of discord &/or unhappiness ... And yet there are those who come to understand that **Magic** is actually harnessing the Flow of Energy that surrounds us and unifies us all as One; that **Magic** is seeing Beauty where others see “normal” and then gently awakening them to the same; that **Magic** is choosing to openly & persistently give Kindness to those trespassing against us – and thereby transforming all enemies into Friends; that **Magic** is being able to Give in times of lack and Love in times of fear – and thereby turn emotional ghettos into thriving, intimate Communities of Intimacy & Attentiveness ... And *these* are the ones – the ones who are already accessing **Magic** effortlessly – to whom similar **Magic** flows with ever more majestic abundance and ever increasing potency.

**When you look without longing,
you find what was originally sought ...**

Image 136 (Page 61b - main image) ... a Divine reflection of Nature’s pristinity – for me symbolizing the Peace that comes from embracing conflict with gentleness; the Calm that comes from acting with Courage ...



“Attitude makes every space Sacred.” ~ anonymous

It is not so much that our attitude *makes* every space Sacred as it is our attitude that can allow us to realize that every space *is* ever Sacred – that there is Wonderment available in every visage, and that there are opportunities to powerfully Love (and thereby further the Divine’s persistent flow towards Universal Harmony) in every encounter.

**It is our attitude that allows us
to See the Temple in every Home.**

“Love is allWays a work in progress.” ~ anonymous

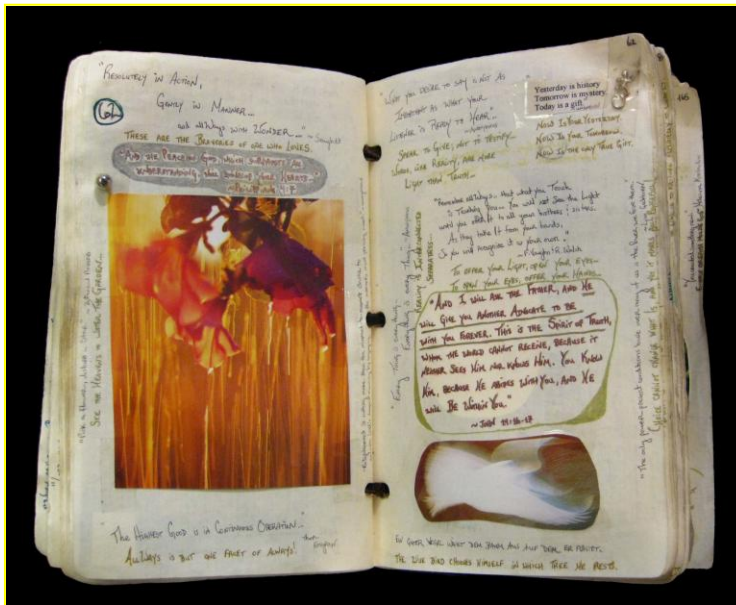
This quote is **not** meant to relay the common misperception that Love is something that we need to “learn” over time or “accumulate” with experience or even “understand” via teachings or dialogue ... Indeed, true Love has no levels of intensity or various degrees of purity. One either Loves with 100% sincerity & 100% humility & 100% for the other, or one is not really Loving at all. At the same time, Love is always courageous, and Love is always active, and Love is always in motion; and so it is in this sense that Love is indeed – quite literally – a “Work in Progress.”

***If a relationship ends,
it never really ever began ...***

Image 137 (Page 61b – bottom right) ... Here we see a hummingbird perched on someone's left hand – symbolizing the Truth that, while mere “happiness” must be ever earned and ever chased and ever striven for, deep-seated Joy comes freely to all who are humbly open to receiving the same ...



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“Resolutely in action, gently in manner ... and allWays with Wonder.” ~ Scaught

(These are the Braveries of one who truly Loves.)

This used to be the “sign off quote” for my hotmail email account back in the day – repeatedly reminding both myself and others that our days are to be filled with choices that embody courageous Integrity (never allowing our whims to compromise our virtues), care-full Kindness (ever thinking for the other instead of one’s self), and bemused Humility (choosing to See the amazing all around us, and to ever be Thank-full for life & its living).

*“And the Peace of God, which surpasses all understanding,
will envelop your Hearts.” ~ Paul (Philippians 4:7)*

While Paul probably intended this verse to be an uplifting encouragement to followers who were feeling doubtful or depressed; while he probably intended these words to have them focus on some celestial benefit that would “come from above” to ease their pain if they did as he said &/or believed as he believed, there is a much deeper Meaning at play here – a Meaning much more in alignment with the teachings of Jesus Christ – a Meaning that is better communicated to those who are in pain or afraid of pain than to those who are merely depressed or in doubt – a Meaning that provides in-**Courage**-ment more than mere encouragement – a Meaning that calls for others to reach out to their neighbors with acts of Love, rather than wait meekly to be rewarded for their “appropriate” worship.

“Pick a flower, nudge a star.” ~ Botanical Proverb

Not only does this quote relay the Truth that all things material (indeed, all things energetic as well) are fundamentally interconnected – that to kill a mosquito *is* to bring pain to all beings in its forest, that to gently caress a tree *is* to bring a measure of solace to every moss & fern, that to pollute one rivulet *is* to poison an entire ocean, and that to desecrate one planet *is* to rob the entire Cosmos of a portion of its ultimate splendor ... No, in addition to this Wisdom, this statement reminds us that life and all things living are miracles in their own right – and that they are to be appropriately protected and honored and cherished; never abused or manipulated or exploited.

*See the heavens above
to water the Garden within.*

Image 138 (Page 62a) ... This picture shows fuchsia flowers in sunlit rain – symbolizing the ultimate reasonableness of all deeply Faith-full deeds; that it is actually completely logical for us to believe devoutly in the ultimate effectiveness of every act of selfless Love – even if we never directly witness those inevitable Successes ...



“Enlightenment is nothing more than the moment-to-moment choice to enLive Love's deepest meaning by engaging the moment's most pressing need.” ~ anonymous

This is a very important concept – namely, the Truth that any Enlightenment worth embodying always reflects a call to action, never a mere summons to increased knowledge ... Indeed, any Enlightenment worth possessing is an Enlightenment that is shown to others more than it is “known” by one’s self – an Enlightenment that is intimately enlivened more than it is verbally communicated – an Enlightenment that serves others humbly instead of pandering to the hubris of one’s own ego.

“The Highest Good is in continuous operation.” ~ Thor Evergreen

That the Highest Good is in continuous operation does **not** mean that “good things” are always happening – or even that “good things” are on their way (though both of these posits *are* essentially True) ... No, this quote actually transcends the typical human viewpoint, and in-Courages us instead to see life from a grander perspective – from a perspective encompassing the entirety of humanity, and from a perspective that encompasses a far grander swath of time. For in Truth, aside from the fact that every “bad moment” can indeed be used to empower immediately subsequent acts of selfless Goodness, every discordant happenstance – every instance that is filled with pain &/or suffering for those immersed within it – contains a commensurate reciprocation of Harmony that will wash over others as a direct consequence thereof. Deep depression can inspire one to selflessly serve one’s community with Great Power, or it can inspire one to commit suicide. And yet even when the latter is chosen, that suicide – such a deep & terrible tragedy – will inevitably inspire those close to the deceased to dedicate their lives to helping others in similar fits of despair; inspire them to reach out where they otherwise would have been silent; to effectively prevent other tragedies that would have been as great as their own deep-seated loss.

Always is but one facet of allWays ...

“What you desire to say is not nearly as important as what the other is ready to Hear.” ~ anonymous

Trust me, it does no true Good to share even the most priceless Truth about Peace & Harmony to those who are openly dedicated to rejecting the same ... Similarly, there is no point in sharing a “watered down” version of Truth (which is actually not a Truth at all) when that is all those same comfort-stifled others are willing to hear. As such, have the courage to boldly-yet-gently speak your Truth anyway – your whole Truth and nothing but your whole Truth; only that which has been tried & tested and found to bring Peace. If others reject it initially with doubt and curious questions, answer the same humbly – if they persist with denigrating commentary, offer consequent clarification – and yet if they then move into defiant rejection, bow to them gently, smile to them lovingly, and silently depart along your way ... We are not here to demand that others accept the Truth of Selfless Love, much less cajole or convince them to do so. Instead, we are simply given the *privilege* of reaching out to those who might have the requisite humility to listen open-mindedly – and who might also have the requisite courage to put the Truth of Love into motion; to feel its innate worth for themselves. Yes, it appears that only an extremely small percentage of our life’s listeners will have either one of these traits in full – and that even fewer will exude them both. And so it is that we are ever-ready to remove ourselves from sharings that have turned into debates, and smoothly depart from discussions that have turned into arguments ... If the other is not willing to drink from our Cup of Wisdom – if they are determined to wander away from our clear spring and head deeper into their desert of confounded delusion and cognitive dissonance, then we must be ready to honor their choice – to realize the we are not to be the ones who provide them with the necessary Spiritual Sustenance – to let them go, and thereby let them thirst.

***Speak to Give, not to testify ...
Words, like Reality,
are more Light than Truth.***

“Yesterday is history. Tomorrow is mystery. Today is your Gift.” ~ unknown

The past is a gift when it is used as a guide – and becomes a shackle when known as a source of regret or is seen as the source of “inevitable patterns” ... Remember – no matter how strong the inclination to repeat past mistakes &/or to futilely steep our thoughts in “figuring out our history”, it is always possible to free ourselves from such useless traps and boldly embrace *all that is* – and to do so in ways that are fresh and yet untrodden ... Similarly, the future is a gift when used as an inspiration – and becomes a shackle when it is seen as a source of worry or is known as a source of “hopes & dreams” ... Remember – no matter how strong the desire to strive for future successes &/or to futilely soak our thoughts in fantasies of what “could be”, it is always possible to free ourselves from such traps and boldly embrace *all that is* – and to do so in ways completely

***Now is your Yesterday ...
Now is your Tomorrow ...
Now is the only true Gift.***

detached from what might very well happen as a consequence ... Indeed, setting aside the clinging to our past &/or the fawning over our future is the only way to effectively embrace each day as the Priceless Gift it truly is.

Image 139 (Page 62b - top) ... This is a picture the silver lizard-earring given to me by my brother, Todd (a.k.a. Thor) – symbolizing the Truth that letting go of the dysfunctional ego is not only a crucial choice for us to repeatedly make, but can also becomes an effortless choice every time we choose to stop fighting our addictions and our desires and our anxieties and our expectations, and simply engage deeds that are functional instead – deeds that are always difficult, and yet deeds that are always doable ...



“Remember all Ways ... that what you teach is teaching you. You will not See the Light until you offer It to all your brothers and sisters. As they take It from your hands, you will recognize It as your own.” ~ F. Vaughn & R. Walsh

Some I have known have professed the belief that a teacher can only share what he or she most needs to learn him or herself, and this might indeed sometimes (or even oftentimes) be the case ... Of course, even if True, what this does **not** mean is what is often implied thereby – namely, that what is being taught by those teachers need only be heeded by those teachers themselves, much less that those teachings are per se “wrong” in any way ... Indeed, just because a teacher might do well to heed his or her own advice, in no way means that his or her teachings aren’t worth heeding when heard. So yes, what we teach *is* always teaching us – and yes, we will not ever know the true magnitude of the lessons we have to share until we present them in such a way that they are deeply Heard; that they are boldly attempted -- and thus that they are *experienced* ... And yet even if we never enliven our teachings perfectly, and even if others never show the humility or the courage necessary to feel their Truth for themselves, we are to keep reaching out to share them – we are to **keep teaching anyway**.

***To offer your Light, open your eyes ...
To open your eyes, offer your hands.***

“Every thing is everything ... Everything is every thing.” ~ anonymous

As difficult as it is to comprehend, the very real holographic nature of the Universe means that the entirety of the Cosmos is indeed reflected in the smallest particle of the smallest individual component thereof. And as difficult as it is to comprehend, it is equally True that there are no “separate selves” within that Universe; that while our individual consciousness might indeed *seem* to be separate from the rest of the Cosmos that surrounds it, in Truth there is but one Universe, and we are all merely unified & interconnected facets thereof ... These concepts are practically impossible to intellectually comprehend, of course, and yet they are both extremely easy to *feel*, for we *feel* them fully – we *feel* their innate Truth – in every moment we choose to set aside our own desires &/or our own fears to reach out to Care for another anyway. In essence, we *feel* them in every moment we choose to Love.

***The Reality of matter is Interconnected separateness
... The Reality of Love is Oneness.***

“And I will ask the Father, and He will give you another Advocate to be with you forever. This is the Spirit of Truth, whom the world cannot receive, because it neither Sees It nor Knows It. You Know It, because It abides with you, and will be within you.” ~ Jesus (John 14:16-17)

As far as comprehending human psychology was concerned, Jesus was way ahead of his time – so far ahead in fact, that he was forced to share his Truths via cryptic sermons & symbolic parables (and ultimately by having himself nailed to a cross), and this passage is one of the best evidences of this Truth. For here, Jesus is not speaking of an external “Advocate” – not referring to any separate entity that would come from somewhere else and in effect possess the bodies of those to whom he was speaking. No, as was so often the case, Jesus was speaking here of an *internal essence* – an essence (that some call the “conscience” and that others call the “Soul”) that was already in place within his listeners, and that needed merely to be activated by them via selfless acts of Love (see [Matthew 10:7+](#) [Matthew 24:12-14](#))... Sadly, not even his disciples chose to set aside their self-centered fears & selfish lusts long enough to even faintly comprehend the radically selfless Love of which he was speaking (hence the fact that he became increasingly frustrated with them over the course of his three-year ministry – see [Matthew 16:7-11](#), [Mark 9:19](#), [Luke 9:41](#) et al); hence the fact that he ultimately gave up trying to verbally explain his Way to others altogether – and hence the fact that he ultimately resorted to one final act of Joy-full self-sacrifice on the Hill of Golgotha; hence that he ultimately chose to *show* others what he meant instead of merely telling them).

Image 140 (Page 62b - bottom) ... This is a picture of a white heron in flight – symbolizing the Truth that our Life-Journey starts alone and ends alone, and yet remains ever filled with opportunities to interact intimately and self-sacrificially with others – to walk through Life without any want or need of relationship, and yet to willingly immerse in all others encountered along our way ...



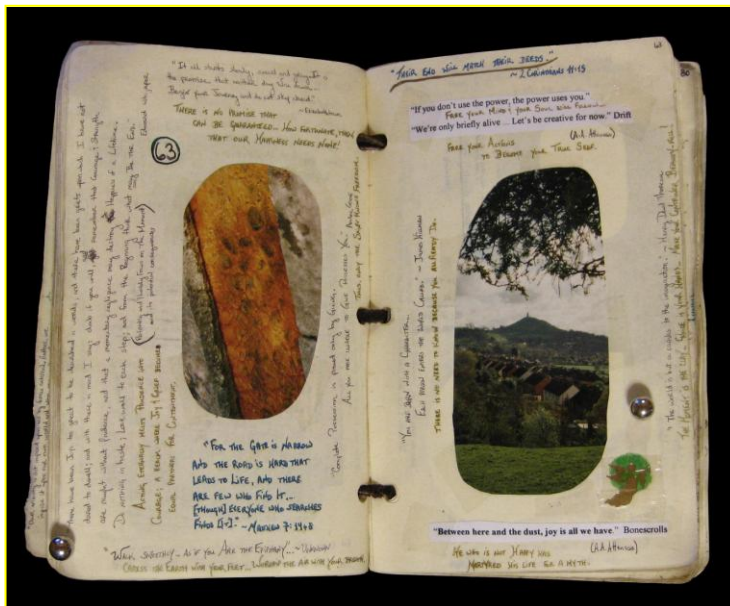
“The only power present conditions have over any of us is the power we give them.” ~ L. Grabhorn

This is true on its face, of course, in that circumstances have no control whatsoever over how we choose to react to them, and thus what we choose to do with them ... That having been said, it *can* be quite helpful to remember (and ultimately, to re-Member) that each & every happenstance – especially those happenstances that are unpleasant &/or painful – has enormous Power innately encapsulated therein; that every single experience contains built in temptations to react selfishly &/or fearfully, and thus that every single experience inherently contains the enormous Power that comes to those who choose to reject those temptations and pro-act selflessly anyway.

***Choice cannot change what IS,
and yet It does make one all-Powerful.***

“The Wise Bird chooses itself in which Tree he roosts.” ~ Chinese Proverb

Some would read this proverb and say that the Wise Bird is the one who chooses his or her friends wisely; the one who surrounds him or herself with “good people” -- people who encourage & support & affirm, instead of “mean people” who use and abuse and cajole ... Of course, nothing could be further from the Truth, for it is those who are mean and who are manipulative and who are denigrating and even who are “evil” who desperately need Kindness the most – and they especially need it from the folks they are directly harming thereby; they especially need it from those least likely to give it ... And so it is that the truly Wise Birds are the ones who choose not to roost on limbs that are filled with friendly flight-fellows &/or laden with already ripened fruit, but rather on the branches that are overflowing with doves both despairing & diabolical – landing there gently to bring the long-forgotten fruits of Kindness & Forgiveness & Compassion to them.



“It all starts slowly – small and gray. It is the promise that another day will dawn ... Begin your Journey and do not skip ahead.” ~ Kirsten Dunst (in the film “Elizabethtown”)

It is only possible to truly begin a Great Journey after releasing all plans as to its route and hopes for its end destination ... We might choose an initial path, it is true, and we might have a distant light on the horizon – a vague vision or goal – towards which we travel in general, and yet the truly Great Journey must always be flexible – with no timetables, no deadlines, no appointments, and certainly no concrete destinations. In this way – and only in this way – can we readily absorb the blessings of immense Beauty that wash over us in each moment of our travels, and readily engage the opportunities to powerfully Care that present themselves to us each day.

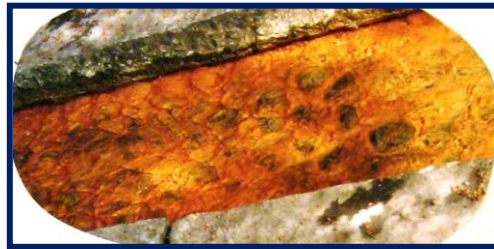
***There is no promise that can be guaranteed ...
How fortunate, then, that our Happiness requires none.***

“There have been Joys too great to be described in words, and there have been griefs upon which I have not dared to dwell. And with these in mind I say: climb if you will, and remember that Courage & Strength are naught without [attentiveness] ...” ~ Edward Whymper

I will confess without pause that I altered this quote, and I have faith that Mr. Whymper will not fault me deeply for doing so. For his original citation – which I still feel radiates a certain brilliance – claimed that “courage and strength are naught without *prudence*”; a claim that in and of itself is ever per se false (as there can be no real Strength without real Courage, and there can be no real Courage while shackled in prudence – a self-centered caution that is per se grounded in fear for one’s own well-being) ... Of course, we each lead lives filled with triumphs and tragedies; we each live lives sprinkled with moments of special suffering and times of sacred solace. As such, we each know exactly what it is to be truly courageous – what it means to set aside prudence and replace it with Love, or potent attentiveness, at the very least. And as such we each know as well exactly how it feels to be a coward – how it feels to disregard a chance to Love, possibly under the smooth guise of “prudence” ... And so it is that I altered this quote – not out of disrespect for Edward, but indeed to provide the rest of his words with the potency they merit. We might be tempted to be careful, my Friends, and yet let us be Care-full instead. Let us always choose bravery ... Let us revel fully in moments of Joy, and attend acutely to times of sorrow. We only have this life; indeed, we truly only have today ... As such, let us pay attention to its passing, and let us live it fully.

***Patiently and Humbly focus on the Moment
and all its potential consequences ...
Acting eternally melts prudence into Courage;
a realm where Joy & grief become equal partners.***

Image 141 (Page 63a) ... This is a close-up of the red waters of the “Pilgrim’s Bath”; the portion of The Chalice Well (in Glastonbury, England) where visitors can walk barefoot in the spring’s soothing waters – the color of which comes from its high iron content, an element that reflects the calm, “grounding” effect of reasoned thinking during times of fear, despair or passion ...



“For the Gate is narrow and the Road is hard that leads to Life, and there are few who find It ... [though] everyone who Searches, [does indeed] find It.” ~ Jesus (Matthew 7:14+8)

It is easy to see why so many Christians read these and similar verses as saying that Jesus was only open to saving a few “good souls” – to only redeeming those few who happened to subscribe to the teachings of Paul by worshiping Jesus as the only Son of God. Indeed it is these same dogmatic “Paulinists” (known today as “Christians”) who would have us believe that worshiping Jesus himself is the very “narrow way” he himself mentions in such passages – essentially, having us believe that Jesus was a hypocrite; that he openly abandoned the very same humility that he demanded of others (see [Matthew 18:3-4](#)) and that he openly exuded the same pride that he so soundly denounced (see [Matthew 23:12](#)) ... And yet this is **not** how we have to read these passages, my Friends. It is indeed possible to read them without selling Jesus so short – just as it is indeed possible to read them without making God out to be such a capricious masochist. For if we read Jesus’ teachings in their entirety, it is quite clear that the Narrow Way of which he speaks has nothing at all to do with worshiping him (see [Mark 10:18](#), [John 7:16](#), [John 12:44](#) et al) and everything to do with enlivening a Way of Being – a Way of Caring – a Way of Loving – a Way of living with others that puts their own needs above our own – a Way of selfless Kindness that is indeed “the road that leads to [a Meaning-full] life” ... And yes, it is indeed a road that requires immense courage, and thus it is indeed a road few choose to find. And yet it is also just as true that every single person who exhibits the requisite humility to seek it – and then the requisite courage to leap upon and walk it – is indeed guaranteed to both find and revel therein.

“Possession is proved only by Giving ...
All you are unable to Give possesses you.” ~ Andre Gide

We are all familiar (at least in part) with the first portion of this quote – namely the Truth that we cannot truly “possess” (i.e. experience) the true Worth of anything we “own” until we Give it selflessly to another – either to lessen their suffering or further their Joy ... At the same time, the second half of this quote is not so well known but just as True – namely, the half that explains that all those things we “own” that we refuse to share with others end up “owning us” – end up draining our lives of energy, end up diminishing the intensity of our relationships, and end up neutering the power of our Love.

Only the servant Knows true Freedom.

“Walk smoothly – as if you are the Epiphany.” ~ anonymous

Whether writhing in great pain or soaked in overwhelming happiness, be gentle with others ...
Whether walking routes droningly familiar or enveloped in sights wondrous to behold, be gracious towards Nature ...
Whether quivering in fear or melting into the warmth of a dear friendship, be Kind towards all animals ...
Whether pining for your past or excited for your future, return resolutely – and walk ever so softly – into your now.

***Caress the Earth with your feet ...
Worship the air with your breath.***

“Their End will match their deeds.” ~ Paul (2 Corinthians 11:15)

This verse has an importance inverse to its length, for it reflects quite a few Truths of quite great magnitude ... **Initially**, it exposes Paul as a hypocrite – seeing as how he uses this verse (and the verses that immediately precede it) to condemn others for being false-prophets; all while he himself – a man who purported to champion the teachings of Jesus – was preaching a gospel that directly *contradicted* the Gospel of Christ (contrast [1 Corinthians 15:1-4](#) & [Romans 10:9](#) with [Mark 10:18](#), [Matthew 10:7](#) & [Matthew 24:12-14](#), for starters) ... **Secondly**, it is extremely ironic that Paul would warn others of their ends matching their deeds, when his own apparently brutal end matched his own relatively barbaric & highly judgmental teachings (it is indeed also often true that those who call out the sins of others are they themselves even more egregiously guilty of similar misdeeds) ... **Finally**, and most importantly of all, this verse is accurately reflective of what I call “The Law of Rapid Karma” – namely, the Truth that all of our deeds are not only met with commensurate consequences on the material plane in the same lifetime they are committed (with our “wickedly” selfish deeds reaping commensurate experiences of painful discord, and our “saintly” selfless acts gleaning commensurate experiences of peaceful Joy), but that those same deeds reap commensurate psycho-spiritual consequences *while* they are being committed as well (with our “wickedly” selfish deeds birthing immediate feelings of shame &/or fear &/or sadness, and our “saintly” selfless deeds engendering immediate feelings of Self-assuredness & Peace & Joy).

“If you don’t use the Power, the Power uses you ...
We’re only briefly Alive ... So let us be creative for now.” ~ A.A. Attanasio

We all have a Great Calling within us – a Calling to help others in need – a Calling to build intimate Community – a Calling to rectify injustice & defend the oppressed – a Calling to beautify the desecrated and uplift the downtrodden ... The degree to which we set forth to boldly fulfill any of these Missions is the degree to which “providence” (i.e. the over-arching flow of the base-frequency of the Universe itself) will come to our assistance, and the degree to which we do not do so – the degree to which we sit back passively and hoard comfort &/or pleasure &/or material wealth for ourselves – is the degree to which we will indeed suffer; both during our lives to the degree we are not “protected” by wealth or fame or beauty or “talent”, and also fully & brutally at the very latest on our deathbeds, when those “protections” have melted away and we are left only with our final (and seemingly infinite) moment of consciousness – along with the overwhelmingly acute awareness of all those times we did not do for others when we clearly had the chance to do so.

***Free your mind and your Soul will follow ...
Free your actions to become your True Self.***

“You are born with a Character ... Each person enters the world Called.” ~ James Hillman

Despite the fact that we try and convince ourselves that “we simply are who we are” – that we are all locked into our childhood-instilled dysfunctional patterns of rejection and gossip and coldness and dishonesty and greed and manipulation (even occasional acts of cruelty), the Truth of the matter remains that there is a far greater Self that takes a far greater precedence within us ... Yes, even though it is a comfortable cop-out to believe that our past abuses excuse our current immoralities, the fact remains that we are still – and ever will be – profoundly Moral Beings; people who know right from wrong; people who desire above all else to Care for those in need (even our enemies); people who can in any moment shatter the patterns of their youth and become the true “Children of God” we have been since shortly after our conception.

***There is no “need to know”,
simply because you already Do.***

Image 142 (Page 63b - main image) ... This picture is of the Glastonbury Tor (Glastonbury, England) as seen from Wearyall Hill – the mound upon which Joseph of Arimathea is rumored to have planted a thorn tree from the same crown of thorns forced upon the bow of Jesus Christ before his crucifixion. Whether or not this fable is true, a thorn tree of similar genus grows upon this hill still, and whether or not this fable is true, it reminds us of the Truth that the potent Goodness within all deeds of selfless sacrifice ripple onward through eternity; Peace-fully caressing thousands upon thousands of unsuspecting beneficiaries.

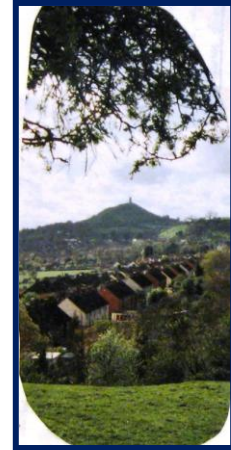


Image 143 (Page 63b - bottom right) ... This is a golden angel blowing its trumpet through a chartreuse halo – symbolizing the Truth that our Souls can only be clearly heard in those moments when they are trumpeting a cause that is selfless & True ...



“The world is but a canvas to the imagination.” ~ H.D. Thoreau

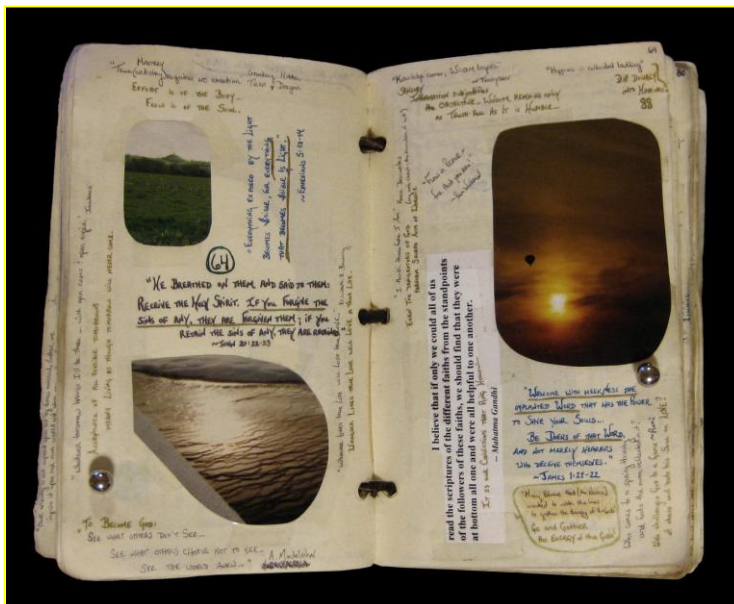
Regardless of happenstance or circumstance, we are always allowed to paint our moments with the colors of our choice – always allowed to lend them either tones that are gentle and warm, or shades that are harsh and cold. The choice is always ours – to paint the day with anger and sadness and violence, or to make that same collection of hours a viable masterpiece of Kindness and Joy and Peace ... My Friends, no matter what the hue of your morning, make the remainder of your day a landscape of Beauty, Love, and Laughter.

*The moment is the clay & choice is your hand ...
Use them to make your Life's container Beauty-full.*

“Between here and the dust, Joy is all we have.” ~ A.A. Attanasio

And Joy only comes to us in those moments when we strive to bring Joy to others.

*He who is not Happy
has martyred his Life for a myth ...*



“True Mastery requires no exertion.” ~ “Crouching Tiger & Hidden Dragon”

When one attains a level of True Mastery – regardless of his or her craft (as long as that craft has the potential to be engaged & enlivened for the benefit of others, and as long as that craft has at least the potential to bring about Peace instead of cause pain – to further life instead of magnifying the destruction thereof) – then it is true that a characteristic thereof is “effortless effort”; the feeling that one accomplishes tasks with no exertion or strife; when inspiration flows through the body and becomes the dance – flows through the mouth and becomes the song – flows through mind and becomes the words – flows through the hands and becomes the meal or the landscape or the sculpture ... We know when we have attained this level of Mastery because fatigue disappears, the mind becomes perfectly lucid, and time seems to evaporate ... We are no longer “doing our work” ... Rather, we realize that our Work is using us to Do itself.

***Effort is of the body ...
Flow is of the Soul.***

Image 144 (Page 64a - top) ... This visage was captured by myself during the end phase of my 2001 pilgrimage to the Glastonbury Tor (seen in the distance). Interestingly enough, it was at this time – shortly after this pictured was made, and obviously so close to the end of my Trek – that my Journey became literally bogged down. Quite metaphorically, while it seemed that all I had to do was walk straight through the pictured fields to the Tor -- and that is indeed what I set out to do – anyone who has ever visited that region of England knows that these fields are all surrounded by moats filled with dark water and sucking mud; that there is no feasible way to head straight to the Tor; indeed, that to try and take such a shorter, easier route is to become literally stuck and be forced quite literally to turn back and find another way. But rest assured that this Wisdom was not learned for lack of trying on my part ... Determined to go the way that I knew was the “better one”, I forged ahead -- hurdling a few of the moats and then finding wooden-plank bridges that allowed me to tight-rope across a few more; before finally meeting my match in a sludge-filled trough of water that proved to be just a bit too wide to leap over. Despite being long-legged and strong-willed, only one of my legs made it all the way across, with my other one sinking in up to my hip. Fortunately I was able to eventually extricate myself, and just as fortunately I had brought a spare pair of pants – into which I changed on the spot. Then, having learned my lesson the wet (and stinky) way, I returned to the paved path, left my sopping & soiled clothes hanging on the fence as a tribute to my hubris, and flowed on to the Tor without further incident ... The metaphors in this tale are many, and all are certainly appropriate. Feel free to attribute as many of them to me as you wish.



***“Everything exposed by the Light becomes visible,
for everything that becomes visible IS Light.” ~ unknown (Ephesians 5:13-14)***

This passage has two primary levels of Meaning: the material level – where everything (including matter itself) is indeed composed of various condensations of light (reminding us that we are indeed all literally One), and the psycho-spiritual level – where the True Self (or the Spirit, or the Soul) becomes “illuminated” in every moment we choose to shine it forth; in every moment we choose to embody its constant Call to Harmony, it continuously summons to Love.

“Whatever tomorrow brings I’ll be there ...
With open arms and open eyes.” ~ Incubus

Interestingly enough, it is this mentality – the mentality that openly says that we will fully accept whatever comes our way in the near future – that allows us to courageously leap into each present moment; allows us to leap into each Here&Now with arms truly wide and eyes truly open.

***Accepting all positive tomorrows
means Living as though tomorrow will never come.***

“He breathed on them and said: Receive the Holy Spirit. If you Forgive the sins of any, they are Forgiven them. If you retain the sins of any, they are retained.” ~ Jesus (John 20:22-23)

It is important to keep in mind here that Jesus was a firm & indeed an avid believer that every one of us was just as innately “holy” as he was choosing to be during his ministry (John 12:44-47) – that we all contain the Holy Spirit within us (John 14:20), that we all have within us the “breath of God” (John 14:26), that we all had the power to forgive others their trespasses against us – thereby freeing them to “become saved” by doing the same ... Just as important, this passage makes it equally clear that it is *we* who retain the sins of others when we refuse to forgive them the same – that it is *we* who retain the pain and the anger and the resentment and the shame – and that it is *we* who actually imprison those others in those sins by refusing to use our power of forgiveness to open for them a doorway of atonement; by denying them unconditional Love – the same denial from their youth that inspired the feelings of low self-worth that led to their transgressions against us in the first place.

Image 145 (Page 64a - bottom) ... This is a picture of a sunset reflected in a mineral-caked geyser-rivulet in Yellowstone National Park – reflecting as well the Truth that the Light or real Love does not discriminate – that it shines upon us all, even those whose watery Souls are still laced with impurities from sins past – that the Light of indiscriminate Caring illuminates the best of us in even our worst of times ...



“Whoever lives a true Life will Love a true Love.” ~ E. B. Browning

This is a truism if there ever was one – for there can be no life truly lived unless it is a life lived with true Love.

Whoever Lives true Love will Love their true Life.

“See what others do not See ... See what other choose not to See ...
See the world anew.” ~ Albert Schweitzer

And what is that others do not see? Or, better queried -- what is it that most others *choose* not to see? What world is it that can be seen – and thus could be realized – if we were to See the world anew? For starters, it is a world without barriers of nationality or language ... It is a world without fundamentalist religious beliefs that exclude “non-believers” from the Hereafter while persecuting them in the Here ... It is a world where neither race nor gender nor sexual inclination are seen at all ... It is a world where *all* sentient beings (meaning *all* animals, including *all* post-19-week-old babies living in their mothers’ wombs) are afforded the same inalienable rights to life, liberty, and the pursuit of a Meaning-full existence ... It is a world where all weapons of death & destruction are melted down and molded into implements of harvest ... It is a world where all energy comes from sustainable sources of sun, wind, and wave ... It is a world where politicians are public servants who earn only as much as the poorest member of their constituency, and where preachers are gentle guides who earn only as much as the poorest members of their congregations ... It is a world where crimes are handled with dignity instead of harvested for profit ... It is a world where health care is a right (where doctors get paid when we are healthy, and cure us for free whenever we are ill), and it is a world where those who have much willingly share with those who have less ... It is a world of Respect-full & Compassion-based community ... It is a world that runs on Kindness instead of fear – and Giving instead of earning ... This is the world I See – and this is the world I am going to help bring to life.

Be Seen by choosing to See ...

“Knowledge comes; Wisdom lingers.” ~ Alfred Tennyson

So true ... So true ... Knowledge comes to us from a place of ignorance, and then returns to the same once new knowledge comes to take its place ... Wisdom, on the other hand, comes from a place of experience – comes from a place of real, tangible Knowing. As such, while Wisdom does arrive

***Information subjectifies the objective ...
Wisdom only remains as Truth-full as It is humble.***

more slowly, it arrives much “softer” & much fuller, and thus lingers much longer after doing so.

“Happiness is the colloidal ladling of Gratitude upon all that IS.” ~ anonymous

In chemistry, a colloid is a mixture in which one substance of microscopically dispersed particles is suspended throughout another substance ... In Life, a “colloidal ladling of Gratitude” is a deep-seated, conscious infusion of thankfulness into every moment of living. It is a Life that transcends circumstance or consequence; a Living that is thankful more for life itself than any “blessings” that Life might or might be bringing. It is just as thankful for the “hard times” that make Love powerful as it is for the “good times” that bring with them Intimacy & Joy.

***Dip humbly into your Happiness,
and yet remember to always dip more than once.***

“I think, therefore I Am.” ~ Renée Descartes

Actually, it is not our thinking that makes us who we are or that brings us into Being ... Rather, it is our consciousness itself that identifies our unique place in the Cosmos, and it is the enlivenment of that conscience that brings us truly into Being ... Even though our individual identities might shift and morph over time (based on shifts in our beliefs, our level of Awareness, &/or the effects of our chosen behaviors), our base consciousness – our fundamental Awareness of Being – remains a constant throughout our lives; and this no matter how much we happen to think or what we happen to think about. Our conscient moral awareness (the innate knowledge that Kindness is correct and that purposefully causing others harm is not) is also constant throughout, and yet none of us truly come into Being – none of us can say with confidence “I Am” – except in those moments when we have the Humility to set aside our personal hopes and the Courage to dismiss our personal fears – at least long enough to reach out and Care for another in need ... That is when we can say with confidence “I Am” – for that is when we can say “I, Love.”

***Even the denigrators of God
perform Sacred Acts of Worship.***

“Flow in Peace – for that You Are!” ~ Pam Warren

At our deepest level of Being, we are entities who – like all other entities – are striving subconsciously (and sometimes consciously) to help the Universe attain a consistent and overarching expression of Harmony, primarily by bringing Peace to our interactions with others, and thereby bringing Peace directly to our surroundings as a whole. As such, it is only possible for us to be in true harmony with our True Selves – only possible to truly Be who we truly Are – when we choose to flow in alignment with the perfect Harmony that composes our conscient Soul – when we choose to forgive those who have harmed (or are harming) us; when we choose to be Kind to strangers & passersby; when we choose to reach out to friends & family with anonymous acts of generosity; when we choose to make our lives about making the lives of others more Joy-full ... This is what it means to literally “Flow in Peace.”

Image 146 (Page 64b) ... This picture (which I call “Sunset Traveler”) was seen from the summit of the Tor (in Glastonbury, England) on my first Journey there in 1998. To me it represents the Truth that the only way we will ever arrive at our greatest potential Destination – the only way we will ever fulfill our greatest Service to others (and thereby realize the greatest Meaning available to our lives) – is to “go with the flow” with a Humility that is full & pure; to cease striving to discover “the most important task” or find “the best or better way”, and instead to completely immerse ourselves in the tasks already resting nearby – to simply allow the winds of our surroundings carry us to the next person or mission, and then to engage the same wholeheartedly – as though her Peace is the most important mission or his Joy is the most important task in life. For in Truth that is indeed always the case – and this is so especially when the darkness is upon us and we would rather fly down to rest.



“I believe that if only we would all read the scripture of the different faiths from the standpoints of the followers of those faiths, we would find that they were at bottom all One and were all help-full to one another.” ~ Mahatma Gandhi

Ah, if we would all but be able to not only read the Scriptures of the different faiths from the viewpoints of their followers, but also read the Scriptures of the different faiths from the standpoint of unconditional Love, we would find that there was no more need for religion at all – no more need to “get to Heaven”, because we would be finally making Heaven here on Earth ... and no more need to “flee from Hell”, because we would have erased all the facets of society that emulate the same (all ghettos, all wars, all mines, all prisons, all zoos, all slaughterhouses). There would be no more need to “save our Souls”, because our regular expressions of selfless Love for one another would have already saved them ... and no more need to judge others as “sinful” or “unworthy”, because we would be concentrating more on the sins we found in the mirror than the ones we see on the streets.

*It is our conclusions that build our mirage ...
The more zealously we profess,
the more hollow we ring.*

**“Welcome with meekness the implanted Word that has the Power to save your Souls ...
Be Doers of that Word, and not mere hearers who deceive themselves.” ~ James (James 1:21-22)**

Ahhh, God bless “James the Just” ... It is no wonder that Jesus held him in such high regard (Gospel of Thomas 12), as he was one of the few disciples who seemed to truly “get it”; one of the few who understood that it was not by worshiping Jesus that one could be saved – that salvation came not from a mere mental belief “in Christ” or a mere verbal profession of “faith”, but rather (as Jesus himself so often and so consistently said throughout the Gospels) came solely through **acts** of selfless Love – especially those acts of Love given when we least wished to give them; especially those acts of Love given to those least deserving of the same. Indeed (in-Deed!), James knew that we are not to be doers of the words of Paul, but that we are rather to be Doers of **The Word** of Jesus Christ!

“Who comes to a spring thirsty and finds the moon reflected therein?” ~ Rumi

This is what it means to Appreciate Life – to crawl through the desert to an oasis, to be near death from thirst, and yet to pause and revel in the Beauty of the moon before taking the first sip ... This is what it means to Cherish Life – to be cast out by society, to be ridiculed and denigrated and insulted and spit upon, and yet to return to those same enemies again & again & again to offer them your Love ... This is what it means to Glorify Life – to have nothing left to your name, to be hungry and dirty and homeless, and yet to take the five dollars you just found lying in the street, and give it Joy-fully to the next person you see.

***Have the courage to challenge God to a game of chess,
to bet your Soul on Love ... and then to let God win.***

***Go and gather the energy of “the gods” –
an energy that is nothing more than Kindness.***

A God who is not composed of pure Kindness – namely, a God whose “unconditional love” is limited to his “believers” and whose Grace is thereby given only conditionally – is a God not only not worth worshipping, but a God worth openly denouncing.

PAGE 65



“The Meaning of Life is to See.” ~ Hui Neng

The degree to which “See” here means “passively witness” is the degree to which the practitioner thereof will suffer. And yet the degree to which “See” in this quote means “actively appreciate” is the degree to which the practitioner thereof will come to know Peace.

***Choosing to close one’s eyes
gives all meaning its true form ...***

“I Am dust particles in sunlight ... **I Am** the round Sun.
 To the bits of dust I say, “Stay” -- to the Sun, “Keep moving.”
I Am morning mist and the breathing of evening.
I Am wind in the top of a grove and surf on the cliff.
 Mast, rudder, helmsman and keel, **I Am** the reef they founder on.
I Am a tree with a trained parrot in its branches.
 Silence, thought and voice – **I Am** the musical air coming through a flute,
I Am a spark off a stone, a flickering of metal – a candle and the moth crazy around it,
I Am a rose and the nightingale lost in its fragrance.
I Am all orders of Being: the circling Galaxy, the evolutionary Intelligence,
 the Lift and the falling away ... What Is and what isn’t.
 You Know, GOD. You, the One in All.
 Say Who **I Am** ... Say I am You.” ~ Rumi

While this poem brilliantly & openly illuminates the fact that we are all One, it also quite subtly (and just as brilliantly) illuminates the fact that the Essence that many call “God” is just as inextricably linked to The All as the bits of dust -- and the morning mist -- and the wind -- and the spark from the stone -- and the candle, and the moth, and the rose, and the nightingale ... And as such, we cannot ever successfully ask God to tell us anything, for It cannot answer when a facet of Itself is doing the asking ... Indeed, the only way for us to receive an answer to Rumi’s questing – the only way that any of us can ever Know or true relationship with the Divine – is when we cease asking for “proof” thereof -- and simply start acting accordingly.

To Say the Loving word is to become Love.

“I stand, and this ONE of me turns into a hundred me’s.
 They say I circle around You ... Nonsense! I circle around Me!” ~ Rumi

***We cannot ever truly Know another
until first choosing to See the other as our Self ...***

Image 147 (Page 65a) ... This picture (which I call “The Druids’ Path”) shows me walking through a promenade of ancient stone monoliths in Avebury (England) near the end of my Journey there in 1998 ... To me, it represents the Truth that it is Wise to walk humbly through our lives, and that one of the best ways to re-member that Humility is to remember that every step we take in this life was made possible by steps made – many of them at great sacrifice – by many others who walked before us.

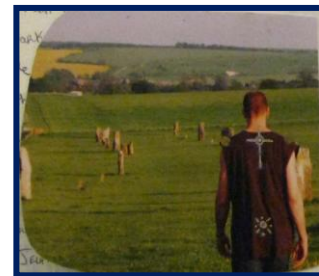


Image 148 (Page 65a) ... This picture (which I call “The Secret Way”) shows a “hidden path” I found while wandering the cliffs of Dover on the blustery final day of my pilgrimage to England in 2001 ... The path wasn’t literally hidden, of course, and yet I was so preoccupied with my own preconceived ideas as to how to get where I wanted to be that I completely missed it – the path that was right there next to me, and a path that led ever so smoothly to the place I should have been heading all along.



“Humor is when one laughs anyway.” ~ Horst Boss
(*Humor ist wenn Mann trotzdem lacht.*)

Actually, it is a “*sense of humor*” that laughs anyway – when one can smoothly choose to not take offense at the offensive; when one can easily dismiss being dismissed; when one can laugh at being laughed at ... Actual **Humor** is something else – something that society has for the most part lost a true sense of; for true **Humor** is not merely what the many find to be funny. No, real **Humor** can never come at the expense of another person’s dignity or at the expense of another person’s pain. Real **Humor** is an art form – it is that which gives us overflowing Joy without causing another suffering or dis-ease thereby.

*Choose to See the humor
in the center of all sadness ...*

“The Quest-quotient has always interested me more
than the intelligence quotient.” ~ Eugene Wilson

A high IQ (i.e. the standard measure of logic-based “intelligence”) means nothing unless it is set in motion for Good ... Similarly, a high “Quest quotient” (i.e. the desire to seek for Life’s deeper Truths and more profound Meanings) is just as useless -- unless the discoveries gleaned thereby are used to either ease the suffering of the world or add to its Joy. There is no sense being “smart” if that intelligence remains caged in conversation, and there is no sense being Wise if that Wisdom remains trapped in a permanent pilgrimage.

*Humbly searching is the only evidence
of one's true Intelligence.*

“If you are able, all things can be done for one who Believes.” ~ Jesus (Mark 9:23)

This verse is very misleading (and has indeed misled more than a few) until one remembers how Jesus actually believed about Belief ... For Jesus, **Belief** had nothing at all to do with mental reverence or verbal professions of worship ... Nope ... For Jesus, **Belief** was an *action*; a verb; an open leap of faith; a vibrant emulation of the Way of the Truth of his Life (see [John 13:15-17](#) et al) ... For Jesus at least, **Belief** was active or it was nothing, and because for him it was an active reflection of his teachings – teachings that focused almost solely on encouraging others (actually in-Courage-ing others) to perform deeds of self-sacrificial Love, the only thing that those who are **Believing** in such a manner can wish for is the opportunity to serve others -- the opportunity to Care -- the opportunity to forgive an enemy -- the opportunity to give their last two pennies to the poor. As such, this verse is *not* a call to rationalized selfishness at all – not at all a justification of the hollow & morally feeble “Prosperity Gospel” (Shame on you, all you false prophets... For shame!) . Instead, it is a call to **Believe** – an encouragement to know that you can effectuate great Goodness for those in need, and an in-Courage-ment to do just that!

“Compromise is a retreat from the Ideal.” ~anonymous

Compromise, by its very definition, is “a settlement of differences via mutual concessions”. As such, compromise innately contains an element of unwilling sacrifice; an element of duress; an element of reluctance – all of which have nothing to do with the ideal “Ideal” -- which is pure Love; a Love which knows only a pure willingness to give; only an open volition related to all that is given; only a raw enthusiasm whenever presented with the opportunity to sacrifice for the betterment of another. Love thinks only on the “win” of the other and per se never on any “victory” in return for self. For the latter is nothing more than a soft form of selfish manipulation, while the former – is the Ideal.

The giving Soul Knows compromise as callousness ...

“If we do not ever take time, how can we ever make time?” ~ Merovingian (*The Matrix*)

Time is the greatest of and most insidiously invasive of myths ... If we attempt to take it, it takes us ... If we attempt to make it, we lose it ... If we attempt to cherish it, it flies from us ... If we attempt to endure it, it stretches tortuously into tomorrow ... And yet even though time is a trickster – a hollow illusion at very best – it is also the Great Equalizer. For in the end, all the time we tried to take and all the time we tried to make will be showered over us in our final, seemingly eternal, final moment of consciousness ... And all that time – all the time we have tried to take time for our own pleasure and all the times we tried to make time for our own selfish ends – all those moments will wash over us in that last, ending instant ... And we will know that we have wasted those priceless gifts, and we will know that we were given those moments not to take them or make them for ourselves but rather to use them to bring others Joy &/or minimize their suffering. In that final, eternal moment, we will know that we have wasted a significant portion of the one life we were given – that we have selfishly spit upon the greatest Treasure ever bestowed on any being – a conscious, conscient life – a brilliant life wasted on fleeting comforts and superficial pleasures; a life significantly wasted on taking and making time ... Your own final, eternal moment is on its way as well, my Friends. So stop trying to make time and for God’s sakes stop trying to take time – and instead USE the time you have to do the Good you can do!

***When time is Given freely
& no longer clutched to one's bosom;
only then can one Know God.***

PAGE 66



“You can’t cross a chasm in two small jumps.” ~ D. L. George

If crossing the chasm is your goal – and is performed for a personal fortune of material wealth or the personal empowerment of individual fame, then you will most certainly plummet and die in the attempt ... If, on the other hand, crossing a chasm is your goal – and is done to bring others the fortune of radiant Joy or the fame of Inner Peace, then you will soar over its depths with ease.

***When learning to fly,
you must have Faith in your wings ...***

Image 149 (Page 66a) ... A picture of the planet Saturn; far away and tilted on its axis – representing the Truth that, despite what both our inner authorities (fears and cautions and desires) and our external authorities (governments and laws and religious dogmas and cultural conventions) tell us to the contrary, there are no real limits to our lives – certainly not to the Joy & the Peace & the Meaning we can experience therein



... There are no limitations to our ability to serve others (i.e. We are never “only human” in that regard), and there are no “healthy boundaries” in any of our relationships. And, while we are to “be disciplined” and “work hard”, we are to do so almost exclusively for others – never solely for ourselves. Finally this “sloped Saturn” reminds us that there is no need to “manage our time” or ponder the limits of our lifetimes finite & fleeting – as long as we are immersed fully in the one & only moment, we will always have enough time to Do what needs to be Done ...

“Finally in the End, when everything is finished and all Questions have been Answered, there is nothing left to do but sit down and have a good laugh.” ~ Chinese Saying

This is a most intriguing saying, if for no other reason that it is impossible to imagine a time when its Wisdom could ever accrue. When will we ever reach our End (if there even is such a thing)? When will “everything be finished”? And when will all our questions ever be fully answered? Indeed, I would offer the possibility that such a time cannot ever truly come to be, and as such – at least according to this saying – there is actually *never* a time when we should sit back in apparent callousness and merely laugh at the abject absurdity – if not the over-arching futility – of it all ... That having been said, there is another way to view this saying, a way that involves redefining the terms that I have capitalized therein ... **First** of all, note that we are dealing with our **End**, not our mere end – the ever-available **End** of our ego-selves, not the ultimate end of our existence (if such an end indeed ever occurs) ... **Secondly**, note that we are dealing with **Questions**, not mere questions – the **Questions** of great Meaning to which we already know the **Answers**, not the questions about life in general or the nature of consciousness or the expanse of the Universe to which we can indeed never know the Truth ... **Thirdly** and finally, we are dealing with **Answers**, not mere answers – **Answers** that are provided via personal actions & our experiences thereof, not mere answers that provide concrete & inflexible (and often inaccurate) access to “facts” or “reality” or “truth” ... As such, this saying can now be shifted in a way that allows us to find Truth therein – shifted to speak to the reality that we are indeed to sit back and laugh heartily whenever we have chosen the path of courage and humility; the courage to set aside the fears of our ego (to allow that ego to temporarily **End**) and the courage to actualize deep-seated, unconditional, perfect Love – the **Answer** to the only **Question** worth asking; the **Question** that asks: What are we to Do with our lives – What am I to Do with this moment?

Without laughter, nothing is complete ...

“But while she was still far off, her Father saw her and was filled with Compassion; He ran and put his arms around her and kissed her.” ~ Jesus (Luke 15:20)

This is the most important verse from one of Jesus’ most important parables -- The Parable of the Prodigal Son (see [Luke 15:11-32](#)). In this tale, a devoutly selfish son takes his massive inheritance, leaves his father’s house, and travels abroad to squander those riches in a life of sin & debauchery. And yet despite it all, when that son hits rock bottom and decides to come home, his father welcomes him with open arms – no scoldings, no guilt-trips, no passive-aggressive shaming, no uncomfortably “appropriate” punishments or fairly “just” consequences. The father simply sees him on the horizon and – despite knowing full well exactly where the son went and the wicked things he was doing while away – runs to him and warps his arms around him. Most importantly of all – and this is the part that almost all the Christians I know miss completely – he runs to him and fully forgives him *before the son even attempts to apologize*; before he asks for redemption and without him asking even directly to atone for his wrongs. The Forgiveness of the father is given immediately, it is given unconditionally, and it is given absolutely – just like the Forgiveness that must be given by any God who is all-Loving; by any God who is in any way even remotely worth worshipping (see [Matthew 5:48](#), [Luke 6:36](#), [Matthew 18:21-22](#) & [1 John 4:18](#)).

Image 150 (Page 66a – bottom) ... This image (which I call “The Journey Away”) represents the Truth that we are to ever head boldly into a life of self-sacrifice, and the Truth that we are to use whatever readily available means of “transportation” (whatever deed of Service, whatever act of Kindness, whatever gift of Self) to get there ...



“Remember to walk the Path of those who are Humble,
and to live your Life with great Patience.” ~ Libert Naka’ahiki

Remember as well that the Patience referenced here (at least by myself) is the Divine form thereof – a Patience that is overtly *active*; that refuses to wait even one instant before reaching out to help another; that does not ever sit back and ruminate on when one’s “true Calling” might arrive or spend priceless moments preparing itself for the same, but rather leaps boldly into each & every service already present – doing whatever it can wherever it already is for whomever is closest by ... Indeed (in-Deed!), this is the only way to walk “the Path of those who are Humble” – this is the only way to walk the Path of real Love.

***The Humble Man is Patient in that he waits for nothing ...
The Man who Gives freely need never wait to Do so.***

“If you do not get what you want, along comes something better.” ~ Doris

Indeed, the ego is the only part of any person that can desire anything for its self, and that ego-self is per se so limited in its ability to perceive the full Greatness of Possibility in any moment that there is indeed always something better available to it; always something *much* better – often several things much better – that is always available and yet also always just out of reach. In addition to this Truth, it is also impossible to see Life’s far greater, selfless opportunities in those moments we are receiving what our ego desires – and as such it is precisely those moments when we do not receive the same that we are able to **See** the far better options and the far more Meaningful Blessings that are ever waiting in our immediate Here&Now; ever waiting for us to set aside our selfish desires and put away our self-centered uncertainties and quell our self-focused fears long enough to reach out and give those greater Givings a greater Go.

One only Knows inner Peace once the seeking ceases ...

“Yes, let’s Wake Up and move beyond judgments of ‘good’ & ‘bad’. Let’s move into unity, where there is no duality ... If I stay detached from all the bad or good moods and emotions and feelings and judgments and projections, I find myself happier and free from the enslavement of having to either ‘be good’ or feel guilty over ‘being bad’ ... I just allow myself to Be, and allow others to Be as well.” ~ Lucia Brecheisen

Oneness is not unification; Oneness is harmonization ... Oneness is not seeing the “bad” as Good or seeing the Good as “bad” – Oneness is being humbly grateful for the opportunity to share the Good with those to whom it has not yet been given, and Oneness is courageously using the “bad” to enliven powerful all subsequent acts that “Give anyway” ... Oneness is not calling “evil people” Good or looking for the “wicked” exceptions to those who are primarily Good – Oneness is being humbly grateful for the opportunity to share intimate moments of Friendship with those who are Good, and Oneness is courageously seeking to befriend those who are apparently “evil”; to Forgive them their trespasses, to re-recognize the Good within them, and to treat them with according Kindness anyway.

***Growth of Awareness only Blossoms
where striving for that Growth ceases ...***

Image 151 (Page 66b - main image) ... This picture shows the brilliantly turquoise waters (symbolizing the emotional calm – the emotional “healing” – that comes during every act of selfless Kindness) of Wakulla Springs (Florida). Thought to be named after the Timucuan Indian word meaning “mysterious waters”, Wakulla Springs is one of the largest and deepest freshwater springs in the world, and is a sacred space I personally visited several times in my younger days ...



“Find the Good. It’s all around You. Find It and show It to others ...
Then you’ll start believing It.” ~ Jesse Owens

Interestingly enough, while this statement from Owens is indeed true, it is those times when we do *not* believe in the Good in others – when we do *not* see their Goodness and yet show them Goodness anyway, that Life’s innate & over-arching Goodness becomes most radiant.

**Let your gaze show others
that you See as God Sees.**

Image 152 (Page 66b - lower) ... This is a drawing of a blue feather, representing one similar to the feather that was “manifested” into existence in Richard Bach’s book *Illusions* ... In that tale, a modern-day “messiah” teaches that all seemingly miraculous happenstances are nothing more than Nature responding to those who comprehend its co-creative nature. The narrator of the tale tests this theory by focusing on a blue feather, and within a few days’ time indeed finds the same – pictured on the side of a milk carton. Of course, the deeper Meaning of the story was gently alluded to when the “messiah” shrugged the “miracle” off by calmly stating “But I thought you wanted a real one” ... And this is the true Lesson behind any teaching that even indirectly champions “The Law of Attraction” – namely, that it is our ability to seemingly “co-create” our reality that is important, but rather the choice of intention we are allowed put into such “manifesting” ... In essence, if we focus on attracting anything into our lives for our own benefit, we will ultimately suffer from the same (especially if we successfully receive that for which we had been hoping). On the other hand, if we focus instead on attracting those same things into our lives for the benefit of others, we will inevitably know Peace (especially *while* using the then “manifested miracle” to bring Peace to others).



“Anything is one of a million paths. Therefore always keep in mind that a path is only a path ... If you feel that you should not follow it, you must not remain upon it under any conditions. To have such clarity, you must lead a disciplined life. Only then will you know that any path is only a path, and that there is no affront in dropping it if that is what your Heart tells you to do. But your decision to either remain on a path or to depart from it must be completely free of both fear and ambition. [i.e. The decision must be full of Love & enable your service to others]” ~ Carlos Castaneda

This statement is only true to the degree that it is not used as a cop-out to callousness. So often our fear-ful & innately selfish egos convince us to drop out of dysfunctional relationships far too soon – indeed, it more often than not whispers urgently for us to depart from those painful people precisely in those moments when a radical expression of Love towards them would bring a profound breakthrough. As such, while it is true that “a path is but a path” (just as a relationship is but a relationship), it is just as true that the relationships we are engaging on the paths we are already walking are **important** relationships; relationships in which we can – admittedly only with the assistance of the other – effectuate Great Good. Otherwise, we would not have been able to see those paths in the first place – and otherwise we would not have chosen to walk them as far as we already have. As such, whenever you hear the ego whisper that the other is “using us” or that we are “furthering their codependence” or “enabling their addiction” – whenever our ego is telling us that we should leave any relationship, remember to always err on the side of remaining a bit longer. Yes, there does come a time when the Fruits of Love are rejected or tainted or twisted so often and to such a degree that it becomes obvious that to remain in the relationship would indeed be to further the chosen suffering of the other – and in these instances it is also an act of Love to depart from the other *for them*; to prevent them from using your Love to further harm themselves. Your arms remain open should they ever return for a second chance (or a third – or a fifth – or a ninth), and yet you remove your body-mind from their presence; for *their* benefit you choose to break the cycle of pain. **And yet** please remember that the first time – or the second time – or even the fifth time you hear such inner whisperings is **never** the time to leave. Err on the side of staying ... Err on the side of openly forgiving them and re-offering them your Kindness ... In essence, ever err on the side of Love.

**The Way is neither the trail-head nor is It the destination ...
The Way rests within each step.**

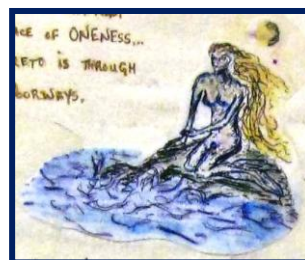


“We can’t only have the world entering us & be balanced.
 ... We must also enter the world.” ~ A. A. Attanasio

Actually, the only way to be truly Balanced is re-cognize the deeper Truth herein – the Truth that knows that the only way we can ever truly allow the world to enter us, is for us to boldly & humbly enter our world. Beauty will never fully enter us until we choose to make the world more Beauty-full – and while we do so, Beauty will wash over our senses ... Peace will never truly enter us until we choose to make the world more Peace-full – and while we do so, Peace thrive in our communities ... Love will never truly enter us until we choose to make the world more Loving – and while we do so, Love will illuminate all our encounters.

**Intimacy between one’s Self and the environment
 brings a gentle Peace of Oneness ...
 The only entrance thereto
 is through a room that has no portals.**

Image 153 (Page 67a – upper right) ... This mermaid sitting alone on a boulder (originally drawn by Rebecca Jean Pittman & later colored by mySelf) symbolizes the two Truths that ultimately determine whether we will live a life devoid of Meaning or a life overflowing with the same --- Truth **01**) that we can only know deep & true Love in those moments we choose to set aside all reason & all logic & all prudence in order to dive fully into our encounters & our relationships, and Truth **02**) that we can only immerse ourselves fully in this pure manner after first choosing to set aside all hopes for emotional affection and all lusts for physical gratification ...



“Great Art can only be created by working moment-to-moment with God as co-Creator.” ~ Walter Russell

Again, the sheer magnificence of Russell’s halcyon intellect precludes me from assuming to even vaguely know what he intends to say here, and yet I *can* offer what I offer hereby – namely, the reflection of the Truth that all Great Works of Art (be they in the form of painting or prose -- or poetry or sculpture -- or film or theater -- or gardening or architecture -- or music or dance -- or political activism or community service) can only attain a level of true Mastery once the one performing or creating them fully submits his or her ego to their completion. Only when the creator gives credit to a Creator can a Great Work of Art be created – only when a performer gives credit to the Source of all inspiration can a Great Work of Art be brought to life. To such a pure Artist, the words and the colors and the movements and the forms flow not from him, but *through* him – she is not the source thereof, but only the conduit.

**Being consciously Here&Now
 guarantees God’s involvement ...**

“One should not collect all the beautiful shells on the beach.” ~ A.M. Lindbergh

Actually, one should never collect *any* shells from any beach ... Collection implies ownership, and no sentient being ever owns the lives another – not even the abandoned houses thereof. Indeed, it is not for us to go through life collecting & keeping its Beauties for ourselves, but rather it is our *privilege* to go through life tending those miracles right where they are – and then leaving them be, so that they might offer their Beauty for all others who might thereafter pass thereby. We are not here to own or possess or harvest anything ... We are here to steward everything ... We are here to enhance everything ... We are here to Caregive everyone ... We are here to Love it all.

**To “own” anything is to lose its Meaning
and become blind to its Wonders.**

“Since all children share flesh and blood, he himself likewise shared the same things, so that through death he might free those who all their lives were held in slavery by the fear of death.” ~ unknown (Hebrews 2:14-15)

This is an extremely important passage for several reasons ... **First** and foremost, it quite clearly reminds us that Jesus Christ was indeed a man – man who chose to actualize the *vast* majority of the amazing Inner Divinity available to us all (see [John 14:20](#) et al), and yet a man nonetheless. And this is a Truth that allows us to remember that it is indeed possible for us *all* to live just as brilliantly (i.e. just as Lovingly) as he did – and this, in any moment we choose to do so; especially in those times when we feel as though such a choice is impossible; especially in those moments when we are feeling most acutely “only human” ... **Secondly**, this passage points out the fact that Jesus did indeed “[share the same things](#)” as us – the same fears, the same temptations, and indeed the same sins (i.e. anger and fear and frustration and annoyance) as well (see [Matthew 7:26-29](#), [Matthew 15:21-18](#), [Matthew 17:17](#), [Matthew 18:15-17](#), [Mark 3:5](#), [Mark 9:19](#) & [Luke 9:41](#) et al). Yes, he transcended those fears & temptations (and thus avoided those sins) far more often than most of us do, and yet had them and occasionally succumb to them he did. Otherwise, how could he have any real Compassion for us all – and thereby know any real Love for us? Empathy is necessary for real Love to exist, and we can only empathize with sufferings that we ourselves have experienced – and this Truth is as valid for Jesus as it is for any other sentient being ... **Thirdly** and finally, this passage reminds us of the primary Purpose of Jesus’ ministry – which was not to save us or to support us or to feed us or to heal us – but was to *free us* from our fears (especially our insidious, inherent, subconscious fear of death); or – better stated – to Awaken us to The Way of selfless Love that we could use to *free ourselves* therefrom.

“He who has chosen to ride a tiger can no longer choose to dismount.” ~ Chinese Proverb

Read by many as an admonition to avoid activities that are “risky” or undertakings that “too big” or “too dangerous”, I happen to read this saying differently. For me, this proverb is actually an encouragement (more accurately, an in-**Courage**-ment) to engage such activities as often as they present themselves ... Yes, it is true that once a Great Undertaking is commenced (i.e. any undertaking intended to extend Kindness to those least deserving of the same), it is not possible to significantly divest one’s Self therefrom – that once any truly Important Activity is engaged (i.e. any activity designed to self-sacrificially bring Beauty or Peace into the lives of others), it is not possible to retreat therefrom without leaving a significant portion of one’s Self behind. And yet this is not a negative at all, for it is precisely such activities and precisely such undertakings that our Soul Selves yearn to engage most of all ... Indeed, once our Soul wins the moment and in-**Courages** us to leap onto the backs of such “tigers”, it is both an honor and a privilege to never dismount from them again!

Image 154 (Page 67a – bottom) ... This picture (which I call “Three Friends”) is of Misty, Billy, & Homer -- all of whom gave Great Love to me and mine, and all of whom are now buried in the “Hound Heaven” graveyard (Billy's grave is seen on [page 107b](#)) on Alexzanna Farms (in Wildwood, Georgia) ...



“I do not know what your Destiny will be, but one thing I do Know: the only ones among you who will be truly Happy are those who will Seek and discover how to Serve others.” ~ A. Schweitzer

Interestingly enough, it is only when we choose to sacrifice our own hopes and dreams and yearnings for “happiness” (specifically when we do so to engage others in acts of Kindness and selfless Service) that true Happiness washes over us. And it is interesting as well that it is precisely in such moments that we arrive precisely at the place we were always intending to go.

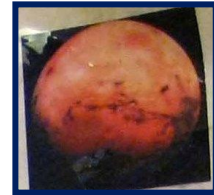
*Every True Path discovered
will be one that bears another's burdens ...*

“Daylight, full of small dancing particles ... And the Great One turning, our Souls are dancing with You ... Without text, they dance. Can you See them when I whisper in your ear?” ~ Rumi

Some would say that Rumi is speaking of “fairies” here – others of the particles of light that are alive and well in every moment of the reality of all things “quantum” ... I read it a bit differently, seeing instead the Power of Intimate Interaction; the Love that blossoms every time we whisper Goodness in the ear of another – the Love that blossoms every time we hear the Earth whispering similarly into our own ears; and then respond accordingly.

*Be Silent ... Can you smell your fear?
Be Still ... Do you Feel the wind
carrying your Soul back to GOD?*

Image 155 (Page 67b – top right) ... A picture of the planet Mars – reminding us all of the Truth that, even though we are to some extent bound by the cycle of life & death -- that we are bound to the body into which we were born, and that we are bound to inevitably die and be released from the same, we have complete control of those lives while we live – that are always and in all ways free to make our lives as courageous (and thus as rich as Meaning-full) as we wish ...



“A challenge in which a successful outcome is assured isn't a challenge at all.” ~ J. Krakauer

This quote is quite obviously true – it is quite clear to most that only the deeds done despite difficulty are the deeds that require Power to be done, and that only the deeds requiring Power to be done are the deeds that work Power-fully (both while they are being engaged, and once completed and set free) ... That having been said, what is not so obvious herein is the additional Truth that the most Power-full deeds are always the ones where a successful outcome isn't fully known ahead of time – and that selfless Love is the most uncertain of such deeds – and thus that selfless Love is the most Power-full of chosen actions – and thus that it is fully irrelevant whether selfless Love is received or rejected; that its full & transformative Power flows fully forth in all the moments it is being Given; that it changes its surroundings for the better whether it is consciously received or appreciated or cherished by its intended recipient or not.

*Faith with expectation
is the wellspring of sadness ...
Faith without hope
is the origin of Bliss.*

Image 156 (Page 67b - main image) ... This drawing (which I call “Amphibian”) was sketched by Rebecca Jean Pittman (& colored by mySelf) ... To me it symbolizes the Truth that no matter how much we might grow during our lives, we always carry our True Selves within us – and that no matter how far we might roam through life, our true Home is always nearby ... Indeed, one of the greatest Truths any of us can ever re-Member is the Truth that our greatest transformation occurs when we realize that we need never truly transform; that we have always known how to Care for others, that we have always know that selfless Love is the only truly important Path to tread, and thus that the only transformation we ever require is the decision to return to Being what (Love) and how (Loving) we have always essentially been ...



“It is not our abilities that define Who we Are ... It is our choices.” ~ Albus Dumbledore

Intention is the prime sculptor of Reality ...

Far more importantly, it is not the contents of our choices that matter, but our chosen *intentions* underlying the same – not that we are doing deeds that are apparently selfless, but rather that they are consciously chosen to be so. Indeed, it is only deeds such as these – actions done solely & purposefully for the benefit of others (most often at least at some expense to ourselves) that truly define who we truly Are.

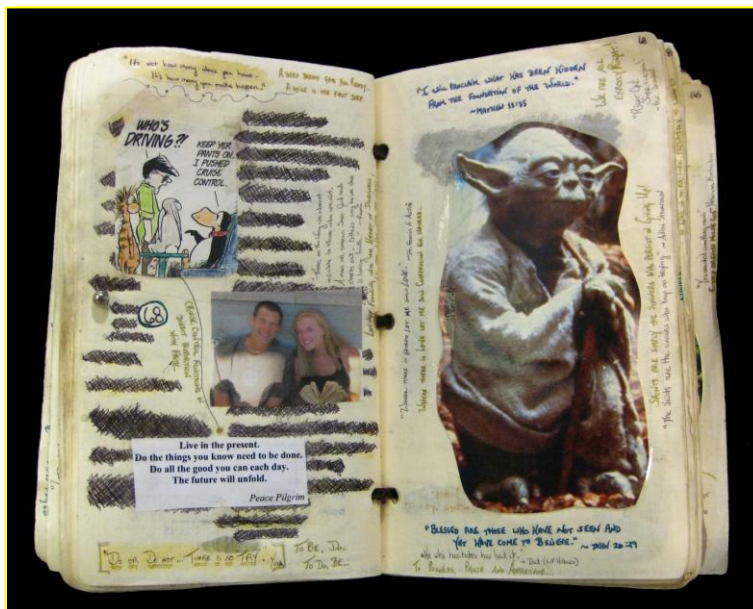
“And the Lord’s servant must not be quarrelsome, but rather Kind to everyone; an apt teacher, patient; guiding opponents with gentleness.” ~ unknown (2 Timothy 2:24-25)

Even though Paul did not actually pen this letter (seeing as how the Greek vocabulary and style of [2 Timothy](#) diverges in many ways from the rest of Paul’s genuine letters, seeing as how [2 Timothy](#) describes a historical situation marked by both the institutionalization of the church and a vibrant opposition thereto – much more akin of the period of the church’s history that existed well after Paul’s death, and seeing as how [2 Timothy](#) lacks all mention of a favored theme of Paul – the justification by faith – and seems to replace it with a focus not prevalent in Paul’s authenticated letters – Christian piety being shown by adherence to tradition), [2 Timothy](#) *does* contain quite a few of Paul’s other ideologies – one of the most poignant of which being found in this particular passage; namely, the belief of Paul (and indeed, of any other “good Christian”) that it is their responsibility to guide non-Christians to redemption with words of criticism or correction; that it is their duty to thereby “make others right with God” or “bring others to salvation” or “save the Souls of sinners” by “guiding them back” to their particular interpretations of the Scriptures &/or their particular beliefs about God ... And even though this passage encourages others to do so “with gentleness” while being “Kind to everyone”, it is actually impossible – and indeed also a direct violation of The Way of Jesus Christ -- for them to do so. For the teachings (indeed the entire Way, Truth & Life) of Jesus made it very clear that Humility was the key to entering his “Kingdom of Heaven” (see [Matthew 18:3-4](#)), that we were not to raise ourselves up by judging others or putting them down (see [Matthew 7:1-5](#) & [Matthew 23:12](#)), and that it is indeed impossible to be Kind to anyone while harming them in any way – that it is impossible to openly bear the Good Fruit of Peace & Joy using methods that bring others pain &/or shame &/or anger &/or sadness. Indeed, unlike Paul, Jesus made it very clear that it was our silent acts of Love that “guided” others, not our haughty words of critique or condemnation (see [Matthew 22:36-40](#) & [Matthew 25:40](#) & [John 13:15-17](#) et al); that the only way to avoid being “quarrelsome” was to be truly humble, and that the only way to be truly humble was to emulate The Way of Christ, not the un-way of Paul.

“Whatever lies before me is not blocking my next step ...
It *is* my next step.” ~ Maureen Brady

The focus on a path’s ultimate destination keeps one from smoothly walking its way ... Indeed, it is the belief that paths have ultimate destinations at all that forge the myths of “the path” – and it is the belief in any particular pathway that keeps us from being truly alive along the path we are already walking.

The only roadblock to Salvation is the path without pain ...



“It’s not how many ideas you have ...
It’s how many you make happen.” ~ unknown

Actually, it’s not how many ideas we “make happen” that counts – for just as an idea frozen in thought bears no fruit (and is thus of little worth), that same idea set into motion with a preconceived idea of its completion becomes starkly shackled thereby, and mostly ineffective as well ... Indeed, acts of Loving service must be fully immersed in the moment, and they must be fully free to go where they will and grow as they wish ... Any deed steeped in real Love (the only act worth engaging at all) cannot ever be “made to happen”, but rather can only be fluidly *allowed* to Be ... Love booms full & complete in any moment it is full & freely given, regardless of where it ultimately leads or who its graces ultimately caress.

***A deep breath gets you ready ...
A smile is your First Step.***

Image 157 (Page 68a - top) ... This clip comes from Berkley Breathed’s cartoon series “Bloom County”, a strip I adored when I was in college and a strip I adore to this very day. Indeed, one of the primary reasons for said adoration is directly tied to this very frame – namely, the delicious naiveté with which Opus flows through life: ever Faith-full (albeit oft inadvertently so) in the flow of the Universe around him, and somehow repeatedly astounded whenever others didn’t behave as ethically or with as much Kindness as himself ...

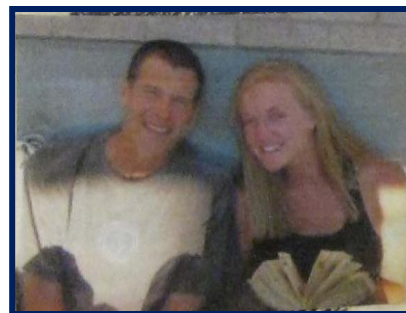


“Those on The Way are almost invisible to those who are not. A man or woman Sees GOD and sets out ... Others do not See the same, and believe that he or she is losing faith.” ~ Rumi

The vast majority of human beings choose to lead lives of selfish desperation – futilely striving for personal accomplishment & thus impossibly struggling to know any measure of real Peace or lasting Joy ... And it is precisely because these many refuse to take the necessary leap into unconditional Love that they cannot advise or direct or in any way guide those few who have already done so ... Indeed, because the pure experience of pure Love is required to know of its existence at all, the many have not even the faintest idea how that Love looks or where it leads ... They literally cannot See its glorious Way, much less perceive any measure of those few who are walking the same. Those living the greatest Love cannot be seen by those who are living in profound fear – a fear that covers their vision like a thick, scaly sludge; a slime though which no light can pass; a tarnish that only allows the fearful to see the fearful ... As such, whenever they come across one who is indeed actively enlivening The Way of Love, the fearful can only see these others as foolish, as irresponsible, as masochistic, as dangerous. And because they cannot See that Truth – because they are indeed actively & avidly choosing to look away from Love’s obviousness every day of their hollow lives – we must *set them free* to stay in their chosen prisons of terror & desire. Yes, our hands will remain ever open to briefly give them rest should they too one day choose to leap into Love, and yet until they do so, we must flow ever onward – away from their vapid ignorance and rambling advice – and allow them to slumber on in the “peace” of their disjointed pieces.

***Lovingly flowing into the Heart of Darkness
IS the Way into the Light.***

Image 158 (Page 68a - bottom) ... A picture of Cassie & I reading *The Brown Book* together in Pocatello (Idaho), just days after meeting in 2008 – and just hours after having decided to walk a ways together as a “pair.” As with any other union, it is indeed impossible to say with any completeness what brought us together then, though as with any partnership, it most certainly is possible to identify at least a few of the Lessons with which we were blessed along our Way ... Cassie would have to primarily speak for herself on this matter, of course, and yet at least one of the Gifts she was clearly offered was the opportunity to steep her life in pure, selfless, unconditional Love (the primary theme of the same *Brown Book* with which she was so fascinated from the start). And for me, the primary Gift turned out to be somewhat different – namely not how to receive such Love from another, but how to Give it repeatedly & unconditionally to another who chose to be unwilling to fully Receive the same ...



“Live in the present. Do the things you know need to be done.
Do all the good you can each day. The future will unfold.” ~ Peace Pilgrim

It is not *that* the future will unfold that makes this saying so Wise, but rather its profound & correct assumption that the future *will* indeed unfold regardless of how we struggle or strive ... Yes, it is possible to assist that Great Unfolding; it is possible to help the Universe in its over-arching (and never-ending) quest for Unity & Harmony, and yet it is not *necessary* that we do so ... Rather, it is a *privilege* to assist the Cosmo in this manner – a privilege to make our lives about Caring instead of judging, about Giving instead of hoarding, about Loving instead of cowering, about reaching out to others in Intimacy instead of cowering alone in the dark pit of self-defense ... Indeed, it is the greatest of Blessing to be able to transcend instinct and choose to *Do Good anyway* – a great Blessing to be able to wake each day and set aside our most primal drives to merely survive & procreate, in order to fill that day with deeds of Peace-full Meaning instead.

***Life's “cruise control” functions
in direct proportion to the intensity of one's faith ...***

“Do or Do not. There is not ‘try’” ~ Yoda

Again, it is not the supposed “success” of our deeds that makes them Success-full. In the realm of the Divine, outcome & effect are essentially irrelevant ... Rather, alone the intentions underlying our deeds are decisive; alone our choice to Care for another without desiring any benefit for self – alone the wish to Care for another when we are being disrespected; alone the wish to be Kind to one who we happen to fear or loathe; alone the wish to bring Peace to an enemy who is unjustly attacking us; alone the wish to Give when we have little or Serve when tired or hurt or ill or afraid ... These are the intentions that make all their subsequent actions potent; these are the foundations of all deeds truly Done.

To Be, DO ... To Do, BE.

“I proclaim what has been hidden from the foundation of the world.” ~ Jesus (Matthew 13:35)

Many scholars have wondered what Jesus meant with this verse – and rightly so. For if we accept the premise that Jesus was indeed an Enlightened Being (all evidence being equal, it is always Wise to assume the best, that we might then be inspired to learn the most), and we accept his own protestations against being worshiped – against being treated as anything “more than” – against being honored as the only Son of God (see [Mark 10:18](#), [John 7:16](#), [John 8:50-54](#), [John 12:44](#) et al), then we realize that he cannot be speaking about himself here, much less about his errantly-supposed divinity. Indeed, for him to be speaking here even indirectly in the 3rd person (which many Christians do indeed believe) is to pronounce an arrogance in Jesus that he himself abhorred (see [Matthew 23:12](#)) ... As such, in order (ironically) to provide Jesus with the greater honor, we must assume that something else is being said here – something that does not contradict the very core of his teachings or deny the very essence of his ministry. But what could that something else be? Well, if we focus on the latter half of the verse – on the words “[foundation of the world](#)”, that “something” happens to reveal itself. For “[the foundation of the world](#)” – as the Bible itself so often states – is self-interest; self-interest that takes the various sinful forms of fear and lust and loathing. And thus this verse suddenly makes complete sense, and makes sense in a way that perfectly harmonizes with the central themes of what Jesus so often shared & showed – namely, that what he came to proclaim was selfless Love; the ability we all have to consciously choose to set aside self-protective instinct in favor of self-sacrifice for others. And as “[the foundation of the world](#)” is the opposite thereof, it is quite clear that Jesus did indeed come to proclaim a Love that must by its very nature remain hidden from the same – hidden until we choose to uncover it; hidden until we choose to change that same foundation; hidden until we rebirth our Selves and thereby make that world anew.

“Right on! Star for you!” ~ Prof. James Beaver

This was the phrase Professor Beaver always boomed out whenever anyone was called upon and gave a particularly insightful answer ... Professor Beaver was surprisingly important figure in my academic life – surprising because I liked him so deeply even though his political views (and many of his ethical values) directly opposed many of my own, and surprising because what he taught me had nothing at all to do with what he taught ... James Beaver (who passed away in 1996) was my Admiralty Law professor during my second year of law school (1992), not that the course material was at all important to me -- then or now. I had pretty much decided that law school itself was a joke and that the legal profession in the United States in general was too morally bankrupt to harbor the Good Man I was trying to become. As a consequence, I rarely bought case books for the classes I took and I rarely attended those same classes – preferring instead to spend those admittedly bohemian days weightlifting, playing basketball, watching Seinfeld, eating good food, throwing the Frisbee, and laughing with my friends. And yet there were a few classes that I did attend religiously, and Professor Beaver’s was one of those few. It certainly wasn’t the course material that brought me there, nor was it intellectual stimulation that lured me there (Professor Beaver had a notorious ability to give exactly same lectures in exactly the same order every single year – repeating himself almost word for word for the entirety of each subsequent term) ... No, what drew me to Professor Beaver’s class was “the Beave” himself – a man who was conservative almost to a fault (“Some have accused me of being sexist ... I’ll stipulate to that.”), and yet a man who was charming, and funny, and engaging, and kind. It was indeed a joy to sit in on his classes, and though I learned next to nothing about the law therein, I did learn how to be honest – and I did learn how to be attentive to others – and I did learn how to treat others as intellectual equals – and I did learn about the priceless art of direct & intimate & heartfelt communication. Professor Beaver was for a shining star in an academic sky filled with far too few brighter lights ... And it is for this reason that I turn in his direction, tip my cap to him once again, and shout a heartfelt: “Star for you, Professor Beaver – *Star for you!!!*”

We are allWays exactly Right.

“Where there is hatred, let me sow Love.” ~ St. Francis of Assisi

While the message of St. Francis was remarkable in its own right (not many throughout recorded history have had the moral integrity to champion a non-watered down version of purely selfless, joyfully self-sacrificial, unconditional Love), it is the man’s persistence that I admire the most ... Yes, his devout religious faith did make it a bit easier for him to stay the course as long as he did, and yet that doesn’t take away from the fact that to do so as pristinely as he did for as long as he did – indeed all the way up until his death – was a truly astounding feat. Indeed, when we look to the men and women who have walked a similar path while preaching a similar message – Lao Tsu, Jesus Christ, Mahatma Gandhi, Gautama Buddha – many of them frequently expressed intense bouts of frustration with their followers &/or humanity in general, and quite a few of them eventually gave in to the staunchly defended ignorance of the masses and departed to seek new audiences elsewhere. But not St. Francis – the man remained a rock; a boulder in the middle of the river; a mountain in the midst of the storm – for the entirety of his later life. Despite the ignorance thrown regularly upon him, he calmly continued to share his Truth – despite the denigration given repeatedly to his teachings, he calmly continued to forgive his trespassers and share the same message – despite being abandoned by friends & family and chastised by the leaders of his own religion, St. Francis simply plodded along; simply took one step after the other, every day for Love.

Where there is Love, let me sow Compassion for hatred.

Image 159 (Page 68b) ... A picture of “Saint Yoda”, the Master who reminded us **A**) that we *all* get wiser with age, and **B**) that Wisdom exists in each & every Teacher in direct proportion to his or her inclinations towards using Peace-full means to approach (and indeed diffuse) aggressive interferences ...



“Saints are the sinners who keep on trying.” ~ Adlai Stevenson

Saints are those who realize that all sinners are innately Saints (even while they are sinning), and Saints are the ones who have the humility to thus treat all sinners accordingly ... Saints are also the ones who realize there is no “trying” in the land of Love; that giving Love purely -- even for one instant -- is perfection in & of itself; that Love is our deepest innate Desire, and as such that there is never a need to “try” when Loving. Indeed, real Love cannot come forth while we are striving to release it, but can only be showered upon others when we chose to set aside all goals & preconceptions – and thereby allow Love to blossom forth effortlessly on its own.

*Saints are merely the sinners
who persist in Giving UP.*

“*Blessed are those who have not Seen and yet have come to Believe.*” ~ Jesus (John 20:29)

As with any quote herein where certain terms have been unusually capitalized, there are multiple meanings at play in this verse. On the one hand, it superficially means what most Paulinist “Christians” believe it to mean – namely, that those who have a mental faith in the resurrection of Jesus Christ (&/or profess a verbal belief in the same) will receive a reward for said subservient allegiance. Of course, this interpretation directly violates most if not all of the primary teachings of Jesus in the Gospels – those about himself, those pertaining to his “Kingdom of Heaven”, as well as those that explain how we can attain entrance to that Kingdom’s “salvation” ... And hence, the capitalizations of “Seen” and “Believe” herein – reminders **A**) that it is not enough (indeed that it is essentially irrelevant) to tangibly perceive the miracles that do ensue from deeds of selfless Love – that we must only See the True Self of the other beneath their behaviors to easily choose to “Love the enemy” therein, and **B**) that it is not enough (indeed that it is just as irrelevant) for us to mentally believe in the supposed divinity of Jesus or even the ultimate awesomeness of his heavenly Father – that we must only Believe in Love to attain his Salvation -- and that to Believe in Love we must have the courage to enliven the same; especially when we least wish to do so, and especially for those deemed by others to be least deserving of the same. And it is this latter set of meanings that illuminate the far deeper Meaning herein – that we are truly blessed when we bless others, and that we most potently bless others when we Love them (i.e. actively Believe in Jesus’ Way) even without recognizing them as the innately perfect beings they are (i.e. humbly Seeing them).

“He who hesitates has had it.” ~ L. F. Hilbers

On the one hand, this quote is true, for when an opportunity to Love opens itself to us, the longer we hesitate before engaging it, the less dramatically it can be engaged – and the less courageously we engage a selfless service, the less potent that engagement will be, and the less Peace that will inadvertently wash over us and all other nearby as a result ... And indeed if we wait too long and the window closes on that particular opportunity, we will indeed experience the dis-ease that comes from knowing we missed a chance to Love, in addition to the dis-ease that will come to us on our eventual deathbeds when we remember the same failure again ... On the other hand – interestingly enough, it is actually necessary for us to purposefully pause throughout each day in order to allow our conscious minds to See these Love-opportunities in the first place ... So I guess this means that we must first choose to pause in order to See opportunities to Do Good – and then we must choose to **not** pause in order to potently Do that which has been Seen.

To truly Possess, simply pause & Appreciate ...

PAGE 69



“The body repeats the landscape. They are the source of each other ... and they create each other.” ~ Meridel le Seieur

The degree to which one’s body harmonizes with what is the degree to which one’s mind will more easily choose to bring Harmony to its current landscape ... In addition, the degree to which one chooses to bring such Harmony to its surroundings – chooses to bring Love to the relationships in its Here&Now, is the degree to which that body and its mind will feel blessed commensurately ... This is not to say that illness and injury will not come at all to the one who is making such choices, but it *is* the case that less illness and less severe injury will come than otherwise would have arrived -- and it is also the case that the illnesses &/or injuries that do arrive will be felt as blessings of emPowerment, rather than suffered as the harsh stings of punishment or the heavy burden of tragedy or even the intensely painful warnings that come to all ways tread falsely.

***One’s environment IS one’s level of Health ...
One’s weather IS one’s State of Mind.***

“Because he himself was tested by what he suffered, he is able to help those who are being similarly tested.” ~ unknown (Hebrews 2:18)

Again, this verses reflects two Truths often ignored by most Christians – **first**, that Jesus was a human being just like all his followers (both those contemporary and those more modern-day), meaning that anyone & everyone can choose to live just as magnificently as he did (see [John 12:44-47](#)) -- and **second**, that our salvation comes *from within*, not from “above”; that all we must do to transcend times of trial or turmoil is purposefully set aside our fears long enough to enliven The Way of Christ – long enough to actively Care for another instead of mentally fret for self.

Image 160 (Page 69a) ... This picture is of a full moon rising over flowing lava (on the Big Island of Hawaii) – symbolizing the Truth that even at the height of our Power, there is still room for us to be even more courageous – that even at the height of our Love, there is still room to Love even more ...



“Prosperity is more than an economic condition; it is a State of Mind.” ~ F. L. Allen

Actually, real prosperity has nothing at all to do with economic success or the accumulation of material wealth. Indeed, the more economic success one has – and thus the more material wealth one accumulates – the harder it becomes to immerse one’s True Self into the lives of others. And this is especially true when it comes to immersing our lives into the relationships that bring the greatest true Wealth (i.e. the Wealth of Meaning & the Wealth of Joy & the Wealth of Peace & the Wealth of Contentment) – namely, the lives of those we fear the most &/or the lives of those we find most annoying or repulsive: the stranger on the street, the homeless beggar in the alley, the business competitor in the boardroom, the gossiping classmate in the hallway, the ungrateful employee in the break room, the political opponent online, the judgmental preacher at the pulpit, the violent criminal in the shadows. **These** are the relationships into which we have been called to infuse our Love the most (for these are the people who need Love more than any others), and yet these are the relationships that those burdened with material abundance find it most difficult to even see, much less engage ... The more we have on the material plane, the more we cling to the same – the more we fear losing what we have, and the more we want more of the same. As such, it is a simple yet poignant Truth that those who are weighed down by “economic prosperity” cannot deeply know the deep-seated Prosperity that only comes from raising others up.

Wealthy is the man with an empty wallet and a full Heart.

“Pain happens ... Suffering is optional.” ~ anonymous

True enough ... Many religions and more than few “New Age gurus” promise methods to remove pain from our lives, and yet all such theories are inevitably proven to be false & all such efforts ultimately prove to be futile. For pain is ever on its way to each of us, and this is true no matter our status of body or mind – the wealthiest of men will see his money fade in meaning and his possessions steadily crumble with the wear of time & use, the most devout of believers in the most loving of gods will see her faith shattered by acts of cruelty and vile deeds of injustice that no such god could ever allow, the healthiest of women will ultimately know illness, and the most careful of men will ultimately know injury. Sentient bodies are aware of themselves, and thus they are acutely aware of all their pains & torments. We all have too many nerve-endings in our bodies (and too many emotional triggers in our minds) to escape pain completely. This is simply the way of things ... And yet **thank goodness** this is the case, for what would our lives be without the opportunity to transcend great difficulty? What would our Love be without the opportunity to feel ill or injured or exhausted – and yet step forth to Care anyway? What would our Generosity be without the times when we are in debt and hungry and afraid – and yet step forth anyway to feed a stranger? Indeed, while it is imprudent (and indeed disrespectful) to call pain to us unnecessarily, it is just as wasteful (and indeed just as disrespectful) to choose to suffer -- to pine for “good times” of comfort & ease when blessed with opportunities to be Kind to others despite our own intense feelings of longing or distress.

***Life is only unpleasant
when its pains are covered over with comfort ...***

“It is more Blessed to Give than to receive.” ~ Jesus (quoted in Acts 20:35)

Yes, on its face this verse reiterates one of Jesus’ most important teachings – namely, that it is more Peace-full and more Peace-engendering and more potent to Give selflessly to others than it is to receive from them. And yet this verse has two additional important notes of intrigue – **Firstly**, this saying is directly attributed to Jesus in this particular passage, even though this quote is *nowhere to be found in any of the Gospels!* This means – quite simply – that biblical literalists are herewith forced to accept that the contents of extra-biblical sources must also count as valid Scripture; that the *Gospel of Thomas* and the *Apocalypse of Peter* and the *Gospel of Judas* (and any other non-canonical manuscripts that have satisfied the basic legitimacy standards of modern biblical scholarship) must also be accepted as being The Word of God ... **Secondly**, and much more importantly, while on its face it is indeed more blessed to Give than it is to receive, the more enlightened practitioner of The Way of Christ knows quite well that – because this is indeed the case – it is actually one of the greatest Gifts to purposefully receive a Gift from another, and thereby allow them to receive the Blessing inherent in their Giving. And if the Giver is also aware of this dynamic, then his Giving becomes a Receiving for the Giver thereof, and that Receiving becomes a Gift for the Receiver thereof, which then becomes another Gift, which then becomes an additional Reception – and so on & so on; with each transaction become more and more entwined until the Giving & the Receiving – and ultimately the Giver and the Receiver – literally become ONE.

“Master Ummon said, ‘About the 15 days past I do not ask you. But about the 15 days to come, please say something.’” None of his students answered ... Ummon himself broke the silence. He smiled and said, ‘Every day is a Good Day.’” ~ unknown

It is Good to be intentionally cryptic when speaking of any Great Truth – it is Good to allow the listeners thereof to rediscover the same for themselves in the way(s) most useful for their own current stations in life, and thereby be more able to incorporate that Wisdom into their living ... Conversely, it is just as inappropriate and just as “unenlightened” to purposefully use pain or distress or confusion to prompt that same rediscovery ... Right Action always has Peace as its ultimate end, and always employs means thereto that are just as Peace-full as their final intellectual destination. Ummon in this parable understood this Truth – while the Zen Master who responded to a pupil asking about the nature of the present moment by throwing him out of a two story window did not.

***We each have no history –
and for the Master,
there are no “days to come”.***

“As we are challenged by circumstances, we can See each increment of change as a caress from the Divine Hand; removing all which stands between us and Him ... Trust in the Process is optional. The Process itself is not optional.” ~ Bill Alexander

In Truth, we can only effectively “Trust the Process” of Life once we realize that we and we alone are the ones who direct its course – that there is no Divine Hand “above” regulating our trials (that even if there is a personal God watching us “from on high”, there is no evidence that He is so morally limited as to unlovingly interfere in the majestic gift that is our ability to freely choose our responses to life’s happenstances), nor does Life itself have a “primary river” that we are mandated to follow. Yes, the energies of the Universe *do* have base-frequencies that combine to flow in certain directions and that respond more or less harmoniously to the multitude of stimuli present in each moment’s environs, **and yet** it is just as True that each & every one of us ever reside next to the rudder of our own “ship” therein – that each & every one of us can ever choose which path to take &/or decide in any given moment how deeply we will dive into the current into which we plunge. And this is the only real “process” of Life – namely, the rediscovering of the Truth of this all-empowering dynamic. And once this Truth is fully known – and once it is regularly enlivened – then this Process is full-filled ... and Life truly begins.

***Acceptance of all that IS
allows for the co-Creation of all that can Be ...***

“Actions Speak ... Words mumble.” ~ anonymous

No matter how clearly we speak, our words will inevitably be conveniently misunderstood ...
No matter indecisively we act, our level of faith & its consequence (or lack thereof) will be Heard
by others loud and clear.

Bellow your Truth with gentle Silence ...

Image 161 (Page 69b - left) ... This is a picture of a streetlight overlooking a red light at the Martin Luther King intersection in downtown Chattanooga (Tennessee), for me symbolizing the Truth that Equality & Freedom are ever-illuminated from a Higher Plane – that though “the arc of the Moral Universe is long, it [indeed ever] bends towards Justice” (MLK) – that though the bigoted and the corrupt will ever try and halt humanity’s Enlightened March towards a society that is ultimately fair & decent, that Enlightenment *will* indeed come, and that March *will* indeed arrive at its desired destination ...



“What did you go out into the wilderness to find?” ~ Jesus (Luke 7:24)

It is not for us to go looking into the Heart of another for our own Enlightenment or Truth, nor is it for us to go looking elsewhere for opportunities to fulfill our Life’s many Purposes ... Indeed, everything we need to know is within us, and everything we need to Do is always within sight. Jesus preached the same Truth clearly & consistently in [Matthew 6:34](#) (“Today’s challenges are enough for today”) and [Matthew 25:40](#) (“just as you do it for one of the least of my family, so too do you do it for me”), and he did so in this particular passage as well – gently cajoling his disciples for seeking in him what they should have been finding in themselves; looking elsewhere for their faith when they should have been enlivening their own; looking for someone to save them when they should have been enlivening his teachings by seeking to save others.

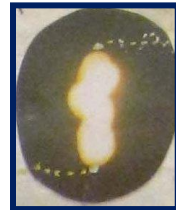
“There are countless paths to the Mountain’s summit, and yet from It the same Moon pours radiance over the landscape.” ~ Ikkya

Some have been tempted to believe that this saying (and others like it) provides a blanket justification for all religions and all forms of religious worship – tempted to believe that this wisdom (and others like it) supports the notion that all religions have the same worth and that they all essentially purport the same Truths ... This is accurate – **and** it isn’t. **First** of all, what is accurate is that all modern-day religions do have equal worth; that they all provide a modicum of comfort in a world rife with struggle and injustice, and that they all thereby actually *limit* the ability of their believers to know true Love – both to the degree that their followers believe that God rewards His (or Her) worshipers with eternal salvation after one’s death, and to the degree that said comfort keeps those believers from knowing the true Power inherent in willingly & painfully self-sacrificing for others ... **Similarly**, all forms of religious worship have equal worth as well – all having very little worth to the degree that they denigrate the worshipers of other religions, and all having more worth to the degree that they in-Courage their followers to reach out to their lives’ enemies with acts of radical, active, *selfless* Love (i.e. not doing so to get to Heaven or avoid Hell) ... **Finally**, it is important to realize that we cannot deeply know Love without deeply immersing in the moment (the only place true Love exists at all), and that it is impossible to deeply immerse in any moment if we are using that moment to “climb any mountain” – regardless of whether that that mountain be religious or real.

***Every Journey is marked by Its own Jewel ...
All paths refract the same starlight.***

*To be truly Human, be positive:
Defend others' integrity ...
See Wonder ...
Pro-act each moment ...
Be courageous ...
See God within all.*

It is only possible to be Meaning-fully positive while uncomfortably defending an enemy, and/or professing Gratitude during times of dejection, and/or choosing to loudly witness Beauty in things normally judged to be “heinous,” and/or witnessing Wonderment in times normally felt to be “boring” ... *These* are the ways to immerse into the moment ... *These* are the ways to be truly courageous ... *These* are the ways to re-member the God within you.



Images 162a&b (Page 69b - upper & lower right) ... Pictures of the full moon rising over the Glastonbury Tor (England) during my pilgrimage there back in 2001 ...



“Re-Discover the moment by focusing on relaxing your tongue.” ~ anonymous

Even if sharing words of beauty -- or inspiration -- or encouragement -- or support, it is still impossible to immerse into the moment while one’s mouth is open ... Silent, focused, selfless action is the only way to *Live life fully* ... It is the only way to immerse into the only moment that is, and thus it is the only way to Love others with any real effect & potency.

*Silence requires stillness –
and yet stillness does not require silence.*



“Let everyone sweep in front of his own door, and the whole world will be clean.” ~ Goethe

If every single person were to sweep in front of his or her own door, the whole world would be occasionally clean, and yet if every person sweep in front of his or her neighbor’s door, the whole world would be ever Radiant ... If every person took care of their own, the whole world would be occasionally happy, and yet if every person actively cared for his or her neighbor, the whole world would be ever Joy-full ... If every person forgave their friends their transgressions, the whole world would occasionally know calm, and yet if every person actively & openly forgave his or her enemy their trespasses, the whole world would forever know Peace.

*Let everyone open his own Heart,
and the whole world will be Loved.*

Image 163 (Page 70a - top) ... This snowy owl (with a repaired left wing) symbolizes the Wisdom exhibited by those who choose to be “spiritually reborn” by consciously re-memorbering their ability to consciously (i.e. Grace-fully) **receive** – both from others (doing so for *their benefit*); that they might remember the Joy that comes from Giving) as well as from Life itself (being grateful more for opportunities to serve others than to b served by them) ...



“God, grant me the Serenity to accept the things I cannot change, the Courage to change the things I can, and the Wisdom to know the difference.” ~ unknown

We cannot change the beliefs of others or rescind the evils they might have already done. As such, we are to Accept these things (knowing that acceptance of another’s past actions does not mandate condoning them, and that accepting another’s beliefs does not mandate their affirmation) ... On the other hand, we *can* change (or at least dampen or halt) actions that are unjust and beliefs that are bigoted and words that are unkind. Courageously strive to change these things. Denounce these loudly wherever you find them, while Peace-fully standing between them and their intended victims.

*Acceptance of the unacceptable
is the Foundation of Peace.*

“We are born blind so that God’s Works might be revealed through us. We must Do the Works of Him who sent us while it is day ... As long as we are in the world, we are the Light of the world.” ~ Jesus (John 9:3-5)

Quite importantly, note here that even though most translation of this passage have Jesus saying “As long as I am in the world, I am the light of the world”, the ancient Greek actually shows him to more likely say “While I very well might be of this world, the Light that I am is [definitely] of this world” ... Note as well here that Jesus does **not** say that he is the *only* embodiment of that Light. Rather, as [John 14:20-26](#) & [John 12:44-47](#) make clear, Jesus believed that we *all* are innately “the Light of the World”; that as long as we are alive in human form, we can *all* embody the Light of God in those moments we choose to act accordingly – in those moments we choose to Care for those most in need of the same. Indeed, this is how we fulfill the “Will of God” in our lives – this is how “God’s works (which are always reflections of perfect, selfless Love – see also [Matthew 5:48](#) + [1 John 4](#) et al) are revealed *through us*.”

“A truly good book is something as wildly natural and primitive, as mysterious and marvelous, as ambrosial and fertile, as a fungus or a lichen [or a moss].” ~ Henry David Thoreau

Actually, a truly Good book is only “wildly natural” when it in-Courages us to wildly immerse ourselves in Nature – and a truly Good book is only “mysterious and marvelous” to the degree that it inspires us to not only see the same in our surroundings, but to share the same with others nearby. Indeed, this is the only way a book becomes “ambrosial and fertile” – when it inspires us to set that book down, stop reading it, and live our lives more fully instead.

*Truth has a unique pungence
that is Known without need of thought.*

Image 164 (Page 70a - bottom) ... This is a picture of a seemingly “endless” row of Torii – Japanese spiritual portals -- often found at the entranceways to gardens -- that mark the crossover point transition from the profane to the sacred ...



“Great Spirit, help me to avoid judging another until I have walked in his moccasins for many days.” ~ Sioux Prayer

Great Spirit (who resides within me – indeed, who resides within us all), help me to walk in another’s shoes so purely that I can deeply feel what they feel – that I can Know why they say what they say and do what they do – and that in so Knowing, that I will refuse to judge them at all; that I will only have Compassion for their Journey, and that I will only show them Love.

*Loving God, help me to realize
that another’s sandals are allReady my own.*

“If you’re There before it’s over, you’re on time.” ~ James J. Walker

Actually, if you head out with real Love in your Heart – and travel with just as much of the same, it doesn’t matter if you ever “arrive” at all ... Just set forth into each moment intending to Love, enliven that Love with acts of gentle Courage, attend to the fruits thereof thereafter, detach from all results, attempt to atone for all pains inadvertently caused, and then choose to Love anew.

*In the moment, one is allWays punctual
by arriving a bit early ... If you can learn while smiling,
you are always literally On-Time.*

Image 165 (Page 70b) ... This was the sign on my B&B door during my 2001 pilgrimage to Glastonbury (England). Lapis has always been one of my favorite stones – more traditionally representing the Wisdom exhibited by those who humble themselves enough to appreciate new concepts & other points of view, experience new Truths, and perceive the Child of God in all strangers – and thereby act accordingly – and thereby remember their own internal Child of God as well ...



“We are all here to Do what we are all here to Do.” ~ The Oracle (*The Matrix*)

If what you are doing is not enhancing the Peace in or Beauty of the space you are in, or increasing the Peace in or Joy of another’s Heart, then you are not actually Doing what you are actually there to Do.

Whatever we are all Ready Doing is exactly what we are Here to Do.

“He who does not climb High Mountains cannot comprehend their Valleys.” ~ Chinese proverb

If you are going to attain Great Heights of Knowledge, you must deeply invest in open-minded learning ... If you are to attain Great Heights of Wisdom, you must deeply invest in open-bodied adventuring ... If you are to attain Great Heights of Love, you must deeply invest in open-Hearted Caring.

“The Soul as come to the body, and the body to this Life, for the Purpose of Awakening ... You are Becoming. And you are using your relationship with everything in your life to decide what you are Becoming.” ~ GOD

Actually, if by “awakening” this god means a mere intellectual comprehension or a mere mental understanding, then he is not a Supreme Being by any means. On the other hand, if by “Awakening” God means actively and humbly and courageously enlivening the Soul’s impulse to reach out to others via deeds of willing self-sacrifice, well then this God is an Enlightened One indeed – and perfectly reflective of the heavenly Father mentioned by Jesus in the Gospels (see [Mathew 5:48](#) + [1 John 4:18](#), along with [Luke 6:36](#) + [Matthew 8:21-22](#) + [Hebrews 8:8-12](#) et al).

Re-member: Choosing your past re-makes your present.

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“The sun shines for everyone.” ~ Latin Saying (*Sol lucet omnibus*)

While it is true that the Sun shines *upon* everyone, it is not necessarily true that the Sun shines *for* everyone – for the Sun only shines *for* those who are actively & purposefully using its energies to empower the same things the Sun empowers – namely, Life itself ... the Growth innate to all things living ... the Oneness upon which its rays cast their warmth... and the Love we can give that furthers them both.

There is always Light – whether we Call It or not.

“And you will be called Prophet of the Most High; for you will go before the Lord to prepare His ways; to rekindle awareness in the forgiveness of their sins.” ~ Jesus (Luke 1:76-77)

Note first & foremost that this prophecy was not given by Jesus, nor was it even given about Jesus. Rather, these words were uttered here by Zechariah for his son (John the Baptist) shortly after his birth. That having been said, this prophecy does reflect the words uttered by Jesus in Luke 4 – the only time in the Bible we see him reading from the Old Testament scrolls directly – saying, “The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind; to let the oppressed go free, and to proclaim the year of the Lord’s favor” (Luke 4:18-19 – quoting from Isaiah 61) ... Note as well, far more importantly, that this prophecy reflects well Jesus’ ministry as a whole ... Note also that John’s purpose was to prepare *God’s* ways (a la “make the way straight” from Isaiah II, Jesus’ favorite Old Testament scroll – see *Isaiah 40:3*) ... And finally, note that the call was not to the direct forgiveness of sins, but rather to the rekindling of others’ awareness of their ability to forgive others *their* sins – and *thereby* cleanse their own as well.

“Everything that can be thought can be thought clearly. Everything that can be said can be said clearly.” ~ Ludwig Wittgenstein

It is not the less one thinks, but rather the more *concisely* one thinks, that brings one’s thinking clarity ... Similarly, it is not the less one speaks, but rather the more *concisely* one speaks, that makes one’s speaking more lucid. Case in point, it is possible to go on & on & on about the intricacies of human psychology and the depths of human sociology – how anti-social behavior ultimately comes from a lack of self-esteem, how only irrational (i.e. “unmerited”) acts of Kindness are potent enough to pierce the veil of said “meanness” and allow the anti-social person to return to the Respect-full fold, how all interactive discord comes ultimately from hubris born in fear, and thus how only flagrant acts of nurturing – given especially to the very sources of that discord – can hope to bring any real Peace to life and its relationships. These Truths are actually much more intricate than that – and yet we need not delve so deeply to explain the same; we need not explain with complexity the Truths every sentient being already knows. Indeed, the simpler the better – whether in word or deed – and in this case the simpler is quite simply: **Be Kind When Least Inclined.**

***Everything that can be Felt
can be Felt purely.***

“Tonight, the essence of night ... Asking and what the asking desires; Generosity and that which is Given; something spoken back and forth with GOD.” ~ Rumi

Indeed (in-deed), Rumi is correct here once again. For the true Essence of Night is not a darkness that shrouds the Truth from sight, but is rather a Darkness that allows us to rely more fully on our other senses; a Darkness that allows us to *feel* the Truth rather than merely seeing a much smaller portion thereof. And *this* is the Answer that encompasses both the asking and what the asking desires – *this* is the Intimacy that enfolds both generosity and that which is given – *this* is the Oneness that has us turning within to speak back and forth with The Divine; listening to Its Wisdom that resides within our Heart; answering that Wisdom by putting Its Call into motion in our lives.

***Gifts are neither of GOD nor from GOD ...
... Gifts are GOD.***

“Whoever drinks from my Mouth will Become as I Am.” ~ Jesus (Thomas 108)

It is only possible to “drink from another’s mouth” while doing far more than merely listening to their words (see also John 4:13-14 – “Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life”) ... Indeed, to “drink from the mouth” of a stranger is to listen to them as if they were God – to “drink from the mouth” of a lover is to strive to feel their pains and then honor their Soul’s deepest desires for Peace & Love – and to “drink from the mouth” of Jesus Christ (or any other Saint or teacher) is to go forth and put his words into motion.

Image 166 (Page 71a - bottom) ... This is a picture of a picture that hung over my childhood bed in North Carolina. It shows nine puppies – symbolizing the fresh awakening of one’s loyalty to True elf, taking the form of a life dedicated to serving others ...



“All human progress has been the story of someone who believed passionately in something, and someone else who believed passionately in that person.” ~ Dan Zadra

Those who truly believe in something passionately do not merely “work hard at it” – No, those who are truly & deeply passionate about a project or a path or a purpose dedicate their every waking moment to the same. Similarly, those who truly believe in others passionately do not merely “stay out of their way” or “respect their beliefs” or even “accept their life path” – No, those who truly *believe* passionately in others dedicate their whole lives to supporting them in bringing to life at least a significant measure of their Higher Purpose; a Purpose that is unique for each individual, and yet a Purpose that always has selfless service as its foundational design ... This is what it means to be a Muse ... This is what it means to be a Partner ... This is what it means to be a Lover ... This is what it means to **Believe** with passion.

***To live this Dream of Life,
we must Hear the Call of our Self within
– and boldly answer that Calling
with both a smile & a first step.***

“Grandma said when you come on something Good, first thing you do is to share It with whoever you can find ... That way, the Good spreads out where no telling it will go – which is Right.” ~ Forrest Carter

Wisdom is worthwhile not while being sought -- and not while being found -- and not while being harbored thereafter ... No, Wisdom only attains its true worth – and thereby only become worthy of being sought – during the moments when it is being actively enlivened; during the moments when it is being “taught” by *showing* others its most immense Power, as opposed to merely telling them of the same.

***Let your Love be boldly Given –
warm & reckless ...***

“The ultimate conditions of Life, such as Love or lofty Purpose, are all assailed by adversity. The wayfarer who reaches his goal is one whose dedication is stronger than his storm.” ~ H. E. Kohn

Indeed, it is not merely that all things Moral &/or Meaning-full are innately assailed by difficulty &/or attack &/or ridicule &/or torment (for most of them most assuredly are) – No, what is far more important to realize is that all things Moral &/or Meaning-full in life can only be fully realized while they are being enlivened *during* times of difficulty, while they are being emitted *during* times of attack, while they are being called forth *during* times of ridicule, and while they are being actualized *during* times of torment.

***There is allWays a rainbow ...
Choose to seek it, and be Graced
in its re-Discovery.***

“Just because you don't remember it,
doesn't mean you haven't already done it.” ~ J.D. Salinger

Everything truly worth Doing has already been fully Done in our infancy. And indeed, everything truly worth Knowing was innately & fully Known by us in the womb ... As such, we need never remember to Do what we have Done before – we need never remember to once again Do what we have all been called to Do again. We need not remember how it felt to appreciate the Wonders embedded in every visage “normal” – we need simply set forth and choose to See them again. We need not remember how to Forgive another who has wronged us, indeed to reach out to that same saddened Soul with acts of heartfelt Compassion – we need simply immerse ourselves into their quite obvious pain and Care-fully act accordingly ... In essence, we need never remember any choice worth choosing or any deed worth Doing. We must simply set aside our arrogant analysis and our petty goals and our wafer-thin fears long enough to actively re-Member what we have Known all along – that we are here not for self or salvation; that we are actually here to Love.

***Whatever you cannot remember,
you cannot have truly Done.***

Image 167 (Page 71b) ... “This picture (which I call “The Light”) was taken while I was clearing dead trees from the woods on Alexzanna Farms (Wildwood, Georgia) ... I like how the camera inadvertently captured the sun's rays showering me in the form of a cross while I pushed over this dead tree – beautifully symbolizing the Truth that it is the Soul-seated impetus for us to self-sacrifice for others that must fuel any effective removal of our lives' “dead wood” – its selfish habits, its self-centered addictions, its droning routines, and its enabling interactions.



“I travel not to get anywhere. I travel for travel's sake.
... The Great Affair is to move.” ~ R. L. Stevenson

It is indeed of great worth to remain in motion; to remain in motion *mentally* by intentionally exposing ourselves to fresh ideas, to remain in motion *emotionally* by immersing ourselves into all our current relationships & interactions, and to remain in motion *physically* by continually soaking our senses in places new and sights yet unseen. That having been said, the Greatest of all Affairs is not merely to move in these ways – but rather to **Move** by Loving Life fully – knowing what we already know and feeling what we already feel, while being where we already are.

***It Means nothing to merely move ...
To Dance with God,
we must also be Aware
that we are moving.***

***“What has come into Being in Him is Life,
and that Light is the Light of all people.”
~ unknown (John 1:4)***

This is an extremely important verse, and not for the heavily constricted meaning typically attached to it by conservative Christian “believers” – **not** because it somehow intimates that Jesus is the one and only Son of God for every human being on the planet; a Super-Being who we must either worship wholeheartedly and with absolute allegiance, or suffer eternally for wont of doing so. No, to read this verse in this limited way is not only to inadvertently denigrate the majestic worth of the biblical manuscripts, but is to blaspheme against the teachings of Jesus Christ himself. For **firstly**, please note that the “Him” here mentioned is not referring to Jesus Christ directly, but rather “the Logos” – “the Word” – a term used at the time to reference the Divine Spark of Life that resides within *all* sentient beings, not merely one of them. **Secondly**, please note – even if the “Him” here mentioned is referring specifically to Jesus Christ – that his Divinity did not come into being with him, but came into being *in* him – that this Divinity was not inherently attached to Jesus from his birth, but was rather something that was called forth by his Noble (i.e. selflessly motivated) Choices and their subsequently Noble (i.e. self-sacrificially Caring) Deeds. **Thirdly**, please note that this Divine Light that came into being in Jesus was the very same Light “of all people” – that (just as Jesus himself so often stated – see [John 14:20](#) et al) every sentient being has equal access to the very same spiritual perfection as Jesus did; that all we need do to enliven the same is courageously follow his example – to humbly follow his Way.

“Nothing is ever lost – We’re only on our way back.” ~ A. A. Attanasio

This quote contains a intriguing juxtaposition of the inanimate “nothing” and the obviously animate “we” – a juxtaposition that opens the door to a multitude of equally enlightening meanings. **First**, it is possible that he meant to say “No one is ever lost”; thereby implying the Truth that we need never “get anywhere” or arrive at any specific destination; that here is always far enough – and that we always “find our way back” to our True Selves whenever we immerse ourselves in that current place & act accordingly ... **Secondly**, it is possible that the author meant to say “It is always on its way back”; thereby implying that whatever material possession that we might have lost is exactly where it needs to be – that it is not on its way back to us, but is rather on its way “back” to its perfect place; the place where it can do the most Good; the place where it can most potently be used to assist the Universe in getting ever closer to a State of Whole Harmony. Realizing this Truth allows us to detach from all material losses – and to feel fully grateful for all possessions still in our possession; to realize that the only way to be truly grateful for any possession is to use it to either lessen the suffering of another, or bring another Joy ... **Thirdly** & finally, it is possible that Attanasio meant exactly what is here written – that nothing (including ourselves) is ever lost – that we are all One, and that we are all always on our way back to reunifying with everything; always heading towards letting go from every possession and cherishing every relationship and reveling fully in the life we have been given.

*The Way has no destination.
It exists only underneath our feet ...
Thus, to seek The Way IS its re-Discovery!*

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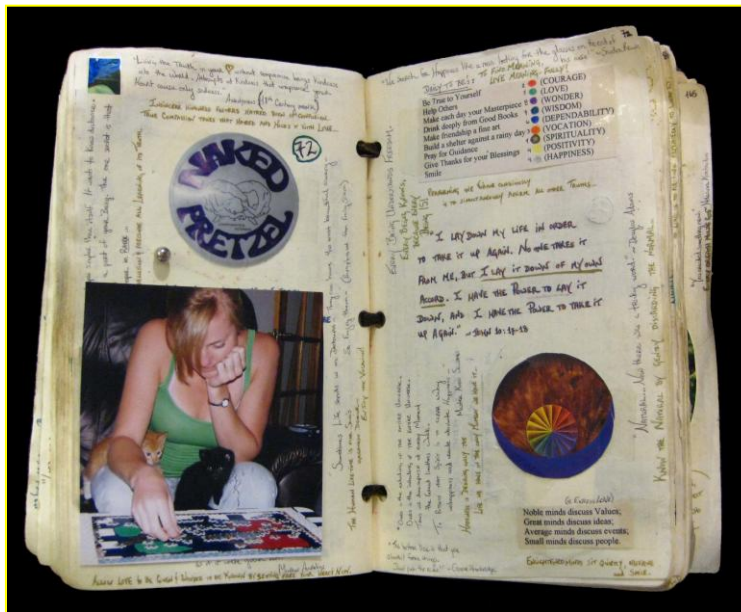


Image 168 (Page 72a - top left corner) ... This is a bit difficult to discern, and yet it remains a picture of a green Anole chameleon – symbolizing the ability we all have to adapt our vision to see which service is most needed, the ability we all have to adapt our frame of mind to empathize with those gazed upon (instead of criticizing or condemning them), and the ability we all have to adapt our choices to “go with the flow”; to engage whatever **is** – as opposed to what should or could be ...



“Living the Truth in your Heart without compromise brings kindness into the world. Attempts at kindness that compromise the Heart cause only sadness.” ~ anonymous

While many would profess that this statement is actually untrue – that enlivening “the Truth of the Heart” does *not* always bring happiness or harmony or goodness into the world, the statement remains True nonetheless. Indeed, this quote speaks to far greater things than mere happiness or mere harmony or mere goodness. It speaks of **Kindness** – something of far greater worth than happiness and harmony and goodness combined; and something that is indeed always brought into being whenever we choose to enliven our Heart’s Truth *without compromise*. For the Heart’s Truth – every Heart’s deepest Truth – is always fully composed of one desire: the Desire to Care for others; the desire to lessen the suffering of the world; the desire to bring that world more Peace &/or more Joy. That is all – that is all any Heart (or conscience, or Soul, or Spirit, or True Self) ever wants to do. And the best – indeed, the only – way to fully enliven this greatest of all Desires is to actively reach out to others with wanton acts of radical Kindness; true Kindness – selfless Kindness – self-sacrificial Kindness. Yes, there are imposters often at play – acts of “kindness” that are not fully sincere, and therefore not truly Kind (e.g. tactfulness, politeness,, friendliness, niceness), and these imposters do indeed ultimately bring sadness into life. And yet these imposters have nothing to do with the true Truth in any Heart, and in no way dampen the Truth of this saying.

*Insincere kindness fosters hatred that is born of confusion ...
True compassion takes that hatred
and holds it tenderly with Love.*

Image 169 (Page 72a - top center) ... This picture shows one of the first disc editions of the “Naked Pretzel” Ultimate Frisbee team (based in Chattanooga, Tennessee). “Naked Pretzel” was Chattanooga’s first Ultimate Frisbee Club (with whom I frequently practiced and occasionally played from 1992-1995) ... Ultimate Frisbee remains one of my favorite sports to this day, not only because a Frisbee in flight is a joy to watch – and not only because Ultimate requires an enticing mix of both explosive coordination and cardiovascular endurance, but primarily because the originating version of the sport was centered around fair play and honoring one’s opponents. This attitude, called “Spirit of the Game”, is why all true Ultimate tournaments are still played without referees (with players officiating their own contests) and why every true Ultimate game still ends with the members of both teams coming together on the field to openly express their appreciation for one another (often in amusingly creative ways).



Image 170 (Page 72a - bottom) ... This picture shows Cassie solving a puzzle while “attended” by her two cats (Zorro & Sprocket) – for me symbolizing the Truth that we cannot solve the apparent “puzzle” of living Meaning-fully without humbly, patiently, and actively interacting with both solitude and intimacy – and without courageously leaping into realms heretofore unknown ...



Image 171 (Page 72a - bottom overleaf) ... This picture shows Cassie & I enjoying a sunset on “Ponderosa Point” near her family’s vacation home in McCall (Idaho) – a picture that reminds me that Love is ever a Giving-Thing, and that the greatest Joy from any Love rests never in what we receive from a partner, but rather what we Give to her or him ...



***Love is cherishing the Beloved anyway;
wishing only to ease her burdens.***

Real Love – the Love that brings with it the “Good Fruits” of Peace & Harmony & Joy & Gratitude – has no goals and carries with it no expectations. It does not try to change the other; it simply Loves while solely intending to bring the other Peace ... It does not try and alter a relationship; it simply Loves while solely intending to enhance its Harmony ... It does not try to shift a situation; it simply Loves while solely intending to infuse it with Joy ... It does not try to change a life; it simply Loves while solely intending to soak the same in Gratitude.

“Your ego wants to break everything into shapes similar to itself. It wants to know distance. But the closest it can come is feeling; and even then it’s only touching a small part of your Being. The one secret is that all things are secret. Understanding is a lie ... so Listen!” ~ A. A. Attanasio

This quote is **true**, in that the ego by its very nature cannot know anything similar to Wholeness. It only understands small facets thereof – and only the reflections of those facets that happen to harmonize with its view of and beliefs about itself ... And this quote is **True**, in that the ego thinks it knows the True Self, and yet in truth recognizes nothing thereof. That is why it relies so heavily on emotion-tainted “feeling” in such matters – because the Self is composed of selflessness & a true heartfelt concern for the other, while the ego is composed of greed and a mind-known fear for its own well-being ... Finally this quote is **TRUE**, in that the ego wants to perceive and analyze and judge and understand and comprehend and thereby “know” the full spectrum of all that is philosophically True and all that is objectively Real in the Universe, when in fact its perceptions are always flawed, its analyses are always tainted, its judgments are always inaccurate, its understanding is always limited, and its comprehension is always biased -- and thus its knowledge is at best miniscule. As such, when sinking into the trap of “knowing” or wanting to know, it is always best to cease from such trivial pursuits –and return to a Life of Loving instead.

***To Know anything “with certainty”
is to willingly choose delusion ...***

“If two of you agree on earth about anything you ask, it will be done for you by my Father in Heaven. For where two or three are gathered in my Name, I am there within & among them.” ~ Jesus (Matthew 18:19-20)

Here again we have a passage from the Bible that is used by many (especially those Christians who have succumbed to the lie that is “the Prosperity Gospel” -- or those non-Christians who have succumbed to the falsehood that is “the Law of Attraction”) to justify their selfish attempts at satisfying their deepest desires for material wealth, their deepest longings for emotional “love”, &/or their deepest yearnings for public acclaim (i.e. power or popularity or fame) ... Of course, what those same believers always conveniently overlook (or outright ignore) are the most important words in the passage – namely, the words “**in my name.**” For the original “true” name of Jesus was probably the Hebrew “**Yehoshua**” – a name which literally meant “God is our guide”; a name which later became the Aramaic “**Yeshua**” – which meant “he will save.” Interestingly, **Matthew 1:23** cites Jesus’ true name as “**Emmanuel**” – a name which meant “God is [literally] with us” – i.e. “God is ever *within* us” ... And of course, at least as far as Jesus was concerned (and Jesus is the one who happens to be speaking in this passage), God – the “**Father in Heaven**” mentioned here – was an entity (or an essence) composed of pure and perfect Love (**Matthew 5:48**); a Love that knows no want for self – a Love that desires only to serve others. As such, when we keep all these truths in mind, this passage takes on a far deeper Meaning – for the only thing that anyone can wish for while truly living “in Christ’s name” is for the opportunity to be of service to those nearby, and whenever anyone who is living this mindset asks for the same, his or her awareness is immediately re-opened to the Truth that there are always those nearby in need of Tenderness – that there are always those nearby in need of Compassion – that there are always those nearby in need of Generosity – that there are always those nearby in need of Love. And because of the omni-prevalence of these potential objects of our Love, it is true indeed that whenever “**two of you [who are gathered in Jesus’ name] agree about anything you ask, it will be done for you.**”

Image 172 (Page 72a – main bottom) ... This picture shows Sean Adams playing Ultimate for “Naked Pretzel”. Sean was the guy who taught the guy who taught me to throw a forehand – the guy ultimately responsible for me getting to know the great game of Ultimate – the real game of Ultimate, mind you; not the modern, often-aggressive, ultra-competitive, testosterone-laden competitions it has often become, but rather the Joy-filled, Respect-ladled, Give-it-everything-you’ve-got-on-every-play-and-then-smile-at-your-opponent-no-matter-what-and-play-on game that Ultimate sometimes still remains ... Fittingly, Sean passed away in the Spring of 1994 while playing Ultimate – struck by lightning while wearing a shirt that said “Life is short – Play Ultimate” ...



“Sometimes Life sends us on detours ...
 (And yet those detours] can have the most Beauty-full scenery ...
 ... so enJoy them!” ~ Emily Simon

For those who are steeped in The Way – a Way of Living that knows only the current moment and the opportunities to Love that only the current moment can provide – there is no such thing as a destination, and thus there is no such thing as a detour. For those who have chosen to live this Way, it matters not where we were heading this morning, nor does it matter where we end up at day’s end. All that matters is that we are awake to each moment of our lives – and that we attempt to bring Love fully & truly thereto. Yes, even those living The Way have appointments – and yet they will pause along the way thereto touch the Heart of a homeless man with a smile and a word of Kindness ... And yes, even those living The Way make plans – and yet they will fully abandon the same if they come across an unexpected other in need. This is why those living The Way are so reluctant to form commitments or make promises – not because they cannot honor them or keep them, but rather because commitments innately limit the scope of their Love, just as promises by their nature always restrict the magnitude thereof.

***Indeed, our human lifetime
 is our Soul’s greatest detour ...***

“Perform every act of your Life as if it were your last.” ~ Marcus Aurelius

Yes, perform every act of your life as if it were your last – and be especially sure to extend this same wisdom to every interaction as well – greeting every Soulmate (and immersing in Who they Are) as though you are meeting them for the very first time; and bidding adieu from every friend as though you will be dead at midnight ... Greeting every stranger as though he or she is a long-lost Friend, and saying farewell to every lover as though you will never see them again.

***Allow Love to be given & Wonder to be known ...
 To Do so, set your Here&Now free.***

“We search for Happiness like a man looking for the glasses on the end of his nose.” ~ Sandra Reum

The only times we fail at finding real Happiness are the times when we seek the same for ourselves ... Real Happiness is an experience of selflessness; it cannot be known while gathering or garnishing for one’s self – but rather can only be fully *felt* (and thereby can only be truly known) while giving for -- or sharing with -- others.

To find Meaning, Live Meaning-fully.

“To **BE**: Pray for Guidance ... Be true to your Self ... Give thanks for your Blessings ... Help others ... Make Friendship a fine art ... Make each day your Masterpiece ... Smile.” ~ unknown

Indeed, it is only possible to fully BE while being true to our True Self ... And we can only “pray for guidance” in accordance with True Self while we are praying to be shown where to Love ... And we can only “give thanks for our blessings” in accordance with our True Self in those times when we are giving thanks for our Blessings of challenge and trial and turmoil; the Blessings that enable us to Love potently anyway ... And we can only “make friendship a fine art” in accordance with our True Self in those times we choose to reach out to treat our enemies as Friends ... And we can only “make each day our masterpiece” in accordance with our True Self in those moments when we sacrifice our own desires for Beauty to beautify our community &/or sacrifice our own desires for love to show Love to a stranger.

To perform one Virtue consciously is to simultaneously embody all others ...

“Every being intimately understands Freedom.” ~ anonymous

It is a fact that every sentient being fully comprehends his or her unique space in the Cosmos – and that each & every sentient being fully & profoundly understands the stark difference between living a life of Freedom and enduring a life of enslavement ... Indeed, just as our consciousness cannot know the Peace of Meaning without the freedom to choose how we feel about others -- or self -- or circumstance, so too do our lives themselves have no Peace of Meaning while enslaved or confined against our will. Of course, as every Enlightened Being has already experienced, while it is possible for the forces that be to enslave the body &/or confine its movements, it is impossible to enslave or confine a sentient mind without its capitulation thereto or its compliance therewith. For even in the darkest of dungeons, we can always escape from the vast majority of our suffering by choosing to feel gratitude for life itself &/or by choosing to reach out to fellow prisoners in need &/or by choosing to extend a Loving Forgiveness to our captors ... Even in times of greatest distress – even while being tortured without mercy – it is always possible for us to extinguish the vast portion of our suffering by openly extending mercy to those doing us unjust harm.

Every being Knows Freedom because every Being is innately Free ...

“I lay down my Life in order to take It up again. No one takes It from me, as I lay It down of my own accord. I have the power to lay It down, and I have the power to take It up again.” ~ Jesus (John 10:17-18)

This yet another extremely important verse, with the vast majority of Christians & non-Christians alike still overlooking the greatest portions of its importance to this very day ... Please note first & foremost that Jesus makes it quite clear that his death is not something imposed upon him by circumstance or fate – rather, that it is something that he willingly *chose* to experience. And this Truth speaks both to the metaphorical “dying to ego” that he embraced both every time he sacrificed personal comforts (e.g. living an extremely austere, home-free life – preaching repeatedly beyond the point of exhaustion – repetitively relaying the same message of selfless Love to others, disciples & strangers alike, who continually refused to comprehend the same) and every time he confronted personal fears (staring down the Jewish authorities in synagogues less than friendly – and weeping deeply in the Garden of Gethsemane the night before enduring his crucifixion) in order to more powerfully serve others ... More specifically (and more potently as well), it turns out that the Scriptures themselves show quite conclusively that Jesus literally effectuated his own crucifixion – something that is referenced in this passage as well. For after sharing his teachings with an audience that was astoundingly ignorant of his Truths and disturbingly unwilling to hear his message, a deeply frustrated Jesus decided to show them the profound power of willing self-sacrifice – by organizing and carrying out his own “execution” ... This is why his crucifixion took place on the eve of the Passover (ensuring that he would be taken down after only a few hours on the cross, as opposed to the 3-4 days that this form of execution normally required), this is why he loudly proclaimed the first verse of **Psalm 22** while hanging there (a Psalm that was well-known at the time; a Psalm that referenced many of the characteristics of Jesus’ own pre-arranged crucifixion – and a Psalm that spoke loudly to the very Jesus-friendly concept of being joyfully grateful to God despite any torments one might be enduring), this is why Jesus took a draught of drugged wine immediately before “**giving up his Spirit**” (a Greek term that implied a *volitional* form of dying, not a form of murder or execution), this is why he was placed in a new & unused tomb that happened to be not far from Golgotha, this is why no guards were placed at that tomb until the following morning, and this why that tomb was sealed with a single stone that was easily set into place by a single, elderly man (Joseph of Arimathea). Self-sacrifice that is done Joy-fully for others is the only act that allows us to know the full Bliss of being fully Human. This is what Jesus came to share, this is what Jesus ultimately demonstrated, and this is what he is referencing in this particular passage.

“Natural ... Now there’s a tricky word.” ~ Douglas Adams

Actually, “natural” is only a tricky word when speaking from the reference point of the ego; seeing as how each ego has fears & longings that are unique in & of themselves, and wishes & anxieties that are to be given solely to the unique individuals doing said wishing. And yet from the Soul’s point of view, “natural” is not a tricky term at all. For every single sentient being harbors essentially exactly the same Soul – remarkably equal facets of the Divine that all want exactly the same things: namely, to bring friends Peace, to bring strangers Joy, to bring enemies Solace, and to bring the Universe Harmony. Anything that exudes or treasures these selfless desires is “natural” to the Soul, and anything that does not, is not.

***Know all that is Natural
by gently discarding all that is “normal”.***

“Ours is the exhaling of the entire Universe. Ours is the inhaling of the entire Universe. Thus we all accomplish at every moment the great, limitless Work. To possess that Spirit is to clear away unhappiness and create absolute Joy.” ~ Master Kodo Sowaki

While it is true that Master Sowaki does indeed tap into some great Truths with this saying (e.g. the Truth that we are indeed intimately interconnected with even the furthest reaches of the Cosmos, and the Truth that acting accordingly is indeed “the great, limitless Work” with which we have all been tasked), where he *seems* to slip (note that it is possible that his translator was the one doing the slipping here; possible that Sowaki did indeed know the Wisdom contained in the following few words) is in apparently stating that true Joy comes solely from internally “possessing the Spirit” of Oneness – a statement that seems to incorrectly imply that “going within” is enough to bring Joy, or that intellectually “becoming aware” of the vastness of our existence is enough to bring the same. Of course, neither of these is anywhere close to sufficient, for true Joy comes only to those who actively exude both the humility and the courage required to reach out into their surroundings and *do what they immediately can* to bring a measure of Peace thereto ... Joy comes not from “understanding our place in the Universe” – Joy comes only from bringing Joy to others.

***Happiness is desiring only the Life we have
in the only moment we have It: Now ...***

Image 173 (Page 72b) ... This is a color-wheel, resting in an indigo crescent that is resting on a brown background – symbolizing the Truth that all of the Noble Virtues (active Patience, self-sacrificial Generosity, radical Gratitude, heartfelt Compassion, flagrant Honesty, profound Humility, inspired Wonderment & courageous Faith) all rest in Humility itself – that without Humility none of the other can even begin to BE – and that without that Humility being fully grounded in the other, it cannot BE as well.



“Noble minds discuss values; great minds discuss ideas; average minds discuss events; small minds discuss people.” ~ unknown

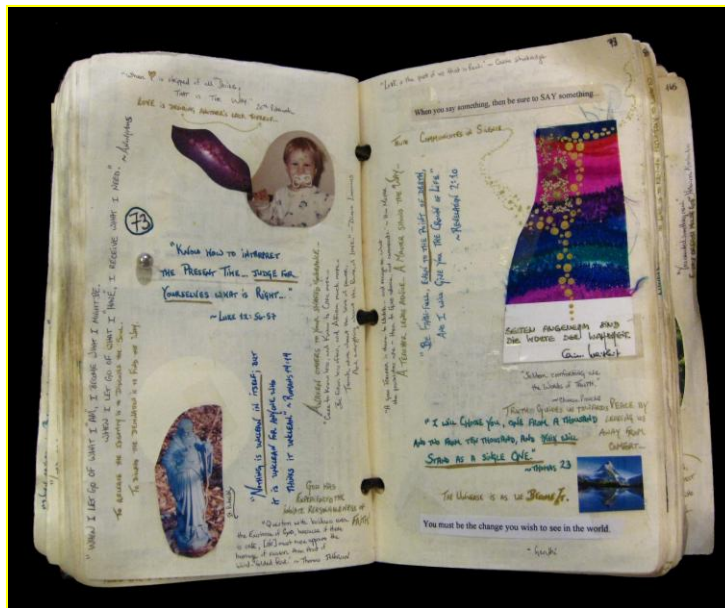
***and Enlightened Minds sit quietly,
observe it all with amusement,
and smile in Kindness.***

While the size of our minds is ever flexible; constantly expanding &/or contracting in accordance with the relative magnitude of our every successive choice of focus, it is far more important to remember that *the size of our Hearts* remains ever the same – and that the size of our minds is only similar in greatness to the size of our Hearts in those moments we choose to set aside our concerns for personal safety, dismiss our desires for reward or reciprocation, extinguish our fears of rejection or ridicule, and leap into bold acts of Loving.

“The bottom line is that you shouldn't force things. Don't push the river.”~ Cassie Shoebridge

“Don't push the river” has been one of my favorite sayings for many years now – cherished even before the times when I got to know (and chose to unconditionally Love) Cassie. Interestingly enough, there is no time when this wisdom is more fitting than those times we are working through the myths of “love” – and there is no time when this wisdom becomes more irrelevant than when we are deeply immersed in truly Loving. For the former ever strives for what is “best” or “better” and ever fights for what is “right” – it squirms when treated unfairly and clings tight whenever showered with affection. This is the realm of romance and lust and marriage and “union” – the realm that goes with the flow easily in its early stages, and yet quickly starts “pushing the river” the minute things start flowing astray from hope or expectation. LOVE, on the other hand, cares not for such things – it needs nothing for itself; it seeks only to extend Caring to the other. As such, there is nothing to push or pull, for there is nothing specific that is longed for – only the impetus to bring Peace to dis-ease &/or Joy to any time of sadness. If the other doesn't want to be near, LOVE sends her on her way ... If the other doesn't want our Love, LOVE shrugs with a hug & a smile and turns elsewhere, to set the one free in order to then give LOVE where it might be cherished &/or embraced.

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“When Love is stripped of all desire, that is The Way.” ~ 20th Patriarch

Struggling against any desire – even the desire to have Love be free of desire – is destined for failure ... It is the ego that lives in the realm of strife & conflict, and as such all things of the ego are strengthened by struggle or strife. As such, we come to deeply know the true Way of Love not when we forcefully strip ourselves of all personal lusts & wants, but rather when we gently set them aside – moment by moment, for only one moment – and replace them softly with actions that are devoid of the same. This is the apparent paradox of desire & love – that we must be free of the many wants of the ego to know real & perfect Love; that we can only know such freedom therefrom when being kind towards the very desires we seek to dismiss; and that in so doing we actually fully actualize the one Great Desire of the Soul – the Desire to know and enliven fully desireless, purely unconditional Love.

Love only desires a complete lack of desire.

Image 174 (Page 73a - top) ... This picture is of my younger brother, Todd, and shows him reveling in his “double-passy” (he also was fond of wearing more than one hat at the same time). The Milky Way is also seen streaming from his right hand here, and the entire image reminds me that even the greatest of Souls must ultimately choose between satisfying ultimate desires for pleasure & comfort, and fulfilling our ultimate calling to serve the Universal Whole ... Most choose the former over the latter – to the detriment of themselves as much as their surroundings. Others choose the latter over the former – and thereby come to know true Peace & empowerment. Others, however, swing back & forth between the two – never fully choosing one or the other; eventually being torn asunder by the raw immensity of that internal conflict. Todd was one who chose this third way; the way of waffling – deeply caring about the Earth and all its inhabitants, and yet shrinking repeatedly back from believing he could do anything for the same ...



**“Know how to interpret the present time ...
Judge for yourselves what is Right.” ~ Jesus (Luke 12:56-57)**

First and foremost, when Jesus seems to use the verb “judge” here, he certainly does not mean “condemn” or “label” or “criticize” or even “determine”. He actually means “*distinguish*” or “*discern*” – a definition much more in harmony with *krinete* (Strong’s #2919), the Greek word actually written in this verse’s ancient manuscripts (unlike the Greek word *katedikazo* in **Matthew 12:7** & **Matthew 12:37** & **Luke 6:37**, which meant “to condemn” – see Strong’s #2613) ... Indeed, the only way to accurately “interpret the present time” is actually to refuse to judge it at all; to immerse in it fully & indiscriminately instead – to See each moment as a gift from the Divine, and to honor that moment accordingly by doing what we can to make it more Beauty-full, to make it more Peace-full, &/or to make it more Joy-full. And *this* is the only way to do “**what is Right**” – *this* is the only way to “**judge for our Selves**” how we can potently cherish the priceless moments we have been given.

“When I let go of who I am, I become what I might Be.
When I let go of what I have, I receive all I need.” ~ unknown

We can only “let go of who we are” by facing our fears with boldness – by launching ourselves into situations where we might appear foolish &/or leaping into relationships where we might very well be rejected ... Similarly, we can only “let go of what we have” by facing our desires with humility – by giving away all that is rarely used or never needed & by sharing whatever remains with those in need. All we might become and all we truly need are actually one and the same thing. For all we might become – just like all we truly ever need to become – is LOVE.

**To release the identity is to Re-Discover the Soul ...
To discard the destination is to find The Way.**

Image 175 (Page 73a - bottom) ... This picture is of a statue of St. Benedict in the woods of Alexzanna Farms (Wildwood, Georgia). Benedict is the patron saint of students, and was known as the founder of western Christian monasticism. He was supposedly a gentle man of both great humility and steadfast devotion ...



*“Nothing is unclean in itself; but is only unclean
for anyone who thinks it so.” ~ Paul (Romans 14:14)*

On the one hand, Paul is strengthening a common temptation in this verse – telling us all (quite incorrectly) that it is fully acceptable to accept whatever is offered us, regardless from where it comes and regardless of whatever such an acceptance might entrench. Indeed, in this chapter of **Romans**, Paul quite clearly tells his followers to accept whomever comes their way, and to do so regardless of the particular morality of their habits or beliefs. Yes, it is indeed a Good Thing to not judge another person for who he or she is (Jesus agrees in **Matthew 7:1-2**, where he tells us quite clearly that we are not to condemn or criticize others for who they are), and yet we are most certainly **not** called to conveniently cast a blind eye upon the choices those others make that clearly harm the innocent or themselves (see **John 7:24**, where Jesus tells us that we are indeed to “**discern with sound judgment**” when examining deeds). It is in this regard that Paul errs greatly in this passage ... On the other hand, Paul is (albeit probably unwittingly) expressing a very deep Truth with this particular verse – namely, the Truth that literally everything is inherently sacred; and that it is only our flawed perceptions of people, places, things &/or events that says otherwise. Interestingly enough, the only way to avoid the former temptation is the same way required to cleanse the latter perception – by purposefully & consciously shifting our actions’ intentions from ourselves to the other; by purposefully & consciously choosing to move into each moment and flow with all that is present therein solely in order to bring even a small measure of additional harmony to the same.

“Care to know less, and know to Care more ... Be firm less often, and affirm much more ... Teach no one about the love of power, and everything about the Power of Love.” ~ Diana Loomans

I guess the most important thing I can share about this particular quote is that it exposes what I like to call “the Myth of Degree” – namely, the erroneous belief that life is a slow-moving process of increasingly choosing one thing more and another less; of slowly but surely choosing a bit more Love and a bit less fear ... In our effective reality, of course, nothing could be further from the Truth. For we live not in the commonly accepted notion of time – we live not within a string of interconnected moments that form blocks of days & weeks & months & years. No, not at all ... In actuality, we live in an almost endless string of fully independent instants – moments whose actions do bleed into later moments as consequences, and moments whose choices do melt into later behaviors as subconscious impulses and emotional memories – and yet fully independent moments nonetheless. A such, there is no such thing as “knowing to Care more” than we did in some relatively self-centered time in our recent past. No, we either choose to Care fully for life & others or we don’t. Similarly, there is no such thing as “affirming others much more” than we might have affirmed them yesterday or last month or last year. No, we either fully support them and in-Courage them or we don’t. Most importantly of all, there is no such thing as “teaching others about the Power of Love.” No, we either boom that Love via deeds of selfless service &/or radical Kindness, or we don’t boom that pure Love at all ... Yes, my Friends, it is true that each any every choice we make has commensurate consequences that flow to us in the moments that follow, and yet this does not mean that we are excused from taking each moment and filling it with maximum Goodness. The Myth of Degree (otherwise known as the “Myth of Progress”) would have you inch along though the precious few moments you have been given – becoming just an inkling more Kind and Caring each day than you were the day before; and therefore ending up on your deathbed essentially with a collection of Love’s vacant inkings, and never having known true LOVE at all.

Awaken others to your shared ignorance ...

“Love is the part of us that is Real.” ~ Cassie Shoebridge

Some might be tempted to rail at the apparent gall of this statement (“Isn’t my body real? And aren’t my thoughts real? And what about my emotions – aren’t they real as well?”) – hence, the capitalization of the word **Real** in this particular quotation. For even though there *is* much about us that is tangible – and thus “real” – there is truly only one facet of us that resonates with our truest Self; only one part of us that ever purely harmonizes with our deepest Purpose and our highest State of Being ... And that one portion is a portion that actually encompasses us in full ... That one portion is actually a reflection of our greatest Wholeness ... And as you might have guessed by now, that one portion – the one facet of our Selves that is who we truly Are – is indeed the essence many call Love.

“Question with boldness even the existence of God, because if there is One, [He] must more approve the homage of reasonable doubt than that of blind-folded fear.” ~ Thomas Jefferson

This quote from Jefferson need not be read as a rejection of God or a call to atheism (though Jefferson himself was a Deist, and thus much closer to rejecting the Christian godhead than he was of accepting the same). Indeed, when we read this quote on its face, it merely shares the quite simple Truth that any God who creates His creations ill (i.e. lacking in objective knowledge and full of superstitious fears) and demands that they somehow make themselves well is a God not worth worshipping at all – indeed, that the raw capriciousness of such a God actually borders on the downright evil. And interestingly enough, Jesus himself seems to agree – noting as he does that his Father is not at all the damning type; that his “**heavenly Father**” (remembering that “Heaven” for Jesus was an *internal* Kingdom, not a stratospheric one – see [Luke 17:20-21](#)) was an embodiment of pure & perfect Love (see [Matthew 5:48](#)) and that such a Love was actually completely fearless and utterly lacking in any semblance of judgment ([Matthew 7:1-2](#), [Luke 6:36](#) & [Matthew 8:21-22](#) et al) and actually completely devoid of the ability to punish others at all (see [1 John 4:18](#)) ... As such, such a gracious and non-condemnatory God would quite clearly much more appreciate an atheist who honestly and humbly seeks for Truth than an arrogantly ignorant Christian who boldly claims to know the things he quite clearly cannot – and that this would be especially true if that atheist was one who happened to dedicate his life to Caring for others, while that Christian dedicated his life to condemning them.

***The Child of God is He/She
who has experienced the innate Truth
of the reasonableness of Faith ...***

“When you say something, Be sure you Say something.” ~ unknown

If you say something to persuade or cajole or otherwise manipulate another, you have actually wasted your breath – you have said things that do nothing for the other, and as such have actually Said nothing at all ... And if you say something to insult or attack or criticize, you have used your breath to maim – you have said things that did damage to another, and as such have actually Said less than nothing at all ... And yet if you open your mouth and utter words intended to soothe or inspire or encourage or uplift – and if your tone used matches the content shared, then you have enlivened the Ultimate Purpose of the voice you have been given – you have said things that brought another Peace, and as such have Said everything that ever need be Said.

Truth communicates best in silence ...

“A Good Teacher is there to watch, and recognize what the possibilities are – and then to give advice [when asked]; never commands [unsolicited].” ~ Bill Moyer

First of all, it is important to note that all advice given unsolicited is only accurately applicative to the one giving the advice, never the one to whom it is being given ... Secondly, the truly Good Teacher not only avoids giving advice until it is requested, but also only offers advice that is vague & cryptic once it is. For it is impossible for us to learn anything of true importance unless the same is self-discovered. And as such, it is the privilege of every Good Teacher to purposefully withhold specific explanations of Truth, while offering the same both repeatedly & completely in the forms of fable, riddle, parable, or proverb.

***A Teacher lends advice,
while a Master silently shows the Way ...***

***“Be Faith-full to the point of death,
and I will give you the Crown of Life.”***

~ unknown (Revelation 2:10)

Most Christians focus here on the word “faithful” (which is the way it is written in most English biblical translations), and this is why most Christians are so often and so easily misled thereby ... Now I am not claiming here that the author of *Revelation* (who remains unknown to this day – in all probability not John the disciple at any rate, who would have died many decades before this tome was penned) believed any differently. For it is possible that he did indeed himself mean that those who maintained a staunch, conservative, religious belief in Jesus as the only Son of God would receive a heavenly reward after their physical demise. And even though such a celestial system of constrained & conditional reward is quite obviously patently unjust (and actually evidences a godhead who is both capricious & cruel), this might very well end up being the actual case (we’ll all just have to wait and see) ... All that aside, what I am attempting to share here is a far deeper Meaning within this verse – a Meaning that reveals itself when we have the humility to re-examine the word “faithful” and see it instead as **Faith-full**; indeed to redefine it in a way that harmonizes fully (and quite ironically) with the teachings of Jesus Christ. For you see, in a much more “enlightened” reading (and in a much more reasoned one as well), “the Crown of Life” cannot come merely to the “worthy” after their death, but instead must be offered to *all* who are Faith-full – to all those who have the humility and the courage required to live the selfless Love of Christ fully; even “to the point of death” (i.e. all who are not only willing to sacrifice their own comfort for the benefit of others, but those who actually do so). Remember, for Jesus Belief was a verb (see *John 13:15-17* & *John 14:12* et al), and as such, it makes consistent sense that he would view Faith similarly – that he would view it like “James the Just” viewed it (*Gospel of Thomas 1:12* + *James 2:14-17*) – that he would view it in harmony with the fundamentally pro-active, service-oriented, unconditionally Loving teachings of all his sermons and all his parables as found in the Gospels.

Image 176 (Page 73b - top) ... This is a portion of a card made by a German artist and found at the Weilimdorf Farmer's Market (near Stuttgart, Germany). I especially liked its base colors (speaking to me of the innate royalty of the human conscience – or “Soul”), its illuminations of gold (speaking to me of the spiritual, emotional & mental Wealth that flows to all those who enliven that same True Self), and its use of dried flowers (speaking to me of the Truth that in every “death” of wiling self-sacrifice rests the Beauty thereafter of a life well-lived ...



“Seldom comforting are the words of Truth.” ~ Chinese Proverb

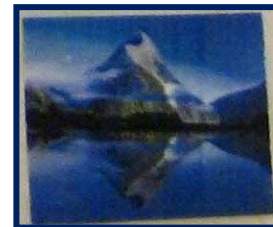
Not only are words of Truth rarely comfortable, it can be stated with more than a bit of boldness that the words of Truth are *never* so ... Indeed, it is the ego that cherishes the selfishness and the passivity that are inextricably innate to the hollow pleasures of comfort & ease. And as the ego knows nothing of the Soul’s yearnings to serve, and as the Soul knows nothing of the ego’s selfish longings for comfort, it can be safely stated that all “truths” that instill or inspire feelings of comfort in us have little to nothing to do with our real and deepest Spiritual Truths.

***Truth guides us towards Peace
by leading us away from comfort and into conflict.***

***“I will choose You, one from a thousand and two from ten thousand,
and You will stand as a single One.” ~ Jesus (Thomas 23)***

This is one of my favorite sayings of Jesus – not because he definitely said it (Indeed, it is quite possible he didn't) – but rather because of the deep-seated Faith it evinces and the deep-seated Persistence it inspires ... You see, anyone who has ever set forth onto a path of selfless service knows that most folks are simply not interested in the same – not interested in accepting the gifts such a path offers, and certainly not interested in affirming that path (much less the humble courage required to join the one sharing it) ... In short, The Way of selfless Love is ever a path walked mostly in solitude. And to make matters even more challenging, it is a Way that bears little to no Good Fruit that can be readily witnessed. And because the ones who have set forth on such a path are by nature individuals who deeply Care for all of humanity – and because the vast majority of humanity tends to ignore or reject or even ridicule the Great Gifts offered by such “Peace Pilgrims”, this is a Way of Living that can become quite frustrating after even a short period of time ... Indeed, this frustration was seen in Lao Tsu, who had given up on the ethically bankrupt citizens of his homeland and was actually leaving them to live his final days as a hermit when he paused on the way to pen the now famous (and quite brilliant) *Tao Te Ching*. And this frustration was also seen in Jesus when he did everything but get on his knees and beg his followers to make the necessary leap of faith into living (and thereby finally truly understanding) his teachings on selfless Love. Indeed, Jesus' frustrations with the raw selfishness of the masses became so acute that his regular, peace-seeking, solo-treks to various mountaintops no longer sufficed, and he departed from Judea after a ministry that only lasted three years. And yet before he departed, he offered this particular gem (among many hundreds of similarly brilliant gems) – a beacon of simple Truth that reminds us that we are not to worry or fret when the vast majority of our listeners reject our teachings – that we are only seeking to awaken those sleepers who are already on the verge of awakening – the 1% of 1% of those still slumbering who will willingly hear our Way's Wisdom, who will willingly open their eyes thereto, and then who will willingly enliven the same – to then deeply *feel* its undeniable Truth for themselves ... We are to share our Truths with the rest of humanity as well, of course – indeed, all have been Called (even though very few will answer). And yet when we see that the sleepers will not awaken, we need not fight with their slumber. Rather, we are to gently kiss them on their foreheads, snugly tuck them into their chosen ignorance, and wish them well as we depart ... At the latest on their deathbeds they too will rise up from their drowsiness, though we pray as we leave that another comes to help them awaken well before that terminable time.

Image 177 (Page 73b - bottom) ... This is an image of a mountain reflected in a lake – for me symbolizing the ever-Important Truth: “as above, so within”, along with the important reminder that even though there is only one pinnacle of Truth (that being selfless, unconditional, active Love), there are indeed a multitude of routes thereto ...



“You must Be the change you wish to See in the world.” ~ M. Gandhi

Actually, it is not that we *must* be the change we wish to see in the world, but rather that we have all been given the opportunity – nay, the *privilege* – to become that change. For there is no duty or obligation in the realm of the Soul – just as there is no commitment or promise in the realm of real Love. Just as Love must be completely volitional to Be at all, so too must the enlivenment of our deeply Caring & truly selfless Self be 100% freely embodied in order to 100% fully Be – and in order to thereby be even partially effective in inspiring the change our Souls so yearn to See.

The Universe IS as we Become It.

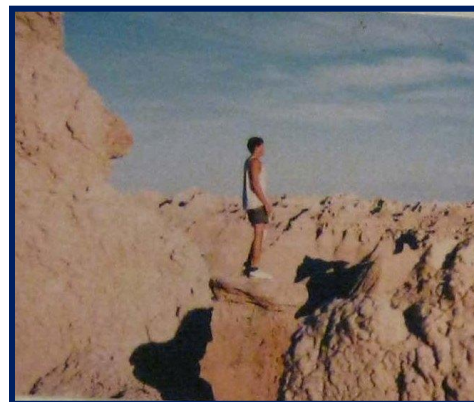


“I find the moments when I am a child are my best.” ~ Rebecca Jean Pittman

The moments when we express our most volatile selfish emotions -- need or despair or rage or hysteria or terror – are the “childish” moments when we are at our worst. The moments, on the other hand, when we purely embody our most selfless mentalities – generosity or faith or forgiveness or gratitude or Love – are the moments when we are reflective of our inner Child of Good. These are the choices always available to all of us – and these are the moments when we are indeed *all* at our best.

*The infant cries out for comfort ...
 The adolescent yearns for power ...
 The adult fears the pain of death ...
 And the Child simply looks about & laughs.*

Image 178 (Page 74a - top) ... This picture (which I call “Flight to Here”) showing my Self “hovering over” the Badlands (South Dakota) during the Summer of 1989; reminding me that we are all always more than merely where we came from, how we were raised, and where we grew up – that we can all choose in any moment to transcend the selfish defense-mechanisms we reasonably learned in childhood, and be reborn as our innate “Child of God” thereby ...



“Embrace your fears ... Have compassion for their powerlessness – while expressing Gratitude for their Guidance.” ~ anonymous

Fear is actually one of our ego’s more powerful addictions, and like any other addiction, attempts to beat it into submission with force of mind or send it away via strength of will are doomed to fail ... Indeed, just like any addiction and just like any enemy, fear can only be “defeated” to the degree that it is assimilated; it can only be destroyed to the degree it is embraced & then utilized. This is not to say that we are to incorrectly judge fear to be a Good unto itself, or that we are to counterproductively wish for more fear or summon more of it into our lives ... Fear is the ultimate essence of our earliest selves ... It forms the bedrock of the “friend or foe” & “fight or flight” responses that are always instinctively examining every new instant ¼ of a second faster than our neo-cortex can make conscious decisions about the same. As such, no matter how “enlightened” we become in relation to dealing with what happens to us, fear will remain a primary challenge for every single sentient being for the entirety of his or her life. And thank goodness this is indeed the case, for without the challenge of fear, none of our choices would ever be difficult ones – and it is only the choices that are difficult to make that hold any true Power. They are the only choices that effectuate real Harmony into our surroundings, they are the only choices that bring real Joy &/or inspiration to others, and they are the only choices that bring real Peace to ourselves. And it is for these reasons that we are to embrace our fears instead of fight them or repress them. When we react to our fears, they control our lives; inspiring selfish choices that always bring pain & suffering to self & others ... And yet if we choose to pause briefly when afraid – pause just long enough to take half a breath and pro-actively choose our response thereto, then we can indeed choose courageously, with the potency of those conscious, courageous choice being directly proportional to how afraid we were when we make them. This is how we embrace fear ... This is how we turn fear into a Friend ... And, ironically, this is how we vanquish fear by bringing it to rear its head ever more infrequently.

Without your fears, you are helpless.

“Re-define ‘success’ to free your Self to re-BE.” ~ anonymous

Any “success” that is measured by the amount of benefits that accrue to self always results in failure. Indeed, the greater such a “success” becomes – i.e. the more material wealth we have accumulated, the more personal fame we have effectuated, the more individual power we have engendered, the more selfish pleasure &/or comfort we have experienced -- the more we know that we have actually *failed* as a Human Being ... On the other hand, measuring Success by the amount of Joy or Peace we have *intended* to bring to others is a Success unto itself. Yes, actually bringing said Peace &/or actually effectuating said Joy is better still – and we are always to continue seeking new ways to serve and fresh methods of Love until such fruits are readily reborn in the lives of those nearby, and yet sincerely & devoutly & repeatedly *intending* to live as a servant of the same – as a servant to the betterment of the lives of others – is the only Success needed to be fully reborn ourselves.

Success is choosing to “fail” – that others may then Succeed.

“The Kingdom of God is not coming with things that can be observed ... For, in fact, the Kingdom of God is already within you!” ~ Jesus (Luke 17:20-21)

This is an extremely important biblical verse; indeed one of the most important ones in the entire New Testament ... And the reason it is so important is that it fully quashes the highly dysfunctional belief held by most Christians that Heaven is some sort of eternal reward for the few who qualify as worthy enough for the same; that Heaven is a place somewhere other than Here to which only the “true believers” are allowed to journey at some point in the future after their physical deaths. Jesus, of course – at least to the degree that he truly did comprehend Divine Morality & Divine Justice & Divine Love – wanted nothing to do with such nonsense. For Jesus, “the Kingdom of Heaven” was a Bliss-filled state of being available to each & every sentient being in each & every moment of their lives. It was accessed not by worshipping God correctly or bowing to Jesus devoutly or publicly outing oneself as a “sinner” or being baptized correctly by a priest, but rather by simply having the humility and the courage to reach out to others in need – especially when least wanting to do so, and especially to those deemed least deserving of the same (see [Matthew 5:40-44](#), [Matthew 10:7](#), [Matthew 24:12-14](#) et al) ... And indeed, it is *this* Heaven that harmonizes with a heavenly Father whose Love is without end or measure ([Matthew 5:48](#)) – it is *this* Heaven that harmonizes with a God whose mercy is over-arching ([Luke 6:36](#)), and it is this Heaven that resonates with a God whose Forgiveness lives without end ([Matthew 8:21-22](#) + [1 John 4:18](#) + [Luke 15:11-32](#), the Parable of the Prodigal Son et al).

“It takes two to be ‘separated’ ...” ~ anonymous

Indeed, as long as one half of any partnership continues to unconditionally Care, then its LOVE will live on – even though the partnership itself might not. Of course, far more importantly here is the Truth that there is no worth per se in a partnership living on for its own sake ... If a pairing bears the Good Fruit of Joy or Peace or Inspiration or caring, then it is Good that it continue. And yet if a relationship no longer bears these Fruits, it is indeed for the best that it peaceably dissolve and allow its newly freed partners to seek the production of those Fruits in other places, with other people, &/or in other ways.

***Love cannot ever disappear,
because there is nowhere else for Love to go.***

Image 179 (Page 74a - bottom) ... This is a picture of a yellow warbler resting on a branch – symbolizing the Truth that Wholeness need not always be in motion; that Wholeness need not always be doing something or heading somewhere; in essence, that Wholeness simply always is ... Now, it remains true that this Wholeness does nothing for others (and therefore nothing for ourselves) until it is actualized via courageous acts of Kindness & Caring, and yet it is not at all true that we need to “grow” as people or “learn more” about our pasts or “strive to become a better person” – because all we really need to do is to LET GO of our fears & desires, open up our Hearts, and allow our beautiful True Self Song to naturally flow forth into our lives ...



“Be like a tree – Grow as high as you possibly can ... Be like a tree – When you are cut down, Grow new sprouts and just grow back ... Be like a tree – When the wind blows you over as far over as it can bend you, just hold on ... You will straighten back up.” ~ Howard Finster

Actually ... **Be like a tree** – solidly alive right where you already are ... **Be like a tree** – giving everything you have to give to any & all who can use the same ... **Be like a tree** – when life’s winds blow so strong that your roots ache & scream, let go; let yourself be uprooted by the storm -- knowing that your willing sacrifice will nourish thousands of new seedlings thereafter.

***When the opportunity arises to Give of your Life,
do so completely & with great Joy.***

“What provokes emotional reaction, one fears ...
What is accepted calmly, reflects one’s True Self.” ~ anonymous

It is indeed True that we can only react in anger or sadness to that which we fear, with the intensity of those emotions directly reflecting the magnitude of the fear that inspired them. As such, if we wish to recognize our shackles of True Self, we need only look to what makes us angry or depressed – and then boldly choose to extend acts of compassion-laden Kindness directly to the manifestations thereof ... Similarly, the degree to which we respond calmly (&/or with almost immediate feelings of compassion) towards the perpetrators of bigotry or violence or injustice or cruelty or corruption is the degree to which we have come to embrace our True Self. We can continue to constructively and powerfully soothe life’s less frightening social wounds with our Love if we wish, and yet our lack of difficulty in doing so will make such efforts relatively weak. As such, it is far better for everyone involved to purposefully embrace our lives’ more challenging villains – not to “better ourselves”, of course, but to more potently bring Peace to the others around us.

***To re-Birthe your Self,
choose to embrace what you fear ...***

“A monk asked Joshu why Bodhidharma came to China. Joshu said, ‘An oak tree in the garden.’ Love’s message cannot be delivered in words. If one receives words literally, he will be lost ... If he tries to explain with words, he will not attain Enlightenment in this lifetime.” ~ unknown

It is always wisest to Hear what another means, as opposed to what they are merely saying – remembering, of course, that what is meant is always more accurately communicated in the deeds one performs rather than the words one speaks ... In addition, it is important to remember that Enlightenment comes neither from listening to Wisdom, nor in speaking the same. No, real Enlightenment has always come solely from Faith-full leaps of *Doing* – from willingly choosing to “risk it all” even for the smallest viable chance of saving another from suffering.

***Replace analysis with Vision ...
Discard rationale for a smile ...
Release explanation and Open your arms to Love.
... This is The Way.***

“Clarify your intentions with your actions.” ~ anonymous

Right Actions have completely Peace-full ends effectuated by equally Peace-full means soaked in equally Peace-full motives ... If the motivation for acting is not selfless, the means will slip into rationalizing the inducement of “necessary hardships”, “collateral damage” &/or “incidental loss” ... Such thinly veiled acts of greed always ultimately breed various & commensurate manifestations of chaos & suffering.

***There is no confusion in the conscious Life;
only cowardice disguised as indecision.***

“Your true Home is wherever you already Are.” ~ anonymous

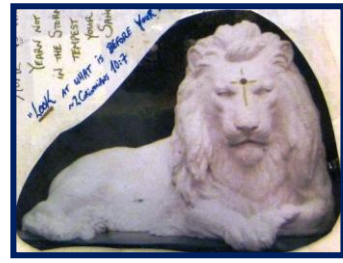
Roaming the Earth looking for the “right place” ensures that one’s Home will never be found, just as running away from life’s trials & tortures ever assures that we will pack them up and bring them with us wherever we go ... Until the traveler can find solace in his place of birth, he need not ever set forth. Until the pilgrim can find gratitude in the first step of her journey, she need not ever take her second step.

***Yearn not for the safe harbor in the storm ...
The tempest IS your Sanctuary.***

“Look at what is already before your eyes.” ~ Paul (2 Corinthians 10:07)

True, on its face this verse reminds us to humble ourselves, to consciously dismiss all familiarities & preconceptions in order to See our lives as if for the first time – to clearly See the Wonders that are ever around us. And yet – much like life itself – there is more to this verse than immediately meets the eye. Indeed, it happens to be taken from a section of [2 Corinthians](#) where Paul is actually using passive-aggression to persuade his listeners – to convince them of *his* greatness, not the greatness of life – to laud *his* humility and *his* righteousness, not inspire them to awaken theirs ... And this reflects a deeper biblical Truth still: namely, that the vast majority of the writings of Paul do not reflect The Way of Christ at all, but are actually enabling reflections of the opposite thereof. Where The Way of Christ would have us see ourselves as equally worthy Children of God, Paul’s teachings would have us demote ourselves as inevitable sinners; where The Way of Christ would have us openly embrace our enemies as brothers, Paul’s teachings enable us to denigrate and even condemn those who do not believe as we do; and where The Way of Christ would have us reach out in acts of self-sacrificial Love in order to attain “the Kingdom of Heaven” (see [Luke 17:20-21](#) & [Matthew 10:7](#)), Paul’s teachings tell us over & over again that thought & word are enough – that we merely have to believe in our minds that Jesus is the only Son of God (and profess the same wit our mouths) to be saved ourselves ... As such, it seems that Paul himself would benefit the most from actualizing his own words; that Paul himself should close his mouth & put down his pen – that he should stop trying to convince others to save themselves, and instead look to the opportunities to care for others that are already before his own eyes!

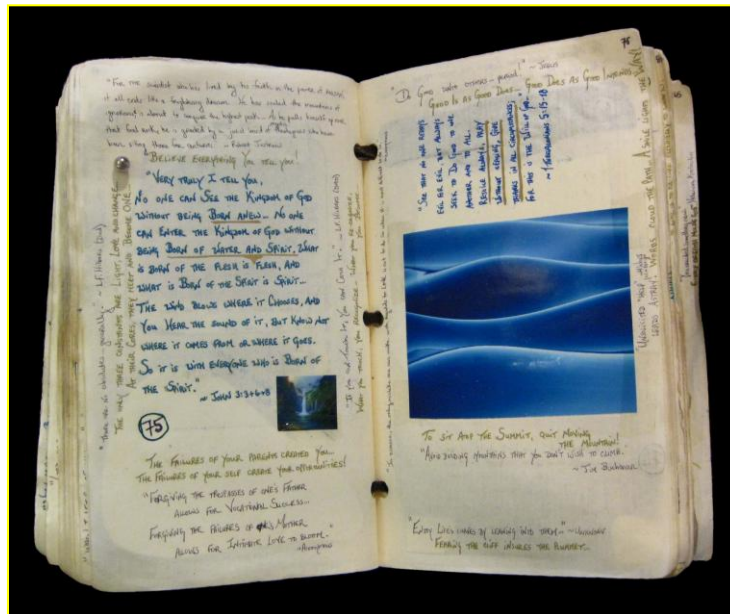
Image 180 (Page 74b) ... This picture (which I call "The Guardian") is one of the two lion statues that "watch over" Wright Park in Tacoma, Washington (one of my life's most "sacred" spaces) – symbolizing the Truth that it is relentless persistence that allows our Soul to ultimately depose the ego and regain its rightful place on the Throne of the Heart; that we are thereafter not only to loudly proclaim our renewed Mission to serve all life, but that we are to actually set forth with courage to put that boldness into motion ...



“Love remembers to repeatedly make space for the Beloved to blossom into *their* version of True Self.” ~ anonymous

On the one hand, this saying reminds us that we are not to encourage others to follow the same selfless ways or emulate the same caring deeds or even adopt the same loving beliefs that have brought Peace into our own lives. Yes, those ways are broad enough for everyone to tread, and yes those deeds would indeed bring a similar Solace to all who emulated them -- and yes, those beliefs would bring Calm to every mind that decided to come to their temple. That having been said, it is actually a disservice for us to pull others onto paths similar to our own or force them to repeat our thoughts or actions. The Way of Love *is* for everyone, **and yet** it can only be walked by those who seek it for themselves, find it by themselves, and leap themselves upon its path with full & wholehearted volition ... The Way is not for the faint-hearted or those of feeble mind. The Way is for the Strong, and thus The Way can only be shown to those ready & willing to walk its arduous road. When asked, we speak about it (cryptically), but until asked we only illuminate it with our deeds. Ultimately, all versions of True Self meld into a multitude of unique callings melted into one Purpose, and as such we need not send others on a route they are destined to tread. It is Kind of us to gently (and also cryptically) warn others of the choices that take them further away from this Goal, of course, and yet it is no service to them to persuade or pressure them to go there.

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“For the scientist who has lived by his ‘faith’ in the power of reason, it all ends like a frightening dream. He has scaled the mountains of ignorance and is about to conquer its highest peak ... And as he pulls himself up over that final rock, he is greeted by a jovial band of mystics who have been sitting there for centuries” ~ Robert Jastrow

This is not to say that science itself is futile or that the scientific method is a waste of time ... To the contrary, many of humanity’s greatest discoveries have come via science – and many of our species’ most constraining myths have been shattered by the scientific method. That having been said, where science and its method both fail is in tempting humankind to stop within their intellectual realms; to explore only the kingdom of “knowledge” and understand only the fruits of the mind. And if we indeed remain in these relatively cold and hardened regions (as more than a few “great thinkers” do), we are left with a life only half-lived, and a knowledge only half-exposed ... For the true Worth of Life is found not in acquiring knowledge, but in *applying* the knowledge we have gleaned – not in searching for how life works, but in actively and faithfully and courageously *Living* that Life. Our most potent moments are those when we are most powerfully interacting with others – and we can only meld with others potently in those times when we do **not** know with certainty; when it is **not** clear what we are to do &/or when it is **not** clear how the other will react. It is these times of greatest *unknowing* that our Kindness is most difficult to give, and therefore becomes most Power-full when given anyway. This is what the mystics have always known – and this is what the scientists one day might indeed rediscover.

Believe everything YOU tell yourself ...

“There are no obstacles in Life – generally.” ~ L. F. Hilbers

This is not to say that there are no real difficulties in life (there are) and this is not to say that the pain and the fear and the sadness we regularly feel are illusory or even unreasonable ... To the contrary, these experiences are indeed all quite real; all inextricably a part of the experience we call “being human” ... That having been said, what these things are not is “obstacles” – for obstacles are things which innately hinder our development and happenstances which ever halt our progress. And this is *not* what difficulty or pain or fear or sadness do. What these things do is tempt us to remain stranded in ego; tempt us to stop moving and sink despairingly into where we were in our past &/or where we quite recently have been in our present. And yet it is ever our choice to succumb to those temptations – just as it is ever our choice to reject & then transcend them. And when we choose the latter – when we choose to be kind despite our pain or courageous despite our fear or grateful despite our sadness, our difficulties are no longer obstacles at all – but become our greatest emPowerments.

***The only three constants in Life are Light, Love & change ...
At their respective cores, they all meet and become One.***

“If you can touch it, you can catch it.” ~ L. F. Hilbers

This saying is as true during any one of our relationships as it is during any athletic event. For there is little doubt that any ball or disc that can be touched can indeed be caught – just as there is just as little doubt that any person who can be spoken to can also be deeply Loved.

***What you Touch, You recognize –
and what You re-cognize, you Become.***

“Very truly, I tell You, no one can See the Kingdom of God without being born anew ... No one can enter the Kingdom of God without being born of water & Spirit. What is born of flesh is flesh, and what is Born of the Spirit is Spirit ... The Wind blows where it chooses, and you hear the sound of it but know not where it comes from nor where it goes. So it is with everyone who is Born of The Spirit.” ~ Jesus (John 3:3+6+8)

How many times have I heard – indeed, quite proudly – from Christians who profess to have been “Born Again,” and how many more times have I heard from those same Christians that being “Born Again” is required for anyone to be allowed into Heaven after death. For these believers, being “Born Again” means that one has mentally chosen to believe that Jesus is the one & only Son of God, and has then had the hubris to publicly proclaim his or her absolute allegiance to the same ... And to this I say: Fair enough. For it is indeed possible that such a limited and capricious godhead is in charge from on high; just as it is indeed possible that He will throw all those who do not appropriately fawn over Him into an eternal pit of fiery torment. I want nothing at all to do with such an unjust & indeed diabolical deity if He does exist, but exist He very well might ... Of course, where these “Born Again” Christians utterly fail is in claiming that Jesus supports such immoral nonsense, for – as this passage quite clearly shows – he most certainly did not. Indeed, what Jesus says here (the only passage in the entire Bible where Jesus speaks to the “Born Again” state of Being) is the following – **A**) that we must indeed be “born anew” to “See” the “Kingdom of God” (not to enter it or reside in it at some point after our death, but to *See* it in our current life); a Kingdom that – for Jesus at least – existed internally within each of us (see [Luke 17:20-21](#)), and a Kingdom that could be accessed only via selfless acts of radical Caring & Kindness (see [John 13:15-17](#) & [Matthew 24:12-14](#) et al) ... and **B**) that being “Born Again” is not some merit badge that we earn with a single epiphany or pin on with a single utterance. It is not at all a reward that we need earn but once and then carry with us for the rest of our lives. To the contrary, Jesus makes it quite clear in this passage that becoming “Born Again” is as flowing as the wind; that we must choose it to experience it in that moment – and then that we must ever choose it again & again & again & again; that we can enter the Kingdom of Heaven as often as we wish for the rest of our lives, and yet that we must ever renew our choice of selfless Love – our status of being thus “Born Anew” – in order to do so.

“Forgiving the trespasses of your father allows your Vocation to actualize ...
Forgiving the failings of your mother allows your true Love to bloom.” ~ anonymous

Keep in mind when applying this Truth that truly Forgiving any parent requires much more than reconciliations merely mental or interactions only verbal. Indeed, truly potent Forgiveness is never a thought or a feeling or a word – truly transformative Forgiveness is always a visible *verb* – a gentle *action* – a Kind *deed*. As such, Forgiving our fathers will only allow our Vocations to manifest when that Forgiveness becomes that service, and Forgiving our mothers will only allow our Love to blossom when that Forgiveness becomes that Love.

*The “failures” of your parents and your society
co-created who you currently are ...
The “failings” of your ego co-create your
opportunities to free your Self.*

“Do Good unto others – period!” ~ The Diamond Rule

The Steel Rule comes from the ego, admonishing us to “do unto others before they one day do unto you” ... It demands that we shut down our Love – that we defend ourselves – that we punish others eye for eye – even that we attack those who might one day attack us. As humanity has proven over & again for the past 12,000+ years of its existence, this Rule is fully non-functional – always bringing more violence, more poverty, more anxiety, and more destruction into our lives ... **The Golden Rule** is actually also from the ego, tempting us quite cleverly to “do unto others as you would have them do unto you” ... On its face this seems like a fine principle, and yet its focus is ultimately self-centered and its application is ultimately manipulative. As such, while “friendliness” and “politeness” and “niceness” might ensue therefrom, Love and Harmony and Peace do not ... Indeed, only **The Diamond Rule** can bring those great Virtues into being, for only The Diamond Rule has the Humility required to in-Courage us to “**Do GOOD anyway**” ... The Diamond Rule makes no demands and hold no hopes. It maintains no expectations and requires no commitments. If the other responds to Love with Love, the same is appreciated fully. And yet if the other responds to Love with ignorance or rejection or ridicule or even hatred, it doesn’t matter ... No matter the result and no matter the outcome, those who live by The Diamond Rule know that Love is enough in & of itself. As such they keep giving Love anyway, and as a consequence they themselves are blessed with lives overflowing with the same.

*Good IS as Good does ...
and Good does as Good intends to Do.*

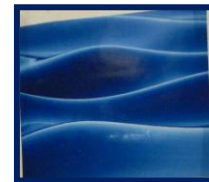
“See that no one repays evil for evil, but always seeks to Do Good to one another and to all. Rejoice always, pray without ceasing, and give thanks in all circumstances; for this is the Will of God.” ~ Paul (1 Thessalonians 5:15-18)

This passage is intriguing for several reasons – **First**, because it (like so many of Paul’s sayings) exposes Paul’s own hypocrisy. For while Paul talked a great game as far as being Kind to others was concerned, he was often anything but Kind to those who challenged him or who believed differently than he did (see [1 Corinthians 16:22](#), [2 Corinthians 10:4-6](#), [Galatians 5:12](#), [Philippians 3:18-19](#)) ... **Secondly**, while this passage does well to claim that God would have us be Kind to our enemies -- and while this particular belief does indeed harmonize fully with Jesus’ own beliefs about the “perfect”, fully unconditional, and ever-non-condemning nature of his heavenly Father’s Love (see [Matthew 5:48](#) + [1 John 4:18](#) + [Luke 6:36](#) + [Matthew 8:21-22](#) et al), such a claim does **not** harmonize with Paul’s own beliefs about Paul’s own God – a God who thinks not twice about casting unbelievers into eternal damnation; a God who demands petty subservience from all His followers before affording them any measure of post-mortem reward (see [Romans 5:21](#), [Romans 9:27](#), [Romans 11:21-22](#), [Romans 12:19](#), [1 Corinthians 5:13](#), [1 Corinthians 6:9-10](#), [1 Corinthians 10:5](#)) ... **Thirdly** & finally, this passage encourages us to give thanks in all circumstances – something Jesus did indeed fully fulfill (see his utterance of [Psalm 22:1](#) to his listeners -- from the cross, no less!), and yet a Truth that Paul himself found frequently difficult to exude (see [1 Corinthians 4:9-13](#), [2 Corinthians 6:4-5](#)). In essence, Paul is here once again the epitome of a false prophet, one of whom Jesus warned us – one of whom (at least in this case) evidencing the Truth that we are to emulate what such prophets say, **not** what they actually do (see [Matthew 23:3](#)).

“In essence, the only mistake one can make in life is not to Love another in those times when it is most difficult to do so.” ~ anonymous

This statement is not meant to say that mistakes aren’t made – only to say that the only mistake that cannot be used for Great Good is the failure to extend unconditional Love to another; especially in those moments when we least wish to do so – especially to those who seem least deserving of the same. All other “mistakes” we make can either be corrected (if caught quickly enough) or at the very least used for Good (by extending Love to another despite the negative consequences that come from said mistakes). And yet when we neglect to Love another when we have the chance to do so, that amazing privilege – the privilege to Love that particular person in that particular moment – is indeed lost forever. We might be able to Love them anew in a later moment – and that later Love will be Right & Good indeed, and yet this does not change the fact that the prior opportunity is gone, and that the Radiance we could have manifested with our Love at that time will never be sent forth into our surroundings.

Image 181 (Page 75b) ... This is a picture of some smooth waves – symbolizing the Truth that we are all indeed seemingly individual “drops” who are actually interconnected facets of a single “ocean”, and the Truth that the only way to bring Peace to the former is to purposefully harmonize with the latter ...



“Unsolicited ‘assistance’ always leads astray.” ~ anonymous

We do others no favors when we do for them what they could do for themselves – or tell them things they could discover for themselves – or do for the others in their lives what they could do for them. Yes, when we are asked to serve, we are to provide the same, and yet “serving” does not always mean “helping” ... If the other asks us to do something for another that they could readily do, it is a service to humbly decline while encouraging them to do the same. Similarly, if the other asks us for answers that they could readily discover themselves, it is a service to either answer cryptically or to not answer at all. Finally, if the other asks us to help them do something for their own benefit, it is sometimes a service to do so (if it can be believed that doing so, for example, will lead to a lessening of their suffering), and yet it is also often a service to respectfully decline to do so – to shift the focus instead to another nearby; to inspire the one asking to think on the other instead if his or herself.

***Words cloud the Path, just as powerfully
as a smile Lights its Way.***

“Avoid manifesting mountains that you don’t wish to climb.” ~ Jim Buchanan

This Wisdom is not only about us manifesting uncomfortable “mountains” -- though this does often occur (e.g. when fantasizing about what might go wrong or how we could fail or how others might indeed injure or betray us) ... No, often we choose to foolishly focus on jagged peaks that are indeed nearby, but that do not lie on our respective paths ... Maybe we look away from the opportunities to Care in our lives to focus instead on political corruptions about which we can do little. Maybe we look away from those in need nearby in order to focus instead upon tragedies in distant lands that have already occurred. And maybe we look away from our own community’s immediate needs to immerse ourselves in the melodramatic conflicts taking place elsewhere. Note that it is not “wrong” or “bad” or even “inappropriate” that we do so – *and* note as well that it is ever ineffective and often futile and sometimes even counterproductive that we do so. There are more than enough “mountains” to climb in the lives we are already leading, and it is wise to focus upon the steep climbs we are already engaging, rather than look afar to treks other than we need never know.

***To rest atop your Summit,
stop carving into your Mountain ...***

“EnJoy Life’s ‘curves’ by leaning into them.” ~ anonymous

While this quote does admittedly have a slightly masochistic ring to it, self-sabotage is not what is being conveyed hereby. Rather, this statement summons forth a lesson learned during the carving of my second tattoo – an especially painful affair, where the wished for symbol was being purposefully engraved directly over an injury I had received to my lower back. Understandably, every time the artist’s needle happened to pierce the skin directly over one of my vertebrae, I would flinch and tense up. This caused the pain to steadily intensify as time went on – to the point where I eventually started sweating coldness and began to feel a bit ill. And it was then – just as I was about to ask the artist for a break – that I remembered a Native American story; a story essentially about how to deal with pain; a story that taught that when pain becomes an inevitable happenstance in life, we can *embrace* that pain – that we can press *into* that pain – and that we can thereby “rise above” and “look down” upon that pain – and that we can thereby allow the majority of that pain to pass through us without effect ... Well, I had never applied the moral of this tale to real pain before, but I had little to lose at that point, so apply it I did. And, of course, it worked ... Instead of flinching away from the needle during the moments of more intense pain, I chose to press into the needle instead. Rather than resist the pain that was coming to me, I chose to embrace it – to speak with it – to make sure it knew that I knew it was only pain – to make sure it knew that I could take far more pain – to make sure it knew that I was neither angry with it for hurting me, nor afraid of it hurting me more. And the more I did this – the more I consciously went into the pain instead of away from it – the less pain I experienced, until at the end my awareness was indeed somehow “above” the pain – “looking down” upon it with an odd mix of gratitude and compassion ... And the next thing I knew, the session was over and my tattoo was complete ... As it turns out, this particular Wisdom can be applied by anyone in any moment of disease or strife, for as it turns out, 90% of all our perceived pain (and roughly 100% of our suffering) comes not from the source of that pain, but rather solely from our *resistance* to it. And when we consciously cease fighting against what is causing us distress – indeed when we consciously choose to actively embrace the same – then almost all of our pain (and indeed all of our suffering) disappear, and we are left with a clear mind that can readily choose to not only easily endure those times of trouble, but focus elsewhere into our surroundings and perform potent acts of Love therein.

Fearing the cliff ensures the plummet ...



“The Noble Man allWays finds a way to Love.” ~ Scaughtd

The Noble Man (or Woman) always finds a way to Love because the Noble Woman (or Man) always chooses to extend the same to others ... To such an Enlightened One, the object of his or her Love has become irrelevant – Love is enough to Love. There is always someone nearby for whom to extend acts of Kindness &/or Caring, and even in those times when no sentient being is on the immediate horizon, the Enlightened One knows that it is always possible to Love his or her surroundings by bringing more Beauty &/or Harmony thereto.

***The Master knows that, in every choice,
Love is the only option ...***

“Those who gaze into the perfect Law; the Law of Liberty, and persevere therein – being not hearers who forget but Doers who act – they are Blessed in their Doing.” ~ James (James 1:25)

Yet another very important verse, this saying perfectly encapsulates not only how James felt about the relationship between faith & works (i.e. that the former was always essentially Meaningless without the presence of the latter), but also how Jesus felt about the workings of Salvation. Indeed, it was Jesus’ belief that we are not inevitably subject to the will of the authorities in our lives (neither the man-made “leaders” who try to regulate our everyday or the celestial “rulers” who try and manipulate our Hereafter). Rather, Jesus too believed in an ultimate “Law of Liberty” – a Law stating that – no matter what happens to us in life; no matter what difficulties come our way or which enemies cross our paths – we are always free to **choose Love anyway** ... Similarly, Jesus made it clear that championing Goodness & Love in a world ruled by greed & fear would always be met with resistance (see [Matthew 5:10](#) et al), and yet he also knew that those who persisted in Caring for others despite that resistance (indeed, especially for those doing that resisting) would always be rewarded for their persistence (see [Matthew 24:13](#)) ... Finally, and most importantly of all, Jesus regularly and clearly noted that the key to entering his “Kingdom of Heaven” was choosing to actively serve others – not necessarily in times of their greatest need, but rather always in times of our own (see [Matthew 5:40-44](#), [John 13:15-17](#), [Matthew 24:12-14](#) et al). Those willing to sacrifice their own comfort & wealth for the betterment of the downtrodden would always enter that Kingdom, and indeed it was only these Noble Few who would ever fully do so.

“Play all of Life’s games using Love’s rules.” ~ anonymous

And Love’s rules are as follows: **01)** When unconditionally Loved, *LOVE* ... **02)** When romantically “loved”, *LOVE* ... **03)** When abandoned, *LOVE* ... **04)** When unloved, *LOVE* ... **05)** When ignored, *LOVE* ... **06)** When criticized, *LOVE* ... **07)** When ridiculed, *LOVE* ... **08)** When rejected, *LOVE* ... **09)** When attacked, *LOVE*.

Love rules over all rules ...

Image 182 (Page 76a - main image) ... This is a picture of Heleana, with the Eiffel Tower off to the right – for me symbolizing the Truth that Love has nothing to do with gazing into the eyes of the other – and even very little to do with gazing together towards a commonly fantasized horizon, but rather consists solely in cherishing the other; cherishing her by helping her get to where she wants to go – cherishing him by supporting the Work that he has chosen to undertake ...



“Please know that I have Loved you and cherished you ... And for me, I have learned who and what I can Be because of your Love. I have much Meaning in knowing and Loving you ... May our suffering be eased due to these Meanings.” ~ Heleana B. Kontoudios

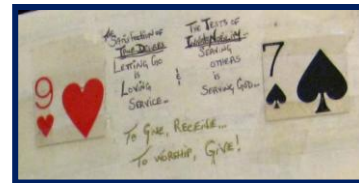
This is from the farewell card that Heleana gave me after departing the Big Island (and ending our brief-yet-powerful relationship). While it is true that I learned many things while reveling in our Friendship throughout 2004 (She was one of the primary muses who helped in-Courage me to discover that radical Kindness is never dangerous and that pure selflessness always “works”) -- and while it is just as true that I learned many things during our very brief Partnership in the Spring of 2005 (She taught me that Truth & Right Action both rested in one’s intentions – that it was indeed possible to speak Truth-fully while telling different people seemingly contradictory things), the only deeply **Important** thing I learned from her I learned after she left. For this lesson was what led me to becoming a Peace Pilgrim shortly thereafter – for after she left was when I finally learned to truly Love. We were very close before she departed (at least as far as I was concerned), and I did indeed mourn her departure for three days thereafter. And yet at the end of the third day a most pivotal Epiphany washed over me – an Epiphany that was to change the course of my life forever. And this Epiphany was the sudden understanding that it was impossible to Love another while missing them -- or mourning their absence -- or pining for their presence. Indeed, I realized at that time that the only way to truly Love another was to wish for *them* to have Peace, and this, whether they ever offered you anything in return or not. And indeed, it was then that I realized that Love made this wish especially in those times when there would obviously be no such giving in return; indeed, in those very times we are being harmed most deeply by those being Loved. And so I came to understand that it is that the greatest Meaning we can ever truly receive from any Loved One can only come to us if that Loved One in some way abandons or betrays us – for it is in these most painful moments when our Love is devoid of all hope for reciprocation; it is in these moments when our Love becomes truly selfless -- and thus pristinely pure – and thus dramatically potent. Indeed, it is in these moments – and these moments alone – when we can choose to **Love anyway**; and thereby inadvertently allow our sufferings to be eased – and indeed fully erased – by that greatest of Meanings.

Love knows pain allWays; and yet It never suffers.

Image 183 (Page 76a - bottom) ... This is a red bull (cut from a personal business card given to me by Davir, one of the youth players I coached in Germany, who was a refugee from the Yugoslavian conflict that ravaged so many lives in the 1990’s) – symbolizing the Truth that repeatedly having the courage to exercise the will of our True Self inevitably leads to a life filled with valorous graciousness ...



Image 184 (Page 76b - top) ... These were the two playing cards that I found in a pavilion near my “bed” right after Heleana departed the Big Island in 2005 – reminding me on that day (and indeed, today as well) that the only Strength to be found in spiritual worship is to be found in bold acts of altruistic Love ...



“Letting go *is* Loving service ... Serving others *is* serving God.” ~ anonymous

“Letting go” here does not mean abandoning the other, nor does it mean callously ceasing to Care about them. To the contrary, “letting go” in this sense actually means Caring so much for the other that we no longer care what the other does or says or thinks about us at all. Indeed, this fully detached Caring is the only Caring that opens the door to true Love, and it is for this reason that “letting go is Loving Service” – or, better stated, that letting go is a service *to* Love ... Just as importantly, the second portion of this quote reminds us not necessarily that others are literally God, but rather **A**) that we are to serve everyone as if they were God (see [John 14:20](#) & [Matthew 5:40-44](#) et al), and **B**) that the degree to which we serve those others is the degree to which we honor whatever Caring Godhead there might indeed be (see [Matthew 25:35-40](#) et al), and the degree to which we thereby enter “the Kingdom of Heaven” (see [John 13:15-17](#)).

**To Give, Receive ...
To Worship, Give.**

“Whoever believes that something is impossible should refrain from thwarting the efforts of those making it happen.” ~ unknown

Attempting the impossible may not ever effectuate the impossible, and yet boldly attempting the impossible without a doubt pushed the Universal Collective in the direct of the same ... And indeed, this is all that is ever truly important, for anything that is seen as “impossible” is per se an illusory limitation created by the ego. As such, attempting these same “impossible” things – as long as they are visions that would bring Peace & Joy to all if actualized – is per se a choice that flows against the selfish grain of the self-centered ego, and thus is an attempt that flows directly within the current desired by the Soul – and thus is a choice that is always per se at least partially Peace-inducing; which means that it Succeeds whether it ever fully “succeeds” or not.

“The true Meaning of Life is to be discovered in the world rather than within man ... Being Human always points to something or someone other than the self; be it a meaning to fulfill or another Human Being to encounter. We can discover Meaning in three ways: creating a work or Doing a deed, experiencing something or someone, and knowing suffering. By experiencing another Human Being in his very uniqueness, we Love him. The Loving person enables the Beloved to actualize the traits the Lover Sees; by making the Beloved aware of what she can Be and of what she can Become. The Lover’s Love makes these potentialities come true. We may also find Meaning in Life even in hopelessness. Suffering ceases to be suffering at the moment it finds a meaning; such as the meaning in sacrifice.” ~ Victor Frankl

Victor Frankl was a paragon of Enlightenment – a man who not only thought Great Thoughts, but who walked Great Walks ... Indeed, it can be no great surprise to anyone that the man who rediscovered the immense Power of purposeful self-sacrifice in the most trying of circumstances – the man who had the audacity and indeed the immense courage to regularly give to others what little he had to those around him who had less (all while suffering in a Nazi concentration camp, no less -- see his brilliant book, *A Man’s Search for Meaning*); the man who rediscovered thereby that literally everything material could be taken from him and yet his dignity and his Inner Peace would still remain intact (if he chose the integrity of acting accordingly) – it can be no great surprise that this man later developed Logotherapy; a branch of psychology that has become the very pinnacle of western psychological thought & practice – a branch centered upon the profound Truth that all dysfunction can be essentially incinerated by the purifying flames of selfless service; essentially disintegrated by the brilliant light of choosing to live for a purpose greater than one’s self.

Love IS the Cosmic Womb ...

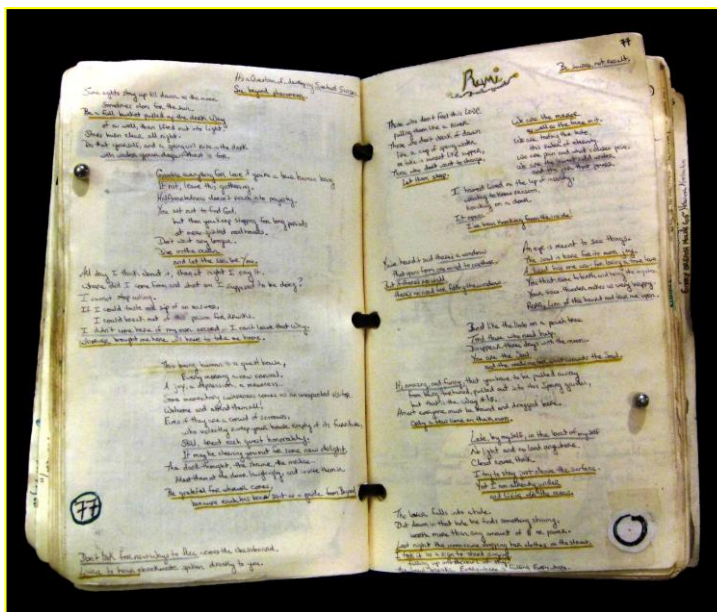
Image 185 (Page 76b - bottom) ... This picture is a close-up Sandra & Duncan (taken in 1999, shortly before Duncan's birth) – representing the Oneness from which we all come before we are born, the Oneness to which we all strive to return during our lives, and the Oneness into which we do indeed return after we pass onward into death ...



Image 186 (Page 76b - bottom overleaf) ... This is a picture of a polar bear mother with her cub – symbolizing the amazing Strength that comes to those who willingly sacrifice their lives to nurture another and bring Solace to their way ...



PAGE 77



“Some nights, stay up till dawn as the moon sometimes does for the sun. *Be a full bucket pulled up the Dark Way* of a well, then lifted out into the Light. Stars burn clear all night. Do that yourself, and a spring will rise ... in the dark, with water your deepest thirst is for.” ~ Rumi

On the one hand, Rumi is pretty clearly encouraging us to literally stay up all night from time to time – to allow the deep-seated fatigue that sets in during such endeavors to pierce the veil of the subconscious and allow more profound illuminations to both seep into our Souls “from above” and bubble up *from* our Souls into our conscious minds. Of course, on the other hand, Rumi is probably also speaking metaphorically here, probably also referencing the symbolic reality that our deeper Truths always shine brightest when effectuated in times of greatest darkness – that our deeds of True Self are always most potent when done in the times of our greatest suffering– that our Love is most potent when its “full bucket” is “pulled up a dark way”; when it is given directly & indeed Joy-fully to those who are bringing us the most distress.

“*Gamble everything for Love* if you are a true Human Being. If not, leave this gathering. half-heartedness doesn’t reach into Majesty. You set out to find God, but then you keep stopping for long periods at mean-spirited roadhouses. Don’t wait any longer. *Dive into the ocean and let the sea Be you.*” ~ Rumi

Indeed, the only way for us to become fully Human is for our Love to become fully viable – and the only way for our Love to be fully viable is for that Love to be regularly full-fledged – and the only way for our Love to blossom so fully is for that Love to be given in those times it is least safe and least hopeful and least treasured. To solely do otherwise is to neuter love – to never allow it to become what it was given to Be. Indeed, to do otherwise is to dishonor the life we have been given – to treat life as a mere journey to be merely survived and blandly lengthened, rather than a Life to be *enlivened* in flashes of brave & full-throated brilliance. There is no more “mean-spirited roadhouse” than the roadhouse of the ego – just as there is nothing more “mean-spirited” to the Soul than a body refusing to risk its life for Love.

“All day I think about it, then at night I say it. Where did I come from and what am I supposed to be Doing? I cannot stop asking. If I could taste one sip of an answer, I could break out of this prison for drunks. I didn’t come here of my own accord ... and I can’t leave that way. *Whoever brought me here will have to take me Home.*” ~ Rumi

This saying reflects much of the wholehearted consternation felt by all sincere Seekers during the early portions of their seeking – before they realize that they already know everything for which they are looking – before they understand that the Journey isn’t about traveling and it isn’t about learning and it isn’t about succeeding and it isn’t about arriving – before they come to comprehend that the Journey is about *returning*; returning fully to where we already are, in order to fully Love those we are already with ... And indeed, it is in the moment of awakening to these same revelations that the traveler realizes that *he* is the one who has in essence brought himself to Life, and thus it is that *he* is the one who must bring himself Home.

“It’s a question of developing your Spiritual senses ... *See beyond phenomena.*” ~ Rumi

To know the true Wonder that lives within every space, choose to see the miracle of interconnection that binds it all as One ... To know the real Beauty that radiates from every entity, choose to see them fully liberated from society’s expectations and norms ... To know the true Love that composes the real Self of every other, look past their behaviors – no matter how fearful or dysfunctional or aggressive they might be – to their radiant, Loving Soul within.

“This being Human is a guest house; every morning a new arrival. A joy, a depression, a meanness ... some momentary awareness come as an unexpected visitor. Welcome and attend them all. Even if they are a crowd of sorrows who violently sweep your house empty of its furniture; still, treat each of them honorably. They are cleaning you out to make space for some new delight. The dark thought, the shame, the malice ... meet them at the door laughingly and invite them In. *Be grateful for whoever comes, because each has been sent as a Guide from Beyond.*” ~ Rumi

First of all it is important to realize that every emotion that arrives in our awareness has been called by the ego in response to an emotional memory or psychological scar ... **Secondly**, it is important to remember that these emotions all once served incredibly important purposes – that without them we would not have been able to sanely survive the traumatic trials of our childhood ... **Finally**, it is most important of all to re-Member that the only way to keep these emotions from controlling our lives – the only way to keep them from causing us to react accordingly, and thereby bring similar bouts of pain & confusion again & again & again into our future – is to *embrace them* in Joy & full Gratitude; to *thank them* for what they have done in our past, to *appreciate them* for what they are errantly trying to do in our present, and to then set them respectfully aside in order to powerfully choose a response that is courageous instead of frightened, that is calm instead of angered, that is joyous instead of despaired, &/or that is Loving instead of frightened.

“Avoid looking for new ways to flee across the chessboard. *Listen to Hear* ‘checkmate’ spoken directly to you.” ~ Rumi

Running from that which is feared guarantees that we will soon be assaulted by the same ... Similarly, striving to attain victory or success assures that we will ultimately lose the contest most worth winning. Until we make our lives about serving others in joyous self-sacrifice, we will be ruled by fear & pain & suffering ... And until we make our lives about brining other *their* greatest victory, we will never know our own.

“*Be Source*, not result.” ~ Rumi

We are here to forge ahead with boldness into each moment – not to be governed by circumstance or ruled by fate, but to choose how we respond to the same – to never know with certainty whether our efforts will bear the glorious fruits of Peace or Joy, and yet to courageously engage each moment with that same harvest being our sole intention.

“*We are the mirror as well as the face in it*. We are tasting the taste, this Ruler of Eternity. We are pain and what causes pain. We are the sweet, cold water and the jar that pours.” ~ Rumi

This is what Love is – caring for the other so completely that all personal worries and all self-centered hopes melt into nothingness. Real Love knows neither Lover nor Beloved – for real Love experiences the two as One. Indeed, there can be no real Love unless the Giving thereof becomes the greatest Gift; and there can be no real Love unless the Receiving thereof becomes the greatest Giving.

“Those who do not *Feel this Love* pulling them like a River ... Those who do not drink of dawn like a cup of spring water or take in a sunset like a succulent supper ... Those who do not want to change, *Let them sleep*.” ~ Rumi

We cannot ever know Love until we feel our Loving, and we cannot ever feel that Loving until we have the courage to fully Give our Love ... Of course, there will frequently be those who refuse to honor the same; far more often than not there will be those who reject our Love rather than have the Great Courage required to take it on. And when this happens, we are indeed to *continue Giving* to them – indeed, to give them every opportunity to receive the very thing for which they have been yearning since their conception; and thereby awaken to their own Mission that is even now calling them to Give. And yet if their rejection remains steadfast, if they show a staunch unwillingness to wake to what could be, we are to let them sleep – to be ever ready to embrace them should they come to us, and yet to turn and seek others more willing until such time might come.

“I have lived on the lip of insanity; wanting to know reasons ... *Knocking on a door – it opens*. I have been knocking from the inside!” ~ Rumi

We only arrive at our deepest Awareness of Truth in the moment we realize that we have been privy since birth to everything we ever truly needed to Know. The “insanity” referenced here is our ego’s incessant striving to know that which cannot be known – its bizarre tendency to gravitate towards delusions of religious &/or scientific certainty, when it is only doubt-piercing actions of calm courage that bring our Soul its true redemption.

“You’ve heard it said that there’s a window that opens from one mind to another. *But if there is no wall, there is no need for fitting a window*.” ~ Rumi

We can only truly Communicate with another in those moments when our empathy for her or him intensifies to the point that – for all perceptive purposes – we become One with them ... We cannot truly listen to another until we Hear her as though we are the one speaking; and we cannot truly speak to another until we See him as though we are the one listening.

“An eye is meant to See things. *The Soul is Here for Its own Joy. A head has one use: Loving a True Love* ... You that come to birthe and bring the Mysteries. Your voice-thunder makes us very happy. Roar, Lion of the Heart, and tear me open.” ~ Rumi

The Soul is indeed here for its own Joy, **and** that Joy is bringing Joy to others ... The eyes are indeed meant to open and See life’s brilliance, **and** such Beauty is truly seen only while witnessing to the amazement of others ... The voice has been given to roar, **and** its thunder only booms while whispering words of Kindness.

“Bend like the limb on a peach tree ... Tend those who need assistance. Disappear three days with the moon ... *You are the Soul and the medicine for what wounds the Soul.*” ~ Rumi

To enliven the Soul, we must **become the healing** that mends the Souls of others ... To become the healing that mends others’ Souls, we must bend ever so gently to the selfless Love that is every Soul’s only whim.

“It’s amazing, and funny, that you have to be pulled away from being tortured; pulled out into this Spring Garden, but that’s the Way it Is. Almost everyone must be bound and dragged here. *Only a few come on their own.*” ~ Rumi

How odd indeed it is that so many cling so steadfastly to their most painful delusions – that so many cling to the myth of politics – falsely believing that their governments have their best interests at heart (when governments actually have no Heart at all, and thus cannot Care at all for the Hearts of their citizens); ... that so many cling to the mirage of religion – falsely believing that a particular god will grant them eternal salvation in a life “next” in exchange for obedience in this lifetime; ... that so many cling to the myth of human supremacy – falsely believing that animals are here to be honored only when convenient, and used & abused otherwise (a belief that appropriately is the source of both the majority of chronic human diseases and the imminent climate catastrophe that will probably soon wipe out the vast majority of the human race); ... and that so many cling to the myth of conditional “love” – falsely believing that our affections must be earned, that our love must be reciprocated, and that our relationships must be shackled by promises &/or commitments (when all three of these tenets each end up destroying the very Love they strive to preserve).

“Late, by myself, in the boat of myself ... No Light and no land anywhere. Cloud cover thick ... I try to stay just above the surface. Yet *I am already under, and living within* the ocean.” ~ Rumi

Striving to keep our own head above water (i.e. to find our “true love”, to live a “long life”, to reap our “fair share”, etc) prevents us from sacrificing ourselves for others – which is, quite ironically, the only way to truly Live the only Life worth Living.

Image 187 (Page 77b - bottom right) ... This is a picture of a Japanese “Enso”, or Circle of Enlightenment, representing the absolute – combining the visible & the hidden, the beginning & the end, the simple & the profound, and the empty & the full. The slight opening in the circle makes the form available to the infinite ...



“The Lover falls into a hole. But down in that hole he finds something shining; worth more than any amount of money or power. Last night the moon came dropping her clothes on the street. I took it as a sign to *start singing; falling Up into the Bowl of the Sky*. The bowl breaks ... Everywhere is falling everywhere.” ~ Rumi

It is only by risking everything that we can appreciate the only thing worth knowing ... It is only by giving everything that we can appreciate the only thing worth receiving ... It is only by Loving everyone that we can find the one Partner (within us) who can see us through the Storm.

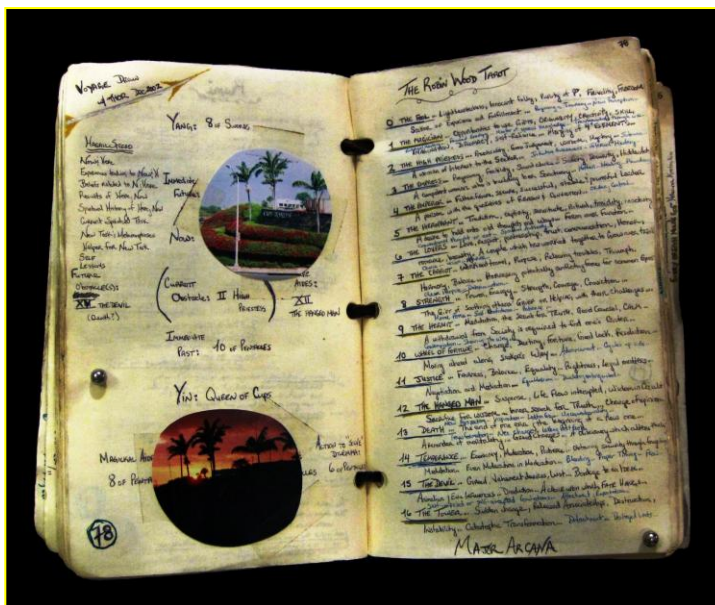
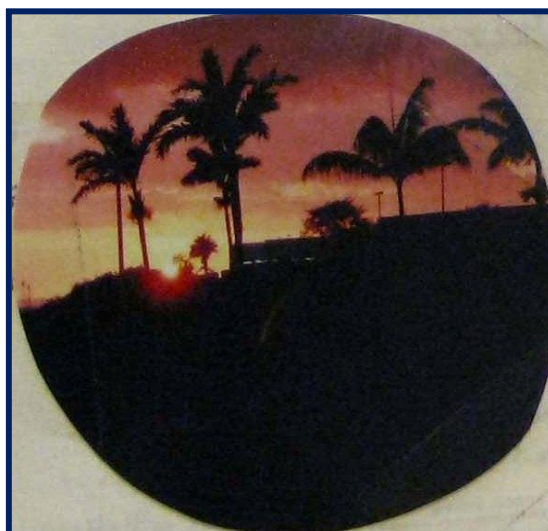
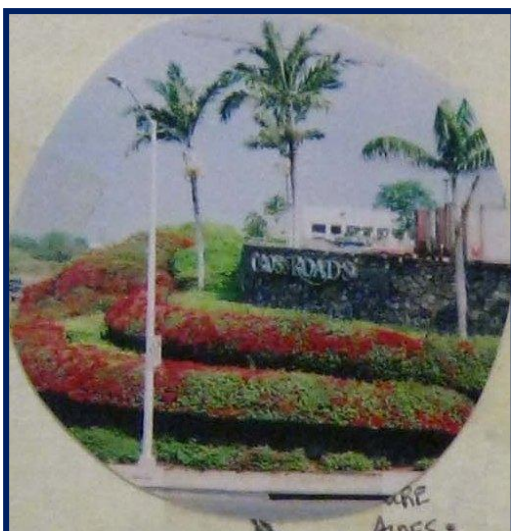
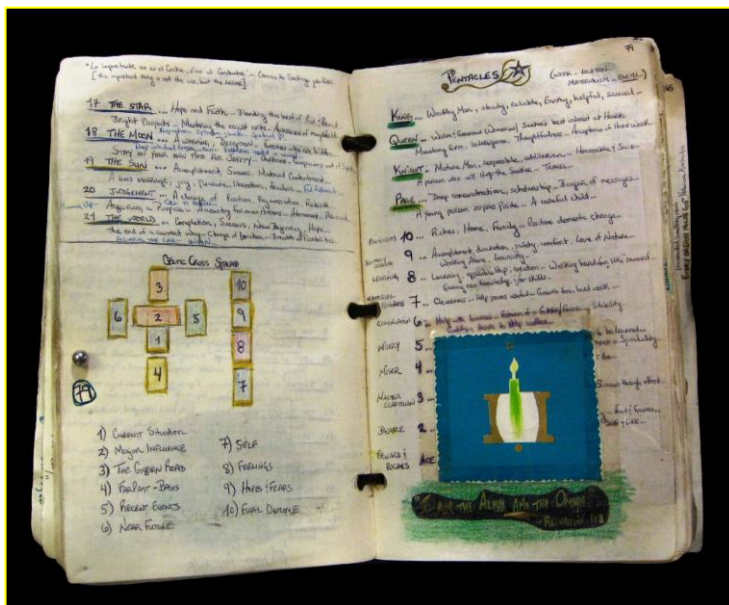


Image 188 (Page 78a - top & bottom) ... These pictures (which I call “Night & Day”) show two views from the “office” where I lived at Borders Books for almost two years straight during my days in Kailua-Kona, Hawaii (2004-2005). Essentially, I would finish whatever part-time work was offered to me each morning (primarily a prep-cook for an Italian restaurant in 2004, and primarily a teacher’s aide at a local elementary school in 2005) and then head to Borders to spend the remainder of each day out on the bookstore balcony – writing until visited, speaking about Life & love with whomever might show up, and then writing thereafter until the bookstore closed. It quickly became my own personal “sanctuary” of sorts, and word pretty quickly got around town that I was essentially residing there – which encouraged even more folks to visit and engage in even more profound conversation. It really was a special time & a special place – a time & place of Great Transformation for myself and a time & place of Great Awakening for many others. Indeed, how delightfully fitting (and deliciously ironic) that these days had me living in a store called “Borders” across from a shopping center named “The Crossroads” ...





“The important thing [in Life] is not [the quality of] the car,
but [the resoluteness of] the driver.”
~ graffiti seen along the Camino de Santiago – 2008
(*Lo importante no es el Coche, si no el Conductor*)

The only truly important thing in life is not the health of the body, but what we do for others while ill ... The only important thing in life is not that which brings us wealth, but what we do for others when poor ... The only important thing in life is not the comfort of the mind, but what we do for others while afraid ... The only important thing in life is not that which brings us strength, but what we do for others while exhausted ... The only important thing in life is not that which brings us happiness, but what we do for others while despondent ... The only important thing in life is not what brings us the greatest love, but what we do for others while rejected or abandoned.

Image 189a (Page 79a) ... Essentially a side-note, this picture is a drawing I did of the tarot card layout called “The Celtic Spread.” I frankly never got much into Tarot, though I did use it occasionally as an “archetypal communicator” (to help access the Inner Knowing of my True Self) during the time *The Brown Book* was in its construction-infancy. There are other places in *The Brown Book* where charts or notes no longer applicable to my Journey have either been crossed out or covered over, and this page would have ended up similarly had a relevant image presented itself for inclusion herein. Who knows, maybe one will still ...

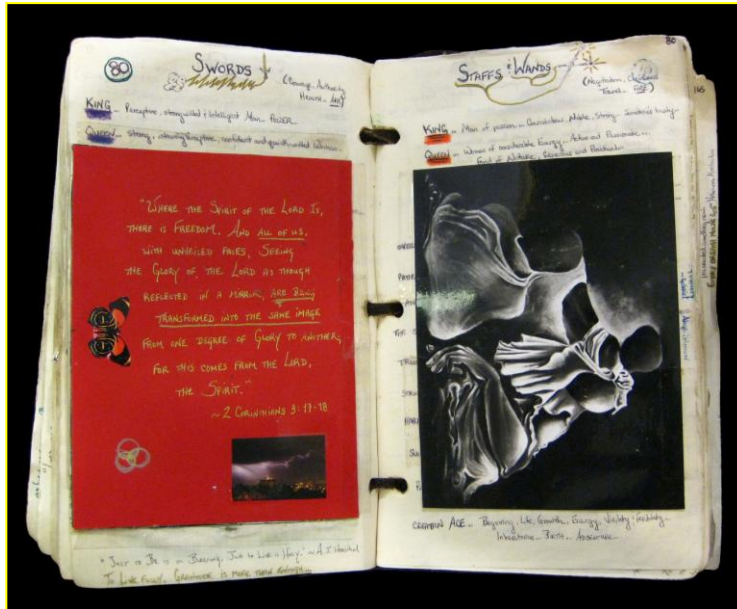


Image 189b (Page 79b) ... This bit of artwork was given to me by a Friend in Hawaii, and shows a chartreuse candle with a yellow flame on a turquoise background – symbolizing the illumination of True Self that shines forth whenever we immerse ourselves in striving to “heal” the sufferings of the others around us ...



“I am the Alpha & the Omega.” ~ unknown (Revelation 1:8)

First & foremost, it is crucial to realize that **Revelation** as a whole is a highly misunderstood tome. While it has been used by the Christian church to support the claim that Jesus will “come again” in the future, it was actually an anti-Roman revolutionary text that was speaking of its own contemporary time & place -- and while many a Christian uses **Revelation** to show that Jesus was a deity of wrath & judgment, sincere students of the Bible know that it is not Jesus at all who utters such wicked words in **Revelation**, and indeed that the “Jesus” mentioned therein directly contradicts everything for which Jesus himself lived and everything he himself taught in the Gospels ... That having been said, this verse *does* offer a glimpse of Truth; namely the Truth that Love – like God, and the Universe, and the Soul – is far beyond every “beginning”, and thus that Love indeed has no end.



“Where the Spirit of the Lord is, there is freedom. And all of us, with unveiled faces, Seeing the Glory of the Lord as though reflected in a mirror, are being transformed into the same image – from one degree of Glory to another; for this comes from the Lord, the Spirit.” ~ Paul (2 Corinthians 3:17-18)

In my humble opinion, this is one of the most enlightened verses in the entire New Testament, and the probable fact that Paul was completely unaware of the reasons why does not alter that assessment one bit ... Indeed, those who have read & studied the biblical epistles of Paul (especially in their chronological order of completion – first 1 Thessalonians, then **Philippians**, then **Philemon**, then **Galatians**, then 1 Corinthians, then 2 Corinthians, then **Romans** & finally **Colossians**) are quite aware of the fact **A**) that he was an extremely dysfunctional human being, **B**) that he taught and proffered a unique, self-made theology very different from those offered by most of the New Testament’s other authors, and **C**) that he understood very little of The Way, the Truth, or the Life of Jesus Christ. That having been said, Paul *did* regularly stumble upon the latter – he *did* every now and then pen verses that inadvertently reflected the far deeper Truths offered by Jesus in the Gospels. And this passage reflects one of those times, and it does so for the following seven reasons: **01**) It equates the Spirit of God with “**freedom**” – implying that the perfect Love of God must be given volitionally in order to be given at all; that the Will of God can only be satisfied in our lives when we are Loving others freely – not out of a sense of obligation or to fulfill a promise or to uphold a commitment or to enliven a duty or even to satisfy an expectation ... **02**) It makes it quite clear that the glory of which it speaks – the ability to be reborn; to transform ourselves from mere “Sons of Adam” into glorious “Children of God” (see **Galatians 5:12-14** & **Galatians 3:26-27** – along with **John 14:20**) is innate in “all of us” ... **03**) It implies that we are essentially blind until we do so; that it is only with radiantly humbled, “**unveiled faces**” that we can truly See – and thereby fully embrace – the same glory in others that resides in God Himself ... **04**) It emphasizes that the “**Glory of the Lord**” that we then see with our freshly untainted sight is the same as our own – that in the moments we See Love in others, we see that true nature “**as though reflected in a mirror**” ... **05**) It notes just as clearly that in Seeing them as such – and in acting accordingly thereafter – we become “**transformed into the same [gloriously holy] image**” ... **06**) Indeed, it notes that we were always Divine to a certain degree – that we were always worthy of Love and thus always able to See that Love in others and give that Love to them – that awakening to the Truth of others’ divinity (and thereby our own as well), we are not becoming something that we were not before, but rather are simply evolving “**from one degree of glory to another**” ... **07**) And finally, this passage reminds us that these awakenings are not to be sources of the same pride that kept us thickly veiled in the first place, but rather that we are to ever remember that it such enlightenments always ultimately blossom from within; always ultimately “**come from the Lord, the Spirit.**”

Image 190 (Page 80a) ... This picture is of a collage created by Emily J. Williams (containing a multitude of symbolized meanings – all of which combining to powerfully represent the One Truth that in order to experience a harmonious union with the overall ever-forward-moving flows of Life & Soul, we must dedicate ourselves to remembering that all is indeed One – and we must do so by continually returning to a dramatically active rebirth of True Self, via a consistent re-immersion into the ubiquitous opportunities to serve others – and this despite being often confronted by the opponents of fear &/or chaos) ... **Note** as well that the image on the lower portion of the front of the card is of a lightning-strike over Boise, Idaho – honoring that city as a place where I was blessed to learn much about The Way of selfless love, and to share much of the same with many in that city ...



“Just to Be is a Blessing. Just to Live is Holy.” ~ A. J. Herschel

To **Be** is indeed a blessing – to be fully & consciously alive in this self-aware, morally inspired, moving, living, breathing body. Of course, the only way to truly **Be** in this way – the only way to truly cherish this blessing of Living; the only way to be fully alive and the only way to truly live – is to reach out to others with acts of outrageous Caring; and thereby reawaken both them and our Selves to that same Blessing of **Being**.

To Live fully, Gratitude is more than enough ...

Image 191 (Page 80a) ... This picture (which I call “Trinity”) was originally painted by my dear Friend, Gabriel Abege Solomon. To the artist, it depicts the Trinity of mother, father, and child ... To me, it represents that the Trinity of Challenge, Love, and Transcendence – the Truth that we are all always tempted to tuck our tails, lower our heads, and hide our Hearts in acts of selfish cowardice, and yet that we can all always choose differently; that we can all always choose to open our Hearts, raise our heads, and wag our tails by reaching out to others in selfless acts of bold yet gentle Kinship ...





Image 192 (Page 81a) ... This picture (which I call “Mother & Son”) was originally painted by Gabriel Abege Solomon, and to me represents the universality of the concepts of Home & Love & Family. Interestingly enough, the outline of the two faces here reflects the border of Eritrea, Gabriel's homeland ...



“Spread your Love everywhere you go.” ~ Mother Teresa

Independent from the fact that Mother Teresa was not nearly as saintly as she was often portrayed (having been linked to scandals involving both the embezzlement of funds donated to the poor, the furtherance of religious colonialism, and pandering to the wicked ways of the less-than-holy leaders of Albania & Haiti), there are a few things for all to remember when speaking of “spreading their Love” – **First**, real Love is spread via deeds more than words ... **Second**, real Love is spread most potently when it is spread without any benefit to self (spontaneously to strangers &/or anonymously to friends) ... **Third**, real Love need never be fully received (i.e. appreciated) to be fully Given ... **Fourth**, no matter where one is or how one is feeling, opportunities to shower others with real Love are always available ... **Fifth**, real Love is always amazing, and yet need never be given in “amazing” ways ... **Sixth**, real Love is always an invigorating action, and as such any time we become fatigued from any act of generosity or seemingly selfless service, we can be assured that somewhere within the same real Love is absent in at least some significant way.

Everywhere you go, You will find your Love waiting patiently for You.

Image 193 (Page 81b - top) ... This is a picture of a spider resting on a **massive** standing stone in Avebury (England) – symbolizing the Truth that we need not do the magnanimous to be an intimate & significant part of something Great ...



“Labors of Love are never finished.” ~ anonymous

Indeed, “Labors of Love” are never finished because “Labors of Love” are never seen as labors at all ... Instead, they are always done Joy-fully, and as such they always transcend all boredom and dismiss all fatigue ... Their goal is not their completion, but rather the simple bringing of Joy, and thus – as there is always more Joy to bring – this is why true “labors of Love” by their very nature have no end.

To Live is to repeatedly re-turn to what IS ...

“You Are ... The Universe awaited your Birth. There never has been nor will there ever again Be someone exactly like you ... No one can bring into being the thoughts, the beliefs, the Love and the sharing that you can. Know Who You ARE and follow the path that allows for the expression of Life that can only come from within You. You can change the world. You have at your command a vast array of talents, ... Look for what makes your Heart quiver ... You feel empathy because within you there is a Knowledge that reaches out from the depths of your Soul; answers struggling to be brought forth. Listen to them. Joy will invade you as you give free reign to all which is You; all that which is highest and most Noble. Look to bring that Joy to where Joy is not.

Some live within the darkness of their thoughts; not knowing that other realities are possible. And yet, Love is everywhere; everything! You need not search for It; simply choose to recognize It – the perfection of a drift of clouds, the softness of a child’s hand holding yours, a thirst-quenching drink of water, the beauty in an old woman’s face, the majesty of an oak tree – they are all saying ‘I Love You’ in their own way.

Let Love overwhelm you. Express Love in all that you do; from the humblest task to your highest aspiration. See a world where everyone did the same. Help make it happen!” ~ unknown

Amen ... Let it be so!

Love can only overwhelm when given radically ...

“I, by my Works, will show you my Faith.” ~ James (James 2:18)

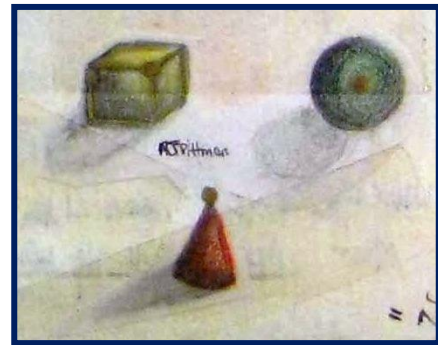
As Jesus was also aware, real Faith by its very nature cannot be harbored within, but must be exuded without ... Indeed, quite contrary to popular religious belief, real Faith is **not** believing with any degree of certainty in things that cannot be seen or known (indeed, believing in such a constraining way actually limits the majesty of the Divine and evidences more doubt than Faith) ... No, real Faith is a **not**-knowing; not knowing with any certainty that one’s beliefs are correct – not knowing with any certainty that Heaven awaits one’s Soul – not knowing with any certainty that one has chosen to worship the “true God” in the “right way” at all ... Indeed, real Faith is not knowing any of these things, and yet going forth and choosing to shower others boldly with the selfless Love of Christ anyway. And ironically, when one does so – when one decides to Love others without any hope or expectation of heavenly reward, and without any fear or consternation related to possible eternal damnation – then these same purely Loving Deeds evidence, and indeed foster, the blossoming forth of real Faith – along with the deep-seated Peace that always accompanies the same.

“Re-mind your Self!” ~ anonymous

To “re-Mind the Self” is not to mentally remember to enliven certain positive behaviors or actualize certain noble deeds. To the contrary, to “re-Mind the Self” is to commence engaging deeds that are selflessly Loving and thereby to allow those actions to re-Mind us of our True Selves while we do so.

Re-member your Living ...

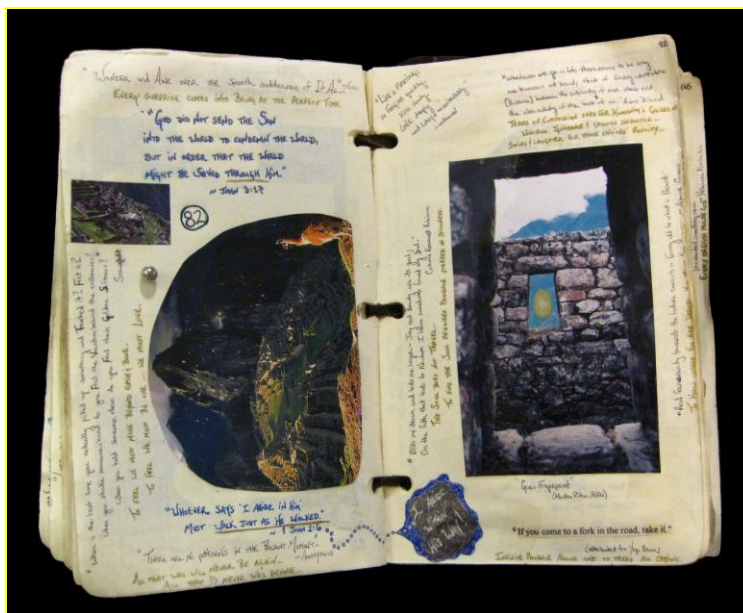
Image 194 (Page 81b - bottom) ... For me, this drawing (which was sketched by Rebecca Jean Pittman and colored by my Self – and which I call “Primary Form”) encompasses the following Truths -- the ultimate stability of Truths that always bear Good Fruit (see [Revelation 21:16](#), where the heavenly city of New Jerusalem is described as being a huge, perfect cube), the endlessness of time & space & acts of Love, and that dynamic interconnection with the Divine that is always vacillating between one’s Self and every other ...



“We shall not cease from exploration ... And the end of all our exploring will be to arrive where we started and to Know that place for the first time.” ~ T. S. Eliot

We all came into this world essentially Enlightened – all starting life as innocent beings, ever-immersed in the wondrous and ever-exuding a Love unconditional. As we grew older, of course, we became “wiser” (a euphemism for the fear-based defense mechanisms & selfish behavior patterns we used to survive the traumas of our youth) – we started differentiating between “friend” and “foe (assuming – almost always incorrectly – that strangers were “foes”); ... we started pre-deciding (without evidence or reason) to prepare ahead of time whether to ultimately fight or flee from those we met along the way; ... we began to preemptively protect ourselves from the harms we experienced ourselves or that we witnessed others experiencing; ... we based our happiness on superficial pleasure more than in intimate interactions, and our successes more on material possession than in emotional generosity ... In essence, slowly but surely we all lost our Original Way. Our lives became hollow shells of what they once were – mostly devoid of wonderment, almost empty of gratitude, futilely seeking Joy, and completely lacking in any selfless Love real & true. And this is why it is so crucial for us to choose to “become again as a Child” (see [Matthew 18:3-4](#)) – this is why it is so extremely important to return to the youth-full ways of bemused Amazement, easily triggered Gratitude, and courageous leaps into radical Kindness. For this is how we can awaken our lives and live them Meaning-fully again – this is how we can arrive at where we once started, and deeply Know that place of brilliance for the first time once more.

***To Live is to Die to what was
by letting go of what could be ...***



“Be wondrously Awe-filled over the smooth suddenness of It all.” ~ anonymous

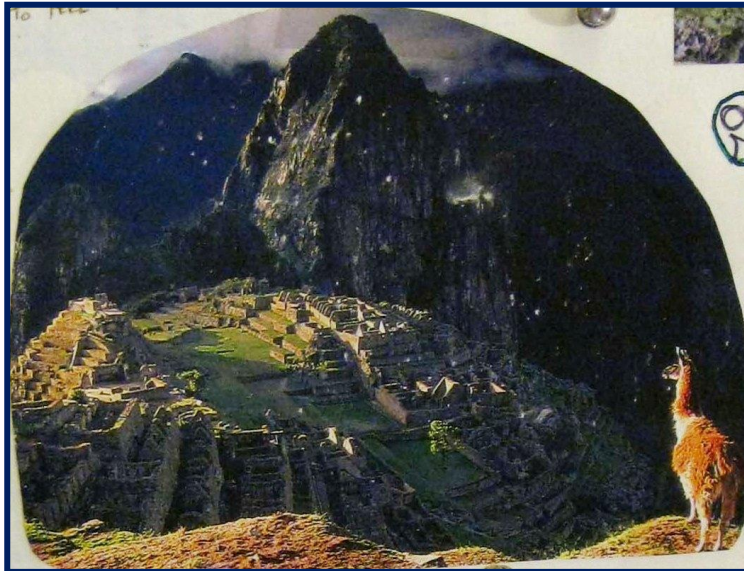
If we are deeply immersed in the majesty of any moment, then we cannot help but be attentively amazed by the wondrous Beauty of the same ... And if we are deeply amazed by the deep Beauty of any set of circumstances, we cannot ever be shocked by anything that flows to us through them ... Will we be surprised therein – surprised by the ever-greater wonders we witness or the ever-deeper acts of Love available to us? Of course we will – and yet these realizations will not ever startle us or shock us. Indeed, the more deeply we immerse ourselves into any moment the more we will Love the same and everything in it ... And the more profoundly we choose to Love any moment the less we can know any fear of any facet thereof ... Opportunities to act Lovingly do often come suddenly therein, and yet their flashing arrival is always a smooth one – as though the surprise of Love’s ever-deepening magnitude is the norm – as though we are sitting there waiting for it to tap us on the shoulder, and smile gently upon us while softly whispering “Boo”.

Every surprise comes into Being in its perfect time.

“God did not send the Son into the world to condemn the world, but rather that the world might be saved by his Way.” ~ Jesus (John 3:17)

If Jesus is arrogantly speaking in the 3rd person here – if he is indeed speaking about himself (in direct contradiction of his own teachings about God and worship and humility – see [Matthew 18:3-4](#), [Matthew 23:12](#), [Mark 10:18](#), [John 12:44-47](#), [John 14:20](#) et al), then even so he must be professing a profound gentleness thereby – a perfect Love that is perfectly in harmony with the Love of his heavenly Father (see [Matthew 5:48](#)) and a perfectly non-condemning nature in alignment with the perfect Love of the same (see [1 John 4:18](#)) ... That having been said, in all likelihood that is **not** what Jesus is saying here. In all likelihood (if we are going to do him the most honor with our interpretations of his words) Jesus is speaking not of himself as the Son, but rather is speaking of “the Son of Man” within all of us (see [Matthew 8:20](#), [Matthew 9:6](#), [Matthew 16:28](#), [Matthew 26:64](#) et al). Indeed, “the Son of Man” was a term that was almost exclusively used by the authors of the ancient manuscripts to refer to **all of humanity** – not solely to Jesus Christ. As such, when read in this more Christ-appropriate context, Jesus is saying here that God did not send **us** into the world to condemn the world, but rather sent **us** into the world to be a source of salvation – via courageous acts of Love (see [John 13:15-17](#), [John 12:44-47](#), [John 14:12](#) et al) – for those living therein.

Image 195a&b (Page 82a - top left & main) ... These pictures provide alternate views of the sacred city of Machu Picchu in Peru; once one of the very few listings on my very short (and now essentially non-existent) “bucket list” ...



“When is the last time you actually picked up something and Touched it – really Touched it – truly Felt it completely? When you shake someone’s hand do you Feel their Vocation behind the calluses? When you hold someone close do you Feel the Golden Softness within them?” ~ anonymous

So often we engage our days from the brittle, wafer-thin platform of automated routine. We encounter others and smile at them without re-cognizing the amazing fact that they too are Children of God (and thus dismiss them as who they are pretending to be, instead of treating them like embodiments of Divinity – and thereby reminding them of the same) ... We greet others with a hollow “How’s it going?” without feeling an ounce of Caring for how they are truly *feeling* (or whether they are feeling at all) ... We shake others hands as a fulfillment of cultural obligation – letting them know subconsciously not that we respect them or like them or Love them, but rather to not-so-subtly show them that we have no swords up our sleeves ... We hug others tightly to tempt them into rapturous release or to cling them into remaining in our lives, instead of holding them close *to give* them all the Love we have to Give ... Well, I say it is time to flip the intentions in our meetings – it is time to alter the reasons for our being – and it is time to act & interact in ways that communicate our appreciation for others, rather than merely say hello in order to move on as quickly as possible.

***To Feel, we must move beyond mere flesh and bone.
To Feel, we must Be One –
We must have the Courage to Love.***

“Whoever says ‘I abide in Him’ must Walk just as He Walked.” ~ unknown (1 John 2:6)

And how did Jesus walk? He walked humbly (Mark 10:18 + Matthew 23:12) – and he walked selflessly (Matthew 4:1-10 + John 6:15) – and he walked courageously (Luke 9:22 + Luke 24:7 + Matthew 5:40-44) – and he walked Lovingly (Matthew 25:35-40 + John 13:15-17). As such, if we are to lay any claim to worshiping him or revering him or honoring him or even worshiping him, we must do so with our actions more than our words – and we must do so with actions that mirror his own ... (Note: whomever walks as Jesus walked cannot openly claim to abide in him! Walking as Jesus walked means humbly living as Jesus lived –a **humility** that is mutually exclusive with the hubris required to publicly proclaim that one is doing the same. In essence, the only thing that is certain is that those who are proclaiming that they are living his Way are the ones who are most certainly **not** doing so!)

“There are no patterns in the present moment.” ~ anonymous

While it is true that our past choices and our past deeds and our past thoughts and even the emotional reverberations from our past relationships do indeed ripple back upon us in the form of current effect & happenstance, we are no more shackled by the same than a fish is shackled by the stream in which it swims. Yes, our past does “create” our present challenges, and yes the ways in which we reacted in our past have constructed psychological patterns that tempt us strongly to answer similar encounters similarly. And yet these are **not** controlling mechanisms in our Here&Now – they are but deep-seated inclinations & strong influences. We always have the ability to recognize them when they arise, and we always have the ability to *choose differently* – and this is actually true whether we recognize them or not.

***All that was will never Be again ...
All that IS never was before.***

“Life is fleeting; so forgive quickly, kiss slowly,
Love deeply & laugh uncontrollably.” ~ unknown

Actually, life is even shorter than fleeting – for Life truly consists only of a loosely linked series of instants; a tenuously tied string made of mere inklings of Now ... As such, better than forgiving quickly is forgiving immediately; better than kissing slowly is hearing attentively; better than loving deeply is Loving actively (& often anonymously); and better than laughing uncontrollably is serving Joy-fully ... For we only truly have this moment to Live, my Friend. So Live wisely – by Living fully.

“Wherever we go in Life there seems to be only one business at hand; that of finding a workable [harmony] between the sublimity of our ideas and the absurdity of our reality.” ~ Annie Dillard

While Ms. Dillard’s original quote admittedly reads “finding workable *compromises*” instead of “a workable harmony”, it is the latter wording that brings deeper Meaning to the fore. For compromise implies at least a taint of regret or loss, and there is no way to reconcile the innate divinity of our lives with anything unless we can do so with a willingness that is fully whole. For our ideals immediately become truly sublime the instant they are willingly used to extend acts of radical Caring to the most “absurd” of life’s objects (i.e. our enemies) using the most “absurd” of methods (i.e. radical acts of Kindness).

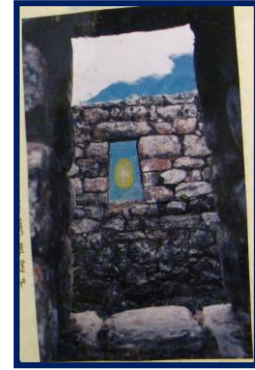
***Tears of compassion can be shed
for Humanity’s willful ignorance and callous injustices
Smiles and laughter should be offered as well
for those choices’ ultimate futility.***

“Bids me dream and bids me linger – Joy & Beauty are Its goal ...
On the Path that leads to Nowhere, I always find my Soul.” ~ C. R. Robinson.

The only path that truly leads to Nowhere is the Path that leads to Here&Now – meaning, the only path that leads to real Joy &/or the appreciation of true Beauty – meaning, the Path that leads one directly to (and deeply into) where one already is.

***The Soul does not travel ...
To truly find the Soul, one must either exude pure
Acceptance steeped in absolute stillness,
or one must let down their guard
... and LOVE ALL OUT!***

Image 196 (Page 82b) ... This picture (which I call “God’s Fingerprint”) was captured at Machu Picchu (Peru), and the gold “dot” at its center is actually my own thumbprint captured in the ink of a gold gel-pen. There are many windows of perception available to us, and so many doorways to adventure. Interestingly enough, we can only clearly gaze though the former by potently walking through the latter, and we can only powerfully walk through the latter by first choosing to walk through them for Love ...



“Real Generosity towards the future consists in Giving everything to whatever is present.” ~ Albert Camus

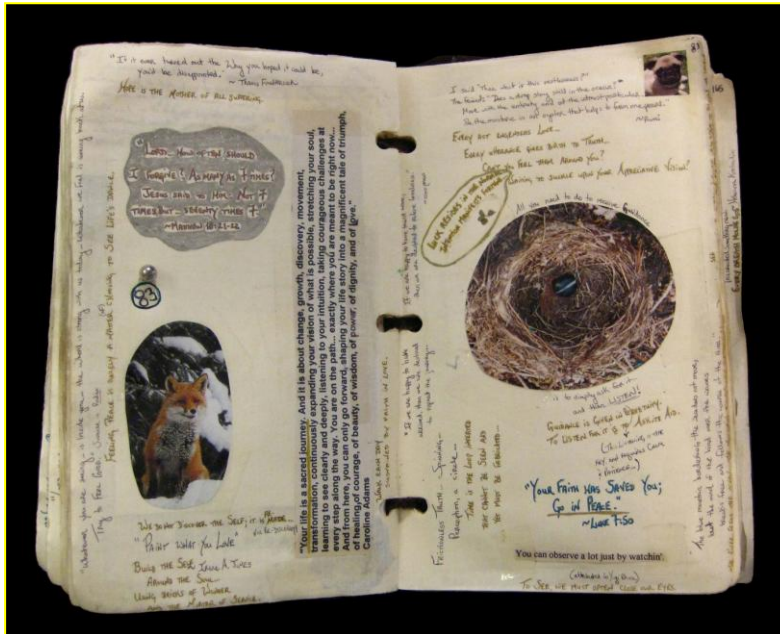
If we are Giving fully to anyone in our Here&Now, that Giving automatically ripples out and commensurately beautifies our future and the future of everyone even indirectly affected by the same ... Conversely, if we are only “giving” to attain something for ourselves in the near or distant future, then we are inherently neglecting all those nearby in our immediate Here&Now – especially those who were ready to benefit from the same. And such a “faux-giving” (which is actually nothing more than an “investment”, which is actually nothing more than a taking) ripples forward into our future as well – bringing with it sadness proportionate to its selfishness, and suffering proportionate to its neglect.

***To Know Where You are headed,
You must See Where You allReady Are.***

“If you come to a fork in the road, take it!” ~ Yogi Berra

It is a dangerous myth to see any decision as a “fork in the road”, for to do so breeds the illusion that one path is “better” than another, and that choosing the “wrong” path will forever preclude the joys residing along the way unchosen. Nothing could be further from the Truth, of course, for each alternative of every forked road contains the very same challenges, the same fears, the same pains, and the very same longings -- for these things are not waiting for us “up ahead” at all. Rather, these are the things we carry *within* us, the things we carry with us no matter which path we happen to choose. And because they are always with us – and because these temptations empower every choice we make to dismiss our Soul’s whisperings to Love others anyway, it truly matters not which fork in the road we take – as long as we take it boldly, and as long as we take it for Love.

***Infinite Patience allows one to tread
every one of a moment’s options ...***



“If it ever turned out the way you hoped it could,
you’d be disappointed.” ~ Travis Faultersack

This is not to say that those whose wishes are granted or those whose dreams are fulfilled are saddened when such a rarity occurs ... To the contrary, in the few times when life does “turn out the way we hoped it would”, we are always at first extremely happy – if not downright overjoyed. That having been said, this quote does not say that we are instantaneously disappointed when such a “victory” occurs, it merely relays the Truth that it is inevitable that intense disappointment follows at some point thereafter. You see, every time we receive a gift we have wished for, or achieve a goal we have dreamed of, or attain a hope for which we have longed, the desire that led to those successes becomes a strong attachment thereto thereafter. At the moment of reception or attainment, we begin to fear losing that for which we have worked and prayed and striven and struggled. And the longer we are blessed to possess those “victories”, the more intensely we feel them slipping through our grasp – and thus the more intensely we fear their loss – and thus the more suffering we come to know when they finally – inevitably – do indeed leave our lives. Indeed everything is in a constant state of dissolution – every possession, every emotion, every relationship, every circumstance ... Nothing is permanent, and indeed all that we today have will tomorrow be a bit less ours to enjoy. There really is no escaping this Truth; that is simply the nature of things. And yet we need not suffer this reality – as long as we are prepared to cease striving for the same. For if we make our lives about giving instead of getting, and about sharing instead of accumulating, then we will not suffer our losses at all – even though they might come at the same time with the same gravity.

Hope is the mother of all suffering.

“Lord, how often should I forgive? As many as seven times? Jesus said to him: Not seven times, but ... seventy times seven times [shall you forgive].” ~ Jesus (Matthew 18:21-22)

This passage has been traditionally interpreted to mean that we are to forgive others frequently (especially our friends), and that we are to do so primarily with our thoughts & our words ... Of course, as is so often the case, the traditional interpretation of the Scriptures leaves almost everything to be desired ... For Jesus is definitely **not** trying to inspire us to forgive in ways typical or comfortable or standard – neither here, nor anywhere else in the Gospels. Indeed, nothing about Jesus’ teachings was *ever* anything less than a full-on demolition of the traditional approaches practiced and preached by the religious leaders of his day, and this passage in **Matthew** is no exception ... For starters, the phrase “**seventy times seven**” is found in only one other verse in the entire Bible – a verse in **Genesis** that speaks to the severe vengeance that would be unleashed on Lamech for his crimes, if not the severe condemnation that would be unleashed upon all those who sinned (see **Genesis 4:24**) ... And in typical fashion, Jesus not only alludes to this Old Testament verse, but he does so in a way that turns it completely on its head – telling us that we are **not** to condemn trespassers “**seventy times seven times**”, but that we are to **forgive them** to that same unusually large degree. And yet even more significant here are the meanings intended with the mention of “**seventy**” and “**seven**”, for Jesus is most certainly not commanding us to forgive others exactly 490 times before condemning them anew thereafter. No, he is telling us not only to forgive our friends & family, but for us to forgive *everyone* (see the “**seventy**” nations encompassing all of humanity in **Genesis 10**), and he telling us not only to forgive them verbally or partially or conditionally, but to forgive them absolutely & unconditionally & **completely** (the symbolic meaning of the number “**seven**” recognized by religious leaders & biblical authors alike).

“Whatever you are Seeing is inside You ... Whatever we feel is coming back at us. So try to feel Good.” ~ A. A. Attanasio

It is true that everything we witness must be a portion of our surroundings that harmonizes both with our current state of mind and our imminent focus of service (otherwise we wouldn’t “see” it at all), it is just as true that all the things we witness contain deeper, archetypal meanings that are “communicating” with our greater Awareness of both Life & Self, and it is even true that we can alter what is “called to us” (actually, called to our attention) by pausing and consciously shifting our focus – that it is true that we can choose to “feel Good” by choosing to intend to Do Good towards whatever we happen to see; a Truth which will indeed thereby direct our attention in those moments to the opportunities where our subconscious awareness (some would say or supra-conscious Awareness) already Knows we can Do that Good most potently ... **And** seeing has how the only way to deeply “feel good” is to **feel** Good while doing Goodness for others, this approach to Seeing our lives is indeed the only way we can ever hope to “feel good”.

Feeling Peace-full is purely a matter of choosing to See Life’s dance.

Image 197 (Page 83a) ... This picture of a fox in the snow symbolizes the Truth that it is Wise to continue acting during times of apparent dormancy; that it is Wise to revere times of death & dying by bringing them the gifts of movement, nurturing, & life ...



“Your Life is a Sacred Journey. It is about change, discovery, movement, transformation – ever-expanding your definition of what is possible [and what is Real]. Listen to intuition and take courageous challenges at every step along your Way. You are on the Path, exactly where you are meant to Be. And from here, you can only go forward; shaping your Life Story into a magnificent tale of triumph, healing, courage, wisdom, power, dignity and Love.” ~ Caroline Adams

Actually, our lives are not *inevitably* Sacred Journeys; they are *potentially* Sacred Journeys ... This means that, while it might seem that they are carrying us inevitably towards some great destination of Solace (and while it might be very comfortable to believe the same – to have a complete and unwavering faith that we will inevitably attain a measure of Peace & Joy no matter what we do or do not do beforehand), the Truth of the matter remains that *we must choose* this Great Way in order to experience the same ... If we treat our life with the requisite amount of Humility (i.e. consciously remembering that we are here to serve, not to be served) and Courage (i.e. actively leaping into opportunities to sacrifice our own comfort to either lessen the suffering of others or to further their Joy), then our lives will indeed become glowingly Sacred, and we will indeed flow smoothly into an ever-more-Bliss-filled Life. On the other hand, if we do little or nothing in this regard (as this quote seems to imply) – if we mostly sit back and “enjoy life” &/or only engage opportunities to Serve or Care that are easy or comfortable, then our lives will remain stagnant and ultimately unsatisfying. Even worse, on our deathbeds those who have lived such days of sloth & ease will be met by a commensurate amount of suffering; waves of regret over opportunities to Care squandered; showers of shame over actions taken for self at others’ expense ... As such, we can only truly “go forward” in life as a “Sacred Journey” when our lives become about effectuating positive change in the lives of others, not about changing our lives for our own reward or power or healing or victory.

Walk each moment sustained by your Faith in Love.

“Paint what you Love.” ~ Irene Jones

If you want to paint a masterpiece for your own fame or benefit, you will never come close to doing so. And yet if you desire to paint a masterpiece so that others might be soothed thereby, then it matters not the subject matter thereof or the focus therein – a Masterpiece will spring forth from your brush and come to rest with radiance upon your canvas ... This doesn’t mean, of course, that everyone who gazes upon your selfless Work will find it beautiful. And yet it *does* mean that it will be Beauty-full nonetheless – that those who need to See its innate wonderments the most will be inevitably drawn into its presence ... And this is not only the way to create – this is the way *to Live* as well ... Intend to do for the Peace of others, immerse yourselves in creating the same, set the finished masterpieces free into the world, and then have faith that Peace will come as a result (all while knowing that the Peace you generated while creating has already done more than enough).

***We do not discover the Self;
it is re-made by our choices ...
Re-build your Self around your Soul
with bricks of Service & a mortar of Wonder.***

“I said, ‘Then what is this restlessness?’ And the Friend answered, ‘Does a drop stay still in the ocean?’ ... Move with the entirety and at the utmost particular. Be the droplet in an oyster that helps to form one pearl.” ~ Rumi

It is important for us all to remember that it is not the droplets of water that allow the oyster to form its pearl, but rather the “irritant” grains of sand that do so ... So too, within our own Lives -- for it is not the comfortable situations or the amendable relationships or the pleasurable times that inspire or allow us to create works of Greatness or perform deeds of great Power, but rather it is the situations filled with pain and the relationships filled with annoyance and the times filled with fear or despair that allow us to do so ... Yes, it is true that we are always one drop inextricably bound to the rest of Life’s Ocean, and yet it is most important of all to remember this while hurting – or tired – or ill – or attacked – or ridiculed – or lost – or floundering in doubt or poverty. For *these* are the times when we have our greatest power at our disposal. *These* are the times when we can create our life’s greatest Pearls ... *These* are the times when our Love is at its most amazing ... And *these* are the times when we have been Called to act accordingly.

***Every act engenders Love ...
Every utterance gives birth to Truth.
Can’t you feel them? They are waiting
to suckle gently upon your unfettered appreciation.***

Image 198 (Page 83b - top right) ... This is a small picture of a small pug – symbolizing the Truth that the greatest of Loves are often given in the relationships deemed “least important”, and that the greatest of services are often delivered by the least notable of Good Deeds ...



“Luck resides in the everyday.” ~ unknown

Actually, there is no such thing as “luck” or “random happenstance” in life ... Everything that happens to us is at least partially summoned into our lives by our past choices &/or allowed into our awareness by our current beliefs. In addition, everything that happens to us in life can be seen as a blessing and then transformed into the same by responding accordingly ... As such, at least as far as it is traditionally defined, “luck” does not exist at all ... And yet if by “luck” the author here means “Good Fortune”, then the Truth thereof remains intact. For in every single occurrence and in every single encounter and in every single interaction rests the ability to extend Love or Kindness or Generosity or Wonderment – and as these are the choices that bring us our deepest sense of Peace & our greatest sense of Joy – are the choices that thereby give our lives their most profound moments of Meaning, it is indeed quite true (at least in this sense) that “Luck resides in the everyday.”

***Intention manifests a Fortune
that is both commensurate & proportionate...***

“If we are happy to have arrived, then we are destined to repeat the Journey ... If we are happy to have found love, then we are destined to relive our loneliness.” ~ anonymous

From a traditional perspective, this statement is true – for if we are ever made happy by things we attain for ourselves, we will indeed pine for the same once those things inevitably disappear, change, break, disintegrate, &/or fade. That having been said, in those times we are happy to have arrived so that we might serve those who are at that destination, our Journey in that moment becomes complete – and in those times when we are happy to have “found love” that we might Give *our* Love completely thereto, then our feelings of potential loneliness or loss becomes irrelevant, and a such will fade into the void.

“All you need to receive Guidance is to simply ask for It – and then Listen!” ~ unknown

Fair Warning: asking for guidance to make your own life more comfortable or your own path easier to tread will lead to meaninglessness if you receive the same -- and despair if you don't ... On the other hand, if you ask for Guidance in order to find your way to the nearest opportunity to help another (&/or the most potent way you can help the Cosmos manifest its Highest Good), then you need only glance around your current Here&Now to find the same. Ask – Pause – Look – See – Engage what is seen (gently and Lovingly) – Detach from results – Flown onward – Repeat ... This is the only Guidance that is ever offered on The Way of Love, and this is the only Guidance the Loving traveler ever needs.

***Guidance is given in perpetuity ...
To Listen for It IS to ask for Its assistance.***

Image 199 (Page 83b - main image) ... This picture is of a bird's nest found in the Feuerbacher Wald Labyrinth (see images from [page 15b](#) to [page 18](#)). The stone in this nest is one of the many one-lined stones that I have been finding (or that have been finding me) since setting forth on my Spiritual Quest back in 1967, and for me symbolizes the Way of Destiny (or the Way of Service, or the Way of Love) we are all uniquely called to uniquely walk ...



“Frictionless Truth; spinning ... Perception; a Circle.” ~ anonymous

The Truth is best known when seen from the other's side – and only truly understood while acting accordingly therein or thereafter ... Perception becomes crystal clear when we See from the other's eyes – and then reach out to Care for what *they* Love.

*Time is a Loop inverted;
one that cannot be seen –
and yet must be for us to Be.*

“Your Faith has saved you – Go in Peace.” ~ Jesus (Luke 7:50)

So often the poor and the maimed and the ill came to Jesus to be healed, and every single time he told them that he had nothing at all to do with their subsequent wellness (see Matthew 8:5-13, Mark 5:34, Mark 10:52, Luke 7:50, Luke 17:19 et al); that it was no miracle that had been performed by him, but rather that it was *their* Faith-full **Belief** that had effectuated the same – a **Belief** that became so much more than mere belief; a **Belief** that had become a resolutely courageous action; an action that had been stripped of all pride & harshness. Indeed, it is no miracle that the human body heals itself – its healings are only perceived to be miraculous when they take place in unusual ways &/or in unusual tempos. And yet healing is what the human body does, and it does its healing much more efficiently when its fears and its despairs and its rigidities have been removed from the mind of the one needing healing ... Jesus knew this, of course, and he tried desperately to communicate the same – tried desperately to share with them all The Selfless Way that brought implicit health & flowing wholeness alongside every act of unconditional Love. Engage in real Love and fear has no choice but to flee ... Losing that fear intensifies one's emPowerment – and allows for the greater Healing.

“The blue mountain bordering the sea does not move,
but the mind of the bird over the waves breaks free
and follows the course of the river ...” ~ Master Daishi

The mind moves farthest (and thereby Sees the most) that is free to gaze elsewhere.

*The River feeds the Ocean ...
The Mountain birthes the stream ...
The Sea cradles both peak and valley –
... while waiting to return to Itself.*

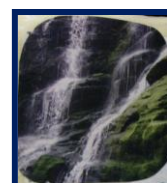
“You can observe a lot just by watching.” ~ Yogi Berra

And you can **Know** far more by engaging what is observed and Doing justly thereby.

To See, we must often close our eyes.



Image 200a (Page 84a) ... This picture is of the beautiful mossy waterfall just outside Merlin’s Cave (near Tintagel, England) – reminding me that the intimate interconnection we have with our surroundings (what many like to call “magic”) is ever-witnessable via Humility & ever-accessible via Love ...



**“Clothe yourselves with the New Self;
created according to the likeness of GOD.”**
~ *unknown* (Ephesians 4:24)

Note here that it is not humankind that has been *physically* created in the image of the Divine (as though any over-arching godhead would ever have a human-like form), but rather that it is the internal, conscient, moral, *spiritually* awakened True Self that mirrors the same (at least in all the moments our bodies choose to enliven that same Selfless Essence) ... And, as an intriguing (and possibly important) aside, it was not GOD (the Hebrew “YHWH” &/or “Adonai” – read as “LORD” in English translations of the Old Testament) who made man in His image, but rather a group of “godS” (the Hebrew “Elohim” – read as “God” in English translations of the Old Testament) who made humankind in “*our image*” ... This means that the Elohim – essentially the *fallen angels* who were incomplete, less than fully moral, spiritual beings – were the ones who actually created humanity as “*man and woman*” (see [Genesis 1:26-27](#)); as beings who were incomplete and flawed and fearful and desirous. This is why it is so difficult (and so powerful – an thus so important) for us to set those originally sinful inclinations aside in favor of “*clothing ourselves with the New Self*” – the Soul Self – the True Self – the Self that wishes to Love instead if to be loved; to Give instead of be given to; to Serve instead of being served.

“You are equally magical in this world outside of dreams.” ~ Rebecca Jean Pittman

There is a world of the “magical” within the scintillating symbolism of our fantastical dreams – and there is also a world of the “magical” within the mental realm of hopes & thoughts & fantasies ... And yet there is a far great world of a far greater Magic available to us outside of ourselves; out in our “real world” – a world overflowing with opportunities to be just as radiant for the downtrodden; to be just as wondrous for the dejected; to be just as other-worldly for those unloved.

To Become ONE, choose to Dream while Awake ...

“It doesn’t interest me what you do for a living. I want to know what you ache for, and if you dare to dream of meeting your Heart’s longing. It doesn’t interest me how old you are. I want to know if you will risk looking like a fool for Love, for your dreams, for the adventure of being Alive. It doesn’t interest me what planets are squaring with your moon. I want to know if you have touched the Center of your own sorrow, if you have been Opened by your Life’s apparent betrayals ... I want to know if you can sit with pain, mine or your own, without moving to hide it, or fade it, or fix it. I want to know if you can Be with Joy, mine or even your own; if you can dance with the wilderness and let the ecstasy fill you to the tips of your fingers and toes without cautioning us to be careful, to be realistic, or to remember the limitations of being human.

It doesn’t interest me if the story you are telling is true. I want to know if you can disappoint another to be True to yourself; if you can bear the accusation of betrayal and not betray your own Soul. I want to know if you can See Beauty even when it is not pretty every day, and if you can source your Life from It’s presence. I want to know if you can Live with failure ... and still stand on the edge of a lake and shout YES! to the sliver of the moon ...

It doesn’t interest me where you live or how much money you have. I want to know if you can get up after a night of grief and despair, weary and bruised to the bone, and do what needs to be done for the children. It doesn’t matter to me Who You Are or how you came to be here. I want to know if you will stand in the Center of the Fire with me and not shrink back.

It doesn’t interest me where or what or with whom you have studied. I want to know what sustains you from the inside when all else falls away. I want to know if you can be alone with your Self, and if you truly *like the company you keep in the empty moments.*” ~ Oriah Mountain Dreamer

We can only truly Love the company we keep in our empty moments
after learning to deeply Love the company we keep in our fuller ones.

Image 201 (Page 84a) ... This is a picture of Duncan sitting in the bedroom of my apartment (the “Steeb Street Sanctuary”) in front of a salt crystal lamp and the wooden sculpture of two intertwined dolphins it illuminated every evening – a beautiful vision that reminds me of those days; days when the Truths of looking closely to find the wondrous in the “normal”, listening deeply to feel the Love in mere “friendship”, and venturing forth boldly to know the meaning in Living were shining and fully blossomed in our lives ...



“The Soul never dies and the body is never really Alive.” ~ Isaac B. Singer

This is an intriguing statement indeed, and not at all true in the sense one first supposes. For the Soul – to the degree that one equates the Soul (as many so often do) with one’s conscious identity; the identity inextricably linked with one’s body and one’s brain – does indeed perish when that body & its brain cease to live. It is true as well that the impersonal, unconscious energies that invigorate one’s Soul might indeed live on forever – they might even enter another body and take on another personal consciousness. And yet perish this “Soul” does regardless ... Similarly, it is quite obviously untrue that our bodies are “never alive” ... And yet there *is* a deeper Meaning at play here – a Meaning that realizes that our bodies are mere fleshly vessels until activated by our conscious minds; that we are but lumbering husks ruled by desire & fear unless consciously choosing otherwise – unless consciously choosing to Forgive our enemies – unless consciously choosing to be Kind to strangers – unless consciously choosing to Give to those in need – unless consciously choosing to Love, the verb.

***The Soul enLivens the body ...
The body lends Purpose to the Soul.***

“The Highest Good is like water. Water gives Life to the ten thousand things and yet does not strive in doing so. It Flows in places others reject and so is like the Tao. In dwelling, be close to the land. In meditation, go deep in the Heart. In dealing with others, be gentle and Kind. In speech, be True. In ruling, be Just. In daily Life, Be competent. In action, be Aware of the time and the season.” ~ Lao Tsu (Tao Te Ching #8)

The Highest Good is like water when the Highest Good is furthering Love ... Love has no goals or agendas or expectations or hopes – and thus Love flows ... Love understands that its job is to Love. It is detached from all outcomes, and thus knows neither strife nor disappointment ... Love courses through every being’s Soul and wishes to shower itself on all – especially those least deserving of the same; those obviously most lacking in its abundance ... Love is ever active – dwelling close to the land in order that the land will bear great sustenance; sending its thoughts deep into the Heart that the Heart might enliven a greater empathy towards those nearby ... Love’s interactions are ever gentle, its words are ever Kind, its justice ever forgiving ... Like water is to life, Love is the vibrance in every moment; it is the foundation of every day, and the frame of every season.

***Love is Light – is God – is Peace ...
All of them flowing together,
without attachment or struggle.***

“Angels fly because they take themselves lightly.” ~ G. K. Chesterton

Actually, our mythical angels merely *seem* to fly because *we* take our lives’ real angels for granted ... The beloved friend is the angel whose shoulder becomes a pillow for our tears – ***Cherish her!*** ... The frightening stranger is the angel who makes our simplest smile a beacon of courage and our smallest kind word a deed of great Love – ***Cherish him!*** ... The despised enemy is the angel who turns every word of forgiveness into an inspiration and every act of Kindness into a deed of transcendent glory – ***Cherish them!***

Soaring Souls surf on Life’s fluctuations of levity ...

“You cannot help another to Rise Up
without getting Up yourself
& getting out of their Way.”
~ anonymous

Sometimes the greatest service we can render another is to gently move aside and let them discover their own Way by rediscovering their own emPowerment ... Sometimes doing so takes the form of verbal encouragement, sometimes doing so takes the form of cryptic parable, sometimes doing so takes the form of absolute silence, and sometimes doing so takes the form of smoothly departing from their presence ... **Remember:** we are not here to enable, we are not here to save and we are not here to help. We are here to Serve – and it is no true service that in any way makes another weaker by pre-empting their Strength.

***Mingling in another’s Life
only serves to cloud one’s own Living ...
The quickest way to lose one’s Way
is to offer direction to another.***

Image 202 (Page 84b) ... This is an unknown artist's rendition of Africans dancing, to me symbolizing the Truth that celebration is at the very heart of our history, and at the heart of that celebration – is Love ...



“Let us be pure, white tablets upon which God may write.” ~ Henrik Ibsen

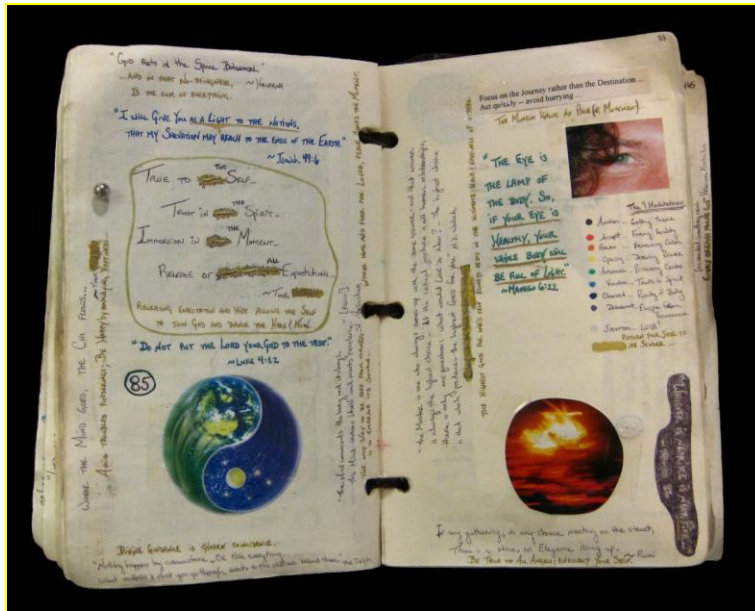
Actually, while our ego’s inner tablet is always filled with scribbled nonsense – rationalized attacks on potential enemies, justified yearnings for personal wealth & individual fame, self-stacked fears of death & discord & dis-ease, our Soul’s tablets – even in our moments of greatest turbulence and most intense doubt – are always pristinely empty. Of course, the only way the Divine can ever write on those ever-clean slates is for us to hold them up towards His quill; something that we can only do by offering our bodies & our minds & our Hearts in Love to others nearby. In this sense, God doesn’t write what we are supposed to Do for others on our Soul’s tablets – but rather uses those same boards to document *what we are already Doing* for them.

*Cleanse your mind of all its “knowledge”
and your ego of all its cleverness ...*

“Anything you lose comes around again in another form.” ~ Rumi

The loss of any possession that was attached to a personal hope (or the disappearance of any chattel that was a source of purely personal comfort -- or even the loss of any relationship that was bound by an expectation of togetherness or that was a source of purely personal pleasure) is to be seen as a Blessing; as the removal of that which was destined to entrench attachment and thereby intensify suffering ... Conversely, any possession or partnership lost that was serving a Greater Good before departing will either be returned to you in due time or find its way into the hands of another who will take that Mission further than you could have taken it ... Interestingly enough, *The Brown Book* itself reflects this Truth. Indeed, it was “permanently borrowed” from me one night while I slept, and I searched frantically for it for three days thereafter. Intriguingly, right after I chose to let it go – right after I simply shrugged my shoulders, smiled, and wished from the essence of my Being that whoever had it would bring it to completion & DO Good with it – I received a phone call from a woman who had found it amongst the belongings of the young man who was staying in her spare bedroom; the very same homeless youth who had “borrowed” it from me. So, three days after enduring the loss of my most prized possession, I gained it back -- three minutes after I let it go. Now this is not to say that we can let lost items go in order to have them returned to us – not at all. Indeed, valued possessions can only flow back to us if **A**) we are the ones who can indeed effectuate the greatest Good therewith, and **B**) we sincerely & completely let them go – not to get them back to have, but to set them free to Do.

To Have it All, we must first lose everything ...



“God rests in the space between.” ~ Heleana B. Theixos

**... and in that No-thingness
is both the sum & the origin of everything.**

Some believe that the Divine rests literally in all spaces liminal – between the darkness of night and the dawn of day; in the in-between times of eclipse & solstice; in the silence between all musical notes and the emptiness between each written word; in the first inkling of a baby’s smile and the first sparkling glance of a lover’s eye ... Of course, while what many call God does indeed reside in these magical spaces, He (or She – or It) resides in many elsewheres as well. He is at the center of every galaxy and She is within the nucleus of every atom ... He is the mover of every quake or mudslide or gust of wind and She is the enlivener of every sentient Soul ... He is the sparkle of every diamond, She is the coal from which that diamond was born, and It is the enormous forces of pressure & time that combined to make the one into the other ... And yet most importantly of all – by far most importantly of all – what many call God is what makes life worth living. For what many call God is the ability all sentient beings have to set aside instinctive fear in order to tend and nurture and care for others ... For what many call God -- is LOVE.

“I will give you as a Light to the nations, that my Salvation may reach to the ends of the Earth.” ~ unknown (Isaiah 49:6)

I have three observations of note regarding this particular Scripture – **First**, this verse comes from the portion of the book of **Isaiah** known by biblical scholars as “Isaiah II” (the portion of **Isaiah** that was written by the second of **Isaiah**’s three authors, comprising **chapters 40-55** of that scroll), which just so happened to be one of **Jesus**’ favorite (or at the very least most quoted) Old Testament works. In essence, if **Jesus** carried around any Scripture to help motivate his ministry or catalyze his Calling, then **Isaiah II** would have been the scroll in his back pocket. It is from **Isaiah II** that we hear “make straight the way of the Lord” (**Isaiah 40:3**), and “Do not fear, for I am with you” (**Isaiah 41:10**), and “I will give you as a Light to the nations” (**Isaiah 49:6**), and “Do not fear the reproach of others, and do not be dismayed when they revile you” (**Isaiah 51:7**), and “How beautiful are the feet of the messenger who announces peace; he who brings good news and who announces salvation” (**Isaiah 52:7**) , and it is as well from **Isaiah II** that we hear “but with everlasting love I will have compassion on you, says the LORD” (**Isaiah 55:8**) ... **Second**, please note that “the nations” mentioned here implies that this verse is intended for **all of humanity** (see the 70 nations of humankind mentioned in **Genesis 10**; the inspiration behind **Jesus** calling on us to forgive others “70 times 7 times” in **Matthew 8:21-22**) ... And **third**, please remember as such that we are all the keepers of the Light here mentioned – as **Jesus** intimates elsewhere in the Scriptures with both regularity and vehemence (see **John 1, John 3, John 8, John 9, John 12, John 14** et al).

“Be true to Self ... Trust in Spirit ...
Immerse in the moment ... Release all expectations.” ~ Thor Evergreen

Yes, these four statements are deeply Wise -- each in its own right ... It is Wise to be true to (i.e. to actualize) our True (i.e. Kind & Caring) Selves. And yes, it is Wise to trust (i.e. to leap into actualizing) our inner Spirit (i.e. one’s inclinations to Love, instead of fear or desire). And yes, it is Wise to immerse ourselves in the moment (alongside our Selves, who always reside there). And yes, it is Wise to release all expectations thereafter – to simply Do Good and then allow that Good to ripple outward on its own; maybe to be rejected, maybe to be embraced, maybe to be ridiculed, maybe to be honored ... That having all been said, what is **not** so readily apparent here is the equally potent Truth that each of these four Wisdoms builds upon its successor – namely, that we must Faith-fully (i.e. actively) trust in Spirit in order to be truly true to Self; that we must immerse ourselves into the moment in order to Faith-fully trust in Spirit; that we must release all hopes & expectations in order to immerse ourselves into any moment; and that we must be true to our unconditionally Loving Selves in order to truly release all hopes & expectations ... As such, engaging any one of them fully is to engage the other three – to engage any one of the four is to arrive at The One.

***Releasing all expectation and hope
allows the True Self to join GOD,
dancing lightly in the Here&Now.***

“Where [and how] the mind goes, the Chi flows.” ~ Thor Evergreen

This claim is only slightly misleading, for it is indeed true that Chi (the interconnecting Essence-Energy of all thought and matter) does tend to “bend” towards the thought-emanations of sentient beings (better stated: Chi reacts commensurately with the specific frequencies of all forms of energy in its vicinity. As a shift in thought always leads to a shift in an entity’s base-frequency, a shift in thought always leads to an alteration – however slight – of the flow of Chi surrounding the same) ... That having been said, it is not an exceptionally practical practice to attempt to harness this principle for one’s own personal benefit; seeing as how the base-frequency of Chi is the base-frequency of Oneness, while the base-frequency of anything deigned to bring personal gain (which often means taking from or denying another to bring an increased abundance to self) is obviously not ... Indeed, the latter is the source of all attachment (a frequency also fully opposed to the ultimate Harmony of a Universe that knows no lack); attachment which is – as we know – the source of all suffering. As such, while it is true that “where the mind goes, the Chi flows”, this principle only becomes a profitable tool when intended to further the betterment of the other or the whole; never merely one’s self.

***Avoid pondering over troubles ...
Be Happy by embodying Happiness.***

“Do not put the Lord your God to the test.” ~ Jesus (Luke 4:12)

This verse also contains much more Meaning than originally meets the mind ... **Initially**, it is important to realize the implications of this verse’s direct ties to [Matthew 4:1-10](#), the portion of the Gospels where Jesus three times resisted the three great temptations of Satan – sustenance, power and immortality. And while [Luke 4:12](#) only references Jesus’ response of resistance to the third temptation (immortality), the implications of his rejection are far greater than one would first assume. For unbeknownst to many, one of the only times (if not *the* only time) that the term “**Son of Man**” was used to reference the sole Davidian Messiah (as opposed to merely referring to *all of humanity* – like it does in [Matthew 8:20](#), [Matthew 9:6](#), [Matthew 11:19](#), [Matthew 16:28](#), [Matthew 20:28](#) & [Matthew 24:27](#) et al) is in [Daniel 7:13-14](#), where said Messiah openly receives the very same temptation-rewards that Jesus *rejects* here in [Luke 4](#) (and in [Matthew 4](#) as well) – meaning that this verse indirectly supports what Jesus himself directly states a number of times in the Gospels; namely, that he is **not the** Messiah – at least not any more than the rest of us could ever choose to be ... **Secondly**, it is important to realize that it is impossible to put the all-Loving YHWH to any test (just as it is impossible to *not* put the ever-insecure Elohim to the test) – that the all-Loving heavenly Father cannot by His perfectly Loving nature ever take offense at anything we do or say, just as the ever fear-full and oft-jealous Elohim are wont to react aggressively & indeed violently to even the smallest hint of betrayal ... **Thirdly**, this verse essentially states that we are not to use personal prayers to satisfy our own desires, but are rather to pray either for the Highest Good to take place &/or to give thanks for our lives and the implicit ability we all have to serve Love & bring Peace therein ... **Fourthly** & finally, [Luke 4:12](#) reminds us to regularly & repeatedly rescind all temptations and to replace them with virtuous acts of Generosity & Kindness.

Image 203 (Page 85a - bottom) ... This picture of Earth & Moon as the ever intertwined YinYang symbolizes the Truth that intellect is empowered by passion and passion is made effective by intellect; that intuition is honed by logic and that it is logical to often follow one's intuition; that mysteries are illuminated by empiricism and that history is filled with mystery; that Truth is witnessed in the reflected Wisdoms of others before being transformed and beamed onward into our environment; that we are to express our Love intimately to close friends & family and that we are to widen our Circle of Compassion to embrace the entire planet ...



“The mind commands the body and it obeys.
The mind orders itself and meets resistance.” ~ St. Augustine

This is possibly merely a semantic distraction, and yet it has been my personal experience that the body only willingly obeys the commands of the mind when it is the ego doing that commanding ... Similarly, the mind has no trouble at all following the similarly selfish inclinations of that same mind. Where we get into conflict is when the commands of the mind come from the Soul – and are thus in direct conflict with the desires of the body and the fears of the ego-mind (a.k.a. the reptile brain) ... Also important to note is the psychological dynamic of “resistance means persistence” – namely, that the ego (like any other sentient being) will resist the actions of any external force deemed to be attacking it. And seeing as how the ego feels that anything other than a desire for personal pleasure &/or comfort is an attack, it resists the Soul’s “Higher Callings” with all its might – using a number of sophisticated and insidious tactics to do so. As such, I have found that the only method whereby any ego-based addiction can be supplanted requires a three step process: **01**) thank the ego for all it did to help us survive childhood, **02**) recognize that the ego really does want the “best” for us – even though its definition thereof is outdated (and actually counterproductive), and **03**) let the ego know that its wishes are going to be supplanted for one moment and one moment only – that it is not going to be destroyed or annihilated or confined or cast away; that it is merely being set gently aside for one moment of selflessness and one moment of selflessness only. Immediately thereafter (all 3 steps take but an instant to effectuate) we can then leap into Love without the ego’s resistance... All that is left to do thereafter is to repeat steps 1-3 as many times as possible every day thereafter; until the ego starts to understand that it will not die when we choose the selfless alternative; indeed, until the ego starts to actually enjoy how liberating it feels to set fear aside and *Love anyway*.

***The only Way to be free from torment
is to embrace its Source ...
Where hope and fear are Loved,
Peace rules the moment.***

“Nothing happens by circumstance ... Or else everything does. What matters most is that you go through events to the stillness behind them.” ~ A. A. Attanasio

While there never will be a concrete knowing related to the debate between happenstance and fate -- between random circumstance and manifested consequence, there can be little doubt that Peace can always be attained by “going through events to the stillness behind them” ... Of course, the only way to effectively do so is to do so *actively* – to literally go *through* events by booming Love into them come what may; especially in those moments when doing so appears to be most risky or most dangerous or even most deadly. This is what allows us to release all expectation and all hope and all desire – and thereby release all fear. And it is releasing all fear that allows us to access the only thing that is real about any instant of Love – namely, the stillness of utter Harmony that composes the same.

Divine Guidance is chosen coincidence.

“Focus on the Journey rather than the destination ...
Act quickly – Avoid hurrying.” ~ unknown

Actually, the only way to act quickly without hurrying (i.e. the only way to smoothly embrace whatever arrives; the only way to act with efficiently flowing spontaneity) is to focus only on the moment – **not** the supposed “journey.”

The Moment knows neither pace nor motion.

***“The Eye is the Lamp of the body. So, if your Eye is healthy,
your whole body will be full of Light.” ~ Jesus (Matthew 6:22)***

The **Eye*** is the Lamp of the Body because it is the eyes (alongside all 8 of our other senses – hearing, smell, touch, taste, electro-magnetic resonance, limbic resonance, intuitive resonance, and conscient resonance) that directs our consciousness into our surroundings ... It is the combination of all 9 sense that form the **Eye** mentioned here – that combine to form our over-arching interactive Awareness of our lives. And indeed it is this **Eye** that looks constantly for subjects to serve – and indeed it is this **Eye** that always finds those subjects (in various manifestations of need or desire) – and it is this **Eye** that then inspires us to courageously engage the same with selfless acts of Kindness. And this is how a healthy **Eye** interacts with its environment – and this is how a health **Eye** fills its transporting body-mind with the Light of Love.

Image 204 (Page 85b - top right) ... This is a close-up of my own right eye (symbolizing the Vision we all have to seek and find opportunities to Love others with our action more than our words, with our words more than our thoughts, and with our thoughts more than our emotions). This picture was taken just before I cut off my hair (see [page 60b](#)) and then departed from the Big Island of Hawaii in the Spring of 2005 ...



“The Master is One who allWays comes up with the same answer – and that answer is allWays the Highest choice ... At the critical juncture in all human relationships, there is only one Question: What would Love do now?” ~ GOD

That LOVE is always the Right Answer is common knowledge ... What is not so commonly understood is the fact that the critical juncture in all human relationships; the moment when it is by far most important to exude and enliven that LOVE, is **every single moment** its participants are together in any way.

***The Highest Good for one’s Self allWays rests
in the ultimate Peace & Happiness of others.***

“The 9 Meditations: Get there by awakening to Here ... Know your Reality by accepting it ... Remain calm by relaxing into Oneness ... Draw your Power by opening to the God-Essence within ... Possess your Center by becoming aware of Divine Love ... Be true to your Spirit by serving others selflessly ... Purify your body-mind by cleansing all intentions ... Release permanence-lust by detaching from desire ... Attain Salvation via self-sacrificial Love.” ~ anonymous

The greatest thing about any multi-stage meditation (or “enlightenment plan”, or “personal growth process”, or “spiritual development project” etc etc etc) is that **there is no need to go through all the steps** to get to its ultimate aim ... Indeed, it is the ego that builds such “long term”, “steady growth”, “getting better & better bit by bit” delusions; builds them **not** to give the well-intended seeker easy steps to one day “be whole” or to one day “get well” or to one day “become enlightened” or to one day “find peace”, but rather to do just the opposite; namely, to keep seekers stuck in their seeking; to keep seekers from ever doing – and thus to keep seekers from ever finding that which they seek ... Indeed, it is as true for any other “step by step spiritual plan” as it is for this one – the only way to apply it effectively in your life is to completely & irrevocably skip every single step but the last one; in this case: Awaken to Here by immersing your life in acts of self-sacrificial Love, fully accept your reality by immersing your life in acts of self-sacrificial Love, relax into Oneness by immersing your life in acts of self-sacrificial Love, open to your God-Essence within by immersing your life in acts of self-sacrificial Love, become aware of Divine Love by immersing your life in acts of self-sacrificial Love, serve others selflessly by immersing your life in acts of self-sacrificial Love, cleanse all your intentions by immersing your life in acts of self-sacrificial Love, detach from your desires by immersing your life in acts of self-sacrificial Love, and immerse yourself in self-sacrificial Love --- by immersing your life in acts of self-sacrificial Love.

Return your Soul to Its Sender ...

Image 205 (Page 85b - bottom) ... This is a blurred close-up of the last vestiges of an Alexzanna Farms bonfire – symbolizing the Truth that we cannot hope to enliven our Souls until we have the courage to purify our actions, we cannot hope to purify our actions until we have the courage to cleanse our behaviors, and we cannot hope to cleanse our behaviors until we have the courage to leap boldly into the flames of selflessly serving those “least deserving” of the same – especially in those moments when we feel least capable of doing so ...



“Whoever is near Me is near Fire ...” ~ Jesus (Thomas 82)

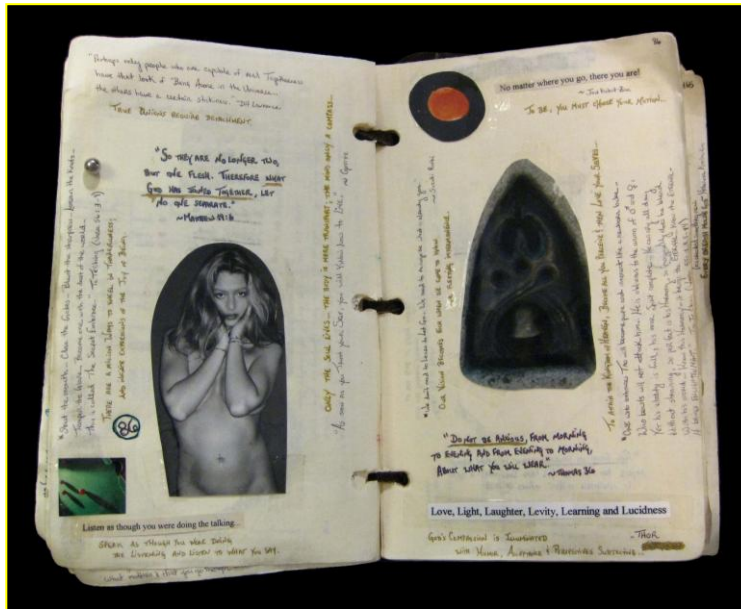
First & foremost, it is crucial to remember that each & every New Testament reference to “fire” is actually a reference to *cleansing*, **not** a reference to punishment – is a reference to the discomfort that comes from breaking free of old attachments and outdated fears, **not** to the suffering that comes from literally writhing in a lake of flames (a la [Revelation 20:14-15](#) & [Revelation 21:8](#)) ... And this interpretive model is not only supported by the other times Jesus mentions “fire” in the Gospels (see [Matthew 13:42](#), [Matthew 18:8](#), [Mark 9:47-48](#), [Luke 12:49](#), [Gospel of Thomas 10](#)), but by the way he describes his heavenly Father as an innately non-punishing God of perfect Love (see [Matthew 5:58](#) + [1 John 4:18](#)), as well as the way he describes the fundamentally selflessly Loving Truth of the Way of his Life (see [John 13:15-17](#), [John 14:12-26](#), [Matthew 5:40-44](#), [Matthew 25:35-40](#) et al) ... As such, if we are to do Jesus (and indeed God Himself) the most honor, it is critical for us to err on the side of seeing the best in them, not the most dysfunctional ... This is the way to worship their essence most purely, and this is the way to comprehend (and thereby come to emulate) their Way of Love most perfectly. And **this** is why Jesus says that those who come near him will be “*near Fire*” – not that they will begin to “burn” themselves via his mere presence, nor will they “catch fire” from speaking with him or speaking of him or listening to him or even worshipping him. No, those that choose to come *near* him (in our case, those who choose to open themselves humbly to what he preaches in the Gospels) will simply come near his purifying flames – nothing more ... The flames of Christ do indeed “glow”, of course, they do illuminate a selflessness that all those witnessing can choose to witness and then emulate, and yet the only way for anyone to “catch fire” – the only way for anyone to burn selflessly like Jesus burned – is to leave his presence (see [Matthew 26:31-35](#)), focus away from him, look towards others in need, and then actively self-sacrifice for the same.

“In any gathering, in any chance meeting on the street, there is a shine; an elegance rising Up.” ~ Rumi

We can only respect the shine in others by not only seeing their innate Soul shining through their behaviors – and not only be realizing that their Soul-shine is made of the same God-stuff as our own – but by then approaching that Light and honoring it accordingly with humility, respect, & acts of generosity.

Be kind to all angels; especially your Self.

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“Perhaps only people who are capable of real Togetherness have that look of being alone in the Universe ... The others have a certain stickiness.” ~ D. H. Lawrence

This quote speaks to the well-known conundrum that champions detachment in order to arrive at Love – the Truth that it is indeed impossible to truly Love another person while simultaneously yearning for them of lusting for their touch or fearing their absence; the Truth that the only way to ever deeply revel in the purest intensities of Intimate Togetherness is first & foremost to discard all personal needs & wants related thereto – to choose to desire only to Love, and to desire not at all to be loved in return. This is why all those who hope and dream and pine and plan are always met with disappointment and frustration and the suffering that comes from the same – why all those who need the other cannot ever deeply have them in their lives; why all those who want the other to be near will always find themselves isolated and alone ... And yet those who can divest themselves of all such impurities – those who can set aside their longings and gently yet firmly dismiss their fears – are the ones to whom real Intimacy becomes a constant; those to whom the brilliance of true Togetherness ever opens her doors anew.

True Unions require an interconnected detachment.

“So they are no longer two, but one flesh. Therefore, what God has joined together, let no man separate.” ~ Jesus (Matthew 19:6)

Please note that this verse does **not** support traditional marital fidelity in the way many assume. Not only was polygamy still socially acceptable in Jesus’ day (see [1 Corinthians 7:32-35](#)), but this verse and its surrounding passage were actually talking about when it was acceptable to *divorce*, **not** what made for an acceptable partnership (see [Matthew 19:3-9](#)). In addition, please note that Jesus’ views on sexual union were similarly staunch (see [Matthew 19:12](#)) ... As such, this verse speaks to something far deeper than mere marital fidelity or sexual monogamy. As with most of his other admonitions in the Gospels, here Jesus is encouraging us to deal with each other in the most intimate way possible; to cherish our friends as Soulmates – to honor strangers as friends – and to treat all enemies as family. Indeed, on a far deeper level, Jesus is reminding us here that we “become One” during every encounter – “One in the flesh” – with every handshake &/or every embrace, “One in the mind” with every discussion heard or every conversation engaged, and “One in the Soul” with every transgression forgiven and every act of willing self-sacrifice provided.

“Shut the mouth ... Close the gates ... Blunt the sharpness ... Loosen the knots ... Temper the glare ... Become One with the dust of the world.” ~ Lao Tsu (Tao Te Ching # 56)

Please **note** here that we “become One with even the dust of the world” whenever we choose to “temper our glare” – whenever we set aside all preconceptions and critical judgments – whenever we choose to see the lowliest &/or the most despicable among us as a long-lost Friend ... And **note** as well that we “temper our glare” whenever we choose to courageously “loosen our knots” – by choosing to set aside all beliefs as to “who we are”, by choosing to put away all pride related to “what we have accomplished”, and by choosing to throw out all prerequisites for “what makes a friend” &/or judgments of what makes another “worthy of our company” ... And **note** as well that we “loosen our knots” in this way whenever we choose to “blunt our sharpness” – whenever we choose to see the potential Friend in every enemy; whenever we choose to reach out in Kindness to strangers; whenever we choose to listen to hear the other instead of to respond to what they are saying; whenever we choose to openly defend others behind their backs instead of passively listening while others stab them there ... And **note** as well that we “blunt our sharpness” whenever we choose to “close our gates” – whenever we choose to focus our energies upon the Worth in the Moment, instead of wasting time with hollow daydreams, or wasting clarity by thinking negatively, or wasting energy chasing superficial pleasures, or wasting our lives satisfying damaging addictions ... And finally, **note** in conclusion that we can “close our gates” (and thereby “blunt our sharpness” – and thereby “loosen our knots” – and thereby “temper our glares” – and thereby “become One with the world”) in that we simply choose to “shut our mouths”; in that we stop speaking about doing things and start Doing them; in that we stop speaking about others and start honoring them; in that we stop speaking to others and start Listening to them; in that we stop speaking about our values and start enlivening them.

*There a million ways to kneel in thankfulness,
and infinite expressions of the Joy in Being.*

Image 206 (Page 86a - main image) ... This picture – part of a “thumb movie” Sandra sent me in the Summer of 1996 (while I was traveling across the U.S.) – reminds me that real Beauty has nothing at all to do with a “pretty face” or a “sexy body”; that real & true Beauty can only be found in the Heart of the other – and that such true Beauty can only be witnessed when that Heart is being enlivened with Kind words & Caring deeds ...



“As soon as you trust your Self, you will know how to Live.” ~ Goethe

While it is possible that Goethe was speaking profanely here – while it is possible that he was simply encouraging us to “go for it” whenever in doubt or merely “have faith in ourselves” whenever afraid, I like to think he was speaking with a bit more profundity ... I like to think that Goethe knew quite well the drastic difference between the wishes of the ego (which does indeed succumb readily to pep talks of “gusto” and “bravery” and daring “leaps into the unknown”) and the desires of the Soul – the Soul that only wishes to serve; the Soul that only desires to give to those in need; the Soul that only yearns to lessen the suffering of those nearby; the Soul that only pines to reach out in acts of Kindness. For this greater, selfless mindset is the Way to truly Love – and thus this mindset is the only Way to trust one’s Self – and thus this mindset, at least once actualized, is the only Way to truly Live.

*The body is a mere means of transport;
the mind only a compass ...
Only the Soul truly Lives.*

Image 207 (Page 86a - bottom left) ... This picture is of a snooker table, a game that symbolizes the Truth that we must ever return to a setting aside of our primal fears if we ever wish to “pocket” the more majestic bounties of Peace, Partnership, Knowledge, Community, Compassion & Gratitude – and the Truth that none of these blessings can be reaped until we choose to “play” our lives on a “field” of selfless Love ...



“Listen as though You were doing the communicating.” ~ unknown

Note that this quote is **not** attempting to admonish us to listen to others the way that we wish they would listen to us, nor is it attempting to encourage us to “put ourselves in the other’s shoes” and try thereby to more deeply understand what they are saying or what they are intending or where they are coming from ... No, this quote is much more profound than that, for this saying is not attempting to inspire your “you” (i.e. your ego) to listen to others as though it were doing the talking, but rather to in-Courage **You** (i.e. your True Self) to Listen to others as though *it* (i.e. the Soul that we all share) is doing the communicating – speaking as it always does in deeper symbolic Meanings, championing as it always does selfless lives of Kindness & Generosity, desiring as it always does that its listeners and its Self become One.

*Speak as though you were doing the listening –
and then Listen to what You have to Say.*

Image 208 (Page 86b - top left) ... This picture is of the planet Mars I painted on the bathroom wall of my “Steeb Street Sanctuary” (Feuerbach, Germany). To me, it symbolizes the courage innate to all difficult choices and the forthrightness innate to all acts of real Love ...



“No matter where you go, there You Are!” ~ Jon Kabat-Zinn

Actually, we can only truly arrive where we already are
when we stop trying to get to wherever we are not.

To Be, you must choose your motion ...

“We don’t need to learn to let go. We need to recognize what is allReady gone.” ~ Suzuki Roshi

“Learning to let go” is a New Age process-based concept that actually precludes us from ever actually letting go at all ... For “letting go” in this sense focuses on us letting go of what we want, whereas the only way to truly *detach* is to shift our focus to the other – to have us wishing for their better path; and thereby to have us “Letting [them] GO” ... And it is when we make this internal shift that we begin to See that the majority of the things to which we cling are indeed not only going, but are actually already long gone – that if we are still clinging to a relationship, it isn’t going – it is already gone; that if we are clinging to a job status, it isn’t going – it is already gone; that if we are clinging to wealth or empowerment or even feelings of happiness, they aren’t going – they are all already gone ... And it is only when we accept this patent Truth – the Truth that knows that we can only cling for that which our True Self knows has already sunk below the horizon – that we can thereafter choose to see every departure as a Goodness, and thereby open ourselves to being truly grateful again – grateful that what is gone is gone; grateful that what is still here is still here; and grateful that what is on its way will arrive in perfect punctuality.

*Our Vision becomes rich
when we come to comprehend
our fleeting impermanence.*

Image 209 (Page 86b - main image) ... This is a picture of a brass bell (that was s part of a Pilgrimage route-marker – possibly a Way-side shrine) and the carved wooden sun I left under it as a gift during my 2001 pilgrimage to the Glastonbury Tor (England) ... And a fitting gift it was, for the only way we can ever hope to hear the clear peal of Goodness’ Truth is after we shower our current path with all the Light we carry with us ...



“One who embraces Tao will become pure and innocent like newborn babe ... Wild beasts will not attack him ... He is oblivious to the union of man & woman ... Yet his vitality is full, his inner Spirit complete ... He can cry [Joy-fully] all day without straining, so persistent is his Harmony; so magically doe she blend with his world ... Know this Oneness – It brings the Eternal ... Know the Eternal – It brings enlightenment.” ~ Lao Tsu (Tao Te Ching #55)

“The Tao” has been traditionally defined as “road”, “channel”, “path” &/or “principle”, and yet when one reads “the Tao” in this passage as “the flow of the Universe embodied invisibly within every facet of one’s surroundings”, a great & profound Wisdom emerges. For it is indeed True that if one consciously chooses to deeply embrace everything he or she can immediately perceive, then there will indeed blossom a pure Appreciation for the same – the same unconditional bewonderment possessed by newborns ... And if one consciously chooses to deeply embrace everything he or she can immediately perceive, it is True that “wild beasts” will limbically feel that overpowering unconditional Kindness, and they will indeed not attack (as no wild beast attacks that which it considers to be a member of its own tribe or pride or herd) ... And if one consciously chooses to deeply embrace everything he or she can immediately perceive, it is True that there will be no desiring to couple physically – for to “become one” with only one is to automatically exclude one’s Love for all others ... And if one consciously chooses to deeply embrace all he or she can immediately perceive, it is True that his Joy will be pure & invigorating – as such true Love can only empower; and thus can never drain.

*To attain the Kingdom of Heaven,
become all you perceive –
and then Love those selves.*

“Love, Light, Laughter, Levity, Learning & Lucidness.” ~ Thor Evergreen

Love brings an awareness of **Light** ... The Awareness of **Light** allows for easy **Laughter** ... Easy flowing **Laughter** allows for a life-view overflowing with **Levity** ... A life-view overflowing with **Levity** allows for profound **Learning** ... And profound **Learning** allows for our first comprehending glimpse of real **Lucidness** ... Love others to enliven Self ... Enliven Self to enJoy others ... EnJoy others to inspire openness ... Inspire openness to become in-Sight-full ... Become in-Sight-full to embrace the One – to then reach out to others with gentleness and with LOVE.

*God’s compassion is illuminated
with humor, acceptance and all perspectives subjective ...*

“Do not be anxious, from morning to evening and from evening to morning, about what you will wear.” ~ Jesus (Thomas 36)

The true depth of this verse can best be comprehended by realizing that there are many ways in which we are “clothed” (e.g. **Matthew 6:25** & **Romans 13:14** & **Colossians 3:12** et al)... **First** and foremost, we are sometimes clothed by clothes for warmth &/or protection, and this verse reminds us that we need never do so out of fear for injury or frost; that those who live their lives for Love will automatically be immersed into the lives they Love – and that immersion provides its own measure of protection & warmth ... **Secondly**, we are often (at least in the First World) clothed by a sense of “style” – to be perceived as beautiful by others and thereby welcomed into the fold. In this vein this verse reminds us that this worry, too, can be easily tossed aside – that those who appreciate us for such superficialities are not those who will ever truly Care for us in times of need; that it is always better to have Faith in the omnipresent Goodness of those many who still refuse to judge a book by its cover, much less judge a person by the quality or effect of their coverings ... **Thirdly**, we are in every moment subconsciously “clothed” by the imprints of our younger days – “clothed” by the emotional memories from our childhood, by the ways we dealt with our traumas & our wounds – and “clothed” by the individual personality that developed as a result. And here too this verse in-Courages us to have Faith – to know that we need never be anxious about revealing the gentle, noble, vulnerable Beings we truly are; that defense mechanisms are for the weak – and that “self defense” is only for those who will be ultimately vanquished. No, we are to have Faith instead – Faith in our innate Goodness; Faith in our ability to thrive on Love after tossing aside our fears; Faith in the True Self within us (the true Child of God) who has already survived traumas disastrously painful; Faith in our ability to let go of fear and **let Love rule** again ... And **fourthly** & finally, our Souls are “clothed” not only by a fleshly body, but also by a radiant Spirit – and as such, this verse reminds us that it is always Wise to sacrifice the former to let the latter shine forth bright and true.

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“Love never ends.” ~ Paul (1 Corinthians 13:8)

Love only exists in the Here&Now – in *this* moment and *this* moment alone. As such, it cannot ever “end” because it never need begin; it cannot ever “end” because Love always *is*. And while it might be obvious to some, it is very important to understand that this verse says **Love**, not lovers – that it is *Love* itself that never ends, not the relationships that often serve as vehicles for the same. Indeed, relationships end all the time (always for the same, single reason: a lack of Love from one or more parties), and yet while relationships do end, the Love that is given during those interactions – by its very nature – cannot. For if we are choosing to Love, then we are choosing to focus solely on Giving the same to the other – and this, over & over & over again regardless of how he or she responds to the same. As such, as long as we are choosing to Love, our Love can never end ... In addition, every single Loving act we ever enliven emits an energy that can be neither stopped nor destroyed – a rippling frequency that brings a measure of the harmonious to everything it touches as it radiates forever into the Cosmos. And every sentient being touched by that Love passes at least a portion of it on to another – and they to another – and those to others, with each one of those myriad interactions booming a measure of its originating act of Love onward into eternity ... In this way, too, Love truly never ends.

Image 210 (Page 87a - top left) ... This picture of a black & white butterfly symbolizes the Truth that our truest Transformation – namely, the moment when we finally dismiss the selfish inclinations of the ego and replace them with the Caring inspirations of the Soul (i.e. the moment we finally choose to replace fear with Love) – comes to us when we begin to feel deep Humility during Life’s “good times” and profound Gratitude during its times of trial or trauma; when we desire to share our blessings with others when things are going well and reach out to Love others when they aren’t ...



“Receive your Sight; your Faith has saved you.” ~ Jesus (Luke 18:42)

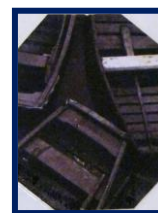
There are a few important points to consider here as well – **First**, note that the Faith that saves is the active, humble Faith that gently yet firmly dismisses its counterpart – mental, pious “faith” ... **Second**, note that turning mere “faith” into a verb (**Faith**) allows not only for salvation of the Soul, but clarity of the Self ... **Third**, note that any true Clarity of Vision (e.g. the ability to see the innate Goodness of Life; the ability to see the innate Goodness of others; the ability to see the innate Goodness of one’s Self & the Selves of others) is a form of Salvation – at least in those moments when it inspires accordant action.

“The Sage knows his Self, but not as himself ... He Loves his Self, but not as himself ... He honors his Self, but not as himself ... Thus, he discards the view of his own self, and chooses instead the view of the Universe.” ~ Lao Tsu (*Tao Te Ching* #72)

A few notes of importance – **01**) We can only Know our Selves while dismissing our selves – who we were taught we were; who others teach us we are; who our society tells us we should be ... **02**) We can only Love our Selves while choosing to stop “loving” ourselves – while choosing to replace pleasure-seeking with seeking to be of Peace-full service; while choosing to replace comfort-seeking with seeking to Care during times of dis-ease; while choosing to replace ease-seeking with seeking to ease others’ burdens; while choosing to replace happiness-seeking with seeking to bring others Joy ... **03**) We can only Honor our Selves when we stop honoring our selves – no more faux humility, no more pity-parties, no more self accolades, no more flaunting stylishness, no more craving popularity, no more fear of sounding weird, and no more cowardice in the face of injustice ... if we can fully embody any one of these Truths, we will embody a large portion of them all, and if we consistently & consequently engage the Self over the self in these ways, we will indeed adopt the more Truth-full view; the view that the Universe has when looking down upon us – the view that the Universe has when looking out from within.

The man becomes the Master when he gazes into a mirror and Sees both Creator & Creation smiling back at him.

Image 211 (Page 87a - main image) ... This picture of three empty black boats with one white seat symbolizes the Truth that it is not necessary to travel the depths of the subconscious or journey into one’s past in order to get anywhere worth going. Indeed, as long as we are striving to get anywhere else, we cannot BE where we already are (the only place that the perfect Love of the Soul resides) -- and as long as we are trying to “grow” into who we could be, we cannot become the humbly Caring Self we have been since birth, much less the courageously Loving Self we were born to BE ...



“There are no flaws.” ~ Clint Piper

There are mistakes – and yet those mistakes are not flaws – they are opportunities to become humble as a child ... There are miscues – and yet those miscues are not flaws – they are opportunities to powerfully bless others ... There are misdeeds (sins) – and yet those misdeeds are not flaws – they are opportunities to transcend the self ... There are misinterpretations – and yet those misinterpretations are not flaws – they are opportunities to awaken to Truth.

See the perfect Purpose in the core of every error ...

“God shows no partiality, but in every nation anyone who respects Him and does what is Right is acceptable to Him.” ~ Luke (Acts 10:34-35)

Initially, it is important to remember the obvious (yet oft-forgotten) Truth that any god who is partial – i.e. any god who gives preferential treatment to one portion of his/her “subjects” over all the rest – is a god who is patently unworthy of our respect, much less our worship ... Of course, as Luke points out in this passage, the heavenly Father of Jesus Christ does not have this problem. Quite to the contrary, He is a god of perfect Love (Matthew 5:48), a god whose mercy is perfect (Luke 6:36), a god whose forgiveness is perfect (Matthew 8:21-22), and a god whose approach to sin knows nothing of partiality or punishment – much less any semblance of Hell or damnation (1 John 4:18) ... Indeed, even the words “in every nation” allude to the same, reflecting as they do the seventy “nations” that encompass all of humanity mentioned in Genesis 10 ... Finally, please note as well that all who respect God **and Do what is Right** (a redundancy, of course, as the only way to Respect a Loving God *is* to do what is Right – and the only way to Do what is Right *is* to extend others that same, perfect Love) ... Of course, there is no mention of what happens to those who do not show this requisite respect. Indeed, quite appropriately for a verse speaking of a God who “shows no partiality”, this verse is positively phrased; reflecting a godhead who is positively Loving. As such, it can be implied here as well that anyone who feels rejected by God is actually experiencing a rejection of their Self by their own self (due to a chosen absence of Love in their own previous deeds) – **not** a rejection of a supposedly judgmental god showing partiality against the same.

“The only thing more outrageous than asking for all that you want is settling for what you do not desire ... The Life you are living is prescribed only by the boundaries of your mind. Stretch those boundaries, and your Life will stretch with you.” ~ Alan Cohen

Actually, while Cohen’s statement here borders on an applicably Peace-full Truth, it does **not** venture directly into that realm – for in actuality it is just as outrageous to stretch the borders of one’s mind for personal benefit as it is to settle for what that mind doesn’t want or to ask for all it does ... Choosing to emit self-centeredness while residing in a Universe of Oneness is the outrage, and any manifestation thereof is destined to bring commensurately outrageous suffering.

All that you show Compassion blooms into Being ...

“Man was not made to blow out air ...
He was made to sit quietly and find his Truth within.”
~ Lao Tsu (*Tao Te Ching* #5)

While Lao Tsu is correct in admonishing those who engage in vacuous speech instead of sitting Peace-fully in silence, he is completely errant in stating that our Purpose is to solely engage the latter. Indeed, the last time I looked it became readily apparent that we humans are not trees or shrubs – that we have legs to move towards others and arms to embrace them once we arrive there; that we have eyes to see others pain & turmoil and brains to decipher the myriad of actions we can take to mitigate the same ... In short, we are most certainly not “made to sit quietly”, but rather are made to stride boldly forth into each interaction. We are not made to “find our Truth within”, but rather are made to rediscover our Truth while bringing peace to another ...

***Breathe in God and hold that Essence within you ...
Allow God to return as the Son prodigal;
as a Lover entering his Home after a long journey.***

“Faith is the sister of Justice.” ~ Latin saying

False is the “faith” that assumes the best in the other by ignoring the harm they have caused (thus dismissing the opportunity to forgive, and thereby neutering the potency of Forgiveness) ... On the other hand, true is the Faith that acknowledges the gravity of a crime while forgiving its perpetrator anyway.

Justitiane soror fides

Image 212 (Page 87b - top) ... This picture is a not-so-close-up of an etching done by Heleana – reminding me of the truth that the greatest Beauty, like the greatest talent, is often hidden from the view of the masses ... Every person we encounter has miraculous gifts –look for them to See them. Every enemy we endure harbors a Loving child of God within – treat them accordingly ...



“He is God not of the dead, but of the living.” ~ Jesus (Matthew 22:32)

This verse harmonizes with Jesus’ view of God as an internal Here&Now essence (John 14:20) and also Jesus’ view of Heaven as an internal Here&Now experience (Luke 17:20-21) ... Indeed, this particular verse comes in a section of the Scriptures where Jesus is being asked by the Sadducees about the nature of resurrection and whether or not one may marry again in Heaven after death. Importantly, not only does Jesus state quite plainly that neither flesh bound love (i.e. desirous lust) nor flesh-bound relationships (i.e. marriage) exist in his heavenly Kingdom, but also that the focus on a post-mortem existence is false in and of itself – that *his* Kingdom of Heaven is already within all sentient beings in *this* lifetime (see Matthew 3:2, Matthew 10:7, Mark 1:15, Luke 10:9-11 et al), and that his heavenly Father “is God of the living, not of the dead.”

“You have an incredible Spirit that soars; immense and strong.” ~ Rebecca Jean Pittman

This statement is oh so True of us all – and yet only so in those moments we act accordingly

**Only the strong can soar ...
And to become Power-full
one must choose to fly.**

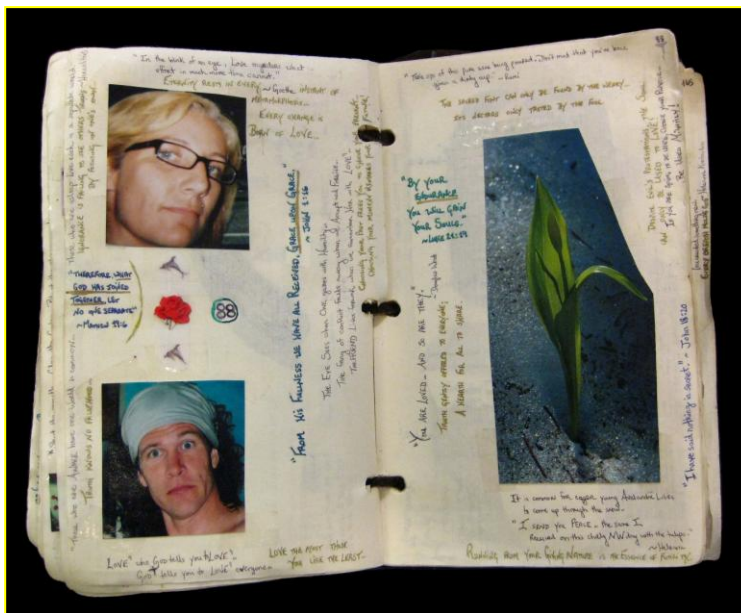
Image 213 (Page 87b - lower right) ... This picture is of part of a card sent me by Rebecca Jean. It's “left wing” symbolizes the Truth that we can only *fly* if both our True Self’s “wings” are operative; especially the frequently experienced reality that if we only “flap” the left wing of taking & getting, we will never get off the ground – and indeed will inevitably plummet to our doom ...



“To die but not to perish is to be eternally present.” ~ Lao Tsu (Tao Te Ching #33)

At first, this verse seems to make no sense – alone for the fact that it is impossible for cogently comprehend what it means to be “eternally present” ... Aside from the possibility that this is nothing more than a slip in translation (indeed, Waley writes this verse as “When one dies one is not lost; there is no other longevity” ... Lau believes it to say “he who lives out his days has had a long life” ... and Wilhelm – much to my personal liking – translates verse 33 as “Whomever does not perish in death, lives”; i.e. whomever willingly sacrifices himself before dying lives a full life), a deeper Truth remains to here to be rediscovered – namely, that the Here&Now is the only place where true Love ever resides, and thus the more selfless the Love, the more deeply one immerses his or herself into the present moment, and the more time “stretches” for them while experiencing the same ... As such, perfect manifestations of perfect Love become so rich & full that time for their enlivener slows down and thickens to the point where those moments feel like “eternity” ... Of course, sentient beings all have functioning reptilian brains – and as such cannot ever hope to perfectly effectuate Love to such a degree (except in the rare instances when called to the Honor of Martyrdom – and only in that final moment of complete & glorious self-sacrifice, of course) ... In Truth, as Wilhelm seems to note, the only way we can “die without perishing” is to die to the ego – and the only way we can “die to the ego” is to sacrifice personal gain or comfort solely for the benefit of another ... This is what it means to “die but not perish”, and this is what it means to therein be “eternally present.”

Clinging to life is suicidal ...



“In the blink of an eye, Love engenders what effort in much more time cannot.” ~ Goethe

Even though we can't be certain that Goethe was actually aware of either, this quote implies two Great Truths – 01) that manifested Love is indeed incredibly powerful – exponentially more powerful than any manifestation of fear, in fact (David Hawkins' book *Power vs Force* references this Truth, and claims that acts of self-sacrificial Love by the “Enlightened” more than outweigh the selfish, fear-based deeds of hundreds of thousands of others) ... and 02) that the greater Love the less effort required to effectuate it ... Love is our innate State of Being, and as such must be *allowed to Be*, not forced into being – and as such it is always an invigorating experience to do Work grounded in Love.

***Eternity rests in every instant of metamorphosis ...
Every lasting change is born of Love.***

“Those who are awake have one world in common ... Those who are asleep live each in a separate world.” ~ Heraclitus

This statement need not be seen merely as a descriptive contrast between the “Enlightened” mentalities of those who See an interconnected Universe and the “ignorant” mindsets of those who do not. It can also be used practically in the everyday lives of each & every one of us – at the very least to awaken us to the brilliant potential that lies latently dormant within us in every moment of our lives. Do you want to wake up? Then you need neither choose to see the other as the other nor even to see the other as yourself. No, to awaken, you must simply *engage Oneness*; and to engage Oneness, you must simply choose to see the other as your Self – *while* acting accordingly.

***Truth knows no falsehood ...
Ignorance is failing to See others' Truths
by focusing solely upon one's own.***

Image 214 (Page 88a - top) ... This is the “farewell picture” Heleana sent to me in her final written correspondence, showing her peaceful yet pensive, and somehow also a tad puzzled – an expression fitting for anyone who has recently set off from another to pursue dreams personal &/or desires somewhat proud ...



“Therefore, what God has joined together, let no man separate.” ~ Jesus (Matthew 19:6)

This is one of the extremely few “repeats” in *The Brown Book*, and a more than worthy repeat it is. For aside from the evidence and analysis already provided herein (see [page 238](#) for the first commentary on this verse), these words also speak to an even greater Truth – namely, the Truth that we ourselves have been “[joined together](#)” since our conception; that our bodies have been inextricably bound to our minds, and that our minds have been inextricably bound to our Hearts; that we ourselves have been essentially joined together with God from the get go; and that – no matter how selfish we might behave or how poorly we might treat others – we cannot ever be separated from the innate & glorious Love that resides within us, that is always available to us, and that can always be chosen by us.

Image 215 (Page 88a - center) ... This “mini-collage” is composed of two “thumb dolphins” (created by Rebecca Jean Pittman) and a single red rose – together representing the Truth that real Love is reborn not in those times when two people are looking at each other lovingly (and often longingly), and not even in those times when those same two are sitting hand-in-hand and gazing outward in the same direction, but rather solely in those times when those two are actively embodying the One – when they are not dedicating themselves to one another, but are rather dedicating their lives side-by-side to those in their community ...



“From His fullness we have all received, Grace upon Grace.” ~ unknown (John 1:16)

First & foremost, the illumination of this extremely in-Sight-full verse must begin with its encompassing chapter. For indeed, despite the conservative Christians’ beliefs to the contrary, the author of [John 1](#) is **not** talking about Jesus Christ in its passages, but is rather referencing the *Logos* (Greek for “[the Word](#)” – see Strong’s #3056) – the Divine Spark that resides within *all* of us (which would help explain Jesus’ self-deprecating humility of [Mark 10:18](#), his claim that “[I am in you](#)” in [John 14:20](#), and his seemingly outlandish belief that we too – all of us – will do “[greater things than these](#)” in [John 14:12](#)). And indeed this Truth is readily available when we re-read the entire passage in accordance with what was *actually* written, a re-read that sounds like this: “[In the beginning was the Logos, and the Logos was with God, and the Logos was God. It was in the beginning with God. All things came into being through the Logos, and without it not one thing came into being. What has come into being through the Logos was life, and the life was the light of all people ... This true light, which lights up everyone, was coming into the world ... Indeed, from the Logos’ fullness we have all received, grace upon grace.](#)” ([John 1:1-16](#)) ... **Secondly**, the phrase “[grace upon grace](#)” bears deeper examination as well, for not only does it allude to the “Trinity of Grace” with which all sentient beings have been blessed (namely, conscious self-awareness, an internal moral compass, and the free will to enliven the latter using the former), but also alludes to the concept of “adjusted karma” – the seeming fact that we all receive half of the pain our selfish actions deserve and three times the Joy that our Good Deeds merit ... **Thirdly** & finally, it is worth noting that the “[fullness](#)” mentioned here – the essence of this “[Grace upon Grace](#)” with which we have all been blessed – is nothing more than pure & perfect LOVE – Love, the unconditional version thereof – Love, the self-sacrificial manifestation thereof – Love, the deed – Love, the action – Love, the verb.

“The Eye truly Sees when we gaze with humility ... The fang of conflict falls away when we accept and forgive ... The Friend lives forever when we remember her with Love.” ~ anonymous

This is indeed True, as long as we remember that gazing with humility does not mean sinking into subservience ... and as long as we remember that accepting and forgiving do not mean condoning or supporting ... and as long as remember that remembering a past lover with Love does not mean wishing for their return or a repeat of what once was.

***Choosing your past frees you to remake your present ...
Choosing your moment co-creates your future.***

Image 216 (Page 88a - bottom) ... This picture is of myself taken shortly before Heleana's departure in the Spring of 2005 – showing a bemused-yet-shocked expression comprised of the bizarre mixture of sadness, relief, and gratitude I was feeling at the time; an expression similar to the one felt by anyone who has ever lost something they wanted dearly while simultaneously realizing that losing that very relationship was probably the best thing that could have happened ...



“Love who God tells you to Love ...
And re-member that God tells you to Love everyone!” ~ anonymous

True enough, and yet remember – to Love another doesn't mean to like them, or to find them pleasant, or to want to be with them, or to be “in love” with them, or to think they are funny, or to support the cause they support, or to condone their actions or values, or even to honor them ... To truly Love another means to reach out into their lives – especially if you don't like them (or find them pleasant, or want to be with them, or “love” them, or think they are amusing, or support their goals, or condone their choices) – and LOVE them.

Love the most those you like the least ...

“Take sips of this pure wine being poured.
Don't mind that you've been given a dirty cup.” ~ Rumi

Yes, and remember that we are all filled with lusts & fears & faults & flaws – that we have all been given “dirty cups” ... And remember that Love is always pure whenever it is given selflessly & actively ... And remember, most importantly of all, that the dirtier the cup of the other, the more smoothly flows the “wine” of love thereto – and that the more dirty the cup of the pourer, the more pure the “wine” that is then poured thereto ... In essence: regardless of the worth of the other or the quality of your own vintage, keep pouring your wine for *all* who drink thereof.

***The Sacred Font can only be found by the weary;
its nectars only tasted by the Fool.***

“By your endurance, you will regain your Souls.” ~ Jesus (Luke 21:19)

Note first of all that what many call the “Soul” is an innate facet of our existence; that it cannot ever be “missing” or “broken” or “damaged” or “stolen” ... Yes, our own self-centeredness does create an intellectual “fog” or “haze” between our awareness of that Soul and the unchangeable reality thereof, and it is also True that our own selfish &/or fearful choices end up caking a thick “sludge” of emotional memories &/or smearing a thick “tarnish” of addictive behaviors upon the outer shell of that Soul --- a “sludge” that keeps us from feeling the Soul's ever-warm call to Love, and a “tarnish” that holds in that Soul's radiance – a radiance that would otherwise be guiding others back to its glorious Light ... And yet no matter how self-centered our defense mechanism might be, or how chronically selfish our actions might have become, our Soul remain just as large and just as radiant and just as prefect and just as pure within us as it was on the day of our conception – the day upon which we were blessed to carry its pristine, internal glow. As such, it is by our endurance in Loving others that we regain a pure *connection* to our Soul, not our Souls themselves. For in every moment of perfect Love, the Soul is completely re-turned to us – cracking the “sludge” and burning through the “tarnish” to give us a glimpse once more of the Child of God we have always been ... Of course, the ego closes back around that breach during our next, inevitable slip into sin, which then allows us to choose anew to self-sacrifice -- and thereby choose anew to free the Soul therewith ... And the more we make this selfless choice the more “sludge” is chipped away and the more “tarnish” is polished off, and thus the more smoothly and the more brightly our Soul re-shines the next time Love is chosen ... So it is that the perfect brilliance that we completely free with every act of selfless Kindness glows a bit longer with each subsequent choosing ... And so it is that “*by our endurance, we regain our Souls.*”

Image 217 (Page 88b) ... This is a picture of an Avalanche Lily coming up through a spring snowfall – symbolizing the Truth that the Spirit cannot ever be crushed by loss or torment; indeed, that it is loss that allows the Spirit to break free from the shackles of attachment, and that it is torment that the Spirit uses to empower all subsequent acts of selfless Kindness & Love ...



“If you are going to be used, choose your purpose ... Be used mightily!” ~ anonymous

We are all inevitably always used – negatively by others when reflecting the ego; positively *for* others when booming the Soul.

***Despite evil’s protestations,
the Soul can only be used to Love!***

“You are Loved ... and so are they.” ~ Douglas Wood

We are all Loved, true enough ... And yet we do not come to know the significance of the same until we make ourselves the *agent* of that Loving – until we choose to become ourselves, that Love.

***Love is a Truth gently offered to everyone;
a hearth for all to share.***

“It is common for young avalanche lilies to come up through the late-winter snow ... I send you Peace; the same I received on this chilly northwestern day with the tulips.” ~ Heleana B. Theixos

Critical to realize here is that the Peace we experience from any choice or deed will always be reflective of the intentions & motives underlying the same – with the more selfless the intentions, the more pure the Peace, and the more selfish the motives, the more weak & brittle the same becomes ... As such, if “peace” comes to you from escaping or fleeing or soaking in the comforts of pleasure &/or ease, then you will be doomed to re-experience your torments ... And if your “peace” comes to you from merely sitting back and watching the rebirth of another, you will be forced to witness their next fall into despair ... And yet if Peace comes to you while you bring another Peace, then you yourself become the Rebirth – and your Peace will become full & lasting.

***Running from your giving nature
is the foundation of futility ...***

“I have said nothing in secret.” ~ Jesus (John 18:20)

This is another one of the very few “repeats” in *The Brown Book*, and it makes sense why it would be included twice herein. For aside from the evidence and analysis already provided herein (see [page 141](#) for the first commentary on this verse), this statement also speaks to an even greater Truth – namely, the simple Truth that whatever we can share, we should share – honestly-yet-cryptically with our words, humbly-yet-boldly with our deeds.



“If it isn’t broken, avoid fixing it ... And remember: Life is never broken.” ~ anonymous

So often in our lives we try to repair what doesn’t need repairing, and more often than not that “repairing” takes the form of replacing – replacing an older phone with a newer one, replacing an older car with a newer one, replacing older clothes with newer ones, replacing a boring job with a newer one, replacing older ineffective politicians with a newer ones, replacing an older hypocritical church or religious ideology with a newer one, replacing an older “unenlightened” guru or master with a newer one, replacing older stagnant relationships with newer ones (that, or making those old relationships new by making them “better” via criticism or argument or outright oppression) ... Of course, in Truth none of these things or relationships are “broken” at all (and thus none of them need “repairing”) ... Admittedly, some of them (very very few of them, actually) are beyond repair (and need to be gently yet firmly let go), and thus some of them need to be freed to find their own “repairs” elsewhere, and yet it is not *our* job to reject them or condemn them or mold the of “repair” them. It is our job to Love them, and let Life do all the repairing.

*To guide others Power-fully,
refrain from trying to “help” them ...*

Image 218 (Page 89a - main) ... This picture (which I call “Green Man’s Hand”) is of a tree near Rebecca Jean's late 90's/early 2000's apartment (in Tacoma, Washington). It reminds me of the Truth that it is Nature that makes possible *all* of humanity's progress, and indeed that is Nature and Nature alone that keeps us alive at all. Ironically (and quite poignantly), shortly after this photo was taken, this tree was cut down to make it easier for construction workers to erect a new condominiums on its lot ...

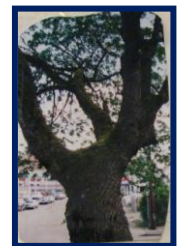


Image 219 (Page 89a - main overleaf) ... This picture is of golden flowers growing down a shallow ravine – symbolizing the Truth that Love is alive even in the most desolate of encounters, and the Truth that Love can only blossom in times of devastation when we “Love downhill” – when we act from a place of humble respect for all the other is choosing to be, by treating them as though they have already become the Golden Souls they have always been ...



***“You will show me the Path of Life;
In your presence is the fullness of Joy.”***
~ *unknown* (Psalms 16:11)

Actually, it is not that God will one day show us “the Path of Life”, but rather that *He has already done so* – not that we will one day pray devoutly enough to be shown our “true Calling” or be led to “where we are supposed to be”, but rather that we will one day realize that both of these have already been supplied us in full measure ... The “*presence*” mentioned here is not a religious devotion or a spiritual awareness, and it certainly is not a physical manifestation of the Essence many call “God” (floating down on some shimmering cloud to speak to us directly and tell us exactly where we are to go and what we are to do once we arrive there ... After all, any God worth worshiping must be composed of Love, and issuing command while demanding obedience is not LOVE!) ... No the “*presence*” mentioned here is the God we can in any moment choose to See in the other, just as the “*fullness of Joy*” mentioned here is the sheer Bliss that comes to those who have the humility to See in this way – **and** the Courage to act accordingly ... “*Love your neighbor as yourself*” is fully non-functioning when applied from a self-centered viewpoint – as there will always be a smattering of hope for reciprocation hovering over the foundation of any such “good deed” ... No, we are not to love our neighbors as we ourselves wish to be loved, we are to devoutly Love our neighbors (especially strangers & our enemies) as our Selves – to Love them as if they were God Himself. For *that* is the *Path of Life* – the only path that brings with it the true *fullness of Joy*.

“Love wanders along the Golden Path that leads back to God.” ~ Paramahansa Yogananda

It is not enough to know of the Golden Path of Love, nor is it enough to seek it – or find it – or admire it from afar. For the Golden Path is not ever truly golden ... Indeed, it only begins to shimmer while it is being tread – it can only be seen as Golden (and indeed, only becomes Golden) *while it is being walked*. And while we can see the Golden Roads of others while they are treading upon them, our own Golden Road will not be seen until we have the Courage to set forth onto paths that are covered in mud thigh-deep and strewn with razor-sharp boulders – and choose to pave them with gold as we walk them.

***Love, by Its very nature, cannot strive ...
To Be, It must flow towards another.***

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are Power-full beyond measure. It is our Light, not our darkness, that most frightens us ... We ask ourselves, ‘Who am I to be fabulous?’ Actually, who are you not to be? You are a Child of God. Your playing small doesn’t serve the world. There’s nothing enlightened about shrinking so that other people won’t feel insecure around you. We were all born to make manifest the Glory of God that is within us. It’s not just in some of us; It’s in everyone. And as we let our own Light shine, we unconsciously give others permission to *do* the same. As we are liberated from our own fear, our presence automatically liberates others.” ~ Nelson Mandela

To be fair, it is purported that Marianne Williamson first penned this quote, and that then Mandela then quoted it from her thereafter ... That having been said, I attribute it to Mandela anyway, for the simple reason that he embodied it to a degree that the profit & fame-motivated Ms. Williamson did not; that he lived its Truth throughout the majority of his life while Marianne simply was the conduit through which it originally flowed ... Indeed, I remember very well the day I was blessed to hear Ms. Williamson speak in Boise (Idaho) back in 2008 – I remember very well that she demanded an obscene speaking fee to make the trip, and I remember very well that I left the auditorium after only a few minutes of listening to her super-smooth, New Age, “you can be happy too” drivel ... And yet I am deeply thankful to Ms. Williamson regardless, for after leaving the auditorium that afternoon, I almost literally stumbled upon a small group of Hare Krishnas who had taken to chanting & singing Joy-fully in the auditorium’s atrium. How odd that Marianne had received thousands & thousands of dollars to give her canned platitudes to a packed house, while just outside her door Boise’s true Wise-Ones were dishing out heaping portions of Truth for free ... And this has me thinking anew of this admittedly insightful quote – that we do not truly “let our light shine” by standing on stage under the bright lights of fame and sharing our personal beliefs with thousands of admirers for personal gain. No, to do so is actually to fall into a deep spiritual hole – to stumble into a darkness that keeps our Light from shining at all. For to have the courage to truly “let our Light shine”, we must be willing to humble ourselves – to take no credit even where it might be due – to serve the most downtrodden wholeheartedly while we do so – and to do so freely & completely for free.

***To release fear, Love ...
To express love, also Love.***

Image 220 (Page 89a - bottom) ... This picture shows a shadow of Duncan & “Daddy” (my Self) taken outside the Rosenstein Museum in Stuttgart, Germany – where Duncan & I spent many an afternoon roaming the halls; talking to the dinosaurs, marveling at age-old insects encased in amber, charming the museum employees -- reveling in our time, in honor of those whose time had come & gone ...



“A shadow does not belong to the object that casts it.” ~ Tom Robbins

This quote is so true on so many levels – for at their most basic level, the “sins” (i.e. the selfish deeds) of others do not belong to them at all. Indeed, no matter how wickedly or annoyingly or selfishly or badly others might be behaving, their Souls – every single one of them – are not reflective of the same. For every person we see or meet is far more than the thin, dry husks of ego that is composed of their manipulative misdeeds, their diabolical dishonesties, &/or their ideological ignorances. And in Truth, we cannot ever See our lives’ others at all until we have the humility to look past their behaviors; to see beyond their shadows and peer through their evils to the glorious Light that is always resting calmly underneath the same.

Without shadow, we can see no Light ...

“In all moments of disappointment, choose to choose contentment” ~ anonymous

Disappointment can only come when a hope dries up and dies or after a desire withers and goes barren – only when one of our own longings is denied us; only when we are thinking solely of ourselves ... Disappointment can only come to us while focusing on self, just as Contentment – conversely – can only come in times when we are Seeing Life as a whole ... Yes, there appear to be exceptions – like when we are disappointed for another that he didn’t receive a promotion, or when we are disappointed for another when we see her saddened by the loss of a loved one. And yet these “selfless disappointments” are illusory as well, as it is actually our own arrogance that is coming to the fore in those moments, **not** our empathy ... Indeed, empathy always reaches out in compassionate Kindness; and cannot by its very nature sink into feelings of disappointment. And thus it is for those enlightened to this fact that “choosing contentment” becomes exceedingly easy, for “choosing contentment” is not struggling to “see the good in the bad”, or even fighting to “see the lesson through the pain”. No, “choosing contentment” is quite simply quite simple – it is quite simply an instantaneous, almost effortless shift of focus away from the self and towards the other – and thus a shift automatically away from the disappointment that ever resides in the former, and a shift automatically towards the deep-seated Contentment that always comes with the latter.

***Contentment does not come from the correct choice ...
Choosing IS the contentment.***

“Regard everything ... Re-mind only what is truly Important.” ~ anonymous

This quite is not so much telling us to attentively notice everything and then weed out the Important things from those that surround them, as it is telling us that to re-Mind ourSelves of what is truly Important, we must realize that everything we regard in every moment of our lives contains that Importance – to re-Mind ourSelves that every person is a Child of God desirous of even some small expression of recognition; ... to re-Mind ourSelves that every animal contains that same sentient Divinity and deserves to be treated the accordingly; ... to re-Mind ourSelves that every object can be cherished for the Beauty it innately harbors; ... and to re-Mind ourSelves that every environment in which we find ourselves is a glorious arena in which we can fulfill all things aforementioned ... Of final note: it is worthwhile here to remember the simple fact that we cannot re-Mind ourSelves of the Importance within everyone & everything until we have the courage to re-Member that Importance during our interactions with the same.

***Re-Member that everything is critical; every moment Sacred;
and every chance meeting, a conference with God.***

“Do not follow where the path may lead;
Go instead where there is no path and blaze a trail.”
~ Ralph Waldo Emerson

This is not to say that we must leave the path we are already on to find an entirely “new life” – or that we must find new friends or move to a new city or choose a new career in order to lead a meaning-filled life ... Indeed, if a path is already bearing the Good Fruit of Peace &/or Joy for those nearby, then that is precisely the “unblazed trail” (or rarely blazed trail) mentioned by Emerson here ... And even if said Fruit is not being fully reaped on the current path, we need not leave it. For it is enough that we boldly walk our same route *in a new way* – a way that actually bears that Good Fruit – for that walking to count as “choosing the road less traveled.”

***To lead, follow the Way ...
To follow the Way,
blaze the trail of True Self.***

“See the Teacher in every ‘enemy’ and the Guide in every ‘wanderer’.” ~ anonymous

Every enemy teaches us – at the very least teaching us what *not* to do, and at the most identifying the personal failings our ego has been as of yet unwilling to recognize ... This profound Truth is reflected in the saying “one finger out; three fingers back” – meaning that the judgments we make of others (both complimentary & critical) pertain more to ourselves than them, and that the judgments others make of us (both those positive as well as those negative) are more reflective of them than us ... In addition, those who are obviously “wandering” through their lives are indeed our greatest Guides, for true wanderers are not moving aimlessly as much as they are soaking fully into wherever they already are – what we all must do if we too are ever to fully arrive Here: the only place worth going.

To See, notice the Beacon of Truth in every “object” ...

“And looking at those who sat around him, he said: Here are my mother & my brothers. Whoever does the Will of God is my brother & my sister & my mother.” ~ Jesus (Mark 3:34-35)

Once the selfless Way is chosen, all sentient beings become full & literal members of one’s intimate Greater Family – and are “automatically” treated as such ... Just as importantly, it is our active treatment of others (especially strangers & enemies) as family members that allows us to walk that same Way – that actually becomes the essence of that greatest of Walks ... **Note** that it is not enough to treat all those previously seen as “less than” like Soulmates – we must also treat all those previously known as “more than” as equals. Indeed, we cannot immerse ourselves into the lives of associates or strangers or enemies or competitors (an immersion that – again – is absolutely necessary to Walk the Way at all) until we consciously “cut ties” with all friends and family members who would hold us back from the same (a Truth that sheds light upon Jesus’ “**Get behind me Satan**” of **Matthew 16:23**) ... We are not to cut off our Love for *them*, of course, but are rather to boldly & openly sever all previously affirmed obligations & all previously made promises & all previously bound commitments, as well as to clearly & unequivocally dismantle all the hopes and expectations and dreams related to us those folks might have developed ... Love must be free to be spontaneous & full, and Love must be spontaneous & full to **Be** at all ... Past friends and originating family members will not see this, of course – they will more likely than not try and keep the newly Awakened Soul “in their place”; to keep them from Caring for the downtrodden, to keep them from befriending mutual enemies; to keep them from treating others just as wonderfully as the special ways they were fond of being exclusively treated before. They will rant and rail against the Greater Family, of course, because to accept the same is not only to feel themselves “lowered” (in actuality all others have simply been “raised up”), but also to be Called to do the same – to be Called to live just as dangerously and stroll through crowds of foreigners just as intimately. They will not wish to do this, of course, and so often must be hugged and then sent on their other, far more limited ways ... **Note** as well that there is indeed a special fondness that blossoms between those rare few who also choose to Live the selfless life and walk the selfless Way and embody the selfless Truth. This doesn’t mean that we show them more frequent expressions of Love or that we spend more time with them than others – for this is the trap of ease & comfort into which the unenlightened fall. No, while the bond between all “fellow Saints” will be knowing and strong, and while they will on occasion enjoy the radiance of each other’s company, they will more readily send each other on their respective ways; knowing that theirs is primarily a Life tread most potently when alone – knowing that there are 7+ billion Souls on the planet in need of Awakening, and that many more can be reached if the few who have already Awoken disperse as widely as possible amongst them.

Image 221 (Page 89b - top right) ... This picture is of a dog-tag found while clearing land at the top of Lani Kona Road in the Winter of 2007 (while house-sitting for Friends on the Big Island of Hawaii) – symbolizing the Truth that the Self cannot blossom until filled with Love, and that the Self cannot be filled with true Love until its Love is freed from all forms of “ownership” – from all promises, from all rules, from all commitments, and from all responsibilities ... Interestingly enough, the name of one of the dogs for which I was caring at the time was “Bay”, another pronunciation of “Be” ...

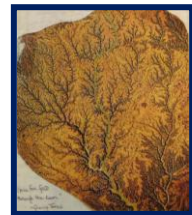


“Less said is all Ways more done.” ~ anonymous

This is not to say that all forms of speech are unworthy. To the contrary, sharing words of Kindness to strangers – or words of encouragement to Friends – or words of forgiveness to enemies – or words of Wisdom to those who ask for the same are all potent ways of speaking that count as Deeds in the realm of the Heart. That having been said, actions are always not only louder than those words, but more potent as well ... Offering words of Kindness to strangers is Good, and doing self-sacrificial deeds of Kindness for strangers is far more potent ... Offering words of encouragement to Friends is Good, and providing said encouragement via anonymous deeds is far more potent ... Offering words of forgiveness to enemies is Good, and showing that forgiveness via deeds of radical Caring is far more potent ... Offering words of Wisdom to those who ask for the same is Good, embodying those same Wisdoms and thereby enlivening them for everyone to witness is far more potent.

Merely speaking of The Way keeps one from Walking It.

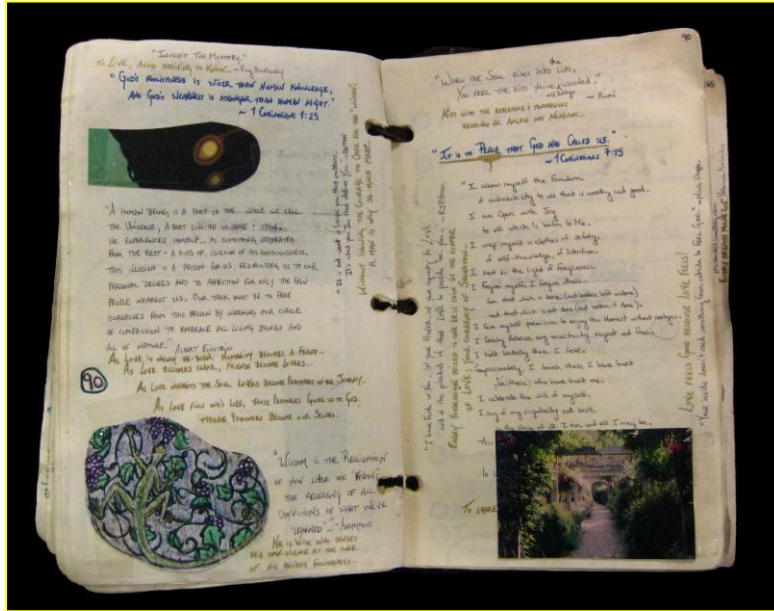
Image 222 (Page 89b - bottom right) ... This picture is actually a satellite image of the Himalayas; one that oddly resembles the veins of a leaf, or even the veins in a human body. Notice as well how the “gold river” that I drew upon it serendipitously “bled” over onto the opposing page – perfectly exiting Duncan’s shadow’s crown before almost perfectly joining the golden flow of flowers in the picture above it ...



“Leave space for God to walk through the room.” ~ Quincy Jones

While this quote seems impractically philosophical on its face, there are many tangible ways that we can “let God walk through the room” in our lives ... To listen intently to the words of the “crazy” and the “deranged” and even the “drunk” as though they were angels sent from on high is to “let God walk through the room” ... To Hear (i.e. notice *and* act upon) the archetypes upon which we glance during times of surprise, crisis, or random happenstance is “to let God walk through the room” ... To pay special attention to the messages in background music and the words on billboards is to “let God walk through the room” ... To hear advice overheard in conversations “next-door” *and* to attend to it as though it was intended for you is to “let God walk through the room” ... To assume that you have arrived into every situation and entered every moment to bring solace to someone therein – and then to act accordingly – is to “let God walk through the room” ... And to see past the words &/or the behaviors of others to the Golden Soul within them – and then to treat them according gentleness – is to “let God walk through the room” as well.

To See the Path, get out of your own Way ...



“Inhabit the Mystery.” ~ Ray Bradbury

We cannot fully “inhabit the Mystery” if we think we have “the mysterious” already figured out ... This goes for Life itself, as well as any particular portion thereof or any particular relationship therein ... Indeed, we cannot truly “inhabit” anything unless we can completely immerse ourselves in it, and we cannot fully immerse ourselves in anything to the degree that we already think we “understand it” ... Humility is a most crucial prerequisite to Love, and just as real Love must be consciously chosen, so too must we choose to humble ourselves to circumstance or happenstance before we can choose to deeply See enough of them to truly Love within them. We must choose to see past “annoying people” to See the uncertainty within them – We must choose to see past “dangerous strangers” to See the Kindness for which they so desperately long – We must choose to see past “life’s unfairness” to See the opportunities we have to potently Care anyway – We must choose to see past life’s “tragedies” to See the privilege we are repeatedly given to serve the down trodden – We must choose to see past our personal “enemies” and those furthering “evil” to See those same “villains” as long-lost Soulmates waiting patiently to be remembered, to be forgiven, and to be Loved ... Please **note** that this does *not* mean that we are to admire or in any way even mildly like those we choose to Love. Indeed, it is the Love we give to those least deserving of the same that brings the least benefit to ourselves, and thus the greatest benefit to both those receiving it and the Cosmos as a whole.

To Live, avoid striving to “know” ...

“God’s foolishness is wiser than human knowledge, and God’s weakness is stronger than human might.” ~ Paul (1 Corinthians 1:25)

While Paul is quite obviously making a standard case for the over-arching superiority –indeed the authoritarian omnipotence – of his external, “judge and jury from on high” god, there is a far deeper (and far more practical) interpretation of this verse when we choose to read it from Jesus’ point of view ... You see, Jesus had a far more intimate relationship with his “heavenly Father” – an all-Loving Essence that more within than “above”; more guide than regulator; more friend than adjudicator; more companion than overlord (see [Mark 14:36](#) & [John 14:20-26](#) et al) ... And this internal God – of one and the same make as our own Soul – only wants us **A**) to remember that all is One, and **B**) to then act accordingly. And it is for this reason that *this* God is indeed ‘wiser than human knowledge’ (which would rather separate “friend” from “foe” and “devotee” from “heretic”) ... In addition, this internal God knows quite well that selfless Kindness is the greatest Power in the Universe and that such willing vulnerability is the only effective self-defense. And it is for this reason that *this* God is indeed “stronger than all human might” (which ever seeks instead to bind or confine or control or destroy).

Image 223 (Page 90a - top) ... This picture (which I call “Destination: Life”) shows sperm approaching an egg – reminding us that we are all so much more than what we came from; that we are all so much more than mere struggle and competition; that we are all so much more than mere fear and lust; that we are all here to do so much more than merely survive – that we are all here not merely to be born and to live, but to Live Meaning-fully, and thereby be ever reborn anew ...



“It is not what is inside you that matters. It’s what you do that defines you.” ~ Batman

This quote is indeed true, and yet only to the degree that we realize that the things we do that truly reflect who we truly are always inside of us, and that it is our task not to envision or create or formulate or manifest such Deeds of Greatness, but merely to get our ego out of the way and allow the same to smoothly unfold into Being.

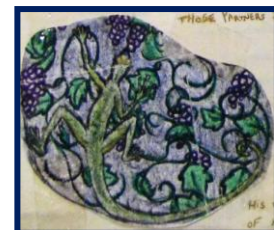
***Without showing the courage to Care for the “wicked”,
a Man is only so much meat.***

“A Human Being is a part of the Whole we call the Universe; a part limited in time and space. He experiences himself as something separated from the rest – a kind of illusion of his consciousness. This illusion is a prison for us, restricting us to our personal desires and to affection for only the few people nearest us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living beings and all of Nature.” ~ Albert Einstein

If this statement is true – and I would humbly submit that it is – then veganism is the moral baseline of true Humanity; that the ethical vegan (a redundant term, I realize, seeing as veganism is an ethical codex, not a mere plant-based method of sustenance) is the lowest form of the highest of honors: that is, becoming a Human(e) Being ... For this is indeed the only way to enliven that which our Highest Self already knows to be true – namely, that it is an offense against all that is Noble & Right to knowingly & unnecessarily cause another sentient being to suffer (much less to cut the priceless life of any of those beings short) ... This is indeed the only way to truly & sincerely “widen our Circle of Compassion” to its only appropriate diameter – a circumference that gently encapsulates and wholeheartedly embraces every single sentient being as though he or she were more than mere family members. Yes, national boundaries and religious proscriptions must be eliminated at some point thereafter as well, and yet it is impossible to become that which we have been called to Be – it is impossible to become true Human Beings – without first & foremost choosing to honor all sentient beings, and to afford them all the rights & freedoms that we afford ourselves.

***As Love is newly re-Born, Humanity becomes a friend.
As Love becomes clear, friends become lovers.
As Love inhabits the Soul, lovers become partners on the Journey of Life.
As Love fills one’s Life, those partners guide us directly to God;
... those partners become our Selves.***

Image 224 (Page 90a - bottom) ... This picture (which I call “Loving Lizard”) was sketched by Rebecca Jean Pittman, and symbolizes the Truth that we cannot feast on the nourishment that is selfless Love without first choosing to detach from all that does not nourish – all the desires; all the expectations; all the fears; all the frustration ...



“Wisdom is the realization of how little we ‘know’, coupled with the releasing of all convictions we think we’ve ‘learned’ ...” ~ anonymous

This is true, with the obvious exceptions being all the deeds we know that have consistently brought various degrees of Peace to times of conflict, coupled with all those choices we have experienced that have always brought the awesome Light of Love to moments of anger, sadness, frustration, or fear.

He is wise who senses the omniscience at the core of his beliefs’ foolishness.

“When the Soul rises into the lips, You feel the kiss you’ve always wanted.” ~ Rumi

Of course, as long as the ego is longing for any kind of kiss, its foundational Soul can never rise to any of the lips that eventually do that kissing. For the Soul only seeks to Love; only seeks to give embraces of affection – never to take or cherish the same, much less to tempt or harbor or in any way possess the givers thereof. As such, this quote only becomes deeply True when the “You” therein becomes a “you” (the ego) and the “you’ve” therein becomes a “You’ve” (the Soul) – i.e. when it is the ego that experiences the deeper Joy that comes from *Giving* a kiss of Love, which is the only kiss ever desired by the Soul therein.

Kiss with the reverence and a tenderness reserved for angels & newborns.

“It is to Peace that God has called us.” ~ Paul (1 Corinthians 7:15)

Paul, as was so often the case, is actually speaking of bringing the “peace” of comfort and convenience to his audience (in this case first telling his listeners they should avoid divorcing their marriage partners, and yet then essentially excusing divorce in almost the same breath immediately thereafter) ... That having been said – and while duly noting that it is indeed a Good Thing to ameliorate all conflict that exists between individuals, groups &/or even nations – two important points need to be raised: **A**) that it is not a Good Thing to ease any conflict via any form of compromise (certainly not a compromises of one’s basic values or moral foundations – as Paul himself was often wont to do &/or encourage, and **B**) that Jesus was often not speaking of this kind of “peace” in the Gospels, but was instead affirming the deeper, more profound, and far more transformative *Peace* that comes from treating the opponent as a Soulmate; from Loving the enemy as a Friend (see [Matthew 5:40-44](#), [Matthew 11:28-30](#), [John 14:27](#) & [John 16:33](#) et al).

“I allow myself the freedom of vulnerability to all that is worthy & good ... I wrap myself in clothes of Self-knowledge. I rest in the Light of forgiveness, [both of] myself and [of] others – [both] for that which was done (& better left undone) and that which was not done (& better if done). I give myself permission to enJoy this moment without analysis. I release all uncertainty, regret and fear. I hold tenderly all those I Love. Compassionately, I touch those I have harmed and those who have harmed me. I celebrate the will of my Self. I sing of my [interconnectedness] and bask in the shine of all I Am ... This Life is not an isolated experience, but rather one of mutuality. In comprehending this – my adventure begins” ~ Mary Anne Radmacher

Here are a few Important Thoughts on this wonderful quote – **01**) The “vulnerability to all that is worthy and good” is essentially another way of saying “the vulnerability to *Love All Out*” ... **02**) True “Self-knowledge” requires an enlivenment of one’s deepest, most self-sacrificial expressions of Love – and as such, it is appropriate for Mary Anne to follow this with “the Light of Forgiveness” ... **03**) It is also true that we can only truly “enJoy this moment without analysis” in those times when we are reaching out to radically Care for others in some way. This is, after all, the only way for us to truly “release all uncertainty”, prevent all regret, and cleanse all fear ... **04**) This kind of living indeed co-creates a “Life of mutuality” – and only this kind of Life truly allows the Adventure of Living to truly & fully commence.

To share is to know The Way.

“I have faith in you, in your Power, in your capacity to Love and in the potential of that Love to provide for you.” ~ Rebecca Jean Pittman

It is indeed true that Love does indeed provide for those who exude it (mostly providing feelings of Solace & Joy, though also often “manifesting” harmonious consequences for the Lover of commensurate intensity to the Love given) ... Of course, it is only possible to exude the Love that brings said providence when one is not at all hoping for or desiring or expecting even the slightest measure of the same.

***Every possession prized is one less coin in the coffer of Love;
Every possession released – one less tollbooth
on the moment’s Free-Way to Salvation ...***

“Your inside doesn’t need something from outside to feel good.” ~ Nicole Shoppe

In Truth, our “insides” only know Interconnection and Wonderment and Gratitude for being consciously alive at all ... As such, our “insides” (i.e. our True Self) only knows Goodness – and can comprehend nothing else. Of course, for that Goodness to be *experienced* (and thus purely known), that same interconnected & grateful Wonderment must be expressed towards another ... As such, what is within does indeed in a way need “something from the outside” – namely, another to Love – to then be able to *feel* its innate & omnipresent Goodness.

Love feels good because Love feels ...

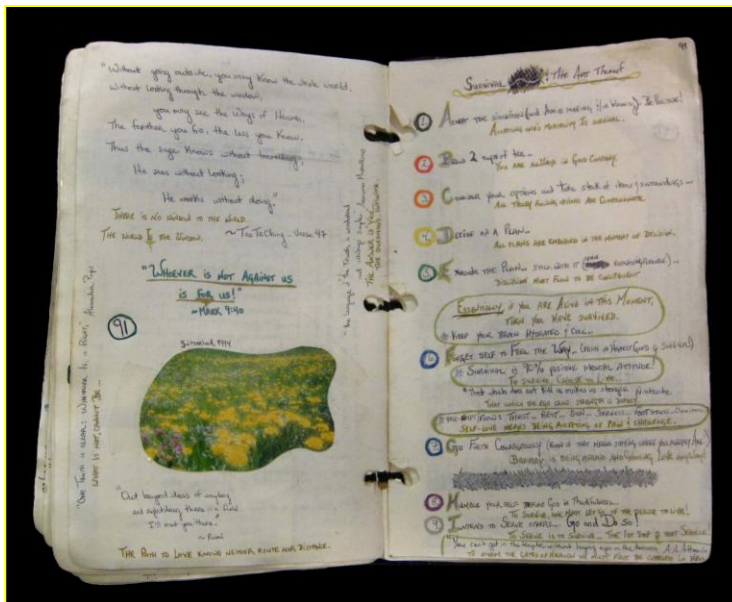
Image 225 (Page 90b - bottom) ... This picture shows the garden-entranceway to the Chalice Well (Glastonbury, England) – the place where the waters are rumored to bring Healing, and the gardens are rumored to bring Peace. The waters were indeed refreshing when I went there, and the gardens were indeed quite peaceful, and yet the Truth remains that the only Healing done anywhere starts and ends *within* the one healed, just as the only Peace experienced anywhere else must be carried in with you from where you already are...



Blessed are You, Lord our God; source of the Universe, who creates the fruits of the Vine and of the Earth.” ~ Jewish blessing

*Baruch atah Adonai elohaynu melech haolam borey p’ree Hagafen.
Baruch atah Adonai elohaynu melech haolam borey p’ree Haadama.*

This blessing is actually a combination of two of the four blessings traditionally said before every Jewish Shabbat meal – giving thanks to God for the sustenance and honoring Him ... It is certainly no accident that I just “happened” to focus on these two blessings – the two blessings that just happened to focus on bread & wine – the two forms of sustenance that Jesus just happened to primarily focus on himself during his ministry – the two forms of sustenance that for many in Jesus’ day (including Jesus himself) represented the unconditional Divine **Love** within us all (the wine – see [Matthew 9:17](#), [Matthew 26:27-28](#), [Mark 14:23-24](#), [Luke 22:17-20](#), [John 2:1-11](#) et al) and the self-sacrificial acts of **Caring** that enlivened the same (the bread – see [Matthew 6:11](#), [Matthew 26:26](#), [Luke 22:19](#), [Luke 24:30](#), [John 6:33-35](#), [John 6:48-51](#), [John 21:13](#) et al).



“Without going outside, you may know the whole world. Without looking through the window, you may See the ways of Heaven. The farther you go, the less you know. Thus the Sage Knows without traveling; she Sees without looking; he Works without doing.” ~ Lao Tsu (*Tao Te Ching # 47*)

There are some who will say that this verse means that the Universe is literally holographic, and thus that – if one could somehow access such an acute depth of perception – one could *literally* see everything in the Universe within the confines of one’s own bedroom ... While this is theoretically true, for the vast majority of humans it is also exceedingly intangible. Of course, what the first portion of this verse *could* also be saying is that everything of any **Importance** is always within range of one’s immediate senses – that everything of any real **Importance** already inhabits one’s current surroundings. And this claim is more obviously (and far more practically) the case – for the only thing of any tangible **Importance** in life are the things and the beings that afford us all the opportunity to do something Meaning-full with our lives, the situations & encounters that call for us to Do Something for another ... And because it is the true nature of our True Self to want to do such things above all others, it is true as well that the Enlightened Being who is aware of the same truly does “Know without traveling” (i.e. engages the Work to be done where he already is), truly does “See without looking” (i.e. sets aside all knowledge and preconception to recognize current discord and the ways it can be eased), and then truly does “Work without doing” (i.e. Loves fluidly & effortlessly).

***There is no window to the world ...
The world IS the window to the Soul.***

“Whoever is not against us is for Us.” ~ Jesus (Mark 9:40)

This verse reflects a most intriguing biblical conundrum, for while Jesus here claims that everyone who is not directly opposing him is his ally, **Matthew 12:30** flips this saying on its head and has Jesus claiming that everyone who is not actively supporting him is his enemy ... While this seeming contradiction can be written off as simple author-error (the author of **Matthew** wrote his gospel many years after the Gospel of **Mark**, used that Gospel as his primary inspiration, and often altered its contents to suit his own aims), it is also possible that Jesus was using these two very different sayings to communicate two very different Truths to two very different audiences about two very different subjects. Consider: In **Mark 9** Jesus is speaking to *his disciples* about a man who is “inappropriately” using Jesus’ name while intending to do great good for others – fulfilling the essence of Jesus’ Way of Love and thus meriting support instead of condemnation. In **Matthew 12**, on the other hand, Jesus is speaking to *the Pharisees* (his religious enemies) either literally of internal demons or figuratively of the internal ego – both of which must indeed be cast aside for any True Self to shine forth and walk the selfless Way of Love. All three of these forces (i.e. religious zealots, tempting demons, & the self-fixated ego) are indeed always against the blossoming of Self – and thus are ever & always “against us” us well (see **Matthew 12:22-32**) ... This analysis might very well explain why the author of the **Luke** included **both** of these sayings in *his* Gospel (see **Luke 9:50** & **Luke 11:23**), something he would not have done had they in any way actually contradicted one another.

“One Truth is clear: Whatever IS, is Right.” ~ Alexander Pope

Here, a few notes of interest related to this quote – **01**) “Right” in its larger sense means anything that is existing &/or living in a manner fundamentally in harmony with the overall constellation of its (or his, or her) surroundings, and thus with the over-arching Flow of the Cosmos as a whole ... **02**) This quote does not mean that anything that is Right is inherently pleasing or “good” or “moral” or “kind” – these are judgments made from individually isolated, mostly self-centered perspectives; perspectives that more often than not are in conflict with the over-arching Flow of the Universe themselves. To See what is truly Right in our immediate lives, we must first set aside our own wishes and our own hopes and our own plans and our own fears to Look upon Life from the perspective of the Whole – we must choose to See what *IS* as opposed to merely noticing what is.

What is not, cannot Be ...

Image 226 (Page 91a) ... This picture shows a dandelion-laden meadow in San Antonien, Switzerland (seen on a hiking trip I made there in the Spring of 1994) – for my symbolizing the Truth that a truly abundant life comes not from wealth or comfort or success or fame, but from Joy – the true Joy that floods every moment of our lives not when our own wishes are fulfilled, but rather when we begin to make life about fulfilling the wishes of others ...



“The language of Truth is unadorned and allWays simple.” ~ Ammionus Mercellinus

Indeed, the language of Truth is heard in the Wisdom of Great Truths; the Wisdom that always brings peace when put into practice – that “Patience is a virtue” only when that patience is virtuous (i.e. actively selfless); that “It is better to give than to receive” only when Receiving is known as a Gift; that being “Grateful for all our blessings” requires being especially grateful for all times of trial & torment; that “Living a life of compassion” requires being kind when least inclined; that “Honesty is always right” only when honesty becomes a verb that is as gentle as it is flagrant; that it is just as important to “Be humble” in the expression of our beliefs as it is in our treatment of others; that we should “Cherish the amazing” only after remembering that everything is amazing; and that we should “Have faith in life” only as an inspiration to serve others – never as a justification for selfishness or sloth.

*The questions of Love are infinite –
and yet their answer is always YES ...*

“Out beyond ideas of wrongdoing and right-doing there is a field. I’ll meet You there.” ~ Rumi

While some would focus on the apparent discord between “wrong-doing” and “right-doing” in this statement, the key to deeply understanding this verse rests in the far more important phrase “out beyond ideas” – for we cannot ever engage what is truly Right unless we actively engage the same, and we cannot actively engage anything while remaining immersed in the relatively passive realm of mere inspiration or idea.

The path to Love knows neither route nor distance.

Survival – the Art therein ...

Accept the Situation without mope or blame ... Be positive!

Accepting one's mortality IS survival ...

Brew two cups of tea

You are allWays in "good company" ...

Consider options and take stock of surroundings

All truly flowing options are compassionate ...

Decide on a plan

***All plans are fully embodied
in the first instant of decision ...***

Execute the plan persistently (while remaining flexible)

Discipline must flow to be consequent ...

Forget yourself to feel The Way

(Having faith in the Highest Good IS survival!)

To survive, choose to Live ...

Go forth courageously

(Even if that means staying where you already Are!)

Bravery is being afraid and yet choosing Love anyWay.

Humble yourself before God in thankfulness

To survive, one must let go of the desire to live.

Intend to serve others

(and then go and *DO So!!!*)

***To serve is to survive ...
and the 1st Step IS that Service.***

While accepting one's mortality does indeed inspire survival, it is in acting accordingly that one actually *Lives* ... While it is true that we are all always in "good company", it is in acting accordingly that our loneliness crumbles ... While it is true that all truly flowing options are per se soaked in compassion, those options only start to flow once they are engaged (and become mere "options" no more) ... While it is true that all plans are fully embodied in the first instant of decision, those plans remain impotent until the first step into their enlivenment is taken ... While it is true that discipline must be spontaneous and relevant to be consequent, it is the consequent application of all agreed upon consequences that ultimately make the same unnecessary ... While it is true that we must choose to Live to truly survive, it is just as true that making mere survival our motivation precludes any real Living ... While it is true that bravery is being afraid and yet choosing to Love anyway, Love disintegrates all fear – and thus all bravery – the moment it is given ... While it is true that we must release the desire to live in order to survive, it is also true that we must sacrifice that life willingly in order to *Live*.

“That which does not kill us makes Us stronger.” ~ Nietzsche

At least as far as the body is concerned, this statement is actually often untrue (e.g. parasites, cancers, chronic pain, and many other dis-eases do not kill the body and yet weaken it significantly). And even as far as the mind is concerned, this statement is often untrue as well (e.g. despair, distress, anxiety, fear, anger, hatred, and even ignorance do not kill us, and yet serve to significantly weaken us as well). And yet as far as the conscious “Soul” is concerned, this statement is completely & absolutely TRUE – for no matter how severe our afflictions of body or mind might be, we can – as long as we remain alive – choose to *Love anyway*; choose to in this way transcend the sufferings that accompany our self-centered distresses & discomforts, and indeed become ever stronger commensurately thereby.

That which the ego calls “strength” is deadly ...

Self-Love means accepting the challenge of pain.

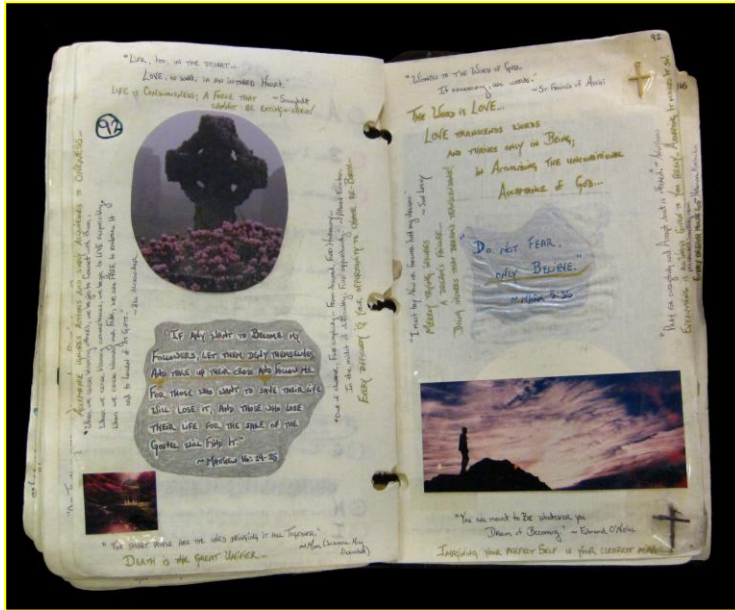
First & foremost, please note that this statement is **not** a call to masochism ... Indeed, pain is always on its way to us, and we need never ask for more or summon it further. And yet the amount of pain we are experiencing in life is essentially irrelevant to our Awakening, for Awakening can only happen in one moment – *this* moment. As such, Self-Love does not hinge on pain’s presence, but rather on what we choose to do with pain once it arrives ... Just as importantly, it is critical to remember that pain need never be a source of suffering. Indeed, quite to the contrary, pain can always be used as a source of emPowerment instead. For the True Self loves to Love “perfectly”, and pure & selfless Love comes only to those who choose to Love despite their pain – to those who choose to Love through their trauma – and indeed, to those who choose to actively Love the very source(s) of the same. As such, real Self-Love demands not only mentally “accepting” the challenge of pain, but also seeing that challenge as a blessing, and then acting accordingly – via an active & humbly thankful embracing of the same.

“You can’t get into the temple
without first laying eyes on its demons.”

~ A. A. Attanasio

This quote is quite literally true, for we cannot hope to “enter” (i.e. recognize, appreciate, &/or cherish) the things most Sacred in our lives without first “passing through” (i.e. accepting, embracing, and detaching from) the banal, the profane, the dogmatic, and the dis-eased ... Indeed, it is only after we have experienced the pain & the distress that comes from our instinctive reactions to everyday challenges that we can attain “entrance” into the Calm that comes from soaking into the Sacred that ever resides therein ... It is only after being disappointed by a friend that we can choose to Care anyway; it is only after being terrified of a stranger that we can choose to be Kind anyway; it is only after being betrayed that we can choose to Love anyway; and it is only after writing in pain or despair or frustration or poverty that we can choose to Give anyway.

***To storm the Gates of Heaven
we must first be coddled in Hell ...***

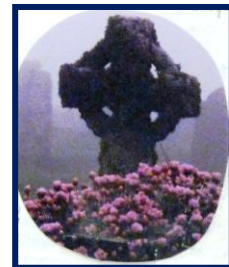


“Life, too, in the desert ... Love, as well, in an injured Heart.” ~ anonymous

- *It is the nature of the Earth to enrich and harbor life ...
- *It is in the nature of the body to heal and procreate ...
- *It is in the nature of the ego to ever long for more ...
- *It is in the nature of the Soul to Love without end.

***Life is consciousness ...
It is a force that cannot be extinguished –
... only amplified by choice.***

Image 227 (Page 92a - top) ... This is a picture of a Celtic Cross tombstone in the mist-blanketed graveyard of the chapel near the castle ruins at Tintagel (England) – symbolizing the Truth that selfless Love is eternal, and indeed grows ever more beauty-full with time; that the Divine Essence of the Universe (what many call “the Father”), the mind within every sentient being (what many call “the Son”), and the conscient moral compass within every conscious mind (what many call “the Spirit”) all become one every time a being expresses a reverence for his or her life by reaching out to self-sacrificially Care for the life of another ...



“When we cease blaming others, we begin to connect with them. When we cease blaming circumstances, we begin to Live responsibly. When we cease blaming our fate, we are free to embrace it and learn of its gifts.” ~ Bill Alexander

Even though refusing to blame others is indeed a prerequisite to Love, we do not begin to truly Connect with others until we choose to **connect** with them ... And even though it is indeed necessary to cease blaming our circumstances in order to live responsibly, we do not begin to live that integrity until we enliven our time with acts that are blameless ... And even though it is indeed critical to cease blaming our “lot in life” before we can be fully alive, life does not become truly enlivened until we look to embrace the “lots” of others and cease embracing (or even thinking about) our own.

***Acceptance ignores particular actions
and simply acquiesces to Oneness ...***

“If any want to become my followers, let them deny themselves and take up their Cross and emulate me. For those who want to save their life will lose it, and those who lose their life for the sake of the Good News will find it.” ~ Jesus (Mark 9:40)

A few important notes about this verse – **01**) Note that Jesus is giving advice on how to become his “followers” (i.e. active emulators) **not** his worshipers (i.e. those evincing mere verbal reverence &/or those harboring mere emotional homage) ... **02**) Note that Jesus is not speaking about focusing on *his* crucifixion at all here, but rather is referencing the Truth that a purposeful denial of self must come before anyone takes up *their* cross (i.e. the unique calls to self-sacrificial service that we must all engage in order to enter his “Kingdom of Heaven” – see Luke 17:20-21 & John 13:15-17 et al) ... **03**) Note that it is not merely “niceness” or “friendliness” or “good deeds” that qualify for Jesus – but rather services that are so selfless they cross over into *willing self-sacrifice*.

Image 228 (Page 92a - bottom) ... This is a painting of a garden gazebo (“Pools of Serenity” by Thomas Kinkade) – symbolizing the Truth that the only true Safe Haven is the one that remains open to purely witnessing – and deeply feeling; and indeed powerfully interacting with – its surroundings ...



“Out of clutter, find simplicity ... From discord, find harmony ... In the midst of difficulty, find opportunity.” ~ Albert Einstein

In order to more fully comprehend sayings of deeper Meaning, we can read them (or their portions) “backwards” ... In the case at hand, consider: Simplicity doesn’t come after clutter, for simplicity comes *because of* clutter ... Harmony doesn’t come by disregarding or looking away from discord, for harmony comes *from* discord (when we choose to actively transcend the same) ... And finally, opportunity doesn’t come after difficulty or when we look away from difficulties, for difficulties *are* our greatest & most profound opportunities.

Every difficulty IS the opportunity to choose your re-Birth ...

“The smart people are the ones bringing it all together.” ~ Suzanna May Alexander

Actually, while compiling various facets of Truth from various disciplines and methodologies *does* give the one doing that compiling a clearer picture of Reality and a clearer understanding of the Path he or she is to tread, an actual **Comprehension** of Truth will never come to those who do not choose thereafter to abandon all self-directed intellectual pursuits in favor of *actively enlivening* Faith-fully self-sacrificial paths instead ... Indeed, there comes always a time in the Smoothest Flow of the seeker when the books have to be put down and life itself has to be picked up – when he or she does not know “nearly enough” about the Meaning of Life, and yet knows more than enough to leap into Living a Life of Meaning anyway.

Death is the Great Unifier ...

“Witness to The Word of God ... Use words only when necessary.” ~ St. Francis of Assisi

And remember: while words are sometimes useful, they are never necessary.

The Word is Love ... Love transcends mere words and thrives only in Being; in actualizing the unconditional Acceptance of God.

Image 229 (Page 92b - top right) ... This picture is of a gold cross given to me by a young girl in a market in the city of Oaxaca in southern Mexico (while living there as a street-artisan in the Summer of 2003) – for me calling forth the Truths that true Wealth is not to be found in riches or fame, but rather comes in the form of Love, along with the Truth that the greatest Love comes not from words that are easy to say or deeds that are easy to engage, but rather arrives on words that would rather hide in silence and deeds that would rather cower in fear ...



“I must try now or forever hold my dreams.” ~ Jon Loevy

The surest way to forever abandon one’s dreams is to try and fulfill them for one’s own benefit. Or, better stated, the surest way to abandon the only Dreams that can ever succeed in generating any sense of real Bliss (i.e. the Dreams of the Soul – the Dreams we all have of easing the burdens of others – of bringing Joy to their despair, of bringing Freedom to their injustice &/or of bringing Peace to their pain) is to pursue far smaller dreams that strive to bring mere happiness, fleeting pleasures, &/or comforts hollow.

*Merely trying ensures a dream’s continued dormancy ...
Doing ensures that same dream’s transcendence into Being.*

“Do not fear; only Believe.” ~ Jesus (Mark 5:36)

It is once again crucial to remember that Believe for Jesus was a verb -- that he wanted us not to mentally believe in him or even intellectually believe in his teachings, but rather to actively Believe (i.e. emulate – i.e. “follow”) in his Way of Love ... And hence his frequent call for us to abandon our fear, seeing as how fear & Love cannot co-exist – either in our current materially interactive plane (see Matthew 6:34, John 14:27 et al) or on the spiritually intra-active plane that follows (see 1 John 4:18) ... As such, the only way to follow The Way of Christ is first and foremost to set aside one’s fears – or, better stated, to be deathly afraid of Loving, and yet dismantle that fear by choosing to reach out and Love anyway.

“Pray for everything -- Accept what is offered.” ~ anonymous

This quote brings to mind several relatively important considerations – **01**) the consideration that praying for one’s self inherently prevents one from Seeing the many Blessings that have already been bestowed ... **02**) the consideration that praying for one’s self inherently precludes the humility required to See the opportunities of service that are already present ... **03**) the consideration that praying for one’s own idea of “the greatest service” precludes us from assisting the Highest Good that is already waiting to be engaged ... As such, the only way to effectively & reverently “Pray for everything” is to first pre-accept what has already been offered and all that already is, then to pray to See the greatest need therein, and finally to Faith-fully (i.e. humbly & courageously) set forth to serve whatever is Seen thereafter.

*Everything is allWays given to you freely ...
Accepting those gifts makes them so.*

Image 230 (Page 92b - main image) ... This picture (which I call “The End of the Beginning”) shows my Self literally “in” the Badlands (South Dakota – during the Summer of 1989) – reminding me of the Truth that even in times of great distraction we are always an important part of the Universe’s Flow to Harmony; and that even in life’s darkest moments, we can still choose to rise above and thereby give homage to the Light ...



“You are meant to Be whatever you dream of Becoming.” ~ Edmund O’Neill

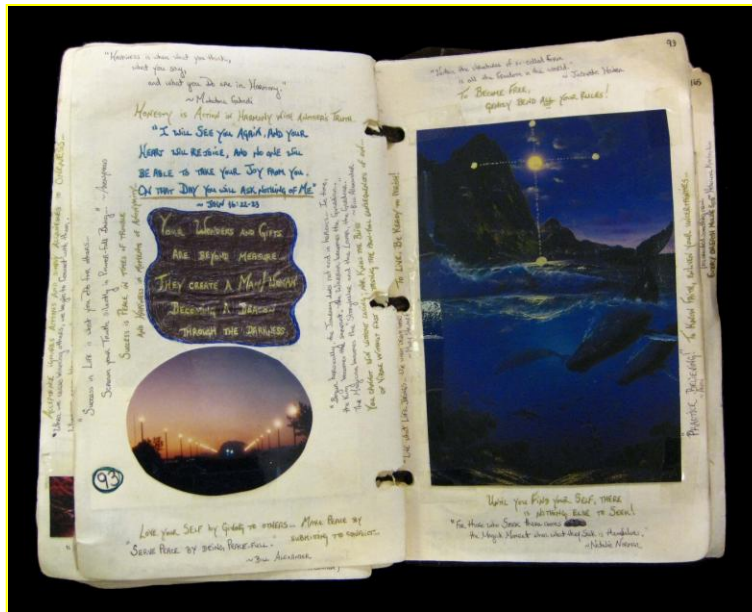
Actually, we are all “meant to Be” exactly who we already are – exactly who we innately always have been ... Indeed, to selfishly “dream of becoming” is to wish for that which can only bring suffering, whereas to “dream of Becoming” – to dream of becoming an agent of Peace & a bringer of Goodwill – is to needlessly wish for that which has already arrived.

Visualizing your perfect Self allows you to gaze into your clearest mirror ...

Image 231 (Page 92b - bottom right) ... This picture shows a stick-cross that “constructed itself” on my desk after my return from Park City (Utah) in May of 2009 – reminding me that our True Self will never cease in summoning us to a life of greater Greatness; will never cease in calling us to set aside our sadness and set forth to Care ...



PAGE 93



“Happiness is when what you think, what you say and what you Do are in Harmony.” ~ M. Gandhi

Gandhi is right here – at least as long as what you think, what you say, and what you do are also in Harmony with the True Self’s desire to serve others – at least as long as what you think is Thought with Humility; at least as long as what you say is Said with Kindness; and at least as long as what you do is Done with Love ... Of course, in actuality real & deep-seated Happiness only arrives when we choose to cease thinking and speaking altogether in favor of courageously Doing in Harmony with our Soul’s Calling – in favor of Doing solely for others and not at all for self.

Honesty is action in harmony with the Truth of another.

“I will See You again, and your Heart will rejoice, and no one will be able to take your Joy from you. On that day you will ask nothing of me.” ~ Jesus (John 16:22-23)

On the one hand, most Christians believe that the “I will see you again” in this passage refers to Jesus literally returning from the dead after his imminent crucifixion (a la the “2nd Coming” errantly alluded to in the book of [Revelation](#)), and if this verse had been written or uttered by Paul, that belief would actually have merit ... And yet this statement does not come from Paul -- it comes from Jesus Christ, a man who championed a very different view of Salvation (see [John 13:15-17](#)) and a very different view of Joy (see [John 15:11](#) & [John 16:24](#) et al) and a very different view of Heaven (see [Luke 17:20-21](#)) and a very different view of God (see [Matthew 5:48](#) & [Luke 6:36](#) et al) ... Indeed, if we look to the evidence of the Gospels themselves, we can see quite clearly that Jesus is in all probability speaking *literally* here – that he had in all likelihood already planned his own crucifixion, and as such knew quite well that he would be *literally* exiting his specially prepared tomb and *literally* visiting with his disciples again in secret thereafter (all of which did indeed take place – see [Luke 24:36-49](#) & [John 20:19-31](#)) ... In addition, this verse speaks to the remarkable Faith that Jesus had in his disciples – the remarkable Faith that he had in his Way; that even after all their repetitive ignorance and bickering and fear and selfishness, he *still* believed that they would be able to truly “get it” once he departed (once they could no longer incorrectly focus on him &/or their hopes for him being “the Messiah”, and could instead focus on his teachings and emulating the same). For if they were to do so – if they were to finally set aside their individual fears and personal desires long enough to set his selfless Way in motion, then they would indeed have finally come to understand what he had been teaching them all along ... They would have finally “gotten it”, and as such would have no longer needed to ask anything of Jesus – and no one would have been able to take their Joy from them (a Joy that would certainly not come from receiving rewards in “heaven” after their deaths, but rather a Joy that would be coming from *within* them – from the fulfillment of the endless opportunities ever-present to serve others in need – see [Matthew 18:3-4](#) & [Matthew 25:35-40](#) et al).

“Success in Life is what you Do for others ...
Scream your Truth silently with your Power-filled Being.” ~ anonymous

What we do for others with our actions is always more effective than what we do for them with our mere words, and what we do for others silently is always done more potently than what we do for them while speaking about the same ... Of course, what we do for others invisibly -yet-anonymously is more potent still, and what we do for them publicly-yet-anonymously provides the most potent Love of all.

***Success is Peace in times of trouble
and Joy in moments of anonymity.***

***Your Wonders & Gifts are beyond mortal measure ...
They create a being becoming a Beacon
shining through the Darkness.***

We become a Beacon of Light to the degree that we boom forth the unusual and the courageous and the amazing – reminding others thereby that Goodness still abounds, even when surrounded by greed & callousness; reminding others that Beauty still abounds, even when surrounded by the normal and the boring and the “ugly”; reminding others Love still abounds, even when surrounded by the cruel and the ignorant and the bigoted and the violent; reminding others that Graciousness still abounds, even when surrounded by the needy and the greedy and the stingy and the cold-hearted.

“Begun heroically, the Journey does not end in heroics ... In time, the king becomes the servant. The warrior becomes the guardian. The magician becomes the storyteller, and the Lover becomes the gardener.”~ Bill Alexander

The Heroic Journey begins “heroically” not due to fanfare or aplomb, but rather due to the immense courage required to set forth at all ... That first, brave step having been taken, the Heroic Journey can only move further along its path in a purposeful state of extreme Humility – not only removing all desire for fame or fortune or accolades or awe, but in Truth demanding that these things not be given as a result of his Journeying ... This is how the King becomes the servant – and attains the far greater Respect therefrom; this is how the warrior becomes the Guardian – and provides the far greater Protection to those in need; this is how the magician becomes a Storyteller – sharing Wisdom instead of feeding wives’ tales; and this is how the lover becomes the Gardener – knowing the Love of tending others, as opposed to the mere excitement that comes from being loved thereby.

***You cannot truly Win without losing;
nor Know the bliss of Virtue
without first tasting
the pain-full consequences of sin.***

Image 232 (Page 93a) ... This picture (which I call “The Narrow Way”) was taken at dusk from the Brindisi pier (Italy) in 1994, and reminds me of the Truth that the Pilgrim flows furthest is the traveler **A**) who uses the horizon as merely a loose point of reference – not a concrete destination, **B**) who pauses regularly while journeying – to soak in life’s omnipresent amazements and revel in life’s blessed encounters with fellow travelers, and **C**) who graces every sunset with gratitude for yet another day of living – and who greets each sunrise humbly; thankful for being blessed with yet another day of wonderment – and intending to make that day yet another day for Love ...



“Serve Peace by being Peace-full.” ~ Bill Alexander

While some would use this quote to rationalize their moral sloth or justify their physical inaction – while some (possibly even its author) would interpret this saying to be an encouragement to merely avoid conflict or flow around injustice, the opposite is actually the case for the Enlightened. For in its far deeper sense, this quote does not a call for us to be stagnantly “peaceful”, but rather to have the integrity and the Courage to be actively Peace-FULL – to approach every injustice and demand its redress; to stand boldly between violence and its intended victims; to call out all forms of bigotry for their ignorance, and all forms of cruelty for their barbarism; to see those being subjected to aggression & conflict, and to flow towards them in ways that envelop them anew with Peace ... Pacifism is anything but passive, for Peace must be actualized to Be ... Peace must be Done – not merely thought or “represented” ... Peace must be Done to Be, and it is up to us to become that Doing.

***Love your Self by giving to others ...
Make Peace by submitting to conflict.***

“Within the structures of co-called form is all the freedom in the world.” ~ Jeanette Haien

This is not to say that we can literally change the physical form of things with our will or focused intentions, nor is this quote intended to in any way be supportive of the dangerous misleadings of modern-day fixations on “manifestation” and “co-creation” ... Instead, this saying is here to remind us all that – while there is no freedom from the law of “random happenstance” (i.e. the circumstances that do not flow to us randomly, and yet that *do* come upon us from a far greater perspective; from a collective Oneness so vast that we can neither directly manifest them nor predict their coming with any precision), we do indeed always have the complete and full freedom to do whatever we wish with the circumstances that befall us – to serve with our possession however & whomever we wish (even when they are taken from us); to honor our relationships however we wish (even when they abandon us or betray us), and to cherish our happenstances however we wish as well (even when they bring us pain or regret or fear).

To become free, gently bend all your rules.

“Live what Life brings. Die what death comes.” ~ Mary Stewart

To fully Live what Life brings, we must have the courage to immerse ourselves in that Life – especially the “normal” times that bore us and the “weird” people who disturb us and the “evil” people who threaten us and the “annoying” tasks that frustrate us and the “unfair” occurrences that aggravate us ... For it is these encounters with injustice & discord & fear that provide the only opportunities we will ever have to truly *immerse ourselves* in the full majesty of Life – and indeed it is these encounters & these encounters alone that allow us to “die what death comes” to us every day.

To Live, be ever-prepared to perish.

Image 233 (Page 93b) ... This picture (which I call “Moonlit Revelry”) is actually a postcard print originally painted by a Big Island artist (Hawaii) – to me symbolizing the Truth that Beauty is all around us, even if we cannot directly see it; that Life lives on, even in moments of death & destruction; and that Soulmates are ever nearby, even we choose not to see them as such ...



“Practice Believing.” ~ anonymous

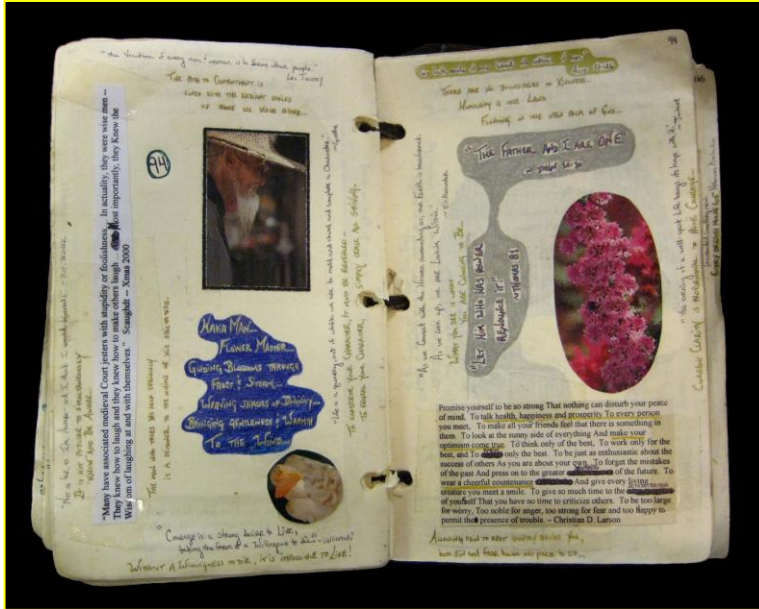
This statement is **not** a call to certainty of belief – not a summons to remind ourselves of what we already know, and not an admonition to solidify our faith in being right or justified or saved ... For indeed, we need no practice in such hollow forms of self-centered & highly delusional “believing” – for this is how our primal brains have been programmed to operate since birth, and this is how we have been primarily operating since the day we were conceived. No, the only way for us to “practice **Believing**” in the more enlightened sense is to remember that **Belief** here is meant to be the same **Belief** referenced by Jesus in the Gospels (see [John 14:12](#) & [Mark 16:15-16](#)) – the **Belief** that is active despite its great unknowing (see [John 3:16-18](#) & [John 1:12](#)); ... the **Belief** that is courageous despite its great fear (see [John 14:1](#) & [John 20:29](#)); ... the **Belief** that is Kind despite its great loathing (see [Matthew 5:40-44](#) & [John 13:15-17](#) & [Matthew 25:35-40](#)); ... the **Belief** that is grateful despite its great sadness (see [John 11:40](#))... For this is the only **Belief** of any real Power – the only **Belief** that has the chance to transform conflict into Peace, selfishness into service, anxiety into inner Calm, hatred into peace, and despair into exuberant Joy.

To know Faith, enLiven your uncertainties ...

“For those who truly Seek, there always comes that magic moment when what they Seek becomes themselves.” ~ Natalie Norman

On a relatively unenlightened plane of understanding, this quote encourages us to focus on our own “growth” or our own “enlightenment” or our own “abundance” or our own “peace” – and thereby become completely lost in the delusional nature of the same. There is no way to use the self-centered insidiousness of the ego to escape the clutches of that ego. As such, this quote means much more when “themselves” is changed to “their *Selves*” – when its focus is purposefully shifted away from any benefits to one’s own body or mind or status or situation, and fully towards the only desire of one’s True Self – namely, the benefit of the other; to stop seeking for self, and to start Seeking to serve. For this is what it means to Awaken – this is what it means to know the Joy that comes to those who alter the focus of their seeking from self to other; from gaining to giving; from wanting to Loving; from knowing fleeting comfort to bringing lasting Harmony.

Until you find your Self, there is nothing else to seek ...

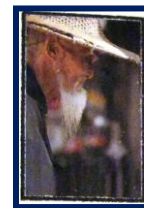


“The Vocation of every man and woman is to serve other people.” ~ Leo Tolstoy

I am not certain whether the original Russian text says “other people” or merely “others”, though it is clear that the latter is more representative of Tolstoy’s personal views – seeing as how he was a public advocate for animal rights and unabashedly against all forms of animal cruelty, and would almost certainly have included the protection of animal rights and the rejection of animal abuse under the penumbra of this quote’s greatest Wisdom; namely, that great Peace can only come to those who choose to **Vocate** instead of merely work; that all Vocations have as their core the selfless intention of serving others, and that “others” is a term – to be morally consistent at all – that must relate just as much to non-human sentient beings as much as it does to human ones.

*The Path to Contentment is lined
with the smiles of those we have aided along our Way ...*

Image 234 (Page 94a - top) ... This picture (which I call “Hakka Man”) shows a Taiwanese flower gardener (Hakka immigrants from China proved to be Taiwan’s original agriculturalists); reminding me of the great Truth that Love – like flowers – can only blossom fully when it is persistently & Care-fully tended, and that it can only be “tended” in this fashion while being courageously Given to another ...



*Haka Man – Flower Master;
guiding blossoms through frost and storm ...
Weave your shades of Divinity.
Bring gentleness and warmth to the wind.*

The Master Gardener is not the one who keeps his flowers ever-blossoming or his boughs ever-laden with fruit, but rather is the one who knows when to tend the flowers, and knows when to prune his trees free; when to inspire their growth, and when to in-courage their retreat; knowing when to bend with the violence of the raging summer storm, and when to stand boldly against the chilled winds of autumn.

“Not as far as I am aware – and I think I would know!” ~ Professor James Beaver

As attractively self-deprecating as Professor Beaver was (for there was little doubt that the man’s legal acumen outshone even the most sharpened moments of even the brightest students in any of his classrooms – feel free to refer back to the brief commentary I gave on another Beaver-quote on page 173 herein) and as hilariously off-beat conservative as his political views were*, there were quite a few things of Import that he taught me (probably without even intending to do so), among them: **01**) It is more important to be courageous than to be prepared – **02**) It is more important to be Kind than to be “correct” – **03**) It is more important to be honest than to be “polite” – **04**) It is more important to make a life than it is to make a living – and **05**) It is more important to stand up for something boldly while wrong, than it is to sit silently and passively by and say nothing while Right.

*For your enjoyment – and potentially for your inadvertent illumination – I offer the following small excerpt from the longer list of “Beaverisms” I collected while attending his classes: “The luxury tax is a spite tax ... Some of you look at me as though I’m giving you some gobbledy-gook ... Indeed, the ways you guys are going on, I’m beginning to think I have an open fly up here ... I hope Ms. Lane won’t put me down as a sexist pig merely for telling the truth ... Strike my inelegant language; that’s offensive ... My former wife repeatedly said I couldn’t communicate ... Maybe I am bring chastised; no doubt I had it coming ... What can I do except express my embarrassment? ... You are certainly free, in this environment of academic freedom, to assert however you wish ... Don’t evade or quibble! ... That’s my position; of course, I don’t have any authority for it ... It is grossly unreasonable for you to blame me; I can’t control when you choose to get excited ... Our time has grown very short; some of you would say that it’s gone.”

*It is not possible
to simultaneously “know” something
and be truly Aware of it.*

“Many have associated the medieval court-jester with stupidity or foolishness. In actuality, they were all quite wise ... They knew how to laugh and they knew how to make others laugh as well. Most importantly, they knew the Wisdom of laughing at & with themselves.” ~ anonymous

Humility is not seeing yourself as “less than” ... Humility is actually the opposite thereof. For real Humility sets one’s jaded &/or frustrated self-fixations aside, and allows for the Seeing of the incredibly **Important** role one can play in the Cosmic Dance ... Indeed, true Humility knows that it is only in sacrificing our own arrogance that we can bring Peace to places of discord; that it is only in sacrificing our own self-importance that we can bring Love to times of annoyance or frustration; that it is only in purposefully sacrificing our own “self-respect” that we can bring Joy to those in despair.

*The man who takes himself seriously
is a prisoner to the whims of his spectators.*

“Life is a quarry, out of which we are to chisel and complete a character.” ~ Goethe

Fair enough, though let us remember that it is not character-chiseling itself that brings a Life of Meaning – indeed, that it is not just any character that we are to chisel, but a Character – a character that harmonizes with the oft-ignored inclinations of the Soul and the oft-dismissed summons from the Divine ... Just as the sculptor can chip away absently at a block of marble and thereby call forth the amorphous (or even the unpleasing) from that stone, so too can he carve with courage and purpose and bring forth Great Beauty from the same boulder.

*To complete your Character, It must be revealed ...
To reveal your Character,
you must cease striving to show It to others.*

Image 235 (Page 94a - bottom) ... This picture is of an orange moth that rested on my gloved hand while I was tending the land at Alexzanna Farms (Wildwood, Georgia) – symbolizing the Truth that the only way to tame one’s desires for self – the only way to transform one’s ego-based pinings for pleasure & comfort; the only way to set one’s Soul free from lust – is to serve others actively & diligently & arduously & Joy-fully ...



“Courage is a strong desire to Live, taking the form of a complete willingness to die.” ~ unknown

Indeed (in **Deed!**), true Courage is not behaving boldly due to an absence (or even a dismissal) of fear, but rather is the choice to fully engage that which terrifies – and the choice to do so *while* feeling deathly afraid ... Indeed (in **Deed!**), we cannot bring Love to Life without doing so courageously, and we cannot do so courageously without being willing to die for that which is Loved; indeed (in **Deed!**), we cannot do so potently without doing so self-sacrificially – without willingly engaging that which actually brings that very death. For it is not enough to be merely willing to die, one has to choose to actually (at least partially) die to Love ... Indeed (in **Deed!**), it is not enough to be merely willing to die, unless that willingness takes the form of boldly following through on the same.

***Without a willingness to die,
it is impossible to truly Live ...***

“God hath made of one blood all nations of men.” ~ Luke (Acts 17:26)

Keep in mind that Jesus is here once again referencing Humanity’s innate Oneness (with “nations” alluding to all of humanity – the 70 “nations” mentioned in **Genesis 10** that Jesus also alluded to in his “forgive 70 times 7 times” wisdom of **Matthew 8:21-22**) – in essence, that he is in-Courage-ing us to treat even our vilest of enemies as our most beloved of Friends (see **Matthew 5:40-44** & **Luke 10:29-37** et al). And note as well that he is doing so not only by mentioning our innate bond of being members of humanity’s single collective of “nations”, but also by mentioning our common bond of “blood”; the same “blood” that he often mentioned to refer to the selfless Love that resides in our Souls (see **Matthew 26:27-28**, **John 6:53-57**, **Hebrews 9:12-14**, **1 John 5:6** et al) – the single, human bloodline that binds us all into one Great Family, and that ever calls for us to act accordingly.

***There are no boundaries to perfect Kindness ...
Humanity is but one nation
floating in the Open Palm of God.***

“As we connect with the Heaven surrounding us, or Earth is transformed. As we look up, we are also looking within.” ~ Bill Alexander

The key to understanding what is meant with this quote is to focus not on looking within as much as looking **up**; ... to focus less on witnessing and more on *connecting* with that which is looked upon; ... to **connect** with Life (&/or what some call “God”) in Gratitude when looking “up”, and to **connect** with the Earth (i.e. our surroundings and the others who inhabit the same) with Love – via acts of radical Kindness & selfless Caring, especially those to whom we least wish to give the same – essentially, to Love others despite their behaviors; to Love others while looking “within” them.

***What you are “seeing”
is what you are choosing to Become ...***

“Let all who have power renounce it.” ~ Jesus (Thomas 81)

Keep in mind that Jesus is speaking here of the primal, self-focused, non-capitalized “power” of the ego – the “power” we have to manipulate others with our dishonesty; the “power” we have to harm others with our aggression; the “power” we have to frighten others with our threats; the “power” we have to sadden others with our criticisms; the “power” we have to anger others with our insults ... We all have this damaging (and ultimately counterproductive) “power” at our disposal, and it is indeed impossible to Love others selflessly (the source of our only true Power) until we willingly renounce the same.

“The Father and I are ONE.” ~ Jesus (John 10:30)

Yes, Jesus was referring to himself as a Divine Being in this verse, and yet not in the sense most commonly (and most conservatively) believed ... For he was most certainly **not** equating himself with God (see [Matthew 19:17](#), [John 5:22](#), [John 5:30](#), [John 8:26-28](#), [John 8:42](#), [John 12:49](#), [John 13:3](#), & [John 14:28](#)), and he was most certainly **not** implying that he had been Divine since birth (see [John 8:40](#), [Acts 2:22](#), [Acts 17:31](#), & [1 Timothy 2:5](#)), and he was also most certainly **not** clamoring to be worshipped by his followers (see [Mark 10:18](#), [John 5:41](#), [John 7:16](#), [John 8:50-54](#), & [John 12:44](#) et al) ... No, as Jesus told his listeners elsewhere in the Scriptures with both regularity and vehemence (a la [John 10:37-38](#), [14:20-26](#), & [John 15:26](#)), he was reflecting the Essence of God in every moment he *chose* to “Love anyway” – a choice we can **all** make, and thus a Divine Reflection we can **all** embody (see [John 14:11-20](#) & [Hebrews 4:15](#) et al) ... Yes, Jesus was One with the Father during the vast majority of his selfless ministry, **and** it is just as possible for us to become similarly One with the heavenly Father as well – in every moment we choose to act accordingly (see [John 13:15-17](#)).

Image 236 (Page 94b) ... This picture shows magenta crepe myrtle blossoms; symbolizing the Truth that Love is eloquent (i.e. Truth-full) and potent only when given indiscriminately – only when given abundantly and only when given to all ...



“The evening of a well-spent Life brings Its lamps with It.” ~ Joubert

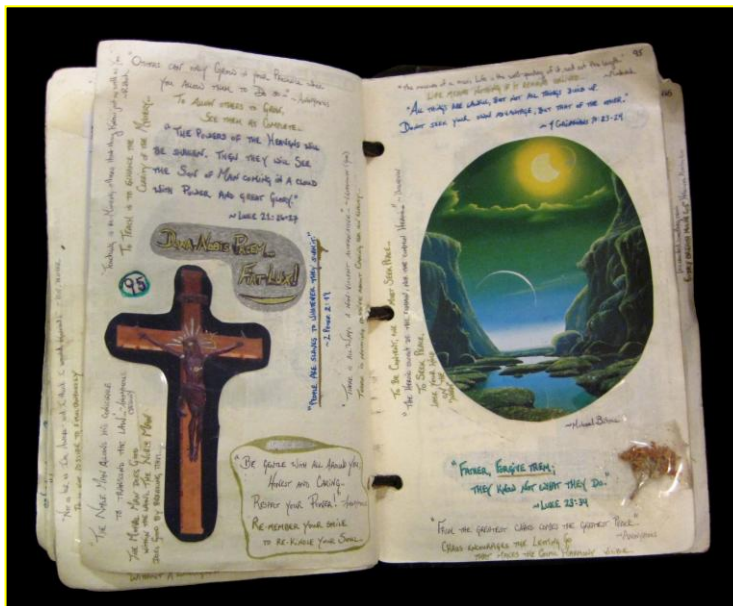
This quote is True to the degree that the life “well-spent” is the life “well-**Loved**” ... Indeed, as we get closer & closer to the limbically known time of our physical death (we all have an intuitive knowledge as to how many moments we have remaining in our lives – barring unexpected accident or unforeseeable terminal illness, of course), the more those moments stretch out and allow for an introspective realization; both of the things we have Done as well as those we have neglected to Do. The further along our life-paths we live, the more deeply we Know that we are here to serve and not to be served. We aren’t always cognizant of this Truth (certainly not in the moments when our awareness is clouded with mind-altering substances, addictive behaviors, &/or radically self-centered choices) and yet the further along our life-paths we “walk” the more we come to realize that time is growing short for us to become what we have been Called to Be since our birth – namely, agents of The One; lovers of all life; champions of the downtrodden; bringers of Justice to the oppressed & Compassion to the wicked ... And when we come to the real and present “evening” of our lives; when we sit directly on Death’s doorstep and know with crystallized certainty that our time of passing is nigh, then the degree that our previous lives have been “well-spent” (i.e. have been filled with regular acts of self-sacrificial Kindness and selfless Love) is the degree that we will know a deep-seated Peace (and even heartfelt Joy) in that Final Evening. Conversely, the degree to which we have lived lives based in fear &/or greed &/or aggression &/or arrogance (&/or callousness &/or enmity &/or cruelty) is the degree to which we will suffer mightily in those final moments – is the degree with which our bodies will tremble futilely with an intense longing to rise and Do Better, and the degree with which our minds will quiver & shake while wracked by regret & embarrassment & shame ... Indeed, this is why Jesus himself told his listeners to “Be dressed for action and have your lamps lit” ([Luke 12:35](#)).

Current clarity is proportional to prior courage.

“Be so strong that nothing can disturb your Peace of Mind ... Talk of health, happiness and prosperity to every person you meet ... Make all your friends feel that there is something worthy in them ... Look at the sunny side of everything and make your optimism come true ... Be just as enthusiastic about the success of others as you are about your own ... Forget the mistakes of the past and press on to the greater wonders of the future ... Wear a cheer-full countenance and give every living creature you meet a smile ... Give so much time to the [actualization] of your Self that you have no time left over to criticize others ... Be too large for worry, too noble for anger, too strong for fear and too happy to permit the presence of sadness.” ~ Christian D. Larson

This quote gets an NCN rating -- No Comment Necessary; at least to the degree that the reader understands that true Strength comes in the form of willing vulnerability, that true Optimism focuses on the other and never the self, and that true Happiness comes while *enlivening* Love – that it is more a verb than an emotion.

***Allowing pain to rest quietly beside you,
both desire and fear have no place to be born ...***



“Others can only grow in your presence when you step back and allow them to do so.” ~ anonymous

The Meaning-fully productive life is about giving Meaning-fully productive Love. And it is important to remember that we cannot give others that depth of Love if we are in any way desirous of their “change for the better” or their “growth” – if we are in any way wanting them to be or say or believe in any way other than they are already behaving or speaking or believing ... Yes, the others around us are indeed often steeped in discordant thoughts & beliefs – thoughts & beliefs which often manifest themselves in harmful speech and/or injurious deeds. And yet we cannot allow those others to Awaken to their innately Peace-full Nature without Loving them – and we cannot truly Love them without beaming Love to who they are being, as opposed to who they could or might one day choose to become. This is what it means to “step back and allow others to grow” – to step back from them by withdrawing our criticisms and withholding our judgments and silencing our negativities; to step back from them in these ways, and thereby step towards them spiritually with our untainted, unadulterated, unconditional Love – a Love that allows those others (at least during the moments it is being given) to See their True Selves clearly once more, and thereby to in effect open the door for them to possibly abandon their discordant ways in favor of letting their Caring Souls emerge anew.

**To allow others to grow,
choose to See them as allReady complete ...**

“Teaching is re-minding others that they Know just as well as you.” ~ Richard Bach

And we can do that re-minding more potently with cryptic words than direct explanation, more powerfully with overt actions than cryptic words, more vibrantly with unusual deeds than “normal” ones, and more clearly with anonymous unusual actions than those solely unusual ... Indeed, nothing can ever be learned that is not remembered via Faith-fully leaping into the same. Of course, a Faith-full leap must be seen to be made, and the same cannot be truly Seen until it is looked for and rediscovered by the one who will be doing the leaping. It is for this reason that the Sage shares her Truths in ways cryptic & unclear & symbolic – in ways that hide those Truths within puzzles, metaphors, & riddles – and thus in ways that allow their listeners to rediscover those Truths for themselves – thereby allowing them to make the only leap worth making thereafter.

**To truly Teach is to enhance the clarity
of another's view of The Mystery ...**

“The Powers of the Heavens will be shaken. Then they will see the Son of Man coming in a cloud of Power and radiance (Glory).” ~ Jesus (Luke 21:26-27)

It is assumed by many Christians that this passage is speaking about Jesus’ ominous “2nd Coming”, that mythical time when he will descend from the sky in wrath & judgment – raising up the few that are worthy into Heaven, and casting out the many who are sinful into the depths of Hell below. Of course, as Jesus himself noted on many an occasion in the Gospels, he believed nothing of the sort ... For Jesus, the “Kingdom of Heaven” is an *internal* state of being (see [Luke 17:20-21](#) & [Matthew 10:7](#) et al) and the Power of that Heaven is the perfect Love of his heavenly Father (see [Matthew 5:40-44](#) & [Matthew 19:26](#) & [Luke 1:37](#) et al). As such, “the Powers of Heaven are shaken” in all those moments when we witness others neglecting the needy in favor of reaching out to serve them, or attacking their enemies instead of openly forgiving them, or ridiculing their opponents instead of extending them acts of Kindness ... And it is in just such moments of intense discomfort & fear – moments when Love is both blatantly available and most desperately needed, and yet remains hidden & unenlivened – that “the Son of Man” is inspired to come in a “cloud of power & radiance” (see also [Matthew 8:20](#), [Matthew 9:6](#), [Matthew 16:28](#), [Matthew 20:28](#), [Matthew 26:64](#) et al) – phrasing that means either that it is the ego’s self-centered “Son of Man” that clouds the Soul’s impulse to supply the Love that is being neglected, OR that the same “Son of Man” is in such moments inspired to blossom forth in a cloud of radiant glory – shining brightly through all fear & desire and inspiring us to Do what our ego would have us not.

“Give us Peace ... Let there be Light!” ~ Latin Sayings

Peace can only wash over our Souls in the moments we choose to bring the Light of Love to those residing in the darkness.

Dona Nobis Pacem ... Fiat Lux!

Image 237 (Page 95a) ... This picture shows a carved crucifix hanging in the Tintagel Chapel (Tintagel, England) – reminding me of the Truth that self-sacrifice means little if not done willingly, and has little influence if not done Joy-fully ...



“People are slaves to whatever they submit.” ~ unknown (2 Peter 2:19)

What is most important to realize about this verse is that it relates to much more than merely the commonly criticized “sinful” addictions of alcohol, illegal drugs, cigarettes, &/or sex ... No, it relates just as well to all those who are enslaved by their addictions to fatty foods, sugar, &/or caffeine (**Solution:** Have some Self-Respect, one moment at a time) ... And it relates just as well to all those who are enslaved by their addictions to talking superficially, watching television, checking in on social media, gathering information online, and all other forms of “being connected” at the expense of any real & daring forms of Intimacy (**Solution:** Reach out to strangers, one moment at a time) ... And it relates just as well to all those who are enslaved by their addictions to comfort, ease, sloth, &/or relaxation (**Solution:** Serve your surroundings, one moment at a time) ... And it relates just as well to all those who are enslaved by their addictions to gluttony, greed, hoarding, and “success” (**Solution:** Give to others; Giving three times as much as one buys or obtains or receives – doing so one day at a time, and doing so every day; until what one “owns” becomes no more than what one truly needs) ... And it relates just as well to all those who are enslaved by their addictions to drama, romance, beauty, and safety (**Solution:** Spend more time alone than with loved ones, and more time with strangers than alone) ... And it relates just as well to all those who are enslaved by their addictions to callousness, arrogance, criticism, negativity, envy, and regret (**Solution:** Repetitively express a radical Gratitude for everything that IS, one moment at a time) ... And it relates just as well to all those who are enslaved by their addictions to sadness, seriousness, anger, and fear (**Solution:** Remember to be Joy-full, one moment at a time) ... And it relates just as well to all those who are enslaved by their addiction to animal abuse (be that abuse confinement, cuckoldry, &/or consumption – **Solution:** Go Vegan, one moment at a time) ... And it relates just as well to all those who are enslaved by their addictions to nationalism, conflict, politics, and religion (**Solution:** Befriend an enemy every day, one day at a time) ... And it relates just as well to all those who are enslaved by their addictions to feelings of resignation, hopelessness, meaninglessness, and despair (**Solution:** Get up, get out there, and **get busy Loving** – one moment at a time).

“In every moment of choice, there is allWays a non-violent alternative.” ~ anonymous

And this Truth is not limited to acts of physical violence, but acts of emotional violence (e.g. indifference, insults, fear-mongering, rage, & guilt-trips) and acts of mental violence (e.g. criticism, ridicule, argument, passive-aggressive attack, & illogical exclamation) as well ... And it is just as important to remember that alternatives to non-violence are **not** options that are passive or neutral or bland or hollow, but rather are the options that are actively gentle and courageously caring and openly supportive and exceptionally generous and selflessly kind.

There is nothing “passive” about caring for an enemy ...

“The Noble Man allows his conscience to transcend the law.” ~ anonymous

All just laws are to be followed, but not because they are laws – but rather solely because they are just. Similarly, all unjust laws are to be openly & respectfully broken, not because they are uncomfortable &/or constrain our freedom – but rather because they are unjust ... The Noble Man knows which are which because the Noble Man builds his life around Justice – around uplifting those who suffer from oppression, and around casting down those who do that oppressing.

***The moral man behaves “righteously”
within the bounds of unjust societal laws ...
The Noble Man does true Good
by Respect-fully breaking the same.***

“Be gentle with all around you; sincerely Honest & Caring ... Respect your Power!” ~ anonymous

Yes, it is true that all inequity is to be called out for what it is, that all inequity is to be lambasted as unjust & unrighteous. As such, it is also true that all those with Power are called to stand boldly between inequity and its intended victims – to actively defend the latter while calling out the former. That having been said, true Power comes not from insulting the unfair or condemning the unjust ... Rather, true Power comes from extending Kindness to those who are being unfair (thus reminding them of their innate fairness, and inspiring them to re-member the same) and being openly Loving towards those being unjust (thus reminding them of their nobility, and allowing them easy access to that ever-returnable Kingdom).

Re-member your smile to re-kindle your Soul ...

“The measure of a man’s Life is the well-spending of It, and not Its length.” ~ Plutarch

A life can only qualify as being “well-spent” when its very essence is given fully to all those encountered in need ... A life can only be considered truly well-lived when that life itself has been regularly & willingly offered to bring a greater measure of Peace & Joy to the whole ... The sacrifice must not be accepted to be given, of course (one need not actually die to Give to another potently or Love them fully), and yet the *willingness* to do so must be full and sincere and frequent for a Life to count as fully Lived.

Life means nothing if it remains unLived ...

“All things are lawful, but not all things build up. Do not seek your own advantage, but that of the other.” ~ Paul (1 Corinthians 10:23-24)

This passage provides a deep-seated conundrum if there ever was one, for on the one hand it speaks to a Great Truth – namely, the Truth that man-made laws are essentially irrelevant to the truly Good Man; that we are not to do what is lawful, but rather what is Right – not to follow the mere whims and fancies of cultural norms or the vacuous expectations of others who are “in power”, but are instead to engage only those deeds that can sincerely be expected to bear the Good Fruit of Peace for one’s community &/or Joy for others nearby ... Of course on the other hand, it seems on its face to *violate* one of the Great Truths of Christ – namely, the Truth that we are to abide fully in “**The Law**”; even the faintest “**jot or tittle**” thereof (see **Matthew 5:17-18**). And yet this conundrum is no paradox at all, and certainly provides no contradiction – for “**The Law**” mentioned by Jesus has absolutely nothing to do with the laws of humankind (“**Give to the Emperor what is the Emperor’s and to God what is God’s**” ~ Jesus in **Matthew 22:21**), and in fact does not even pertain to any strict observance of the 613 religious laws of the Old Testament. For in fact, Jesus makes it exceedingly clear throughout his ministry that he came not to affirm those religious edicts, but to “**fulfill**” them – with the Greek word translated as “**fulfill**” being the word *pleroo* (Strong’s #4137), which actually means “to hone” or “to perfect” or “to bring to completion” – which is what Jesus did throughout his ministry: openly critiquing the vast majority of those 613 Old Testament edicts – constraining the ones that were too aggressive (e.g. **Matthew 5:38-41, Matthew 9:14-15, Matthew 12:31, Matthew 16:6-12, Matthew 19:29** et al), staunchifying the ones that were too lax (e.g. **Matthew 5:21-22, Matthew 7:15-20, Matthew 19:11-12** et al), and even outright dismantling the ones that were outdated (e.g. **Matthew 6:16-18, Matthew 8:3, Matthew 9:12-13, Matthew 11:20-24, Matthew 12:1** et al). Essentially, he did this to make sure that the people did as Paul was advocating here – namely, that they did what was Righteous instead of merely what was demanded by law; that they did what was Good instead of merely what was required by regulation; that they did what was Kind instead of merely doing what was obligated by cultural norm or convention. And, unlike Paul, Jesus did this to encourage his listeners to seek not a personal advantage by avoiding trouble with the authorities &/or giving the least acceptable amount to others, but rather in-Courage-ing us all to seek to maximize the benefit of the other by ignoring legal proscriptions that prohibited the same &/or giving above & beyond what was expected by the law (see **Matthew 5:38-42** – where we are asked by Jesus to go the second mile, turn the other cheek, and give not only our tunic, but our cloak as well).

“The heroic cannot be the common, nor the common, heroic.” ~ unknown

Only the Givings that are seen as “unusual” or “self-sacrificing” or “noble” or “dangerous” or “risky” (i.e. “**heroic**”) can effectuate the multiplied Good that comes not only to those potently served thereby, but also those potently awoken to their own heroic True Self while witnessing the same.

***To be content, one must Seek Peace ...
To Seek Peace, one must release one’s hold on the “norm”.***

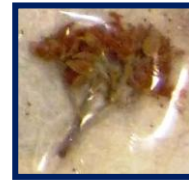
Image 238 (Page 95b - main image) ... This picture of a Michael Boehme painting (which I personally call “Green Moonsets”) reflects the Truth that Love truly is eternal – that even as one service “sets” (i.e. is completed or rejected or no longer bears Good Fruit) another always rises (i.e. is always nearby and ripe for engagement) ...



“Father, forgive them ... They know not what they do.” ~ Jesus (Luke 23:34)

On the one hand this verse implies that ignorance is an excuse for actions that cause unintended harm to others, and to a degree that is indeed the case – for consequences are not tied to what is done nearly as stringently as to *why* what is done is done (e.g. it is not as egregious to accidentally kill an animal as it is to intentionally eat one) ... That having been said, Jesus need not have given this pleading to God, for his Father is clearly a God of perfect Love (**Matthew 5:48**), a God who does not condemn (**Luke 6:36**), a God who always forgives (**Matthew 8:21-22**), and a God who never punishes (**1 John 4:18**) ... As such, we are left to wonder why Jesus would utter this statement at all – and one of the more probable reasons is that he wasn’t pleading to God directly, but rather was speaking in the *direction* of God – by speaking directly to those listening nearby. For it was *they* who did not have his (or his heavenly Father’s) perfect understanding of Love, and it was thus *they* who might very well have needed an extra incentive to not lash out in condemnation against those who had placed Jesus on the cross ... And this explanation becomes especially probable when we re-realize that it was Jesus himself who orchestrated his entire crucifixion; that he was the one who pre-planned the entire event. And as such, it makes even more sense that he would not want anyone to unnecessarily suffer merely for helping him carry out his own final, ultimate teaching – his ultimate exposition of The Way of Joy-full self-sacrifice – hence his loud crying out of **Psalm 22:1** as his cue to drink the intoxicating draught, to *voluntarily* “**give up his Spirit**” (the Greek *apheken to pneuma* in **Matthew 27:50**), to be taken to a freshly cut tomb, to exit that unguarded tomb that evening, and to appear to his disciples thereafter.

Image 239 (Page 95b - bottom) ... This is the actual blossom from a tree that blooms every three years in the Edgewater Towers garden (Chicago, Illinois) – reminding me of the Truth that even though our labors might appear to be for naught, Love – when given without hope or expectation – always & inevitably yields the sweetest fragrance ...



“From the greatest chaos comes the most Power-full Peace.” ~ anonymous

Actually, the greatest chaos only engenders the greatest Peace when the greatest chaos brings the greatest pain – and then Love is given anyway to the source of the same.

Chaos encourages the letting go that makes visible the Cosmic Harmony.

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“Why is the sea king of a hundred streams? Because it rests below them ... If the Sage would guide the people, he must serve them with humility.” ~ Lao Tsu (*Tao Te Ching* #68)

Not only must the “King” serve others, he must be as the sea and embrace whatever service comes to him – he must serve others according to the needs of *their* Ways and *their* Lives, and he must do so in the ways that (to a Peace-full degree) harmonize with *their* beliefs & even (to a similar degree) support *their* preconceptions about the same ... Yes, if someone asks a King to serve in way that appears certain to bring pain & suffering, the King serves that person by *denying* that request, and yet if there appears to be even a decent chance that the fulfillment of a request can bear the Good Fruit of Peace &/or Joy – and if it seems relatively obvious that the one doing the requesting will not choose to engage the same him or herself – then the King acts as the ocean, and accepts that call with both Heart & arms wide open ...

Note: the only Path that an Enlightened Being can show others is a path of selfless service ... As such, it borders on a truism to state that if an Enlightened One would guide others that she must humbly serve them – seeing as how the only way we can teach others is by showing them what we Know, and that the only thing worth showing anyone is The Way of selfless Love.

To truly guide others, you must live true to their Ways ...

“The more Creative you choose to be, the more Wonders you notice around you.” ~ anonymous

Wonders are what we call Reality when we choose to See the same through unclouded lenses ... Lovers & Family members become mere names we give to others when we see them through unclouded lenses – when we choose to See all sentient beings as both Lovers & Family ...

Creativity is what we call it when one sees Wonders and seeks to make them even more Beauty-full – or when one sees Lovers or Family members and seeks to bring them even more Peace ...

As such, at least in this sense, the more Creative we choose to be, the more Wonders we will not only notice – but the more Wonders we will create to be seen by those around us.

***To Be as ONE, see Oneness ...
To see Oneness, act as ONE.***

Image 240 (Page 96a) ... This picture is a red-filtered image of a portion of the Grand Canyon – symbolizing the Truth that fear is only a chasm when we stare deep into its mythical futures; and that fear become a source of immense beauty when we use it to empower our acts of Love ...



“We are all Ways the builders of our moments and the co-creators of our world.” ~ anonymous

This is not to say that we literally “manifest” whatever we wish for in our immediate surroundings (for either we fail to do so and suffer, or we succeed in doing so for our own benefit – and thereby entrench ourselves further in the delusion of separateness – and thereby cling to that which we apparently co-create – and thereby suffer more mightily when the same inevitably disappears) ... No, what is being noted here is that we have the ability to *subtly* alter the flow of what comes to us (even though we have admittedly little control over the ultimate arrival of those circumstances) – and that we do so not by altering what comes to us, but rather by altering *how* those happenstances affect our immediate future and our immediate surroundings. And we do this by **A**) choosing how we view what happens to us (seeing them as things that happen *for* others – and therefore things that happen *for* us inadvertently as well), ... **B**) choosing what we then do for others with those moments of happenstance, ... and **C**) choosing to detach completely from the results of the same – in order to more fluidly enter the next moment and be able to more potently “co-create” Harmony in this manner again.

Paint your moments with the finest of brushes: Wonderment ...

***“Truly, I tell You, not one stone will be left here upon the other;
all will be thrown down.” ~ Jesus (Matthew 24:2)***

This verse contains three implications of note: **01**) It is a general reference to the latent impermanence of all moments and all matter within them (in a similar vein to the Buddhist beliefs about the same – beliefs which were already popular along the Silk Road that connected Judea & China in Jesus’ day, and thus beliefs with which Jesus was almost certainly familiar ... **02**) It also alludes to the overall inevitability of the collapse of religious dogma. Not only was this collapse foretold in the Old Testament Scriptures (Scriptures with which Jesus was blatantly quite familiar – see [Isaiah 54:10](#), also [Jeremiah 31:31-34](#) + [Hebrews 8:8-13](#)), but it was also a collapse easily predictable to anyone having Jesus’ level of understanding of human sociology & the human psyche ... **03**) It is a specific reference to what his imminent crucifixion would do to the Jewish religious structures of his day. [**Note** that he quite obviously did not anticipate the magnitude of Paul – the magnitude of Paul’s lack of comprehension of the Way of Love, the magnitude with which Paul was able to spread his “false gospel” during his life, and the magnitude with which a large portion of humanity would then go on to cling to Paul’s gospel and thereby reject Jesus’ own Gospel of Christ. Maybe Jesus was simply naïve in this regard – or maybe he simply had a far greater Faith in his message and in humanity overall. Either way, he drastically underestimated the ability of humans to choose fear over Love and thereby live far below their Divine potential.

“Faith has nothing to do with the certainties of ‘reality’
and everything to do with the Acceptance thereof.” ~ unknown

Real Faith is not a mental construct, but a verb ... It is not being certain about the inherent goodness (or badness) of another person, nor is it a solid belief in the imminent success of a particular plan, much less the concrete knowing of the ultimate salvation of one’s Soul. Rather, true & solid Faith is being completely *uncertain* of all these things, and yet still striding forth to *Love anyway* ... Indeed, such boldness of being is the only way to exude (and thereby experience) real Faith, and this is the only way to sincerely & fully Accept the ultimately unknowable reality in which we live.

Faith is acting while conscious of our consciousness’ limitations.

“Only a genius can master his chaos.” ~ Sandra Hilbers
(*Nur ein Genie beherrscht sein Chaos*)

Fair enough – and yet this statement means nothing unless we come to understand what it means to “master chaos” ... For one does not “master chaos” by having the ability to block out the unimportant things, and one does not “master chaos” via the ability to perform many tasks at once. One does not “master chaos” by learning how to “keep it all together” and one does not “master chaos” by reflecting a tendency to “keep it all in perspective” ... No, the only way to truly “master chaos” is to have the Humility to see chaos for what it is (namely, a cacophony of pain & fear-full confusion), and then to have the Courage to fully immerse one’s Self into that whirlwind with acts of irrational, self-sacrificial, “chaotic” Love.

“I have cast Fire on the world and, look; I am guarding It until It blazes.” ~ Jesus (Thomas 10)

First & foremost it is crucial to realize that “fire” for Jesus had nothing to do with punishment or “karma” or retribution of any kind – that “fire” for Jesus was a purifying, cleansing agent; something uncomfortable but ultimately Peace-bringing to be courageously embraced, not something torturous and awful to be feared (see [Jeremiah 20:9](#), [Luke 3:16](#), [Luke 12:49](#), [Hebrews 12:28-29](#), [Thomas 10](#) & [Thomas 13et al](#)) ... Indeed, for a world steeped in material lusts and emotional fears, the only “fire” that could “burn” deeply enough to cleanse the same must be a psycho-spiritual one – and in order to succeed, it must (like any effective cleanser) apply the opposite force to the discord it is attempting to expunge ... The world is steeped in the suffering that comes from attaching to material things and the desire that comes from the same. As such, the only “fire” that can cleanse such dysfunctional hoarding is the “Fire” of selfless Giving ... Similarly, the world is soaked in the suffering that comes from fear – attacking enemies, shunning strangers, holding grudges against those who have wronged us, protecting ourselves from potential threats and hidden attacks. As such, the only “fire” that can purify such primal selfishness is the “Fire” of unconditional Love. It can then come as no surprise that selfless Giving and unconditional Love are the primary planks of Jesus Way, his Truth, and his Life (see [Matthew 22:37-40](#), [Matthew 25:35-40](#), [John 13:15-17](#) et al) ... **Note** as well that Jesus does not say here that he will be spreading the fire himself, but rather that he will be “guarding it” until it blazes on its own (i.e. teaching that Way by demonstrating it; and doing so until others see that Way, and then emulate that Way -- thereby spreading the Fire of Love themselves throughout the world).

Image 241 (Page 96b - top) ... This is a picture of a “sharpening hole” (presumably used to sharpen knives or sword points) found in a massive menhir in Avebury (England), reminding me of the Truth that it is always best to enter every encounter with tools well-oiled and swords well-sharpened – remembering that in all encounters with sentient beings, the only tool worth using is Kindness brandished boldly and the only sword worth swinging is the Truth sheathed in gentleness ...



“Tears are often the telescope by which we see far into Heaven.” ~ H. W. Beecher

Tears of sadness (just like tears of relief) actually obscure all external perceptions, and as such are actually not telescopes by which we can peer into the heavens, but rather are potential *microscopes* through which we can choose to see far into the Heaven *within us* – i.e. deep into our empathic Souls &/or far into the reaches of our interconnected Compassion ... Indeed, we can only truly See others when we can empathize with their emotional states of being, and we can only truly See objective Reality to the degree that we choose to perceive it as one Whole – by choosing to See others as facets of ourselves and our Selves as facets of all others; and by then choosing – through our heartfelt tears – to act accordingly.

***Tears of sadness blind ... Tears of Joy clarify.
These two very different waters
can only be parted with Love.***

“Every Human Being is your counterpart. Every other Human Being both possesses and embodies aspects of yourself: your dreams, your sorrows, your hopes. For each of us there was a time when the world was young, a springtime of Spirit that was later tested by the winters of discontent; and in the middle of each of our Lives lies the shadow of death. Therefore we are all quite alike, indeed at the core we are all One; all lost – and found – in the same mysterious enterprise that is Life.” ~ D. R. Kingma

Firstly, note that the latter portion of this quote is True enough – namely, that in general we all do indeed face the same fundamental challenges of the fear of death, the fear of pain, the fear of being confined or constricted, and the fear of being abandoned (i.e. cast out of our “herd”) ... Note as well that realizing this Truth can indeed provide to be a valuable launching pad for an enhanced sense of Compassion for others – a commonality that makes it easier to see others as Siblings or Cousins or even Soulmates, to then peel away all preconceptive judgments of them, and then to be sincerely Caring towards the same ... That having been said, the first part of this quote can be quite misleading, for while we do all have dreams – all of our dreams are uniquely different; and while we do all have sorrows – each of our trials are ours alone. And it is believing otherwise that tempts us to provide solutions for others where we actually have none – to give advice to others regarding their problems instead of reaching out to them with simple, non-judgmental acts of heartfelt Kindness.

***The only person who is truly Special
is the person who Knows they are not.***

“In you live three people: one is adventure; the second is yearning; and the third is pride ... Is it possibly too crowded in there – in your Temple?” ~ Iris Mahler

Interestingly enough, as long as we see ourselves as a “temple” of any great personal importance, that “temple” will *always* be far too crowded ... It is only when we replace individual desires with acts of selfless service (and thereby replace thoughts of self-focused pride with a heart of selfless Caring) that our lives become the Adventure they were meant to be ... In essence, it is only when we cease worrying about the state of our own Temple that we can effectively cleanse the same ... Indeed, it is in adventuring into Loving others that empties all zealots and charlatans from within us; it is Loving others without thought for self that becomes that same cleansing.

***Love is the only true Adventure for the Soul.
All else is the mere temptation to remain hidden;
immersed in the loneliness of comfort ...
Set forth instead!***

Image 242 (Page 96b - bottom) ... This picture is of a costumed Iris Mahler, a dear Friend who provided me with companionship (& who ultimately taught me to speak German) in 1994 & 1995. This image reminds me of the Truth that – while there are “demons” within every “angel” (i.e. that every expectation is ultimately shattered, that every commitment is ultimately betrayed, and that every hope proves ultimately pain-filled) – there are also “angels” within every “demon” (i.e. that every enemy is actually a Soulmate worthy of being treated accordingly, and then when we have the courage to do so, their inner Angel always ultimately shines forth) ...

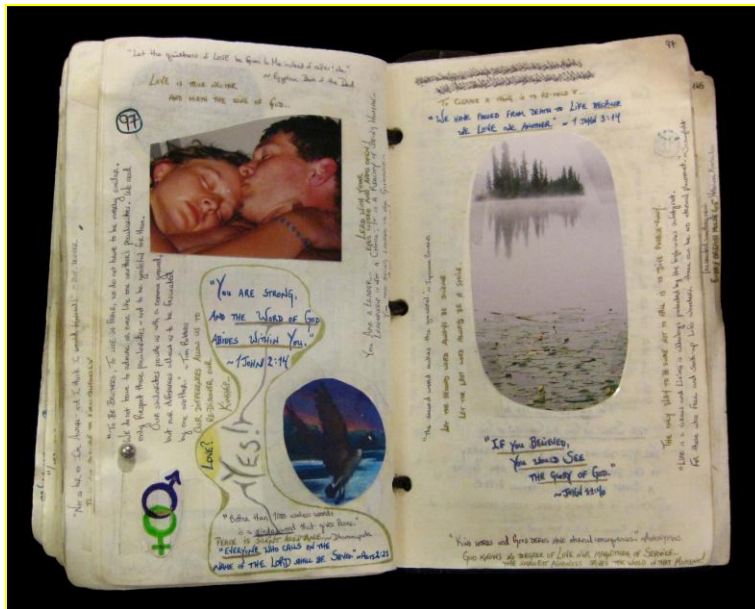


“When building a circle of Friends, allWays begin with your True Self;
the Self who allWays Loves your enemies.” ~ anonymous

This quote is actually a paradox – as it is impossible to befriend the True Self without first befriending others; indeed, that the only time we are ever truly befriending our True Selves is actually *while* we are befriending others – especially those deemed “least deserving” of that friendship.

***You are your only true Friend –
... and all of us are ONE!***

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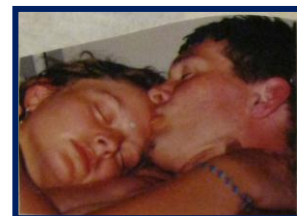


“Let the quietness of Love be given to me
instead of cakes and ale.” ~ Egyptian Book of the Dead

Fair enough ... It is true that Love must always take precedence over more mundane desires on the Path to Peace, and yet it is just as true that Love is never “quiet” ... Indeed, even though Love itself does always instill a deep-seated sense of Contentment & Calm, acts of Love are always “loud” – they are loud in the boldness of their activity, they are loud in the flagrancy of their irrationality; they are loud in the selflessness of their courage; they are loud in the nobility of their self-sacrifice; and they are loud in the purity of their humility.

Love is true nectar and mirth, the wine of God ...

Image 243 (Page 97a - top) ... This picture (which I call “One”) is of Sandra & myself during the Summer of 1996 – an image that reminds me of the Truth that Love has nothing to do with physical proximity and nothing to do with emotional bonding and nothing to do with mental desire ... and *everything* to do with Caring for the other humbly, and Caring for the other selflessly, and Caring for the other gently ...



“To be brothers, to live in Peace, we do not have to be overly similar. We do not have to admire or even like one another’s peculiarities. We need only respect those peculiarities – and to be grateful for them. Our similarities provide us with a common ground, but our differences allow us to be fascinated.” ~ Tom Robbins

Respecting the peculiarities of another does not necessarily mean supporting the same (especially if they are peculiarities that manipulate or cause pain) ... Similarly, being grateful for the peculiarities of others does not mean affirming the same (especially if they are peculiarities that are judgmental or aggressive) ... Indeed, it is the unusualness of others – especially with regard to their divisive actions, their acerbic words &/or their condemnatory beliefs – that allows us to Love powerfully; namely, to *despise* their traits that bring pain or dis-ease to others, and yet to openly Care for *them* anyway.

Our differences allow us to re-discover true Kinship.

“You are strong, and the Word of God abides within you.” ~ unknown (1 John 2:14)

We are strong **not** because the Word of God (which is unconditional Love – see [Matthew 5:40-44](#), [John 7:38](#), [Hebrews 4:12](#), [1 John 4:7-8+16](#)) abides within us (though it does indeed abide within us – see [John 14:15-20](#)), but rather we are strong whenever we have the courage to boldly *actualize* that Word (see [Matthew 25:35-40](#), [John 14:12](#), [John 12:47](#), [Romans 8:28](#) et al) ... Indeed, we are truly Strong only when we purely Love, and thereby *become* the Word of God.

“You are a leader and your leadership is not a choice. It is the Reality if your being Human ... Even now you are being looked to for guidance. Act accordingly.” ~ anonymous

Actually, leadership is not an innate fact, but rather an inherent *potential* ... Leaders are not leaders because they sit in positions of authority or because they are looked to for guidance ... No, our leaders only become Leaders when they make their lives into Beacons of Truth; only when they actually set forth to lead – only when they *embody* that which is Right & Good & True, and thereby show others – with their silent deeds far more than their overt orders – the Way thereto.

Lead with your eyes closed and your arms Open ...

Image 244 (Page 97a - bottom left) ... This picture shows a male/female symbol (drawn by Sandra) – symbolizing the Truth that our True Self can only be purely Loved while being powerfully enlivened, and that it can only be powerfully enlivened when our prayers to God become prophecies Self-fulfilled ...



Image 245 (Page 97a - bottom right) ... This picture shows a Canada goose coming in for a landing – symbolizing the Truth that Life’s greatest blessings are often not what we have been taught – that it is greater to “remain behind” to help a fallen comrade than it is to “forge ahead” towards personal success; that it is greater to serve others than it is to learn from them (and that it is greater to learn from them than it is to teach them); that it is greater to show others the Way than it is to tell them of the same – that it is greater to Love the flock than it is to “find love” therein ...



“Better than 1000 useless words is a single word that gives another Peace.” ~ Buddha

And here are the single words that bring the most potent Peace: Forgiveness ... Repentance ... Kindness ... Love ... and **YES**. Of course, it is even more important to realize that the only words that bring the most potent Peace are the words that are *enlivened* more than merely uttered – and the words that actually bring that Peace when humbly performed. And as such, this saying might merit a slight alteration – a slight shift to the Wisdom that reads: Better than 1000 superficial deeds is the single act that brings another Joy: the Smile given to a stranger -- the Attentiveness given to a friend -- the Hug given to an enemy -- the Sacrifice given to the one in need of the same.

Peace is the silent and grateful Acceptance of all that IS.

“Everyone who calls on the Name of the Lord shall be saved.” ~ Luke (Acts 2:21)

Note that the meaning of this verse depends on what is meant by “the name of the Lord” ... Please consider the following: **01**) If by “the name of the Lord” one means **God** Himself, it is crucial to remember that the specific name of God was never revealed in the Bible* – meaning that to “call on the Name of the Lord” is to call on The Great Mystery; to humble one’s self before the Great Unknowable – which is indeed a pre-requisite to the acts of purely selfless service that saves thereafter (see [Matthew 18:3-4](#)) ... **02**) If by “the name of the Lord” one means **Jesus** Christ, it is crucial to remember that the English name Jesus started out as the Hebrew name “Yehoshua” (essentially meaning “God is our Guide”) and later became the Aramaic “Yeshua” (which meant “He will save” -- see [Matthew 1:21](#) “you are to name him Jesus, for he will save his people from their sins”) ... Finally, in [Matthew 1:22-23](#) we read that Jesus' name of origin is actually “Emmanuel” (which means “God is with(in) us”) – meaning that to “call on the Name of the Lord” in this sense is to call on the *internal* Advocate Within (see [John 14:20-26](#)); the Holy Spirit within us all that encourages us to live lives of Love – noting then that to *literally* “call on the Name of the Lord” is not to mentally or verbally pray to God or Jesus, but rather to humbly & Faith-fully *embody* the essence of their perfect Love (see [Matthew 5:48](#) & [John 14:12](#) et al) ... As such, this verse’s deeper meaning exposes the Truth that real Salvation is Grace-fully given “from within” during Love’s doing, not received as a reward “from above” thereafter.

*NOTE that the many specific names given for God in the ancient manuscripts (like “El” in [Genesis 31:29](#), “Elohim” in [Genesis 17:7](#), “El Shaddai” in [Genesis 49:24](#), and “I am who I am” in [Exodus 3:14](#)) are actually all names given by fallen angels *posing* as God ... The true references for the one, true God in the Old Testament are “**Adonai**” (see [Genesis 15:2](#)) and “**YHWH**” (see [Genesis 4](#)) – two names for which a specific meaning is never given.

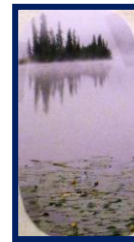
To cleanse a thing is to re-create it ...

To truly cleanse a thing is to Love it unconditionally – thereby allowing it to re-create itself ... To truly cleanse another is to Love them unconditionally – thereby reminding them of who they truly are and allowing them to re-birthe themselves ... To truly cleanse a relationship is to Love it unconditionally by detaching from it completely – thereby allowing the other to Love where he/she will, and allowing the relationship to re-create itself ... To truly cleanse a community is to Love it unconditionally by investing in it completely – thereby allowing the community to evolve in its sense of Justice & Compassion, and thereby re-create itself ... To truly cleanse the world is to Love it without border or boundary – to cherish all of its wonders and all of its sentient citizens as if they were Soulmates – and thereby allowing the world to ever re-create itself as well.

“We have passed from death to Life because we Love one another.” ~ unknown (1 John 3:14)

We do not pass from death to Life because we love one another mentally or emotionally. Indeed, those who do so are the imposters who bring us face-to-face with a living death in the first place ... Instead, it is far more potent to realize that we *literally* pass from the droning death of Meaninglessness into the scintillating richness of Contented Bliss *while* we are Loving others. In every moment we reach past fear &/or desire to Care, we awaken and truly Live; in every moment we do not, we sink back into the humming mediocrity of a life ever wasted.

Image 246 (Page 97b) ... This picture (which I call “Misty Haven”) is of a wooded island in a lily lake; reminiscent of my personal vision of the mist-shrouded isle where Merlin hid the sword Excalibur until the time was ripe for Arthur to wield it for Britain (a la in Mary Stewart’s Merlin trilogy – *The Crystal Cave*, *The Hollows Hills*, and *The Last Enchantment*) – reminding me of the Truth that it is not for us to seek the Noble Path, as much as it is for us to simply serve wholeheartedly wherever we are while remaining ever-ready to answer the Noble Summons should it ever come ...



“It is the second word that makes the quarrel.” ~ Japanese Proverb

Actually, not only that ... Just as the second word makes the quarrel if it is quarrelsome, it is the second word that brings Peace when it is uttered Peace-fully (i.e. when it is uttered silently, when it is uttered smilingly, when it is uttered gently, when it is uttered caringly &/or when it is uttered humbly).

***Let your second word always be silence,
& your last word always be a smile.***

“If you truly Believed, you would See the Glory of God.” ~ Jesus (John 11:40)

This verse makes more sense (and is indeed practically verifiable) when we capitalize the word “**Believed**” – and thereby define it is an *act*; and when we capitalize the word “**See**” – and thereby define it as an *experience*. For the **Glory of God** (which for Jesus is the expression of perfect, unconditional, self-sacrificial Love – see **Matthew 5:48 & John 13:15-17 & Matthew 16:28 + Matthew 24:30** et al) cannot ever be seen with the eyes; it must be felt with body & thereby known with the Soul. Similarly, there is no way to “**truly Believe**” with the thoughts of the mind or the emotions of the Heart; for true **Belief** must be *enlivened* by the body -- & thereby be **Known** by the Soul as well.

“Life is a circus and Its living always secured by the high-wire’s safety net. For those who feel and soak-up Life’s wonders; for those brave enough to walk that tightrope, there can be no plummet.” ~ anonymous

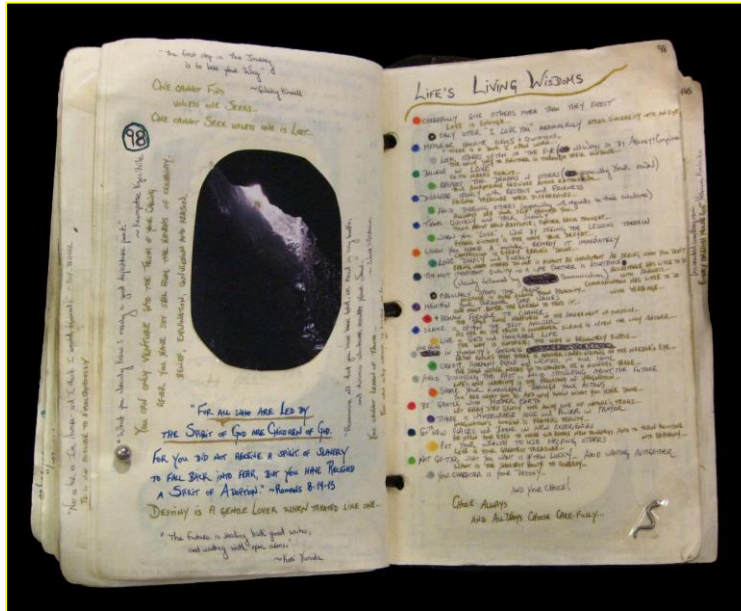
Actually, if one chooses to walk the “high wire” of life to bring greater glory or excitement or wealth to one’s self, to walk that wire in body *is* to simultaneously plummet therefrom in Spirit ... Conversely, to wander through the crowds as a clown – as a fool intent only on bringing Joy to others’ sadness &/or Love to their fear – is to walk the highest, straightest, widest “wire” there is; with no chance of falling, and a destination of Bliss guaranteed.

***The only way to be sure not to fall
is to dive Purpose-fully.***

“Kind words and Good Deeds have eternal consequences.” ~ anonymous

Actually, all words and all deeds have consequences both eternal & commensurate; it is merely Wise to focus on Kind words – because their gentleness brings solace to all they touch (and to all those later touched by those touched thereby) ... Similarly, it is Wise to ever return to doing the next available Good Deed – for such Love brings Peace to all those deeds embrace, and to all those subsequently embraced by those embraced thereby. So it is that our choices ripple outward into eternity; and so it is that they the consequences therefrom wash ever back upon us.

***God knows neither degree of Love nor magnitude of service ...
The smallest selfless deed Saves the entire Cosmos
in the moment it is given.***



“The first step on the Journey is to lose your way.” ~ Galway Kinnell

Indeed, we cannot ever powerfully set forth in Life until we abandon all harbored things “powerful”; we cannot ever knowingly commence our Journey until we set aside all things we think we know ... In Truth, it is these things that keep us from seeing the fact that our Path is already underfoot; that our Way has already been given to us, and that we have but to discard our ego-based delusions to See it stretching smoothly out before our Here&Now.

**One cannot find unless one Seeks ...
One cannot Seek unless one is lost.**

Image 247 (Page 98a) ... This picture casts a look into Merlin’s Cave (now actually a tunnel) under the Tintagel Castle ruins (Tintagel, England). It reminds me of the Truth that “Magic” is not as much about performing the supernatural as it is about enlivening the *supra*-natural – is not as much about manipulating energies & elements for effect or personal gain as it is about performing deeds that transcend selfish instincts, giving the Love that transforms the Self, and inspiring those nearby to do the same ...



“What you already know is merely a good departure point.” ~ Keorapetse Kgositsile

What we know keeps us right where we already are, and what we believe nails us soundly to our current path to inevitable death & certain self-destruction ... Indeed, each and every one of us desperately needs to walk a new road – the Road of True Self – and the only true point of departure for this Noble Trail is the realization that everything the ego already “knows” is untrue, and that everything the mind “believes” is leading us astray. An open Life requires an open Path – an open Path requires an open Heart – and an open Heart requires an open mind ... Open the mind to open the Heart ... Open the Heart to open the Path ... Open the Path to open Life to being deeply lived.

**You can only venture into the Truth of your Calling
after you have set sail from your havens
of explanation, reason & conviction.**

“For all who are led by the Spirit of God are Children of God. For you did not receive a spirit of slavery to fall back into fear, but you have received a Spirit of Adoption.” ~ Paul (Romans 8:14-15)

To be led by the Spirit of God is **not** (as Paul would have us believe) to be mentally influenced by inspirations “from above” or to be divinely intervened upon by a force from “on high” ... No, to be truly led by the Spirit of God is to cease looking outside ourselves for Guidance, and to listen instead to the Heart within ... For we are **all** Children of God in waiting; we **all** have the golden Spirit of God within us from birth. And all that remains for us to do is dismiss all the whisperings of the fears of our self and the desires of our friends and the expectations of our culture in order to Do what needs to be Done -- with what is already at hand -- for those closest by ... That is all that is required for us to awaken to being a Child of God once more – to “become again as a child” and revere life by revering others, and to revere others by acting accordingly. This is what it means to reject the “spirit of slavery” (slavery to the whims of ego), and this is what it means to “receive the Spirit of Adoption” (by adopting others as one’s own).

“Re-examine all that you have been told, or read in any books, and dismiss whatever insults your Soul.” ~ Walt Whitman

This quote is easy to comprehend for the most part, and yet many might wonder: exactly what is it that “insults the Soul”? Well, seeing as how the Soul wants us to get up and get out into our lives to **act** for others, everything you have been told that tempts you to “be patient” or “wait for the proper time” or “seek your Higher Calling” is an insult to the Soul ... And seeing as how the Soul wants us to **give** freely to others, everything you have been told that tempts you to “be prudent” or “save for the future” or “be careful not to give too much” is an insult to the Soul ... And seeing as how the Soul wants us to be overtly **grateful** for our lives, everything you have been told that tempts you to “manifest wealth” or “co-create abundance” or “pray for additional blessings” is an insult to the Soul ... And seeing as how the Soul wants us to be **Kind** to all nearby, everything you have been told that tempts you to “don’t talk to strangers” or “establish healthy boundaries” or “maintain balance in your relationships” is an insult to the Soul ... And seeing as how the Soul wants us to be flagrantly-yet-lovingly **honest** with others (as well as with ourselves), everything you have been told that tempts you to criticize or judge or persuade others is an insult to the Soul ... And seeing as how the Soul wants us to approach life with a gentleness born in **humility**, everything you have been told that tempts you to argue with an opponent or despair over a loss or celebrate a victory is an insult to the Soul ... And seeing as how the Soul wants us to be constantly **amazed** by the innate Beauty of life and all things residing therein, everything you have been told that tempts you to see anything as “familiar” or “normal” or “ugly” or “boring” is an insult to the Soul ... And seeing as how the Soul wants us to have a **Faith** in Love that transcends all doubt and empowers all fear, everything you have been told that tempts you to merely meditate or passively pray or summon salvation is an insult to the Soul ... And finally seeing as how the Soul wants us to reach out to our enemies with a **forgiveness** that is as active as it is heartfelt, everything you have been told that tempts you to protect yourself or punish offenders or condemn criminals is an insult to the Soul.

***You cannot learn of Truth ...
You can only choose to listen to Its call.***

“The future is sending back good wishes, and waiting with open arms.” ~ Kobi Yamada

While this quote seems to imply the more traditional belief that “good things are waiting on the horizon” &/or that “life will only get better” &/or that “hope will carry the day”, these interpretations actually serve to obscure the far more important, far deeper Meaning of this saying – namely, the Meaning that reminds us that the future is not actually sending back its good wishes, but has actually *already* sent us the same; the Meaning that we need not look for Good Things in the future when we realize that even better Good Things are already here (i.e. services to community that can be actualized, and Kindnesses to strangers that can be enlivened, and Love to friends & enemies that can be made real) – the Meaning that there is no need to look for a future waiting with open arms when our present has already wrapped its ever-Loving arms around us.

Destiny is a gentle Lover when treated like one ...

“Cheerfully give others more than they expect.” ~ Human maxim

Forget what others expect ... Give them the Love for which they never dared dream.

Love is enough.

“Only utter “I Love You” meaning-fully.” ~ Human maxim

The only way to utter “I Love You” Meaning-fully is to utter it with anonymous deeds that silently smile & self-sacrificially serve.

Speak your sincerity directly into another’s Soul.

“Memorize favorite poems and quotations.” ~ Human maxim

There is no point memorizing anything you are not willing to start immediately embodying.

Memorize only the wisdoms you already embody.

“Look others allWays IN their Eye.” ~ Human maxim

It is not possible to look through a window by staring at its frame ... Better to marvel over the innate gorgeousness of another’s eyes than to get lost in vapid judgments of a face’s features or a body’s curves and proportions – and far better still to see *into* those eyes to the True Self behind them than to get lost in the beautiful colors that border those Divine Portals.

The only way to another is through their window.

“Believe in LOVE.” ~ Human maxim

You can only truly “Believe in Love” while remembering that both Believe and Love are verbs.

Faith makes your Reality.

“Respect the dreams of others (especially your own).” ~ Human maxim

You cannot respect the dreams of others (or the dreams of your Self) until you realize that all the dreams of all the world’s sentient Souls all share the same objective, and all flow towards the same End.

True Acceptance requires active enthusiasm.

“Disagree only with respect & fairness.” ~ Human maxim

It is impossible to Respect another while disagreeing with them; just as it is impossible to be truly fair with another while focusing in any way of our own personal desires.

For true Friends, there are no disagreements ...

“Avoid judging others.” ~ Human maxim

To avoid judging others, it is crucial to discern which of their behaviors are but shimmering mirages of their ego's fears & desires, and which are truly *theirs* – which are truly shining forth from their Soul. And as we distinguish between the two, compassion for the former and admiration for the latter naturally arise – and in that arising, all judgment of one or the other completely ceases.

Always See your Self around you ...

“Think quickly and speak slowly.” ~ Human maxim

Actually, it is far more important to think fluidly than it is to think quickly, it is even more important to speak thoughtfully than it is to speak slowly, and it is most important of all to act forthrightly -- regardless of the thinking being thought or the speaking being spoken.

Think about each response while you utter it.

“Know true Victory in the lessons of your 'losses'.” ~ Human maxim

As soon as we choose to remember that we are all bound together as One – as soon as we remember that every sentient being is a member of our one true Family; all Soulmates long-lost yet found again, then we finally come to know only Victories in our interactions with others. For every harmonious interaction is celebrated as a source of sheer Joy – and every discordant encounter is celebrated as an opportunity to enliven a Love that is humble & true.

The only true defeat is the victory Pyrrhic.

“When you make a “mistake”, remedy it immediately.” ~ Human maxim

Atoning for unintentional inflictions of dis-ease turns all mistakes into blessed inspirations for heartfelt humility and heart-opening intimacy ... Of course, it is important to remember that to atone for any mistake does not require “remedying” it or “making the victim whole” or even directly soothing the harm caused. In truth these ameliorations are fine & good, and yet they are not necessary ... All that is needed to truly atone for any wrongdoing is **01**) a recognition of the harm caused, **02**) an open apology for the same, **03**) an offer to remedy or soothe that harm in whatever ways smoothly present themselves, and **04**) a bold-yet-humble engagement of the same ... Most importantly of all, it is crucial to detach completely from the results of this toning – to realize that it is the Giving of that atonement that is its completion, not its reception or its “effectiveness” ... See – Own – Offer – Engage – Let Go – Repeat ... This is the way of true atonement ... Indeed, this is The Way.

Compassion is every error's salve.

“Love deeply and purely.” ~ Human maxim

The only **Love** that is deep is the **Love** that is willingly self-sacrificial; the only **Love** that is pure takes only the other into account. Other forms of “love” are not “bad” per se, and yet they are not **Love** – and cannot ever hope to bring the deep Peace that only **Love** can bring.

Perceive what your ego refuses to see.

“The most important quality in a life partner is acceptance.” ~ Human maxim

Actually, as long as you are looking for the “right partner”, you cannot *be* the Right Partner – and until you focus solely on *being* the Right Partner (i.e. the unconditionally, radically active, truly Loving partner), you will never be open to ever recognizing a Right Partner; much less be able to give her or him the Love that allows that Rightness to blossom ... Indeed, the truly Loving Partner sees no qualities in the other at all – he focuses only on magnifying his own qualities to bring his other Joy; she focuses only on Loving in such a way as to bring her other Peace.

***Acceptance has little to do with fairness,
just as communication has little to do with words.***

“Regularly spend time alone.” ~ Human maxim

All the time spent intentionally away from others for one’s self only increases the inner turmoil that drove one away ... Conversely, all the time spent away from others in order to fulfill a service to the same brings a sense of Calm that inspires one to return to them ... All the time spent away from the Soul (e.g. superficial celebrations, immersion into intoxicants, communicating vacuously, believing arrogantly, judging critically) is an aloneness so overwhelming that one so “living” will inevitably be driven to either Love or madness ... As such, all the time spent away from one’s ego is an “aloneness” that ultimately – one way or the other – bears the Good Fruit of Love.

Solitude is more silence than proximity ...

“Maintain your personal core values.” ~ Human maxim

The core values of all sentient beings are exactly the same (e.g. cherish life, tend to Nature, cause no harm, respect others bodies and their beliefs and their believed “belongings”, be Kind to all, bring Joy & Peace, Give generously to all) – and they all mean absolutely nothing unless they are enlivened consistently; as fully in times of temptation & difficulty as they are in times of piousness & comfort.

***To tend your inner Garden,
you must first choose to enter It.***

“Remain flexible to change.” ~ Human maxim

The only way to remain flexible to change is to remain completely *inflexible* to your selfless focus while life is changing ... In essence, the only way to remain fluidly flexible to change is to remain *inflexibly* focused on Love.

The Sage finds Joy in the amazement of surprise.

“Silence is often the best answer.” ~ Human maxim

Silence is the best answer when it provides the greater Peace ... Silence is the worst answer when what is needed are courageous words of encouragement, enthusiastic words of support, or gentle words of Love.

***As far as the Truth is concerned,
silence is often the only answer ...***

“Live a good and honorable Life.” ~ Human maxim

The only way to live a truly Good Life is to willingly die to the needs of self; the only way to live a deeply Honorable Life is to forego our own honor while honoring others.

The Way is as kind as It is resolutely supple.

“Have Faith in Humanity’s goodness.”

~ Human maxim

We can only truly have Faith in humanity’s innate Goodness (and thereby awaken the same in others) when we reflect that same Goodness to every being we encounter.

***Faith knows
that there is another camel
waiting in the needle’s eye ...***

“Co-create Harmony, Peace and Wonder in your home.” ~ Human maxim

Wonder comes from Peace, Peace comes from Harmony, and Harmony comes from placing the will & the well-being of others above one’s own.

***The Sage never needs go to church,
as she worships the Divine wherever she goes.***

“Avoid discussing the past, and avoid speculating about the future.”

~ Human maxim

To discuss the past or speculate about the future is to lose the present ... And to lose the present is to taint the past and undermine the future.

Life’s only certainty is the falsehood of imagination ...

“Share your knowledge through your actions.” ~ Human maxim

Answer all questions cryptically; perform all deeds with sparkling clarity.

***You Are what you do -- and only truly Know
that which you have already undertaken.***

“Be caring towards the Earth.” ~ Human maxim

Care most deeply for the Earth by caring most deeply for Her inhabitants who are least cared for (e.g. all the animals who are abused &/or eaten, all the prisoners who are confined &/or enslaved, all the destitute who are hungry &/or oppressed, all the minorities who are attacked &/or persecuted, all the criminals who are judged &/or stigmatized, and all the casualties of war whose lives are tormented &/or destroyed).

Let every step gently wipe aWay one of Nature’s tears ...

“There is immeasurable Love and Power in every prayer.” ~ Human maxim

The Love-Power in every prayer is directly proportionate to the selflessness of its intentions and the faithfulness of its application ... As such, there is only Love in prayers prayed Lovingly, and there is only *immeasurable* power in prayers prayed immeasurably – namely, in prayers that are courageously *performed* for others more than they are earnestly requested for self.

Imagination’s illusion is prayer’s Reality.

“Got to new places ... Bathe in new experiences.” ~ Human maxim

It is useless to go to new places unless you go there to effectuate newly selfless intentions ... Of course, if your intentions are newly selfless, there is no need to ever go “elsewhere” at all.

***Re-Open your eyes ...
to make old paths into new Journeys;
to turn routine into Epiphany.***

“Put your wealth to use helping others to help their Selves.” ~ Human maxim

Using your material wealth to help another actually hinders the Journey of their Soul ... Using your spiritual Wealth of Self & Soul to inspire another to help others themselves is the only help worth offering, and the only assistance anyone ever truly needs.

Love is your greatest Treasure.

“Not getting what you want is often lucky ...
Avoid wanting altogether.” ~ Human maxim

Getting what we want enhances attachment, and is the greatest form of misfortune ... Not getting what we want enhances longing & desire, which is the strongest prison into which we lock ourselves tight ... Choosing to understand that not getting what we want is far more often than not a Great Blessing is the freedom from our greatest confinement. And thereafter choosing to not want for self at all is the only luck worth having.

Want is the shortest route to poverty.

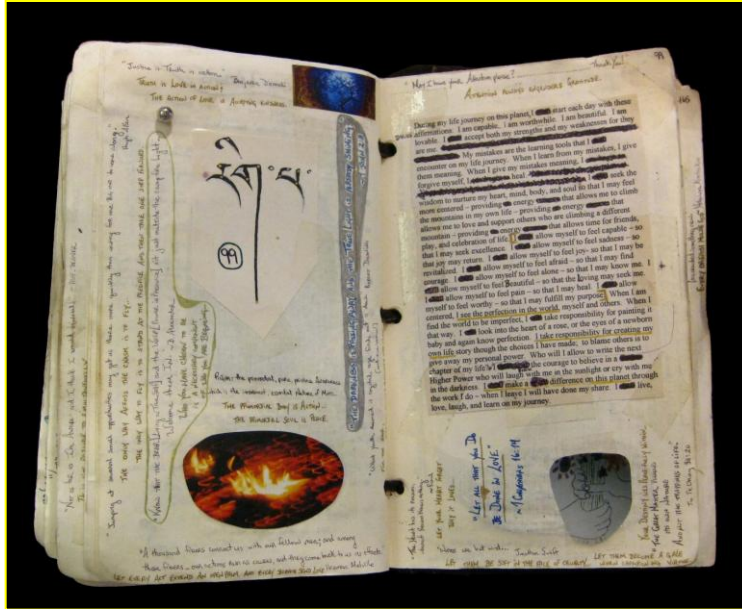
“Your character is your Destiny ... and your choice!” ~ Human maxim

Once Love is chosen, Character is full-filled ... Once our Character is full-filled, we have arrived at the only destination worth seeking.

Choose always – & allWays choose Care-fully ...

Image 248 (Page 98b - bottom right) ... This is a picture of a silver snake earring – symbolizing the Truth that the only “spiritual enlightenment” worth attaining is the Enlightenment that comes to those who are grounded in the present moment instead of the future, who are grounded in what already is as opposed to what could or should be, and who are grounded in a desire to serve others instead of a longing to satisfy self ...





“Justice is Truth in action.” ~ Benjamin Disraeli

Well, assuming that Justice is indeed Truth in action, and realizing that Justice is Forgiveness in action, it stands to reason that Truth is Forgiveness in action – that Truth is Forgiveness *in deed*.

***Truth is Love in action
and the action of Love is all-accepting Kindness.***

Image 249 (Page 99a - top) ... This pictures shows a forest glowing blue on a brown background – symbolizing the Truth that the only way for us to become truly comfortable in out physical lives is to purposefully use our material possessions and our physical bodies to bring Peace to those nearby ...



“Jumping at several small opportunities gets us there more quickly than waiting for one big one to come along.” ~ Hugh Allen

There is no such thing as a “small opportunity” -- just as there is no such thing as a “large opportunity” ... There is only the opportunities that exists in the moment, and the judgments our minds make about their seeming importance is completely irrelevant. If an encounter can be graced with gentleness – and if it can be reasonably assumed that doing so will bring another Peace or Joy, then we are invest everything we have in reaching out to the same; discarding all thoughts as to the “greater goods” or the “more potent chances” that might or might not come into play therein or thereafter.

***The only way across the chasm is to fly ...
The only way to fly is to stand at your most feared precipice –
and then to take one step forward.***

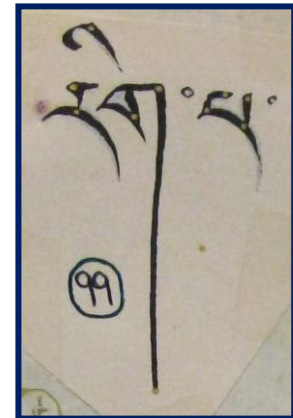
“Know that the bear [living as True Self] and the wolf [the Power in conscious presence] sit just outside the campfire Light ... Choose to welcome them in.” ~ Bill Alexander

Realize that “the bear” is our ability to live as a fully embodied representation of our truest Self, and that “the wolf” is the enormous Power available in the conscious presence required to bring that Self to Life – the enormous Power needed to approach the “campfire light” of the other, and the enormous Power that comes when striding boldly forth to spread that light far and wide.

***Who you have chosen to “be”
is a necessary component of Who you are becoming ...***

This is the Tibetan word **Rigpa**, a term representing the belief that “the most essential Nature of Mind is primordial, pure, pristine Awareness.”

Hmmmm – not quite ... For while a pure Awareness of the All does indeed compose **an** essential element of our deepest Mind-Self, this awareness alone is not **the** essential element thereof. For our Awareness – no matter how lucid it might be or how expansive it might become – means nothing if it is not set into motion. Indeed, it matters not how beautiful is our tree if its fruits are not harvested and given to others. As such, while a pure Awareness of our surroundings does allow us to take note of wondrous Beauty, this Awareness means little unless we immerse ourselves therein. And while a pure Awareness of our friends & family members does allow us to see their troubles and sense their distress, this Awareness means little unless we immerse ourselves therein. And while a pure Awareness of our life’s associates and strangers does allow us to recognize them all as Family, this Awareness means little unless we immerse ourselves therein. And while a pure Awareness of our enemies does allow us to realize that they possess a Goodness within that mirrors our own, this Awareness means little unless we immerse ourselves therein.



***The primordial body is action –
The primordial Soul is Peace.***

***“The Darkness is passing away ...
And the true Light is already shining.”
~ unknown (1 John 2:8)***

The Darkness is the nature of the passive-state Universe, and as such cannot recede on its own – Light must be shown into its vastness to send its shadows into retreat and illuminate its brilliance. Similarly, a deep internal “Darkness” is the primordial nature of the selfish, instinct-driven human, and as such the “sinful” nature of the same cannot receded on its own either. No, the Light of Love must be shown upon it as well; must be blazed directly into its fearful depths in order to burn away its pitch back fog and expose the wonders of the Soul-Self that rests even deeper still.

“What youth deemed as crystal, age finds out is dew.” [& vice versa!] ~ Robert Downing

What youth insightfully saw as priceless, the deluded adult sees as normalcy; what the child brilliantly sees as transformative, the deluded adult sees as irresponsible; What the adolescent wisely saw as Love, the deluded adult sees as dangerous; What the young adult sees as an important service, the deluded adult sees as someone else’s responsibility.

For the Sage, Reality itself becomes the clay.

Image 250 (Page 99a - bottom) ... This picture shows another angle of the same Alexzanna Farms bonfire seen on **page 85b** herein – reminding me of the Truth that we must sacrifice the comforts of our material lives (our finances, our possessions, our bodies, and even our reputations) in order to transmute the same; in order to transform those lives from hollow struggles for pleased survival into Meaning-full moments of Bliss-full service. It is sacrifice that enables warmth to reach those freezing in the wilderness and light to come to those moaning in the dark ... It is sacrifice that brings warmth and light to Love ...



“A thousand fibers connect us with our fellow men; and among those fibers ... our actions run as causes, and they come back to us as effects.” ~ Herman Melville

Not only do our actions connect us with other humans, but our words and or thoughts and our intentions bind us to them as well ... And not only to other humans do these emissions connect us, but to every animal and every plant and every tree and every stone as well. Love carries its own frequency – a radiation that changes every entity with whom it comes into contact for the better; a frequency that imbues all with elevated resonances of Peace & Harmony. Let us therefore choose to Love in every instance: If lost alone at sea, let us Love – If wandering solo in the desert, let us Love – If hiking in mountainous solitude, let us Love – And if immersed in a river of ignorance and hatred and aggression and selfishness, let us Love then as well ... Especially then, let us Love.

***Let every act extend an Open Palm
and let every breath send Love.***

“May I have your Attention please? Thank You!”
~ unknown (overheard on the Dallas Airport intercom)

Attending to the one speaking is more important than listening to what he says ... Hearing the meaning of her words is more important than remembering her every syllable ... Acting in harmony with a speaker’s tone is more important than being able to quote a single phrase back to them ... Indeed, giving another heartfelt recognition is Loving fundament of any Meaning-full interaction. And thus showing others such open acts of Love is far more important than listening to them at all.

Attention allWays engenders Gratitude.

“During my life's Journey on this planet, I start each day with these [implied] affirmations: I am capable. I am worthwhile. I am beautiful. I am [Loving]. I accept both my strengths and my ‘weaknesses’, for they form my self. My ‘mistakes’ are the learning tools that I encounter on my Path. When I learn from my mistakes, I give them meaning. When I give my mistakes meaning, I forgive myself – & become Whole again. When I am truly centered, I see the perfection in the world, myself and others. To blame others is to give away my personal Power. When I find the world to be imperfect, I take full responsibility for painting it that way. I look into the heart of a rose, or the eyes of a newborn baby – and again know that perfection.

Who will I allow to write the next chapter of my Life? I allow myself to feel capable – so that I may seek excellence. I allow myself to feel Joy – so that I may serve Power-fully. I allow myself to feel alone – so that I may come to Know my Self. I allow myself to feel worthy – so that I may fulfill my Purpose. I know the courage to believe in a Higher Power within me – a higher Power who will laugh with me in the sunlight & stand by me as I cry in the darkness. *I make a difference* on this planet – and I choose to Live, Love, Laugh and Learn on my Journey.” ~ unknown

Note that affirmations of Self are only worthwhile if they inspire one to dedicate the day to making others remember their own sparkling worthiness.

“The Heart has its reasons, whereof reason knows nothing.” ~ Pascal

Irrational “love” done randomly is the bane of a Soul gone cold ...
Love given intentionally irrationally sets Hearts on fire again.

Let your Heart forget why it Loves ...

“Let all that you do be done in Love.” ~ Paul (1 Corinthians 16:14)

Indeed, let **LOVE** be all you Do – and remember that we are not talking here of Paul’s faux “love”; a “love” of **misdeed** (Paul was often preaching for his own benefit – see [Acts 22-25](#), [2 Corinthians 9:10-11](#), [Philippians 4:6](#), [Philippians 4:19](#) et al) ... and **misinformation** (Paul preached a very different “gospel” from the one taught by Jesus Christ – compare [1 Corinthians 15:1-4](#) & [Romans 10:9](#) with [Mark 10:18](#), [John 13:15-17](#), [Matthew 10:7](#) & [Matthew 24:12-14](#) et al) ... and **mistrust** (Paul often ran from self-sacrifice and towards personal comfort – see [Romans 15:27](#), [1 Corinthians 9:4-14](#), [2 Corinthians 9:11-15](#), [Galatians 6:6](#) et al) ... and **manipulation** (Paul often used passive-aggressive statements &/or outright threats to persuade others to follow his teachings – see [2 Corinthians 2:1-9](#), [2 Corinthians 7:2-10](#), [2 Corinthians 9:5](#), [2 Corinthians 11:7](#), [Galatians 1:8-9](#), [Galatians 2:11](#), [Galatians 3:1](#), [Colossians 3:12-14](#) et al) ... No, my Friends – when we say that “**all that we do shall be done in Love**”, we must be speaking of real LOVE – of perfect Love – of selfless Love – of unconditional Love ... We must be speaking of the LOVE of which Jesus spoke – a Love of humble charity – a Love of gentle acceptance – a Love of radical forgiveness – and a Love of courageous self-sacrifice.

Image 251 (Page 99b - bottom) ... This picture shows a shadowed portion of Picasso’s painting “Bouquet of Peace”, symbolizing the Truth that – no matter how well-intended our giving might be – we cannot hope to engender Life by giving death ...



“The Great Master follows his/her own nature, and not the trappings of Life.”
~ Lao Tsu (*Tao Te Ching* #38, line 20)

The Great Master follows not the trappings of life because the Great Master cares little for merely living ... Survival is no end in & of itself for any true Master ... For a true Master, a life must be **Loved** to be truly lived – and so truly lived to be of any worth at all.

Your Destiny rests Peace-fully within you.

“Words are but wind ...” ~ Jonathan Swift

Pause before you speak to gain clarity for all words subsequent ... Pause during your speech to allow clarity for all those listening in ... Pause after your speech to allow all those witnessing to absorb deeper Meaning ... Then, after pausing, set forth without pause to set your words into motion ... For only in so doing will you bring them into full View.

***Let your words be soft in the face of cruelty
– and become a cyclone when championing Virtue.***

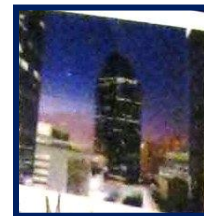


“May wisdom shine through me ...
 May Love glow in me ... May strength penetrate me;
 that in me may arise a helper of humankind
 and a servant of holy things; selfless and true.”
 ~ Rudolph Steiner

Amen ... Let it be so!

***When serving the sacred,
 remember that there are no exceptions.***

Image 252 (Page 100a - top) ... This picture shows the Dallas (Texas) skyline. Dallas is the biggest city in the state where many things are the biggest in the United States – the biggest enslaver of animals for murder & consumption (a.k.a. “livestock”); the biggest enslaver of animals for “entertainment” (a.k.a. “rodeo”); the biggest enslaver of animals for warmth (a.k.a. “wool”); and the biggest destroyer of the environment in general (and ultimately all life on Earth -- as not only the biggest U.S. contributor to animal agriculture, but also the biggest U.S. producer of fossil fuels). I guess it goes to show that the old adage is oh-so-true: Bigger certainly doesn’t mean better ...



“Grandpa favored the sound, or how you said a word, as to its meaning. He said that folks who spoke different words could feel the same thing by listening to the sound of [their words’] music.” ~ Forrest Carter

Actually, far more important than the sound of one’s words or the tone of voice one uses while saying them, is the quality of the deed one is doing during said speaking.

The Truth is magnified by surrounding dishonesties.

***“Love is from God; everyone who Loves is born of God
and everyone who Loves knows God.”***

~ unknown (1 John 4:7)

Actually, we are all innately “born of God” (i.e. we all have the latent, inherent ability to Love others unconditionally &/or Care for others self-sacrificially) ... And it is those who have chosen to Love in this pure Way who have chosen to be *re*-Born of God, and thereby re-member the same ... P.S. Please note that Love is not *from* God (implying that Love is given “from above” to those who have proven themselves “worthy” via their worship -- as many Christians would have us believe) ... No, at least according to Jesus Christ, Love is an action – something that fills us up *from within* during every act of gentle generosity. As such, Love does not come *from* God, but is rather a perfect reflection *of* God.

Image 253 (Page 100a - center) ... This picture shows 10 hummingbird feathers – symbolizing the Truth that it is not time that “heals all wounds”, nor does an adoption of new beliefs or a mere change of direction do the trick. Rather, true Healing – true Rebirth – comes from transcending these more typical, fear-based vectors and choosing instead to travel more unconventional paths to Peace – choosing to Care for the source(s) of our pain rather than run from the same; choosing to focus on Life’s Joys rather than Life’s difficulties; and choosing to realize that the latter comes most fully to fruition during the former ...



“May you find your home, your Path, your Way ...” ~ Rebecca Jean Pittman

I did actually find my Home and my Path and my Way... My Home is wherever I am, my Path is the shortest route to the closest being in need, and my Way is courageously walking that path -- humbly, gently, and actively with Kindness.

***My home is in my Heart ... It waits within.
My path waits for me beneath my feet –
and my Way is where I look whenever I smile.***

***“The Father judges no one, but has instead given all judgment to the Son;
so that all may honor the Son just as they honor the Father.” ~ Jesus (John 5:22-23)***

First & foremost, it is crucial to remember that – at least as far as Jesus was concerned – his heavenly Father is found *within* the Heart of every sentient being (see [John 14:20](#)). And because this Divine Essence is composed of perfect Love (see [Matthew 5:48](#)), He is a psycho-spiritual Father who not only does not want to judge anyone, but who by His nature *cannot* judge anyone (see [1 John 4:18](#)) ... As such, because His mercy is without limit ([Luke 6:36](#)), because his forgiveness is without end ([Matthew 18:21-22](#)), and because He has given us the “Grace upon Grace” of a conscient free will ([John 1:16](#)), He has in effect given the “Son of Man” (that resides within us all as well – see [Matthew 9:6](#), [Matthew 16:28](#), [Luke 22:69](#) et al) the ability to discern selfishness from selflessness – and thereby to actualize the latter when most tempted with the former – and thereby to honor the utmost potential of that Son – and thereby to honor the heavenly Father within us all as well.

“To be certain is to be mistaken at the top of one’s voice.” ~ Ambrose Bierce

It is indeed wise to remember that the arrogance of certainty is the thickest concentration of the sin of all sins – pride ... And it is just as important to realize that this grave misdeed often takes forms other than those well-known – our hubrised certainties often subtly manifest themselves in our less attractive behaviors. For to witness an injustice and yet choose to sit idly by as a mere observer thereof (due to the certainty that we can’t do anything to help, or that we shouldn’t do anything to help) is to be mistaken at the top of one’s Voice. And to see a saddened stranger and yet quickly look away (due to the certainty that it is not our responsibility to reach out and Care) is to be mistaken at the top of one’s Voice. And to see a destitute beggar along our path and yet veer onto another route (due to our certainty that our Kindness would only encourage his laziness or that he would just use our generosity for alcohol) is to be mistaken at the top of one’s Voice. And to see an enemy smiling and yet return to him a scowl (due to the certainty that he is a “mean person” who “had it coming”) is to be mistaken at the top of one’s Voice ... It is our actions that speak loudest of all, and it is our actions that neglect to Love that are always most loudly mistaken.

***The only valid certainty
rests in choosing to see Life positively.***

“[Avoid] spending a long time rubbing only one part of an elephant ... and do not be surprised by any real dragons.” ~ unknown

When immersed in any moment of strife or discord, it is not only important to discern what is violent &/or unjust &/or deceptive &/or corrupted ... Indeed,, it is just as important (if not more so) to open one’s Heart and See what rests underneath all the words and the tones & behaviors – to See the Golden Soul within the combatants on both sides; to See the dreams of Harmony dreamt by all; to See their longing for Love deepest seated; to See their Desire of all desires: to somehow bring Peace to the very discord they are perpetuating ... In essence, we all long for Harmony, and the only way to bring about the same is to See that Peace-full Desire in the other – and then act towards them as if they See it too.

***Expect mystery and wonder ...
You are never closer to the Truth
than when thoroughly confused.***

“Everyone then who hears these words of mine & acts on them will be like a Wise Man who built his house on stone.” ~ Jesus (Matthew 7:24)

There are two key phrases in this verse of great significance – two key phrases that many overlook (to the great detriment of their understanding of The Way of Christ) ... Consider: **01**) There is the phrase “**these words**.” Most readers assume thereby that Jesus is talking about the previous few passages—or even the previous few pages – of biblical text, when in reality this verse comes at the very end of Jesus’ “Sermon on the Mount” – an uninterrupted monologue that starts all the way back at [Matthew 5:3](#) and flows uninterrupted all the way to [Matthew 7:27](#). As such, Jesus is not merely saying here that we are to pay attention to a few morsels of his previously spoken wisdom, but rather that we are to attend to each and every word that he uttered starting at [Matthew 5:3](#) ... **02**) Immediately thereafter, we read an even more important phrase – “**and acts on them**” – for, contrary to the beliefs of the vast majority of Christians (including Paul, the founder of the modern-day Christian church), Jesus was not at all concerned about whether folks thought about his teachings or memorized his teachings or worshiped his teachings as religious dogma or felt emotionally attached while reading his teachings. He didn’t even care if folks paid any homage to him as the relayer of those teachings (see [Mark 10:18](#), [John 7:16](#), [John 8:50:54](#), [John 12:44](#) et al) ... No, Jesus only wanted one thing from his followers – only one thing from those who heard him utter his teachings in person, and only one thing from those of us who read those words today – and that wish was for us to set his teachings into motion – for us to **emulate** them – for us to **enliven** them – for us to act on them in our everyday lives ... That was the lone key to Salvation as far as Jesus was concerned ([John 13:15-17](#)), and that was the sole purpose of his Gospel (see [Matthew 10:7](#) + [Matthew 24:12-14](#)) ... Indeed, in this very verse the English “acts” is actually the Greek word *poiei* in the ancient manuscripts – a word that didn’t mean merely “to act”, but that actually meant “to construct” or “to complete” (see Strong’s #4160).

Image 254 (Page 100b - upper right) ... This is a picture of a small portion of carborundum (silicon carbide - SiC) that I obtained at the Grand Canyon in 1984. Carborundum is essentially colorless, and yet is most often seen as it is seen here -- covered in a rainbow luster of silicon dioxide that develops when it is exposed to oxygen; an aesthetic symbiosis that hints at the Truth that keeping our awareness “clean” of preconception & expectation allows us to more readily gather the enormous Beauty with which we are all gently bombarded in each & every moment of our lives ...

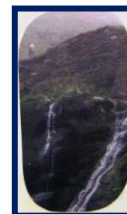


“It is tossed [violently] by the waves, and yet it does not sink.” ~ Latin Saying

What are the Truths that cannot sink? They are the Truths that grow stronger in times of danger or conflict – namely, the Truth that the most effective way to defeat any enemy is with radical, irrational, preemptive acts of Kindness – and the Truth that Faith is only powerful in times of bold action despite great **uncertainty** – and the Truth that the power of transformative potency of Generosity & Gratitude & Forgiveness exists in directly proportion to how difficult it is to openly share the same.

Fluctuat nec Mergitur

Image 255 (Page 100b - main image)... This picture (which I call “The Sentinel”) shows a local man from Cornwall dressed in medieval garb; calmly & stoically looking out to sea from over the waterfall that cascades down next to the entrance to Merlin's Cave (Tintagel, England). So many times in life we end up Traveling the farthest by calmly remaining right where we already are – when we choose to embrace our battles rather than run from them, and immerse ourselves into the familiar challenges of Home rather than carry our troubles with us to lands fresh & foreign ...



“When you forgive, you take your enemies’ power over you away. You de-fang them and change the atmosphere between you from highly charged to neutral. And people, who previously had the power to control you just by being, can no longer rule your emotions or suck you into their dramas. They cease to be the eye of your storm ... And once you forgive them, they become people like any other; human and flawed and misguided on occasion – and hence rather like the rest of us.” ~ unknown

Compassion becomes potent when we see the enemy as one in pain ... and Compassion becomes transformative when we see their choices as “wicked” and yet choose to Love them anyway.

Forgiveness is the only Justice worth fighting for.

“Those who disturb their roots without respect allWays suffer great misfortune.” ~ Chinese fortune

This quote becomes incredibly powerful when we transcend its traditional implications and realize instead that every single human being – indeed, every single sentient being, shares exactly the same roots; ... that we all stem from the same fore-fore-fore-fore fathers & mothers; ... that we indeed all are equal facets of one Family; ... that we all carry within us exactly the same mass of pure Divinity – and thus all merit exactly the same degree of Love, Honor, Kindness, and Respect.

We cannot alter what we do not Know.

PAGE 101



“One of the marks of a [true] gift is the simultaneous courage to fulfill its Calling.” ~ K. A. Porter

And the true Calling of any Gift is not necessarily the bringing of Peace or Joy (for those effects are actually chosen by the Receiver of a Gift, and their absence is thus not a diminishment of the Gift itself or the Giver thereof) ... No, the true Calling of any Gift is to awaken the Soul of those who can Give it; the true Calling of any Gift is simply to be Given.

A gift is mere mist until purely Given.

“I testify on my own behalf, and the Father who sent me testifies on my behalf.” ~ Jesus (John 8:18)

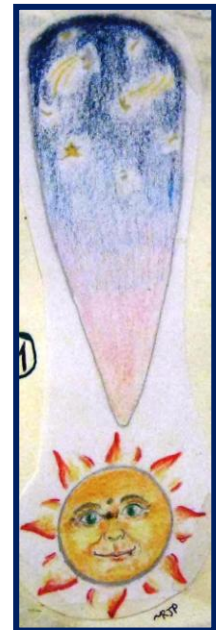
Jesus “testified on his own behalf” via his *actions* more than his words (see John 5:36 & John 10:25 & John 14:11), and his internal heavenly Father (see John 14:20) “testified on his behalf” every time Jesus acted in accordance with the perfect Love of which that Father is composed (see Matthew 5:48 & 1 John 4:8) ... Importantly as well is the fact that we once again see Jesus deflecting all credit -- directing all praise away from himself and towards the Father (see Mark 10:18 et al); the Father we *all* have *within* us; the Father we *all* can actualize in those moments we choose to selflessly Care for another.

“As a dreamer or a Prophet, you will be ridiculed and denigrated. Thank all those persecutors for re-minding you of your own majestic Path.” ~ anonymous

The degree to which dreamers merely dream – &/or to the degree those dreamers merely dream of comfort or luxury – is the degree to which they merit ridicule & rejection ... Of course, the degree to which dreamers dream of liberating others &/or bringing them peace – &/or the degree to which those dreamers actually set forth to manifest those selfless Dreams – is the degree to which they then deserve great honor ... Similarly, the degree to which prophets merely prophesize – &/or foretell solely of post-mortem days of pleasure & wonderment – is the degree to which they should indeed be denigrated & dismissed ... Of course, the degree to which prophets inspire thoughts of transcendent justice &/or resplendent Love – &/or the degree to which those prophets do more than merely speak of those glories, but also go forth to set them in motion – is the degree to which they merit respect and attendance.

***Without ridicule, who can be truly courageous?
Without condemnation, who can be Divine?***

Image 256 (Page 101a - main image) ... This drawing (which I call “Wow”) sketched by Rebecca Jean Pittman (and colored by my Self) reminds me of the Truth that every single ray of the Sun illuminates something truly wondrous (if we but have the eyes to See it as such) – along with the Truth that the only way to honor the Life we have been given is to live each moment with daring Love and courageous Dignity ...



“The aim, whether reached or not, makes the Great Life.” ~ Robert Browning

Actually, the aim – meaning, of course, an action’s fundamental intention – has the potential to make its moments of expression Great (not the entire life in which those moments come into being). And these aims manifest that Greatness only in those times when they are purposefully conscious and decidedly clear – only in those moments when they are both consciously elucidated and solely selfless; unambiguously done for the benefit of the other – solely desirous of bringing another more Peace or enhanced Joy.

***First shoot your arrow,
then paint your target.***

Image 257 (Page 101a - bottom left) ... This picture shows a Wapiti (a.k.a. an elk) – symbolizing the Truth that calm persistence is the key to living a Meaning-full Life; that we need not search far & wide for more important work to do – that the only work that is truly Important is the work already right in front of us; that we need not search far & wide for the person who needs our Love the most – that the person who needs our Love the most is always the person closest by ...



“Think for yourself. No one else is qualified.” ~ Frank Vizarre

Actually, thinking for ourselves ensures thoughts that are muddled by arrogance and shackled by self-interest ... Thinking for our Selves, on the other hand, ensures thoughts that are crystalline in their humility and lucid in their selflessness. Indeed, the only way to potently “think for yourself” is to purely think for your **Self** – and the only way to purely think for your Self, of course, is to strictly think about the well-being of others.

***All thought for True Self
leads immediately to a doing for others.***

“This is Happiness; to be dissolved into something complete and great.” ~ Willa Cather

Joy cannot come fully until we dissolve our lives completely – and we cannot dissolve our own lives completely until we immerse ourselves fully into something that completes another -- something that inspires them to be Kind to strangers; something that inspires them to openly forgive their trespassers; something that inspires them to sacrifice for their community; something that inspires them to go forth and inspire others similarly to the way we inspired them ... Indeed, deep-seated Contentment cannot come until we dissolve our lives this way – until we dissolve our lives greatly (i.e. selflessly) into something truly great (i.e. Love).

There is nothing Great that is not born of Love.

“A city built on a high mountain cannot fall; nor can it remain hidden.” ~ Jesus (Thomas 32)

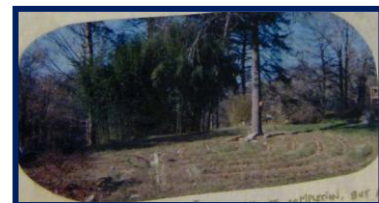
If we take Jesus literally here – and if we assume that what he is saying is correct, then we realize right away that he is **not** saying that cities built in high places cannot fall into disrepair and crumble, for he himself noted the obvious Truth that all material things do ultimately fall into ruin over time (see Mark 13:2 – also Matthew 6:19-21). No, if what he saying here is correct, then he must be implying that any city built on a mountain cannot fall down to “normal heights” – that even if it crumbles, its ruins will ever remain “on high” ... Of course, Jesus rarely (if ever) spoke literally – he was always speaking simultaneously directly and metaphorically; in this case also reminding us that choosing to build a life that is noble (i.e. founded on selfless service & unconditional Love) means **A**) that we can never “fall” back into the mundane living for selfish pleasure or comfort or ease, and **B**) that the sheer unusualness and overall radiance of such a Life will always shone forth of its own accord – without needing any advertisement from self or accolades from others to do so.

“Most people strive to see what is, and never look at what can be.” ~ Albert Einstein

Striving to see what is means overlooking most of what *is* and all of what could be ... Striving to look at what could be means overlooking most of what *is* and all of what truly counts therein ... Indeed, the only way to see clearly is to focus not on seeing what cannot be seen in the is, nor on looking towards what cannot be known in the could be, but rather on seeing what could be in the is – and then striving to smoothly transform the latter into the former – by harmonizing our own thoughts, our own words, and our own deeds with the same.

***Those who See what can Be,
mold what IS with that vision.***

Image 258 (Page 101b) ... This is a picture of the Wildwood Labyrinth (a path of moving meditation & healing still found on Alexzanna Farms in Wildwood, Georgia) – a labyrinth made of sandstone blocks that I sunk into the Earth by hand during the summers of 1997, 1998 & 1999 ...



“Hell is GOD taking your Soul gently to Heaven and showing you all the good you could have done had you but exercised the courage to believe in your True Self.” ~ anonymous

What is most intriguing about this quote is not its philosophical implications, but rather its practical ones. For in Truth, this is exactly what happens to each & every sentient being during his or her “final breath” – the last conscious moment of existence; the moment immediately after the body that measures time has died, and thus the moment when the perception of that time stretches out towards infinity during that person’s last instant of consciousness. Indeed, this is the “eternal moment” when “God” visits us all (keeping in mind that the “God” mentioned here is not necessarily a personal divinity that comes down to us “from on high”, but is rather the Divine Essence – the “heavenly Father”, if you will – that rises up to our consciousness from deep within) ... This is the moment when we realize fully that our lives were not about attaining “success” or fame or wealth or comfort or fun or pleasure, but rather were given to us that we might bring Peace & Joy to others. For those who have “lived” primarily to attain the former, their final moment will be Hell indeed – riddled with shame and embarrassment and pining and regret; wishing above all else to be able to go back and make amends &/or Do Right by those in need, and yet not being able to move even one muscle to do so ... Conversely, those who have Lived fully – those who have striven to help those in need and be Kind to strangers and Forgive their enemies and Serve their community selflessly – will experience this same moment as a Bliss-filled one – overflowing with feelings of profound Gratitude and Joy and Peace.

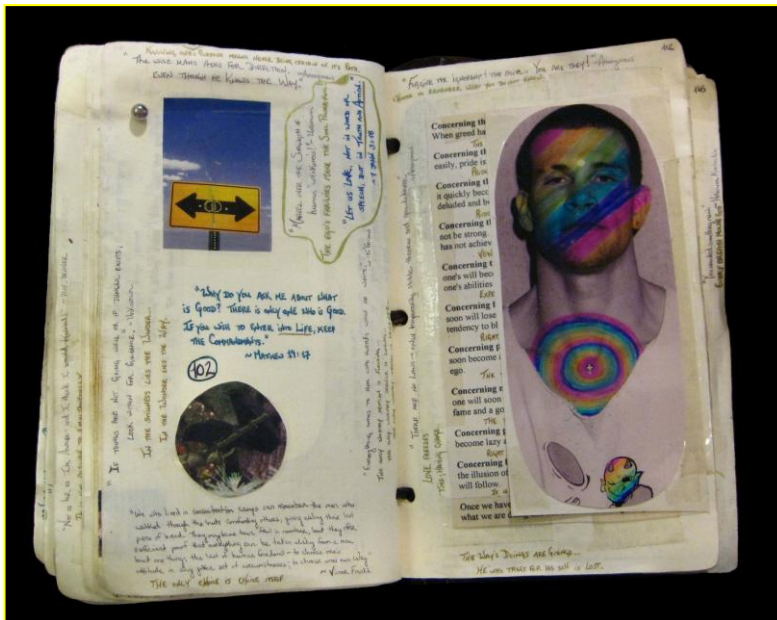
What could Be becomes what IS not with its completion, but at the moment your imagination, your intention & your action meet and embrace.

“We cannot put off living until we are ready. The most salient characteristic of Life is Its urgency; Here&Now without any possible postponement.” ~ Jose Ortega y Gasset

Actually, Life’s urgency – the fact that this moment is the only moment we are ever guaranteed – is its *second* most salient characteristic. By far its most salient characteristic is the ability we have to Love therein – the ability every sentient being has to pause, set aside his or her fear-full instinctual urges, and actualize his or her Heart-felt selfless inclinations instead. As such, it is essentially irrelevant whether or not we put off “living” (which often carries with it a relatively superficial, self-centered focus) until we are ready – just as it is absolutely crucial that we never put off Loving at all.

Planning “right action” is wrong action.

PAGE 102



“A Wise Man asks for direction ...
... even though He already knows The Way.”
~ Fatima Yousif

The Wise Man asks for direction not to alter his destination (which is always selfless Love, and which he already knows is always selfless Love), but rather to “check in” with the other Wise Ones around him – to see if they might provide tips as to how he can both more fluidly and more powerfully arrive there.

***Knowing one's true Purpose
means never being certain of the “best path”.***

Image 259 (Page 102a - top) ... This picture (which I call “Right Ways”) symbolizes the Truth that it is not where we go – nor even what we do once we get there that matters, but rather *why* we go where we go – and *why* we do what we do once we arrive there that does ...



“Marvel over the strength of human frailty;
and then gaze in awe as we overcome that weakness.” ~ anonymous

I find it interesting how folks so often justify their selfish choices as being some sort of inevitable weakness – proclaiming loudly and proudly that they just can’t help slipping regularly into selfishness because they are “only human” ... Of course, what is especially fascinating about this is the fact that it is precisely this innate weakness – precisely the human instinctual tendency to care for itself instead of caring for others – that makes humans so potentially Power-full. For a human being is never stronger than when he yearns to protect himself but reaches out in Kindness to an enemy anyway; is never more potent than when she craves sustenance for herself but reaches out to feed the poor instead.

It is the ego's frailties that make the Soul Power-full.

“Let us Love, not in word or speech, but in truth & action.” ~ unknown (1 John 3:18)

While it is true that the traditional text often reads “let us love not in word or *tongue*, but in deed and in truth” (KJV), the Greek text of the ancient manuscripts actually reads “let us not love via divine utterance (a.k.a. “prayer” – the Greek *logos* Strong’s #3056) or speech (or “language” – the Greek *glosse* Strong’s #1100) but rather via action (the Greek *ergo* Strong’s #2041) and truth (meaning not merely spoken truth, but *realized* truth; truth as evidenced in practice -- the Greek *aletheia* Strong’s #225)” ... As is so often the case, it is the latter translation (taken directly from the ancient Greek) that more fully harmonizes with both the teachings of Jesus Christ, and the real-time applications of those teachings (see John 13:15-17, Matthew 7:21-23, Matthew 10:42, Matthew 25:35-40, Luke 14:13-14, John 3:21, John 5:29, John 15:17 et al).

***“Why do you ask me about what is Good? There is only One who is Good.
If you wish to enter Life, keep the Commandments.” ~ Jesus (Matthew 19:17)***

I have a few comments of note here as well – **01**) Note that the Gospel of Mark’s mirror verse of Matthew 19:17 (**Mark 10:18**; which is the verse that was written first, and which is the verse from which the author of Matthew 19:17 drew his inspiration) shows Jesus to be *much* more self-deprecating (and thereby *much* more God honoring – “Why do you call *me* good? No one is good but God alone.”) ... **02**) Note that – for Jesus at least – the “One who is Good” is **not** the God who resides “above”, but rather the God who resides *within* (see John 14:20 et al) ... **03**) Note that it is not the infamous “10 Commandments” that Jesus refers to here, but rather *his* primary Commandments – two Commandments which, in direct opposition to the Old Testament’s outdated and negatively dysfunctional ten (see Exodus 20:2-17), called for us to **A**) to honor the God essence within one’s self by **B**) actively Caring for others (see Matthew 22:37-40) – especially those least deserving of that Love (Matthew 5:40-44).

“If things are not flowing smoothly or if danger exists, look within for Guidance.” ~ anonymous

It is all fine and good to look within for guidance in times of doubt or danger. Of course, if that guidance comes from the ego, it will tell you to “hold tight” and “protect yourself”, to attack a weaker foe in “self defense”, or to flee from a stronger enemy (in order to “live to fight another day”) ... This guidance is ever ill-offered, often errantly received, and always leads to the bad fruit of enmity, callousness, condemnation and conflict ... If, on the other hand, the listened for Guidance comes from the Soul, it will in-Courage you to do exactly the opposite – to let go, to open yourself to others, to protect the weaker from oppression & injustice, and to approach all enemies with bold acts of highly irrational (and thus highly effective) Kindness. In essence, it will tell you stop listening for guidance at all, and to start being a source of the same for others instead.

***In the stillness rests the Wonder ...
In the Wonder rests The Way.***

Image 260 (Page 102a - bottom) ... This is a picture of the two crows (who I named “Balthazar” – after the magus who purportedly brought myrrh to the infant Jesus, and “Shams” – after Rumi’s famous companion & muse) who frequently greeted me and even sometimes followed me on my daily meditative walk around the perimeter of Wright Park (Tacoma, Washington) during the late summer of 2003. Unbeknownst to many, crows are incredibly intelligent birds (indeed, they are the fifth most intelligent of all animals – trailing only orangutans, bottlenose dolphins, chimpanzees, and elephants in acumen) and



powerful metaphorical messengers as well – symbolizing the Truth that the Life that is full is the Life that is Loved, that the Life that is Loved is the Life filled with levity, that the life of levity is a Life that repeatedly “dies to the self”, and that if we do not choose to enliven said fullness by humbling ourselves in service to others, then Life will be sure force said humility upon us ...

“Everything comes to him who hustles while he waits.” ~ Thomas Edison

This quote contains a fitting pun, actually, seeing as how it was Edison who quite literally “hustled” Nikola Tesla while himself sitting back and “waiting” – doing relatively little on his own, and then profiting greatly (and by all indications unethically) from the diligence of others. As such, it is the Wise One who sees this quote as “*unadvice*” – as a representation of what one should *not* do more than what one should – meaning that it would be far more enlightened for us to be like Tesla; the man who didn’t care at all whether anything came to him – a man who deeply Cared; a man who simply worked and worked and worked, without any hope of wealth or acclaim, solely for the benefit of others.

***The only worthy motion is to flow.
The only worthy service is to Love.
The only worthy tempo of either
is acceptance unconditional.***

“We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread. They may have been few in number, but they offer sufficient proof that everything can be taken away from a man but one thing: the last of human freedoms – the ability to choose one’s attitude in any given set of circumstances; to choose one’s own Way.” ~ Victor Frankl

And most fortunately for us all, we don’t need to be locked in a concentration camp like Frankl to realize this Truth for ourselves – for every time we are hungry and yet offer food to a stranger, we choose our True Way; and every time we are lambasted or gossiped about or attacked and yet offer our forgiveness, we choose our True Way; and every time we are afraid for our safety and yet serve our community anyway, we choose our True Way; and every time we are destitute and yet offer what little we have to those with less, we choose our True Way; and every time we are saddened without hope and yet offer encouragement anyway, we choose our True Way; and every time we are soaked in anger and yet reach out to an enemy with Kindness, we choose our True Way.

The only choice is choice itself.

“Forgive both the ignorant and the naive ...
Remember that you are they!” ~ anonymous

Remember that the potent Forgiveness requires one to first humble one’s self – to recall that we too know little about much, and that we too have harmed and caused others to come to harm. Even more importantly, let us remember that the only way to potently Forgive anyone – the only way to Forgive that allows for those forgiven to awaken and rebirth their True Selves – is to do so radically; with action more than with word; self-sacrificially more than comfortably; and anonymously more than directly.

Choose to re-member what you do not know.

“There are no laws – only temporary theories and random speculations.” ~ anonymous

First of all, this quote – at least as far as its role here is concerned – is **not** attempting to say that there are no such things as observable facts (e.g. the Universe is expanding) or verifiable scientific theories (e.g. the “law of gravity”) or objective realities (e.g. the Earth is orbiting the Sun while the Sun hurtles through the Cosmos). Rather, this quote is simply reminding us all to **remain humble** and approach life & living with an ever-open mind; to **have Faith in Kindness** and intentions steeped in selfless Caring; to **boldly engage others** with those same intentions and with that same Love; to **remain ever vigilant** when examining the actual consequences of those braveries; and to use that information to determine the next “best course of action.”

Love freezes time; halting change ...

Image 261 (Page 102b) ... This picture (which I call “True Colors”) is of my 1995 Self disguised as a basketball player (my ego-self played professionally in Germany from 1993 – 2000, and the t-shirt I’m wearing here is from a 1994 Ultimate Frisbee tournament I attended in Prague with my brother). To me, it reflects the Truth that no matter where we are living or what we are doing or how we choose to appear to others, we are all Children of God within – we all want to help those in need, we all want to make our communities more Peace-full places in which to live, and we all want to reach out to Care for those nearby. Indeed, even when it drastically appears otherwise – especially when it drastically appears otherwise, these are our only True Colors ...



“Concerning the body: ask not to be free of all illness, for when the body is free of all illness, lethargy born of comfort quickly arises. And where comfort arises, growth becomes regression ...

Seek not to become ill, and yet when illness arises, your true Power is reborn when you seek to **bring others Health**.

***The accumulation of wealth
is the impoverishment of the Soul.***

“Concerning the management of worldly affairs: ask not that any chore be easy, for when things go easily, pride is born in the mind. And when pride is in the mind, one becomes deceitful ...

Seek not to become overburdened, and yet when high stress arises, your true Power is reborn when you seek to **ease others’ stress**.

***Pride in one’s achievement is the portal to Hell.
Gratitude for one’s opportunities to serve
is the Gateway to Salvation.***

Concerning thought: ask not that thinking always be without obstruction, for when thinking is without obstruction, it becomes irregular. And when thought becomes irregular, one tends to believe that the false is True and the True is false ...

Seek not to become confused, and yet when confusion arises, your true Power is reborn when you seek to **bring others clarity** (via your deeds, not your words – naturally).

*Riddles are Reality –
and parables the only clarity of Truth.*

Concerning challenge: ask not that there be no trials in life, for when one is never tested, one's actions will be irresolute. And when one's actions are irresolute, one is easily led into believing in the myth of 'achievement' ...

Seek not to become frustrated, and yet when frustration arises, your true Power is reborn when you seek to **ease others' burdens**.

*Action without difficulty is meaningless.
All promises of the ego are made to be broken.*

Concerning the making of plans: ask not that they go smoothly, for when plans are hastily made, one's will becomes weak. And when the will is weak, one easily believes that one is less than Who one truly IS ...

Seek not to become defeated, and yet when defeat arises, your true Power is reborn when you seek to **bring others victory**.

*Expectations are the seeds of failure ...
Failure shackles one's Faith in the true Path.*

Concerning friendship: ask not that relationships be without controversy, for when one always gets one wishes, one soon loses sight of right & wrong. And when one loses sight of right & wrong, one quickly slides into blaming others ...

Seek not to become conflict, and yet when conflict arises, your true Power is reborn when you seek to **bring others peace**.

Right Action requires self-accountability.

Concerning people: ask not that others always follow your lead, for when others always follow your lead, one soon becomes arrogant. And when one is arrogant, one becomes attached to the ways of ego ...

Seek not to become betrayed, and yet when betrayal arises, your true Power is reborn when you seek to **bring others honor**.

*The true leader of The Way
merely offers his hand in silence;
his Word is in his smile.*

Concerning morality: accept no rewards for moral behavior, for when one is rewarded for Right Action, one soon becomes calculating. And when one becomes calculating, one ceases to do Good and instead strives for fame ...

Seek not to become ridiculed, and yet when ridicule arises, your true Power is reborn when you seek to **bring others respect**.

*The Way offers no benefits and lends no solace.
The Way promises only the pain
through which Peace is then given to others.*

Concerning profit: ask not for a portion of them, for when one obtains a portion of a venture's profit, one soon becomes lazy. And when one has become lazy, one soon harms one's Self ...

Seek not to become impoverished, and yet when poverty arises, your true Power is reborn when you seek to **give others sustenance**.

**Right Action knows no self-centered benefit.
The Way is Its own treasure.**

Concerning false accusation: avoid justifying oneself or explaining one's motives, for self-justification entrenches the illusion of the separate self. And when this illusion is solidified, thoughts of anger soon follow.

Seek not to become rejected, and yet when rejection arises, your true Power is reborn when you seek to befriend those same enemies.

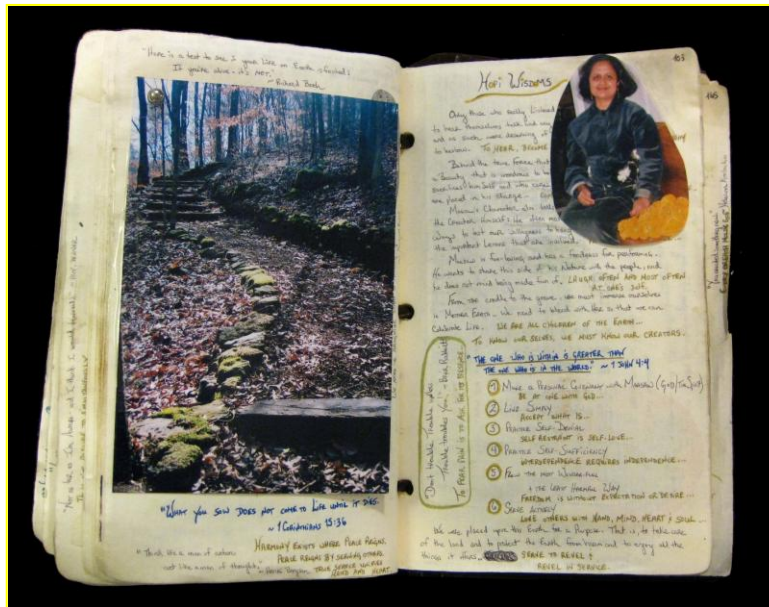
**It is impossible to clarify
what is allReady known.**

Once one chooses to think in alignment with the afore-mentioned Truths, one is then able to focus on what one is doing and not on what one is getting." ~ unknown

Once one chooses to think in alignment with the Truth of selflessness, one has no choice but to start enlivening the same ... And once one starts truly Doing the same, all thinking of the same is fully dismissed.

**The Way's doings are gifts ...
He who takes for his self is lost.**

PAGE 103



“Here is a test to see if your Life on Earth is finished:
If you're still alive, it's not.” ~ Richard Bach

Life is so much more than longevity ... Life is having the courage to LIVE.
Success is so much more than money ... Success is having the courage to LIVE.
Power is some much more than status or fame ... Power is having the courage to LIVE.
Health is so much more than physical strength or feeling comfortable or being energized ...
Health is being Whole – and being Whole means having the courage to LOVE.

The true challenge is seeing and engaging the next challenge.

Image 262 (Page 103a) ... This is a picture of the middle portion of “The Mossway” – a forest staircase I “co-facilitated”* (it often seemed as though the land was actively helping me) in the early months of 2006 ... 27 steps were hewn into the hillside using a mattock, then they were solidified with braced railroad ties, lined with mossy stones, and covered in mulch ...



“A very Great Vision is needed, and the man who has it must follow it ... as the eagle seeks the deepest blue of the sky.” ~ Chief Crazy Horse

Great Visions are not hopes or dreams or plans or projects ... Great Visions are acts of selfless service that transcend individual means and that are beyond individual efforts ... Just as the eagle becomes a part of the sky, so too must the seeker of Destiny become immersed in his or her moment. And Just as the eagle flies with the wind and never against it, so too must the seeker of Destiny set forth each morning ready to engage whatever comes her or his way --- to allow Life to do the providing of challenge, and thus the steering of The Way thereto.

“And this is eternal Life: to know YOU, the One, and the Christ essence that You have sent to reside within us. I glorify You on earth by repeatedly engaging the Work you have enabled me to fulfill.” ~ Jesus (John 17:3-4)

Admittedly this verse is traditionally read much differently, with most English Bibles having it as something akin to “And this is eternal life, that they may know you, the only true God, and Jesus Christ whom you have sent. I glorified you on earth by finishing the work that you gave me to do.” ... That having been said, such a translation is highly misleading. Alone Jesus apparent reference to himself (instead of the Son of God he was emulating – an essence residing within every sentient being; see [John 14:4](#) & [John 14:12](#) & [John 14:20-26](#)) is in direct contradiction to the humility he demands of us (a la [Matthew 18:3-4](#)) and his own blatantly humble beliefs about himself (see [Mark 10:18](#), [John 5:41](#), [John 7:16](#), [John 8:50-54](#), [John 12:44](#) et al) ... Note that the other Greek words used in the passage support this particular translation as well – with “eternal” actually being the Greek *aionios*, a word that actually meant “age long”, or “seemingly eternal” (Strong’s #166), with “know” actually being the Greek *ginoskosin*, a word that actually meant “come to realize” (Strong’s #2222), with “true” actually being the Greek *alethinon*, a word that actually meant “genuine” (i.e. made of Truth -- Strong’s #228), with “glorified” actually being the Greek *edoxasa*, a word that actually meant “honored” (Strong’s #1392), with “on earth” actually being the Greek *ges*, a word that actually meant “on the land” (Strong’s #1093), and with “the work” actually being the Greek *ergon*, a word that actually meant “deeds” or “actions” (Strong’s #2041) ... Putting these all together – and then mixing them with a decent dose of the fundamental teachings of Christ in the gospels – leads us to the translation I have offered here.

“The way of the Cross is not easy, but it is the rhythmic and the lovely way.” ~ Edgar Cayce

First, we must understand what is meant by “the Way of the Cross” ... For Jesus, the Way of the Cross was the life of willing self-sacrifice that brings with it the greatest Peace for others – and thereby the greatest Bliss for self. The metaphors of the cross harmonize with this bent, with the vertical axis of the cross representing a complete harmony of ego, conscience, and one’s surroundings – a harmony that comes from the horizontal axis, which represents the grateful willingness (the left) to give to others (right) ... And it is easy to see how this indeed creates a life that is both rhythmic and lovely – *lovely* during times of blessing (when we revel in humble gratitude) and *rhythmic* in times of trial or torment, (when we choose to Love anyway).

“Turn into My place and sit quietly.
Drink from My stream and My vintage.
Cast off your shoes, discard your hardships
And listen to My evening song.

I seek a Heart that is simple.
With the peaceful I spread My tent.
I will wash your feet and dry them,
My silence will be their perfume.”

~ Friar Paul Quenon

On the one hand, this poem can be read as though a fellow human being is uttering it, and it becomes a testament to the innate-yet-often-latent gloriousness of humankind ... On the other hand, it can just as well be read as though God Himself is doing the talking – reflecting the best available God; a God who knows only perfect Love; the “heavenly Father” of Jesus Christ (Matthew 5:48 + 1 John 4:8) ... And it is for *both* of these interpretations that I have capitalized the word “My” throughout – to reflect the best in humankind, which also happens to be the best in any godhead. Indeed, I believe that the two are always one & the same; that this is why Jesus believed that we were all innately Children of God – with God literally residing within us (John 14:20) and all of us capable of all the things he himself did and even so much more (John 12:47) ... For whether we are talking about the human Soul or God Himself, the reference points must become one & the same (otherwise what is the point of worship, much less the point of fulfilling wishes or enlivening commandments?) – the “place” is within the human Heart regardless; the “stream” is the human Spirit regardless; the “vintage” is unconditional Love regardless; and the “evening song” is the whisper of the conscience regardless. Whether God or awakened Human, the simple Heart is always sought ... Whether God or awakened Human, the tent – i.e. the human body that carries them both – always resides with the peaceful ... Whether God or awakened Human, a selfless service steeped in humility is always at the fore ... And whether God or awakened Human, it is the immense silence of those Loving Deeds that will linger ever thereafter.

***Life IN,
Love OUT ...***

“Righteous Father, the world does not know You, but I know You ... I will make your name known, so that the Love with which You have Loved me may be in them, and I in them as well.” ~ Jesus (John 17:25-26)

This is from the farewell prayer Jesus offered for the safekeeping of his disciples (alongside a prayer for the effectiveness of his imminent plan to have himself crucified as a symbolic relaying of his Way). He uttered these words just before heading to the Garden of Gethsemane – just before heading to the place where he had already arranged to be captured, tried, tortured, and crucified ... Note here that he once again intimates that his primary Purpose is to spread the message of selfless Love throughout the world (with the Greek word for “Love” here being *agape* – a Love that was active more than merely heartfelt; see Strong’s #26)—the perfect Love that was his heavenly Father (Matthew 5:48) and the perfect Love that resides within each & every one of us (John 14:20-26) ... Keep in mind that Jesus professes here to make the **name** of his heavenly Father **known** – a name that was never specifically given throughout the entire Bible (“El” a la Genesis 31:29, “Elohim” a la Genesis 17:7, “El Shaddai” a la Genesis 49:24 & “I am that I am” a la Exodus 3:14 were all names given to God by the Elohim themselves -- fallen angels who were merely *posing* as God, while “Adonai” & “YHWH”, the two actual names of the heavenly Father, are only defined loosely as “lord” or “master”), and yet Jesus does make it repeatedly clear that the Divine Essence he called Father (or “Abba”, which is actually the highly intimate Aramaic word for “Daddy”) is composed of perfect, selfless, unconditional, limitless Love (Matthew 5:48 + Luke 6:36 + Matthew 8:21-22 + 1 John 4:18 et al) ... Regardless, Jesus **knows** this Father not because he was literally “born of Him” (as religious superstition still claims to this day), but rather because he had chosen to enliven the essence thereof in his everyday living – just as we too can do in any moment we so choose.

“He who wins Souls is saved.” ~ unknown (Proverbs 11:30)

This is a quite the fascinating verse, if for no other reason than no one know what it actually means to this very day ... The King James Bible (KJV) translates its Hebrew both as “The fruit of the righteous is a tree of life , and yet he who wins Souls is wise” and *also* as “The righteous shall never be removed, but the wicked shall not inhabit the earth”, the incredibly popular (and often highly inaccurate) New International Version (NIV) translates it as “The fruit of the righteous is a tree of life, but he who is wise saves lives”, and the relatively rare (and most neutral in its scholarship) New Revised Standard Version (NRSV) translates it as “The fruit of the righteous is a tree of life, but violence takes lives away” ... Not only are all these translations radically different, but each is relatively unclear in its own right. That having been said, when we look to the ancient Hebrew used in the latter half of this verse, we see that the phrase “he who wins” comes from the Hebrew word *laqach* – a term which also means “he who commandeers” or “he who leads” (Strong’s #3947), and as such this verse could very well imply a meaning that harmonizes with The Way of Christ – namely, that the divine fruit of Peace & Joy come to those who “lead” other Souls to the Light of selfless Love.

One can only “win a Soul” by guiding it to Its Self.

Image 263 (Page 103a) ... This drawing (which I call “Channel of Truth”) was sketched by Rebecca Jean Pittman (and colored by my Self). To me, it reflects the Truth that – while there are always many different archetypal Virtues at play within the conscience of every human being (e.g. Patience, Generosity, Gratitude, Compassion, Honesty, Humility, Wonderment, Faith & Acceptance), all of these Truths continually combine on a single Mission; namely, to bring the life of the human being carrying them into alignment with his or her environment – an alignment that is known by many as “Love”, and an alignment that is both recognized and re-enlivened in every act of selfless service ...



“We don’t need to learn to let go ...
We need to re-cognize what is allReady gone.”
~ Suzuki Roshi

It is ironic that this is one of the very few quotes in *The Brown Book* that was entered twice (see page 86 in *The Brown Book* itself; page 242 herein). For the first sentence rejects the commonly held notion that we let go to receive more – or that we let go to attain inner peace – or that we let go to better appreciate whatever we already have – as all of these intentions lead to enhanced suffering, and actually are themselves forms of attachment. It is only when we see our desires as “already gone” – i.e. as unworthy of our attention and counterproductive to an Enlightened Life – that we do indeed finally let them GO. As soon as we realize that something needs to be let go, what we are actually realizing is **A**) that we are clinging to something that never existed in the first place, and **B**) that it is the need behind that recognition that needs to be dismissed (by being actively replaced, via acts of selfless Caring) – that it is the focus on self that must be let go, not a particular relationship or status or object or desire.

Everything possessed is allReady lost.

“What you sow does not come to Life until it dies.” ~ Paul (1 Corinthians 15:36)

This is as true of acts of the self as it is for seeds from any plant ... Love cannot blossom until it is fully given, and it cannot ever be fully given until it is given despite great difficult – despite fear, despite fatigue, despite regret, despite sadness, despite great pain, despite great anger. These are the times when we feel as though we are dying – these are the times when we fight that death with the most vehemence – these are the times that we are thus least Loving – and these are the time then, when our Love is most potent & pure; the times when we must die to give that Love.

“Think like a man of action; Act like a man of thought.” ~ Henri Bergson

When it is time to think, think about acts of service & expressions of Kindness and manifestations of generosity and deeds of Love ... Then, when it is time to act, act on those thoughts. Remember as well that it is action that is called for in the vast majority of our moments. Indeed, choosing to act on Loving impulses requires very little thought – acting on Loving thoughts requires no thought at all, and will automatically transform one into a man or woman of heartfelt thought.

***Harmony exists where Peace reigns.
Peace reigns where service is given ...
True Service allWays harmonizes hand & Heart.***

**“Love and faith live in the works that we are witnessing.”
~ graffiti along the Camino de Santiago**

Love and Faith are actually two sides of the same Essence ... Faith only comes alive in works of self-sacrificial Love ... Love only comes alive in Faith-full deeds of Caring.

***El Amor y la Fe,
en las Obras se han de Ver.***

Image 264 (Page 103b - upper right) ... This is a picture of Jyoti Agrawal, made while she was stringing marigolds before the Camino de Santiago Communion Ceremony held at Alexzanna farms (Wildwood, Georgia) before I set out on that Grand Walk back in September of 2008 ... In many cultures all over the world, marigolds are generally tied to the themes of surrender, resurrection, and – specifically in Hinduism (i.e. India) – the renunciation of self, a faith in the potency of The Divine, and the spontaneous “plasticity” (Mother Mirra Richards) needed to smoothly flow around &/or through all obstacles. Needless to say, this was an excellent flower to have adorning the altar at the ceremony held to bless the commencement of our pilgrimage that year ...



Hopi Wisdoms ...

“Only those who really listen (instead of merely wanting to hear themselves talk) have any chance of finding God, and as such were deserving of the blessings God was allWays ready to bestow ...

Actually, with all due respect (and a great amount of respect is indeed due to the Hopi), any God worthy of any measure of homage does not wait at all to bestow blessings upon Its creations, but rather bestows the same continually (Grace is not a gift, but a given) ... In addition, passively listening is only the very first meager step in accessing the full recognition of this Divine Providence – for it is only while we actively & courageously & lovingly *engage* what it witnessed that those blessings are felt and thereby become fully real.

***To Hear, become as the wind;
caring not which way it blows.***

“Behind the true Force that people think is a mask, there is a Beauty that is wondrous to behold. GOD is a deity who sacrifices Himself and cares tremendously about those who are placed in His charge ...

Does any Good actually sacrifice Himself? Of course! ... Love feels the anger and wants to calm, and yet knows that to do so is to rob others of the opportunity to quell their own rage in the cool waters of forgiveness ... Love feels the fear and wants to warn, and yet knows that to do so is to rob others of the Divine Guidance given by the consequences of their choices ... Love feels the trauma and wants to soothe, and yet knows that do so is to rob the victims of their pain, and thereby rob them of the marvelously difficult (and thus incredibly potent) ability to transcend the same ... So yes, IF God exists and IF He is truly composed of perfect Love, the He most certainly sacrifices Himself – and most certainly does so continually ... And as such only those who emulate this raw & selfless Giving can appreciate the same, and thereby come to know God.

***Compassion requires Love ...
Love requires sacrifice.***

GOD’s character also tells us something important about the Creator Himself: that He often masks what He does in strange ways to test our willingness to persist – doing so until we learn the important lessons that are involved ...

Actually, while the minor discords in life might very well be “sent to us by God” (e.g. annoying people, financial setbacks, lost possessions, interrelational frustrations, painful happenstances etc) – meaning that they flow to us more sourced from our surroundings than as consequences of our own choices, all of the major trials & traumas & tragedies of our lives come to us primarily “Called” by our own actions (and just as often by our decisions not to act) ... Acquaintances become enemies not because of “God”, but because of how we deal with those acquaintances. Health attains grave illness or serious injury not because of “God”, but because we are living inattentively in our time &/or in ways that do not harmonize with our true nature &/or our surroundings. Setbacks become tragedies not because of “God”, but due to how we view and react to those setbacks. As such, we are not “sent” our greater pains – we summon them to ourselves. If we strive against these summons, we will suffer. If we choose to use them to empower acts of service & Love, they will become a source of our empowerment, our transcendence, and our ultimate liberation.

Pain is God’s chisel placed firmly in our hands.

GOD is fun loving and has a fondness for performing. He wants to share this side of His nature with people, and He does not mind being made fun of ...

This might seem to be the case, and yet in actuality there is no need for the Divine to “perform” (and thereby call attention to Itself) when everything in the Universe is per se miraculous & Beauty-full ... Yes, “God” does “speak” with Its sentient creations in the form of archetypal communication, synchronistic happenstance, irony, and the apparent lunacies of those drunk &/or deranged ... And yet this does not mean that “God” performs for us – it merely means that It is always reaching out to us “from above” and simultaneously calling to us “from within” – ever reminding us that we are a part of It, and that we can ever choose to act accordingly ... Of course, in this vein God does not mind being made fun of, and yet there is nothing to be made fun of. Indeed, making fun of others is at best a mild form of masochism – something of which any Being of Love knows nothing and something beings of Love never effectuate.

Laugh often – most frequently with your self.

From the cradle to the grave, we must immerse ourselves in Mother Earth ... We need to blend with Her to celebrate Life.”

And how are we to immerse ourselves in Mother Earth and blend with Her? By leaving every space more beautiful than it was when we entered it, by using only the resources we need to live each day, by Caring for those beings nearby who are suffering, by refusing to cause others pain and by enhancing others Joy, by fighting to preserve & sanctify all places wild and all beings innocent.

***We are all Children of the Earth ...
To know our Selves, we must choose to see our Creators.***

“The One who is within is greater than the one who is in the world.” ~ unknown (1 John 4:4)

This verse speaks most potently to “the Dance of the 2 Selves” that takes place in every moment of every sentient life – the dance between the sloth of waiting for a better time and the Divine Patience that chooses to get up and do anyway; the dance between the greed of accumulating for self and the Divine Generosity that gives in times of lack; the dance between the envy we feel towards those who “win” and “succeed” and the Divine Gratitude that has us thankful for life anyway; the dance between the callousness that protects us from emotional pain and the Divine Compassion that chooses to sink into the sufferings of others (and act accordingly); the dance between speaking to convince or manipulate or persuade and the Divine Honesty that encourages the other along their path to Awakening; the dance between arrogant condemnation of idiots & enemies and the Divine Humility who shares Truth with actions more than words, the dance between seeing life as boring or times as normal or others as ugly and the Divine Wonderment that knows Life to be ever-brilliant, times to be ever-filled with Beauty, and others to be ever worthy of homage, the dance between the certainty of religious dogma and the Divine Faith that simply Loves others without judgment, and the dance between dismantling competitors, rejecting opponents, and reviling enemies and the Divine Acceptance that sees past the behaviors of others to honor them *all* as Children of God.

“Make a personal covenant with [GOD] ...
To do so, choose to live simply.

To live simply, reduce consumption towards need level, ... Far more importantly, to simply Live, expand affection to the level of perfect, self-sacrificial LOVE.

***Be at One with GOD ...
Accept all that IS.***

Practice self-denial & practice Self-sufficiency ...

Please note that enlivening the latter *is* fulfilling the former, and that as long as you are merely “practicing self-denial” for self (i.e. top attain inner peace or enhance inner clarity or become more calm or even to “grow as a person”) you are actually entrenching the very self you are trying to deny ... Indeed, the only way to enliven a true Self-sufficiency is via flagrant acts of self-sacrifice for others (as the Self needs nothing for its self and wants nothing for its self – except to give its Self fully to others).

***Self-discipline is Self-Love.
Interdependence requires independence ...
Independence requires intimacy.***

Flow with the most Wonder-full and the least harmful way ...

Seeing the Wonders around us requires being fully immersed in the moment *and* humbly choosing to witness to the Golden Core of innate goodness that resides within every sentient other therein ... While steeped in this mindset attentively & sincerely it is impossible to cause another harm – neither accidentally nor intentionally.

True freedom is without expectation and without desire.

Serve selflessly and actively.”

This final plank is actually redundant, for to truly serve others selflessly requires that we serve others courageously, and to truly serve others courageously requires that we serve others self-sacrificially, and to truly serve others self-sacrificially requires that we serve others actively.

Love others with hand, mind, Heart & Soul.

“Don’t trouble Trouble unless Trouble troubles you.” ~ Br’er Rabbit

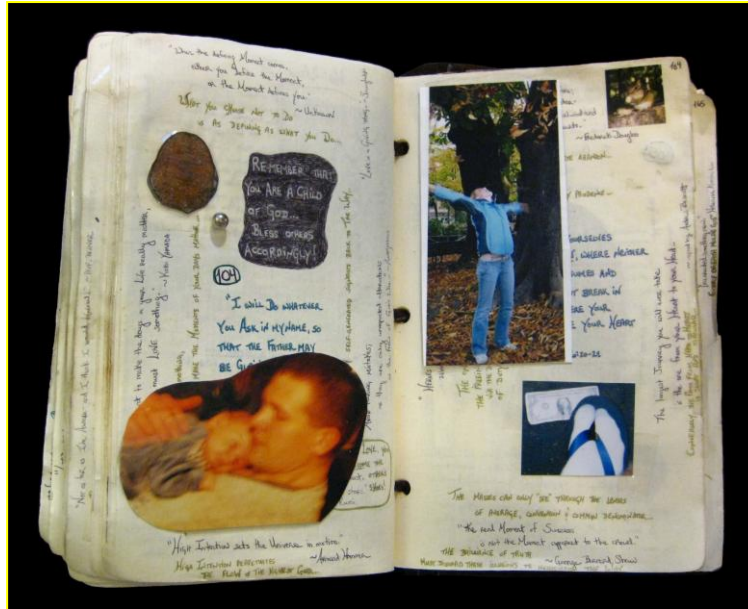
Actually, while Br’er Rabbit certainly had good intentions with this sentiment (and while it is indeed true that we are not to masochistically ask for more pain or discomfort in our lives by flaunting fate or taunting trauma with reckless behavior or foolish choices), it is pretty obvious that he didn’t understand Trouble, much less comprehend the best way to deal with it (e.g. the way he initially handled the Tar Baby’s “rudeness” by punching it – and thereby himself – into submission). For if we are to define Trouble as that which annoys or frustrates or frightens or saddens or angers, then we must realize A) that such Trouble will indeed find us (that we do not ever need to go looking for it), and B) that when any of these manifestations of Trouble arrive, it is counterproductive to “trouble Trouble” by complaining about it or striving to eliminate it – just as it is incredibly empowering to *embrace* that Trouble by using it to strengthen all counterintuitive (i.e. Kindness shown to strangers, Generosity shown while impoverished; Love shown to enemies, Service rendered while ill or injured or exhausted etc etc etc) responses thereto.

To fear pain is to beg for its arrival ...

“We are all placed on this Earth for a Purpose. That is: to Care for the land, to protect the Earth from harm, and to enJoy all the goodness It offers.” ~ unknown

Fair enough – though it is important to remember that it is impossible to revel in the latter (the goodness the earth offers) without actively immersing in the second (protecting the Earth from harm) , and it is impossible to actively immersing in the second (protecting the Earth from harm) without fully engaging the former (actively Caring for the land), and it is impossible to fully engage the former (actively Caring for the land) without being overtly gentle with – and protecting from harm – all the sentient beings that live thereupon.

Serve to revel & revel to Serve.

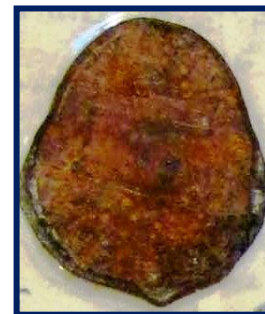


“When the defining moment comes, either you define the moment ...
 ... or the moment defines you.” ~ unknown

There are quite a few points worth noting here – **A) Note** first & foremost that *every* moment in life is a “defining moment”; that every moment we have the choice to either sink into the miasma of selfish instinct or transcend the same via rising into acts of loving Service, ... **B) Note** that every single moment is indeed so defined (even the moments when you choose not to choose); that every single moment is proscribed by either a thorny hedge of fear-inspired greed or a moss-lined border of gently-yet-persistently Caring for others, ... **C) Note** that choice is the third plank of The Trinity of Grace – the three Divine Gifts granted all sentient beings (self-awareness, internal moral guidance, and the free will to activate the latter within the former), ... and **D) Note** that not choosing is a choice – that choosing to sit idly by while injustice occurs is essentially aligning yourself with the same, and that sitting idly by while another suffers is essentially causing the same.

**What you choose not to Do
 is as defining as what you do.**

Image 265 (Page 104a - top left) ... This picture is of a penny that has been flattened by a freight train – symbolizing the Truth that the letting go of material wealth is an inevitability; causing great suffering if forced upon us, and bringing great liberation & Joy if chosen freely ...



***Re-member that you are a Child of God –
Bless others accordingly.***

And remember that we can only powerfully Bless others with our Meaning-full actions, never merely our hollow words ... Yes, it is true that some words *can* be considered to be actions (e.g. compliments, encouragements, forgivenesses, repentances etc), and yet these are few and far between – and always weaker than deeds done for the same selfless purpose ... Quantum physics claims that thoughts can be considered as “things” (i.e. actions) as well, and yet the mastery of intention required for this to be so means that it is almost never the case – **and** that even such “enlightened” emissions are much weaker than deeds shared with selfless boldness.

“Love is a giving thing.” ~ anonymous

Every thing given to brighten the life of another and every giving done for that primary purpose counts as a Giving Thing ... And because any such true Giving must be selfless to be at all, every Giving Thing is per se a Loving Thing.

Love is THE Giving Thing.

“If you want to make the days in your life really matter,
then you must Love something.” ~ K. Yamada

And remember that “Loving something” is not merely loving something – that Love is about deeds done, not thoughts thought or emotions felt.

***To truly Love something,
you must make the moments of your days matter.***

***“I will do whatever you ask in my name, so that the Father may be glorified in the Son.
If in my name you ask for anything, I will do it.” ~ Jesus (John 14:13-14)***

As is so often the case when reading Scripture, there are many subtleties in this passage worth realizing – namely, **A**) that “in my name” is critical, and means not “while worshiping me” (which Jesus did **not** want us to do – see [Mark 10:18](#), [John 5:41](#), [John 7:61](#), [John 8:50-54](#), [John 12:44](#) et al), but rather “in a way that harmonizes with the actual meaning of my name – which is ‘God will guide to salvation’ (Yehoshua) and ‘God is within’ (Emmanuel)” ... **B**) that “the Father” for Jesus was an *internal* essence ([John 14:20](#)) composed of perfect, unconditional Love ([Matthew 5:48](#)) ... **C**) that this explains why the Father is glorified “*in the Son*” and not *by* the Son ... and **D**) that the only thing that can be properly asked for “*in [his] name*” is the opportunity to be of service to others (an opportunity that is truly omnipresent in all our lives, which explains why it was so easy for Jesus to make this guarantee, for making such a request does not require that anything be manifested that isn’t already there).

Image 266 (Page 104a - bottom) ... This picture (which I call “Re-Union”) reflects the Truth that parents can deeply Love just be being present while being open-Hearted ...



Image 267 (Page 104a - bottom overleaf) ... This picture shows a drawing of a Native American “Frog Clan” drum – symbolizing the Truth that in order for our Rebirth to True Self to be potent, we must not only transcend the trivial and the selfish in our lives, but we must do so “loudly” with deeds that are done selflessly, caringly, publicly, & humbly ...



“Avoid fearing changes ... They are merely alterations in the flow of God’s Will.” ~ anonymous

Actually, change is not so much an alteration in the flow of God’s Will as it is an alteration in our *awareness* thereof. God’s Will is astoundingly constant – desiring Harmony amongst all factions of discord, and perpetually “calling” all sentient beings to become agents thereof.

***Our mistakes are only Self-generated signposts,
guiding us all back to The Way.***

“This moment Love comes to rest in me, many beings in one Being. In one wheat-grain a thousand sheafs of wheat. Inside the needle’s eye, a turning night of stars.” ~ Rumi.

Yes, on its face this quote reflects the Truth that we are all essentially One – that we are all members of the same Great Family, and that we are all literally interdependent facets of one Cosmic Whole ... Of course, this quote goes much deeper than that as well; reflecting the additional Truth that – just as each grain of wheat multiplies itself with each successive generation of its progeny – so too do our deeds “multiply” in similar fashion; with each rejection bringing a sadness that is then passed on to a handful of others, each of whom pass that sadness onward to another handful, and so on & so on & so on, until that one originating act of callousness has dampened the days of hundreds of thousands of others. Of course, the same is true for every act of Kindness and the deep-seated Joy it brings to endless generations of others touched thereby – rippling similarly out into eternity, bringing Peace to just as many. As such, it is Wise to remember that there is no such thing as an insignificant act – of course, it is far wiser to remember this, and then act accordingly.

***With Love, you do not merely walk in the other’s shoes,
... you Become their feet.***

“High Intention sets the Universe in motion.” ~ Armand Hammer

If by “high intention” Hammer means mere focused thought – in the same vein as New Agers align themselves with the principles of “co-created wealth” and “manifested abundance” – then this quote is a dangerous falsehood. For while it is indeed true that intensely focused thoughts do affect their immediate surroundings and do “attract” a portion of their content proportionate to their intensity, focusing our thoughts on self-centered wants in this manner presents a few problems ... First, beaming “lack” to the Cosmos (i.e. “I want a car” is “heard” by the immediate Universe as “I lack a car”) causes some form of *lack* to be sent in return ... Secondly, beaming personal desires into the immediate environment in this way inevitably brings attachment-based suffering with whatever is subsequently manifested ... Of course, this quote becomes Golden and True as soon as we redefine its first term – as soon as the previously mentioned “high intention” becomes **High Intention**, with the latter being as selfless as the former is egocentric – desiring to manifest solely for the benefit of others, and not at all for the benefit of self ... And yes, the Universe is always in motion, and yes, it will remain in motion regardless of our individual intentions, and yet whenever a person chooses to maintain a **High Intention** – and then act accordingly – the Universe flows more smoothly thereto & there-around, and its ultimate objective of Grand Harmony (what we experience in moments of Peace &/or Joy) moves a bit closer to becoming Reality.

High Intention perpetuates the flow of the Highest Good.

Image 268 (Page 104b - top) ... Joy-fully throwing autumn leaves reminds us that Life is to be celebrated in every season – that gratitude can be evinced even in times of death and sorrow and loss ...



Image 269 (Page 104b - top overleaf) ... This picture reminds me that Life can only be embraced by leaping boldly into the present moment; and that such acts of courage are completely wasted (becoming ineffective, fleeting, and even counterproductive) unless done for the benefit others ...

“For it is not light that is needed, but fire; it’s not the gentle shower, but thunder. We need the storm, the whirlwind and the earthquake in our Hearts.” ~ Frederick Douglas

Light might be needed to see, and yet it is the fire that comes from burning in the darkness that brings that Light ... Gentle showers might be needed to nourish, and yet it is the thunderhead itself that brings those rains. Soothing breezes in times of trial might be desired to heal, and yet it is the cleaning Storm that peels the pain away. The inner warmth of fellowship might indeed bring strength in numbers, and yet it is the earthquake of Love-sufficient solitude (i.e. living outside of relationships and yet immersed in community) that is needed to shatter our prison walls.

***The only thing truly done
is the thing done with complete abandon ...
The only true Purpose
is the one unrestrained by prudence.***

Image 270 (Page 104b - top right) ... This picture shows a chipmunk stuffing its cheeks – symbolizing the Truth that while Goodness is inevitably on its way, diligent persistence in living (i.e. manifesting a proper “balance between work & play” by seeing work as play and service as privilege) allows Goodness to flow both more frequently & more smoothly into one’s life ...



“Heroes are those who do what has to be done [for Love] when it needs to be done, regardless of the consequences.” ~ H. J. Brown Jr.

The phrase “regardless of the consequences” is key here – for “regardless of the consequences to others” leads to pain, suffering, and the manifestation of villainy; while “regardless of the consequences to self” leads to Peace, Joy, and the manifestation of heroism. Heroes are actually those who can differentiate between what *could* be done, what *should* be done, and what *can* be done – and they are the ones who know that Love is always an option – and as such they set aside all coulds and all woulds in order to do the Loving “cans.”

***The only task at hand is the freeing of Love
via the dismissal of duty.***

“Store up for your selves treasures in Heaven, where neither moth nor rust consumes and where thieves cannot break in to steal. For where your treasure is, there your Heart will be also.” ~ Jesus (Matthew 6:20-21)

There are several important considerations to remember when pondering this passage – namely, **A**) that the “Heaven” of which Jesus speaks is always an internal dynamic (Luke 17:20-21 – the only place in the entire Bible where he discusses Heaven in concrete terms), ... **B**) that the “treasures” mentioned here are not material in nature, but rather are the Peace that comes from being grateful for life in times of trouble, the Joy that comes from helping another in need, the Bliss that comes from being Kind when least inclined (i.e. for “scary” strangers and “dangerous” enemies), and the Contentment that comes from willingly giving (whether of money or time or energy or attention) past the point of comfort, ... and **C**) that it is always good to remember that anything & everything that exists on the material plane is steadily in a state of transformative decay, and headed towards inevitable dissolution & disappearance – that the only way to Love another is to fully detach from all want, all hope, all desire, and all expectation related thereto – and then to simply choose to Love anyway.

“The longest Journey you will ever take
is the one from your Heart to your head.” ~ Andrew Bennett

The actual distance from head to Heart might not be long, and yet the obstacles between the two are enormous and formidable ... Fear is the primal mover for the minds of all self-aware beings, and fear is ever the opposing force for Love – the only Call of the Heart ... This is the reason why the journey from head to heart is so rarely taken, and this is the reason why the journey from heart to head is rarely traversed.

***Conversely, for the Sage,
the path from head to Heart is both short & soft.***

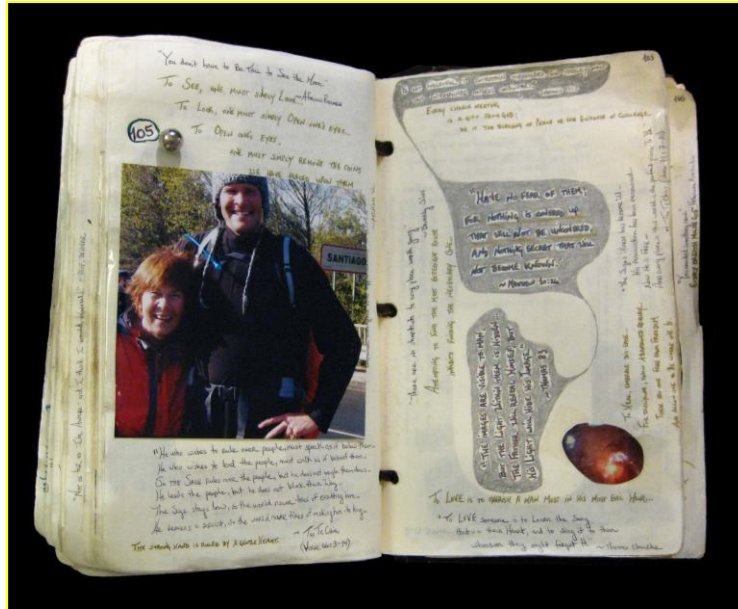
Image 271 (Page 104b - bottom) ... This picture shows my Self intentionally stepping on a dollar bill while returning from Haleakala Crater (Maui, Hawaii) in 2005. It reminds me of the Truths that were thick and potent in those days – the Truth that money not only cannot buy Love, but that money is often a direct obstacle thereto; the Truth that the purity of our Love is in direct proportion to the intensity with which we Care – that the intensity with which we Care is in direct proportion to how difficult it is to do so – and thus that our ability to Love (and thereby to know Love) is dependent on purposefully dismissing all our shallow comforts, on intentionally confronting all we fear, and then on consciously choosing to Love *through* all feelings of dis-ease & disenchantment ...



“The real moment of success is not the moment apparent to the crowd.” ~ George Bernard Shaw

The real moment of Success is not the bringing of Peace ... The real moment of Success – the only moment that ever brings transformation of self and potential transformation of surroundings – is the moment of intentional, willing, Joy-full self-sacrifice; a moment always felt as Bliss by the doer, and a moment almost always seen as a failure by the unknowing masses witnessing the same.

***The masses peer through lenses
of “average”, convention and common denominator ...
The brilliance of Truth discards these illusions
and thereby illuminates The Way.***



“You don’t have to be tall to see the Moon.” ~ African Proverb

Anything worth seeing is always within view – the Beauty in every moment (Seen whenever we gaze deeply into the eye of another or choose to see things “normal” or “boring” or “ugly” as if for the first time), ... the pure Soul of a stranger or an enemy (Seen when looking past their words &/or behaviors) , ... the innate Oneness of all sentient beings (Seen when treating them as such – especially the “lesser animals” that our own culture improperly treats as mere commodities), ... the ability all sentient beings have to transcend their primal instincts (Seen every time we choose to be Kind when least inclined), ... the omnipresent opportunity we all have to bring another Peace (Seen every time we look past our own desires and into the sufferings of another – every time we realize that a hug or even a smile is enough to bring that enhanced sense of Inner Calm).

*To See, one must simply Look ...
 To Look, one must simply open one’s eyes ...
 To open one’s eyes, one must first remove the coins
 the world has placed upon them.*

Image 272 (Page 105a) ... This picture shows my Self & my mother entering Santiago, after walking some 500 miles over some 40 days to get there (having left St. Jean Pied du Port in France on September 21st and arriving in Santiago on October 29th of that year)... It reminds me of a number of the Truths that I learned along that Camino, among them – *that true Joy comes not from experiencing less pain or more pleasure, but rather in those moments we choose to transcend discomforts via acts of Kindness; ... *that health & wealth are both meaningless unless used to further the health &/or the wealth of others; ... and *that there is nowhere for us to “get to” & no destination towards which to strive – that in every moment of our lives we are already right where we need to be – that all that remains is for us to See each moment as its own Destination, and then act accordingly ...



“What I wish for my Beloved: laughter & serenity; to know the Peace of reflection and the courage of intimacy; to have the perseverance to attain new heights and the spontaneity to dance with Joy; to transcend the fires of life’s pains & confusions -- to then be re-Born again & again into new depths of Bliss; and to be blessed with friends & partners who Love her enough to forever set her free.” ~ anonymous

As is so often the case with such series of Wisdoms, the fulfillment of one requires the fulfillment of many if not all of the others ... In this case, consider: For us to be blessed with friends &/or partners whose Love is unconditional and without attachment, it is necessary to “summon” the same by Loving similarly – And for us to Love similarly we must be repeatedly re-Born into fresher depths of Bliss – And to radiate such profound Contentment we must transcend the torments of life’s pains & confusions – And to effectuate such a transcendence we must persevere in both Peace-full acts of courageous intimacy and vibrant expressions of spontaneous Joy ... And, as is also so often the case with these types of “spiritual sequences”, to fulfill the first is to engender the last – to fulfill the key plank (in this case choosing to persevere in Loving others courageously and immersing in joyous amazement) is to fully enliven all the rest.

Image 273 (Page 105a) ... This drawing of a “Peace Dove” symbolizes the Truth that Peace can only come to our lives when we choose to fully untether ourselves therefrom – when we choose to Give away the things we most cherish (including ourselves when we have “more important things to do”); when we choose to be Kind to those “least deserving” of the same; when we choose to Love those who are treating us most poorly; when we choose to openly profess Gratitude for life during times of pain or turmoil; when we choose to sacrifice our own liberty &/or safety to help free the oppressed; when we choose to set aside our own hopes & dreams in favor of helping another to fulfill their own ...



“For the ego, time 'heals' wounds by forgetting them. For the Soul, however, this futility is avoided by remembering the loss of the Beloved in every heartbeat.” ~ anonymous

The ego strives to “forgive and forget”, and as such suffers (at the very least subconsciously) as long as it does so ... For there is no freedom from the pains of wrongdoing until we deeply forgive the same, and it is impossible to forgive that which we have chosen to repress and forget. Choosing to remember the Beloved who caused the original hurt, however – choosing to remember her not to continually condemn or vilify, but rather to repeatedly forgive and wish well – is the key to cleansing all the sludge from the wounds she brought your Soul ... So persist in your Forgiveness – more in deed than in word; more in word than in thought. Do so until the transgressor either repents and offers to atone for his or her wrongdoing, or tells you in no uncertain terms to halt your forgiveness. For the only way that others will ever know true Freedom is to willingly walk through the doorway of heartfelt repentance, and it is a great service to keep that door wide open for them.

“Avoid mistaking a clear view for a short distance.” ~ Mark Spain

Indeed, the clearer the view, the farther one will see – and the more lucidly one understands his station in Life (i.e. that Life has been given to be lived Meaning-fully, not longly or successfully), the less he will strive to get anywhere other than where he already is. This is why those who see their way clearly are fully aware of that way’s interminable length, and are thus more willing & able to sink deeply into where they already are – instead of striving to arrive at the mythical mirages seen by their egos as some ever-hazy end-destination. Yes, when a certain location no longer readily bears the Good Fruit of Peace or fluidly sustains the Good Fruit of our Love, we are indeed to flow smoothly onward to seek others who might be more willing to embrace the same, and yet when we flow onward for this reason, we do so merely to the next town, merely to the next person, merely to the next instant – not to the horizon or some other service long-distant.

Avoid mistaking an arduous task for a Power-full Journey.

Image 274 (Page 105a) ... This is a picture of the Lagoon Nebula, which was “discovered” (i.e. first witnessed as a nebula by a human) in 1654, and which is one of only a handful of star-forming nebulae (faintly) visible to the naked eye – reminding me that even though we cannot see them, stars are being born and entire galaxies are dying in every moment throughout the Cosmic Vastness – and similarly, reminding me that even though no one might witness my moments of sloth or selfishness, those sins take away from the grandeur of the whole; that even though no one might witness my smallest deeds of self-sacrifice, those mini-manifestations of Love help to sustain the entire Universe ...



“Everyone has an opportunity to be Great
because everyone has the opportunity to serve others.”
~ Martin Luther King Jr.

Greatness comes not from the end effect or realized consequences of any Good Deed. No, true Greatness is measured by the relative difficulty of any service – how tempting it is not to perform it; how challenging it is to consider it; how painful or detrimental it is to see it through ... For how easy (and therefore how uninspiring, and therefore how impotent) it is to Care for those who Love us in return, and yet how challenging (and therefore how utterly amazing, and therefore fully transformative) it is to Love those who are harming us – to Love those who are opposing our efforts – to love those who are gossiping badly about us – to Love those who are lying to us or cheating us or stealing from us or attacking us in any other way.

The smallest of charities saves the world.

“He who wishes to lead the people must walk as if behind them ... So it is that the Sage rules over people. He leads the people but he does not block their Way. He stays low, so the world never tires of exalting him. He remains a servant, so the world never tires of making him its King.” ~ Lao Tsu (*Tao Te Ching* #66)

Note that the one who wishes to Success-fully lead others must not wish to do so for personal acclaim or exultation. No, he does so solely because he has acquired wisdoms that – if emulated – will save *others* suffering and bring *others* greater Peace. In this sense, the true Leader does indeed walk “ahead” of others (in the sense that he is walking his talk – that he is fully embodying his teachings – that he is showing others The Way thereto without having to utter a word), and yet because he is a true Leader, he is exceedingly gentle of deed and humble of tone. As such, even though he walks “ahead”, it *feels* as though he walks alongside ... Similarly, when the true Leader teaches, he speaks cryptically – attempting not to tell or explain or teach, but rather striving to present his Wisdoms in such a way as to allow others to rediscover them for themselves. In this sense, the true Leader might speak “ahead”, and yet is heard as though he travels far behind ... Yes, it is true that the true Leader’s Truths are rarely implemented (because the Truth – at least as far as Meaning & Love & Peace are concerned – is ever uncomfortable and exceedingly challenging), and yet those few who have the humility to hear them and the courage to follow their path come to know their brilliance. And this is why the true Leader remains extremely wealthy even though poor, and this is why he remains exceedingly Peace-full in the midst of discord, and this is why he is revered despite residing in anonymity ... For his wealth is counted in units of Bliss, the Bliss that comes only to those who serve humbly and quietly; ... And his peace is born in Giving, especially at great cost to himself, and especially to those “least worthy”; ... And his honor is counted in obscurity & legend, worshiped most purely when others attain the credit for his work.

***The strongest of hands
is allWays accompanied
by the gentlest of Hearts.***

“Be not forgetful to entertain strangers, for thereby many have entertained angels unawares.” ~ unknown (Hebrews 13:2)

As with any Truth-full saying, the **why** of the matter determines the weight of the Wisdom ... In this case, if one entertains strangers as angels of great power in order to receive blessings from them, then one gives them little Love indeed – and becomes even less in return ... And yet when one entertains strangers as “angels” fallen and impotent – giving to them only to honor their Being and bring them Peace – wishing for nothing in return and expecting even less, then those Givings shower all nearby with great Peace & obvious Joy – which is for the Giver the greatest of rewards.

***Every chance meeting is a Gift from God;
be that encounter a blessing of Peace
or the Guidance of challenge.***

“There are no shortcuts to any place worth going.” ~ Beverly Sills

There are no shortcuts to any place worth going because the only place worth going to is the place at which one has already arrived.

***Attempting to find the most expedient route
inhibits discovering the necessary one.***

“Have no fear of them; for nothing is covered up that will not be uncovered, and nothing secret that will not become Known.” ~ Jesus (Matthew 10:26)

Here, we see Jesus speaking to his disciples shortly before sending them out to preach to the masses; warning them gently of the persecution that most assuredly will come – of the persecution that comes to all who challenge the norms of selfish hoarding and the greed of self-defense ... And yet Jesus does so with encouragement (in-Courage-ment), inspiring them to speak spontaneously while flowing smoothly away from all conflict and potential oppression ... And what is this that Jesus says will inevitably be uncovered? What is this that he says will one day inevitably become known? Why, his Way, of course – the Truth of his Way of Living – the Truth of the effectiveness of Kindness – the Truth of the Power of willing self-sacrifice – the Truth of the awesome potency of perfect Love ... Yes, many fear these Truths (for the primary reason that to accept them as valid mandates a terrifying putting thereof into practice), and yet at the latest on one’s deathbed – when the ego has passed onward and only the Awareness of True Self remains – at the latest then these Truths will be remembered. Of course, to wait this long is to invite personal destruction and great suffering – to wait this long in cowardice is to then reap the “wrath of God” in one’s final, interminable moment of consciousness. And so Jesus sends his disciples out to the people, in the hopes that his Message of Selfless love will allow them to awaken beforehand; to live lives based in service instead of accumulation, and thereby avoid the terrible fate that awaits all who live solely for wealth of self ... And what does this verse mean for us? It reminds us to have faith in the power of his Message – to avoid pushing the river; to give the Truth to all – and yet to let others reawaken to what they have always known in their own time. Simply give those encountered the opportunity to awaken, embrace & celebrate each awakening that comes thereafter -- and flow onward without malice from each rejection thereof.

“The Sage’s illness has become ill. His renunciation has been renounced ... Now He is free, and every place in this world is the perfect place to Be.” ~ Lao Tsu (*Tao Te Ching* #71)

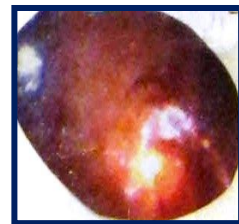
An illness that is ill is an illness that is no longer harped on or whined about or obsessed over ... To allow our illnesses to become ill is to detach from giving them credence or importance; to realize that our own suffering comes from our own selfishness; to realize that our own wounds and discomforts are of no importance – except as agents of empowerment when we choose to Love others despite them ... This is what it means to renounce our own royalty – to purposefully set aside all claims we might have once entertained to wealth or comfort or ease or pleasure – to choose to set all such longing aside and make our lives about serving rather than being served; about giving rather than being given to; about Loving rather than being loved ... And once we do this, we can take the next and final step – we can renounce that renouncing; we can completely discard all thoughts of self; we can see ourselves not as independent players amongst the masses, but rather as interconnected servants thereof – as a single drop in the wave of humanity in the harbor of sentient life of the ocean of the Universe ... It is then that we become truly free – it is then that our fears no longer shackle our inclinations to reach out to others in the most audacious and wildly imaginable ways – it is then that our Love shines forth its fullness – it is then that we are re-Born, and realize truly that every place in this world is indeed the perfect place to Be.

***To heal, embrace dis-ease.
For discipline, know abandoned revelry ...
Both set one free from “freedom” –
allowing one to truly Be where one IS.***

***“The images are visible to man, but the Light within them is hidden ...
The Father will reveal Himself, but his Light will hide his own image.” ~ Jesus (Thomas 83)***

First & foremost, this verse speaks to the Truth that the radiance of selfless Love is so overwhelming that it cannot be fully comprehended – only felt and enlivened, and thereby honored and appreciated ... And as is so often the case with verses from the Gospel of Thomas, this verse is “mirrored” in the canonical Gospels as well – here, reflected in [John 1:3-9](#), which reads in part “**What has come into being in him was life, and the life was the light of all people. The light shines in the darkness, and the darkness did not overcome it ... The true light, which enlightens everyone, was coming into the world**” – where Jesus was also fond of mentioning the Father’s internal Light; a Light that was possessed **by all** men & women – a Light that could be shone forth through every deed that resonated with that Father’s perfectly selfless Love (see [John 12:35-37](#) – also [Matthew 5:13-16](#), [Luke 11:34-35](#), [John 8:12](#) et al) ... Indeed, one of the ways this Love can be re-Born is to choose to See others as vessels of Divine Light – to see beyond their primitive fleshly behaviors to the glowing Essence within them – and then to *act accordingly*; and this, whether they appreciate that gesture or honor the attempt or awaken to their Glory or not (see [John 13:15-17](#) & [Matthew 5:40-48](#) & [Matthew 24:12-14](#) et al).

Image 275 (Page 105b - bottom right) ... This is close-up of a portion of the Lagoon Nebula, reminding me of the Truth that it is always possible to look deeper, and yet no matter how deeply we look, the Majesty and the Beauty remain essentially the same ... As such, there is no need to repeatedly scan our past to decipher “childhood wounds” – we must simply **Be the Beauty** you innately are. And there is no need to conjure a knowledge of “past lives” – we must simply choose to go forth and **be Kind** to strangers & friends alike ... And there is no need to decipher the contents of the “sacred contracts” we might have signed before entering this life – we must simply Give in times of lack and Love in moments of fear ... And quite similarly, there is no need to peer and squint to find the Goodness within the other – simply choose to look past the “dust” of their beliefs and the “haze of their behaviors to find the glorious nebula within them as well ...



“To Love someone is to learn the song that is in their Heart, and to sing it to them whenever they might forget it.” ~ Thomas Chandler

And how can we sing this Great Song? How are we to remind others of their Goodness in the times they have forgotten the same? How are we – those of us in the 1st World who are mired in the primitive barbarisms of “psychology” & “civilization” & “analysis” & “just punishment” – how are we to reach out to our communities’ “criminals” and our lives’ “enemies” and our moments’ “trespassers” and our pasts’ “wrongdoers” when we have no ritual or ceremony at hand? ... Well, a hug will do ... And a smile will do ... And a word of sincere forgiveness will do ... And a silent act of Kindness will do ... And an anonymous act of great generosity will do.

To Love is to cherish a man most in his most evil hour.

PAGE 106



“Peace comes within the Souls of men when they realize their Oneness with the Universe; when they realize It is really everywhere – that It is within each one of us.” ~ Black Elk

Actually, while what many call “inner peace” does indeed come to us all when we pause and contemplate our innate Oneness with everything around us, real & vibrant Peace – transcendent Peace – transformative Peace – only comes to those who then go forth with great boldness to act accordingly; to act as an agent of that Oneness, to reach out to those nearby in indeed; to give whatever one has to give to whomever is nearest by; to do whatever one can to bring others the same “inner peace” (if not radiant Joy) of which Black Elk here speaks.

***To know the calm of Oneness,
one must whirl easily in the flow of GOD’s Will ...
You must choose to dance with GOD
by allowing your Self to be led by Him.***

Image 276 (Page 106a - top left) ... This is a picture of two doors in Ireland, one red & one yellow – reminding me of the Truth that even though the portals to True Self & courageous Love always *appear* to be locked tight (by the temptations to succumb to the desires of the ego &/or by the anxiety of the fears of the primal self), they are in actuality always open. Their door handles are ever warm and their bolts are ever well-oiled, to the degree that but the slightest selfless inclination will turn their handles, and but the gentlest of selfless deeds will swing them wide ...



“Gather gently the energies of the Great Spirit.” ~ anonymous

It is impossible to gather the innately selfless energies of the Cosmos (what some call “The Great Spirit”) if one is doing that gathering for one’s own benefit, for all such selfish harborings can only briefly embrace those energies before they are squeezed too tightly and bleed through one’s clenching grasp ... Indeed, the only way to gather the energies of the Cosmic Oneness is to gather them with the intention of sharing them with another. The only way to “possess” that which cannot be owned is to hold it in such a way that all may partake thereof.

Hold GOD with a Open Palm.

“A Great Flame follows a little spark.” ~ Dante

While it is true that every Great Flame is born in the smallest of sparks, it is **not** true that every spark inevitably becomes a Great Flame ... While it is true that every life of Noble Selflessness starts with the smallest mental inkling of what it truly means to Love, those brief awakenings that come from the latter must be persistently and courageously and indeed brazenly fed to become the former. ... Note as well that the Great Flame mentioned here is not speaking of a “lifetime achievement” or even necessarily of a pure Love given over several years or even several months. Yes, while it is true that a life that has been consistently dedicated to selfless Love over many months or years *does* indeed burn brightly, the Great Flame mentioned here can come into being in one instant – if the action that engenders the same is sufficiently self-sacrificial, and if that self-sacrifice is given with the requisite willingness and Joy.

***Love tenders the spark of will
that lights the pyres of your cleansing and re-Birth.***

Image 277 (Page 106a - main image) ... If one looks closely enough, this picture shows me soaking my feet in the Chalice Well’s “Pilgrim’s Bath” (in Glastonbury, England), reminding me of the Truth that it is good to pause during any pilgrimage to steep in the moment and reflect upon what has transpired and what has been instilled. Indeed, this picture reminds me of the Truth that a pilgrimage – like Life itself – is not a journey with a specific destination, as much as it is a flowing chain of perfect, perfectly interconnected, luminescent moments – each filled with as much Wisdom & Peace & Joy as any other along one’s route ...



“And what do you Do when you recognize evil? What is to be Done when you smell the fear of death or taste the bitter hatreds spawned in ignorance and yearnings unsated? ... Pull them to you gently. Smile and hold them lovingly. Then release them; pacified and powerless – transformed into Love.” ~ anonymous

What is special about this quote is the fact that it is as practical as it is poetic; that it speaks not only to a moral Truth embedded in every functioning conscience, but also to a sociological Truth that comes alive in every interaction where it is put into play ... For we humans are herd animals, first & foremost. And as herd animals, it is our most primal of programmings to extend Kindness towards those in “our herd” – towards those with whom we have grown older, and to those who are treating us with Kindness ... As such, whenever an “enemy” is treated with such gentle regard, he or she initially does not know how to respond. This often leads to an intensification of his or her fear, fear that then manifests itself in even more “evil” behaviors (or “meanness” or “badness” or selfishness or annoyingness). And yet when we persist in responding to the same with Kindness, that enemy ultimately has only one choice remaining – respond with similar Goodwill, or flee to find his or her “victim” elsewhere ... Just as importantly, the giver of such irrational Goodness will know deep-seated Peace during that giving – and this, regardless of the enemy’s response thereto, for the simple reason that over 90% of all human suffering comes from our resistance to pain, *not* from pain itself. Extending pure Love to another automatically disintegrates all resistance thereto, and with it automatically dismantles all our suffering caused thereby. And this is true regardless of whether the other chooses to respond with more violence, or become our Friend, or flee in confusion.

***All anger is born of fear;
all sadness, of selfishness ...***

“For we cannot do anything against the Truth ...” ~ Paul (2 Corinthians 13:8)

It is indeed true that we cannot do anything effective against the Truth – the flow of Love’s Oneness is simply too strong, and inevitably washes away &/or irons out all relationships oppressive, all beings cruel, & all situations unjust. We humans do not have a large enough perspective to See this Truth, and yet a Truth it remains nonetheless ... Of course, this does not at all mitigate our privilege (note – **not** our duty or obligation) of assisting in this cleansing process; of helping the Earth rid herself of sleeping humans by waking them up, of assisting humanity in ridding itself of conflict by protesting war’s wickednesses, of conspiring with our communities to rid them of inequality by giving to those who have less and extending Kindness to the downtrodden, of teaming up with Nature by taking up our swords of Truth against the insidious destruction wrought by the industrial madness that is animal agriculture industry and fossil fuels ... In closing here, I admit that this is a Jesusian context for this verse – one that harmonizes with the life & teachings Jesus Christ, **not** the life nor the teachings of Paul (who is not speaking of the magnanimous Truths mentioned above, but is rather harping on his wafer-thin theological delusions of the innate sinfulness of humankind and the absolute divinity of Jesus, both of which Jesus himself denounced (see [John 10:34](#) & [John 14:12](#) for the former, and [Mark 10:18](#), [John 5:41](#), [John 7:16](#), [John 8:50-54](#) & [John 12:44](#) for the latter).

“Attitude is an equal partner of application.” ~ unknown

Attitude is not so much an “equal partner” of application as it is a *magnifier* (or a dampener) thereof ... Positive enthusiasm tends to amplify one’s efforts, just as pessimistic despair tends to neuter the same. That having been said, the true “equal partner” to any doing is the intention that underlies both its initiation and its undertaking – with any deed done consciously for others being three times more effective compared to the one done primarily for personal benefit.

Acceptance is the potter of your mentality’s clay.

“Faith is to believe because you cannot see; The outcome of this faith is to See because you Believe.” ~ unknown

Well, actually, true Faith is *not* believing because one doesn't see, for the very simple reason that true Faith doesn't "believe" in anything at all ... True Faith simply *does* – it Gives because it is right to Give, it Serves because it is right to Serve, and it Loves because it is right to Love. And this is so even though the Giver, the Server, and the Lover have no idea at all what the outcome of their selflessness will be ... Ironically, this definition harmonizes with the greater meaning of "belief" – the "belief known by Jesus Christ in the Scriptures – the Belief that is a bodily *deed*, not a mere mental thought. And when we do engage this higher form of Belief, when we do leap into acts of Goodness without harboring any concrete hopes or convictions about them at all, then & only then do we begin to truly See – then & only then do we See during our Faith-full Believing – then & only then do we See because we Believed.

***Whether one Sees or chooses blindness,
God remains visible.***

***“Recognize what is directly before you,
and what is concealed will also be revealed.”***

~ Jesus (Thomas 5)

This verse reflects the similar Wisdom found in Luke 8:17 (“F or nothing is hidden that will not be *disclosed*, nor is anything secret that will not become known and come to light”) and Luke 12:2 (“Nothing is covered up that will not be *uncovered*, and nothing secret that will not become known”), though the Gospel of Thomas here adds a most enlightening preamble – namely, stating that what is hidden will be revealed to us once we “*recognize what is directly before [us]*”; once we choose to humble ourselves enough to See the majestic hidden within the material – to See the angelic hidden within the apathy – to See the honor-worthy hidden within the human (and then act accordingly, of course). For true “*recognition*” means nothing until one leaps into actualizing what is glimpsed thereby – that true recognition comes not from looking and analyzing, but from *doing while feeling*.

“The Way is empty, and yet It fills every vessel with endless supply. The Way is hidden yet it shines in every corner of the Universe ... With It, the sharp edges become smooth and the twisted knots loosen. The sun is softened by a cloud and the dust settles into place.” ~ Lao Tsu (*Tao Te Ching* #4)

To see The Way requires an emptying of self – an emptying of self that allows one to understand the he or she is merely a part of the One; that every enemy is a sister and every stranger a brother and every animal a cousin and every associate a Soulmate – an emptying of self that removes the blinders of fear & self-interest and allows us to See the innate Glory of every other – an emptying of self that sheaths every sword and snaps every shackle – an emptying of self that comes during every irrational act of Kindness & every self-sacrificial deed of Caring – an emptying of self that brings Peace to every external skirmish and Calm to every inner storm.

***Upon the invisible, none can level critique ...
Possessing the empty, none may speak of lack.***

“Through Nature we see the powerful Peace in the world; a Peace that also resides in each of us. In your Journeys, may you meet teachers who guide you deeper into your own Peace. In turn, I also wish for you to encounter others open to learning from you; both from the knowledge you allReady possess and from your relentless quest for more Wisdom ...” ~ Rebecca Jean Pittman

May all receive the blessings contained in this blessing, and may all come to thereby realize that Life’s greatest teachers of The Way are those who know nothing of it – that the greatest teachers of The Way are actually the ones tempting us and cajoling us and pestering us to veer far from its silken path. For there is little doubt that The Way is a teaching of greatest Peace, and there is less doubt still that the greatest Peace can only be known when we are least desirous of being Peace-full towards others, and yet choose to extend Peace towards them anyway. As such, it is those who annoy us the most, and treat us the most unjustly, and attack us the most violently who are ever our greatest Teachers; for these are the ones who allow us to blossom forth and remember what we have always known – by having the courage to re-Member the same in our dealings with them that are gentle anyway.

In Nature we see reflections of GOD’s unceasing flow towards perfect harmony.

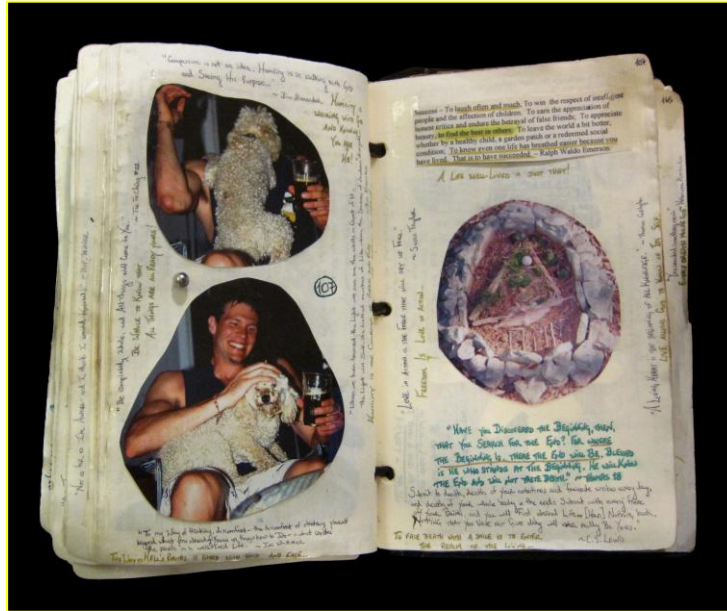
Image 278 (Page 106b) ... This is a waxed fern leaf from one of the lush rainforests of the Pacific NW – reminding me of the Truth that there are lessons to be gleaned in every setback and wisdoms to be learned from every death – and that we can preserve and indeed expand our own Power by honoring the same in our daily dealings with others. Indeed, to do so not only cleanses our own inner selves and allows for a fuller unfurling of the Soul into the everyday, but also allows those honored to receive a rare form of immortality ...



“One builds their own seat in this world using GOD;
the only material that is everywhere.” ~ Hafiz

The degree to which one believes God to be “up there above us” or “looking down upon us” is the degree to which he or she will build an inner prison cell in the mind instead of a seat of Wisdom ... And the degree to which one believes God to be residing within everything – especially one’s own Heart (believing that one’s own Soul is a facet of that very Divinity) – is the degree to which the inner jails of greed and fear will be shattered, and the degree to which one will build a Peace-full Throne of Living -- founded upon the solid stone of dedicated Caring, and radiantly bejeweled with acts of Joy-full self-sacrifice ... For the only material that can build such a Life is indeed everywhere – embedded in every encounter and overflowing from every happenstance ... For the only material that can build such a Life is Love.

*To make a Place of Rest,
one must move ssmoooothly ...*



“Humility is in choosing to walk with GOD and see His Purpose.” ~ Bill Alexander

Humility is not self-degradation or groveling before a “higher power” the ego likes to call God (a la the *Elohim* – fallen angels who liked to call themselves God in the book of *Genesis* – see *Genesis 1*, *Genesis 6*, *Genesis 19*, *Genesis 22*, *Genesis 28*, & *Exodus 3:14*). Indeed, who are we to be so arrogant as to judge ourselves so critically? No, true Humility is raw appreciation of the Divinity that resides within us – a divinity that wants nothing more than to sacrifice for another, and thereby reach out to touch the Divine in them as well. *That* is the only Purpose of any God worth worshiping, and *that* is what it means for anyone to truly “walk with God” – for to truly walk with God, we must choose to walk *as* God would walk.

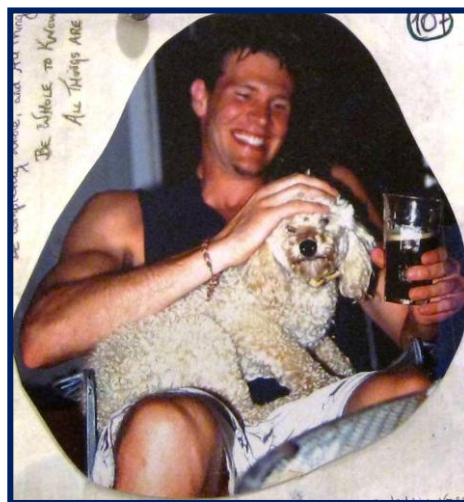
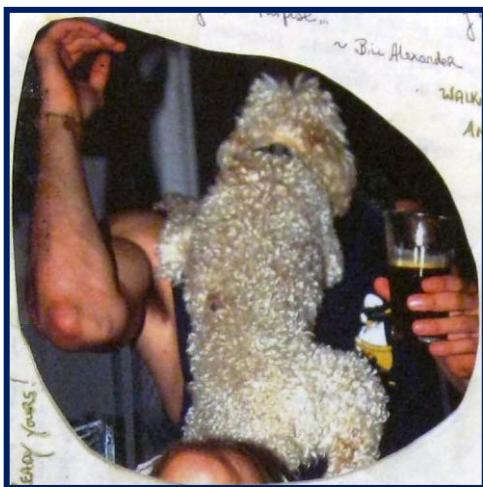
***Humility is walking next to GOD
while also knowing that you Are She ...***

“Be completely whole, and all things will come to You.” ~ Lao Tsu (*Tao Te Ching* #22)

To be completely whole, we must act in way that consciously reflects the Truth that we are an integral part of *the* Whole ... Being so completely whole (i.e. enlivening your True Self, especially in those moments your ego least wishes to do so) allows you to realize that you already possess “all things” – indeed, that you already are “all things” as well.

Be whole – and Know that all things are allReady yours.

Image 279 (Page 107a - top & bottom) ... These are pictures of me with my dog companion Billy (a.k.a. “Bill the Wonder Dog” – named after the Supreme Court Justice William Brennan; death penalty opponent, noted advocate for individual liberties, and a staunch supporter of the Bill of Rights). As it turns out, Bill found *me* during the summer of 1992, while I was sunbathing on the UPS Law School parking garage roof. I adopted him thereafter and we remained fast Friends until his passing in the Spring of 2004 ... Billy taught me many things – among them: that it is Right & Good to treat animals with just as much respect as our fellow humans, that the size of a dog (like the size of any other animal) is not constrained by the size of their body, and that Love given freely & fully will always bear the Good Fruit of deep Friendship – and will ever engender soft memories that bring warmth to the coldest of Decembers ...



“When we turn into the Light we can see the walls in front of It ... The Light will seek the farthest reaches of life when the sources of shadow dissipate ...” ~ Bill Alexander

In all honesty, I am not sure what Bill Alexander meant with this quote (it’s a bit confusing actually, seeing as how turning directly towards any light usually blinds and prevents us from seeing anything clearly), and yet I can share what it means to me – namely, that if we understand “the Light” to be the Soul’s constant impetus towards unconditional Love, then both facets of this quote do make complete sense. Turning directly towards the Light of Love (i.e. putting ourselves in Love’s way by actively Loving others &/or choosing to See the Light of Love in the other while doing so) does indeed allow for us to perceive the walls ever-erected between the vision of that Love and its realization – the wall of lust, the wall of greed, the wall of callousness, the wall of fear. In addition, it is also True that when we choose to lower those walls (which are more like ego-erected curtains, actually) the Light of our Love shines forth naturally, and brilliantly illuminates everything nearby – inspiring all situations to a higher sense of Harmony, and inspiring all beings nearby to lower their own walls and let their own Lights shine similarly.

Humility is the courage to seek (and thereby find) the surety of Grace.

“To my way of thinking, discomfort – the discomfort of stretching yourself beyond what you already know or know how to do – is what creates the pearls in a well-lived life.” ~ Jim Whittaker

The degree to which the “discomfort” here is speaking of the dis-ease felt in our relationships with others is the degree to which it reflects a deep Truth ... And yet the degree to which this quote’s “discomfort” speaks to what we feel while not getting the recognition we want or receiving the reward we desire or attaining the release for which we yearn is the degree to which it doesn’t ... Pearls hoarded as personal treasures taint Life with regret and meaninglessness. Pearls held gently in hands opened (held to give to those in need) – along with the pearls that are the memories of past givings, and thereby the inspiration for future ones – fill our lives with luster and contentment.

The way to Hell’s portal is paved with gold, pleasure and ease.

“Success: to laugh often, to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate Beauty; to See the best in others; to leave the world a bit better -- whether by a healthy child, a garden patch or a redeemed social condition; to know that even one life has breathed easier because you have lived. That is to have truly succeeded.” ~ Ralph Waldo Emerson

Once again, we find an list of apparent prerequisites – this time prerequisites to attaining real Success, and once again we encounter an intriguing Truth: namely, that far greater depth is experienced when examining such lists by reading them linearly *while* reading them backwards. In this case, consider: that true Success comes from knowing that even one life has been benefited by our actions; that we can do so via acts of selfless service at home &/or in our communities; that these services become potent when we engage them while Seeing the best in those for whom we perform them; that said “Golden Core Vision” (choosing to Se the best in others – choosing to See their True Self underneath their behaviors) enables us to more readily witness the amazing Beauty that ever surrounds us; that maintaining such a Beauty-full mindset allows us to smoothly endure the relatively trivial betrayals of friends and the essentially meaningless criticisms of strangers; and that effortlessly enduring the same automatically leads us to being respected by intelligent adults and adored by innocent children. In essence, all this quote is truly saying is Make Your Life About the Lives of Others – that if we do so, everything else will fall into place, and the real Success of a Life lived with LOVE will be assured.

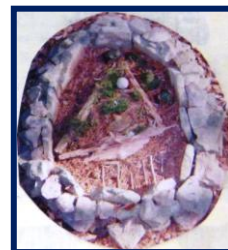
A Life well-lived is just that.

“Love in action is the force that will set us free.” ~ Susan Taylor

Actually, this quote is close to Truth, though it misses the boat by just a hair. For true Love in action actually *is* our ultimate Freedom; our Freedom from fear ... our Freedom from the suffering that comes from succumbing to fear ... our Freedom from desire ... and our Freedom from the suffering that inevitably comes from desire.

True freedom IS Love in action.

Image 280 (Page 107b) ... This picture (which I have called “A Friend’s Final Rest”) is of Billy’s grave (on Alexzanna Farms in Wildwood, Georgia). It was built by Tim, the man who became Billy’s closest Friend and heartfelt confidant over the years while I was away living in Germany, and reminds me of the Truth that -- while obsessing over the death of a Loved One is indeed unhealthy and counterproductive -- honoring that same Beloved inspires others to live their own lives more fully, and remembering that Beloved fondly can be used as an inspiration to the same ...



“A loving Heart is the beginning of all knowledge.” ~ Thomas Carlyle

Actually, a Loving Heart is the beginning of all *clarity* – opening our perception to a crystalline comprehension of the Knowledge that we have been carrying within ourselves since before our birth; the Knowledge that all sentient beings are our Brothers & Sisters (and are to be respected accordingly),... the Knowledge that lessening the suffering of others is Right & intensifying the suffering of others is Wrong, ... the Knowledge that enhancing the Harmony of our immediate surroundings is one of our primary Purposes, ... the Knowledge that – even though we might very well not actualize the same – our species has as its ultimate Destiny the gentle Stewardship of the Cosmos, ... the Knowledge that radical Kindness is always effective at bringing Peace (both to self & others), ... the Knowledge that self-sacrificial Service is always effective at bringing Joy (again, both to self & others), ... and the Knowledge that The Universe and everything in it counts as One, and acting accordingly is Bliss-full to the degree that doing so is difficult.

Love allows GOD to know Its Self ...

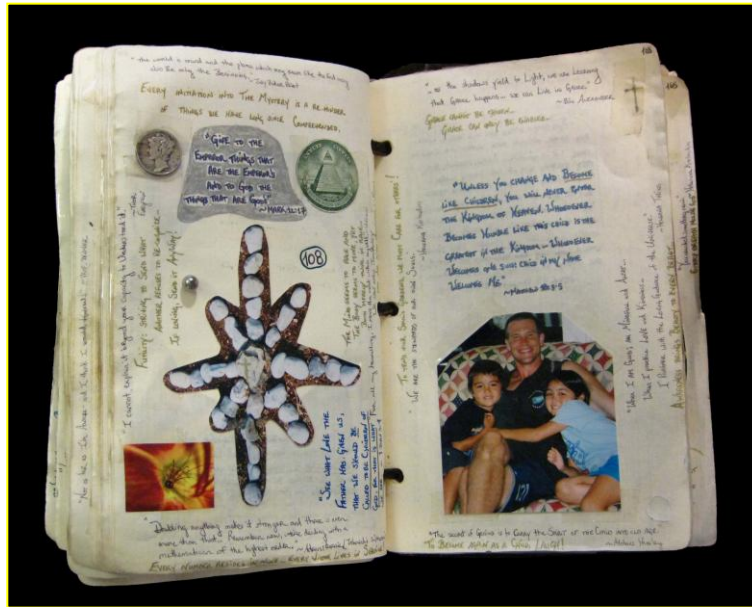
“Have you discovered the beginning, then, you that search for the end? For where the beginning is, there the end will Be. Blessed is he who stands at the beginning. He will know the end, and not taste death.” ~ Jesus (Thomas 18)

Again, as is almost always the case with the Gospel of Thomas, its verses reflect similar passages in one or more of the canonical Gospels, and this is the case here as well – specifically [Mark 10:31](#) where Jesus is heard to say “But many who are first will be last, and the last will be first” ... Some scholars have hypothesized that Jesus is speaking of the thief on the Cross in [Luke 23:29-42](#) (the last saved who was taken first, with Jesus himself) and his disciple Simon Peter in [Matthew 4:18-22](#) (the first disciple taken, and yet – after his three denials – one of the last to “be saved”). Of course, this hypothesis falls victim to the assumption that Jesus is speaking about a post-mortem spiritual salvation in a post-mortem paradise – an assumption that Jesus himself repeatedly denied during his ministry (where he made it quite clear that his *Kingdom of Heaven* existed in *this* life – [Luke 17:20-21](#), & that entry thereto was granted to those who chose to humble themselves by selflessly sacrificing for the downtrodden &/or their enemies – see [Matthew 18:3-4](#), [Matthew 25:35-40](#), [Matthew 5:40-44](#) et al) ... Of course, the latter theology is seen in the Gospels when we look to the context of the places where Jesus mentions this phrase ([Mark 10:31](#) mentioned above, as well as [Matthew 19:30](#) & [Matthew 20:16](#)), a context that specifically has Jesus referencing rewards received by those who sacrifice themselves for the betterment of others! ... And yet as if also often the case, here the Gospel of Thomas takes it all a bit further; noting that this particular Wisdom has to do with has to do with rediscovering & re-enlivening the Child of God within (the “beginning” mentioned in [Matthew 18:3-4](#), a “beginning” to which we must all indeed return if we are to ever enter his Kingdom) – Loving others as purely as a toddler does, and *thereby* attaining Salvation (see also [John 13:15-17](#)).

“Submit to the death of your ambitions and favorite wishes every day, and the death of your whole body in the end: submit with every fiber of your Being and you will find eternal life ... Hold nothing back. Nothing that you have not given away will ever really be yours.” ~ C. S. Lewis

I think C. S. Lewis is onto something here, at least in relation to finding “eternity” in *this* lifetime (a.k.a. “the Kingdom of Heaven” according to Jesus – see [Luke 17:20-21](#)) ... Now it must be fairly noted that Lewis was openly a Paulinist Christian for the majority of his life, meaning that he believed in a Heaven hereafter and believed – like Paul taught – that worshiping Jesus as God was the key to getting there ... That having been said, this particular quote also seems to show that Lewis had at least an inkling of The Way of Christ; a Way which offers only Salvation in *this* lifetime via humble acts of selfless service (see [Matthew 24:12-14](#), [Matthew 25:35-40](#), [John 13:15-17](#) et al), **not** via worshiping Jesus Christ as if he were an embodiment of God Himself (see [Mark 10:18](#), [John 5:41](#), [John 7:16](#), [John 8:50-54](#), [John 12:44](#) et al) ... Thus it is that we are actually not to wait until “the end” to give our entire lives to others as Lewis intimates, but rather are to do so *every single day of our lives*, choosing to be reborn thereby over & over & over & over again -- just like Christ wanted us to do (see [John 3:3-8](#)) ... “If any want to become my followers, let them deny themselves and take up *their* cross and *follow me*. For those who want to save their lives will lose it, and those who lose their lives for the sake of my Way will find it.” ~ Jesus Christ ([Matthew 16:24-25](#))

***To face death with a smile
is to re-enter the Realm of the Living.***



“The world is round and the place which may seem like the end may also be only the beginning.” ~ Ivy Baker Priest

Yes, it does seem that certain “Life Lessons” continually find us over & over & over again until we either master them or die trying, though that apparent Truth is **not** the one referenced here ... I have placed Ms. Priest’s quote here to intimate another Truth – the Truth that all that we truly *need* to know we have essentially always known; that the “facts” and conventional norms we learn as children and young adults might help us to survive in our primitive human societies, and yet they most certainly do *not* in-Courage us to fully Live the lives we have been given. That information – how to fully and potently immerse ourselves into the lives of others – we have known since our latter days in the womb, and our human journey is not to learn it all, but to unlearn the information that is keeping us from remembering it.

Every initiation into The Mystery is a re-minder of the things we have long since comprehended.

Image 281 (Page 108a - top left) ... This is a 1944 dime imprinted with what is thought to be Hermes or Mercury (the celestial patron of commerce, travel, communication, and material wealth), though in reality it depicts Lady Liberty wearing a winged cap to symbolize freedom of thought. The back of the dime, ironically enough, is blazoned with a symbol called a “fasces”, a bundle of sticks representing governmental authority & strength in unified numbers – two things that become especially viable when freedom of thought is purposefully or incidentally limited ...



***“Give to the emperor the things that are the emperor’s
and to God the things that are God’s”***

~ Jesus (Mark 12:17)

While this verse has Jesus specifically speaking of paying taxes to the reigning government (and is thereby used by many a conservative Christian to champion the same), there are several deeper meanings at play here that needn’t be overlooked ... First of all, what Jesus is actually saying here is not that we should focus on paying taxes, but rather that we should actually **not** worry about doing so. After all, taxes are clearly not “of God” in this particular scene, and Jesus makes it oh so clear elsewhere that we can only have one master – *either wealth or God* (see [Matthew 6:19-24](#), [Matthew 19:24-26](#), [Luke 12:20](#), [Luke 16:13-15](#), as well as [Matthew 17:24-27](#)) ... Secondly, and even more importantly, it is worthwhile to remember that – for Jesus at least – God was the essence of perfect, unconditional Love ([Matthew 5:48](#)) – and as such, that we are to Love similarly, at least if we are to ever “give to God the things that are God’s” (see [John 13:15-17](#), [Matthew 7:21-27](#) et al).

Image 282 (Page 108a - top right) ... This is a portion of a U.S. one dollar bill – the portion which represents Divine Providence, deist style (this, according to Benjamin Franklin himself – Note as well that none of the final designers of this seal was a Mason, and that the “all-seeing eye” was adopted as a Masonic symbol some 15 years *after* this symbol was accepted for use on the one dollar bill) ... Intriguingly, the Latin saying above the pyramid reads “annuity coeptis”, meaning “God has favored our endeavors” – which, ironically, He always does, but only when Love is involved, and money isn’t ...

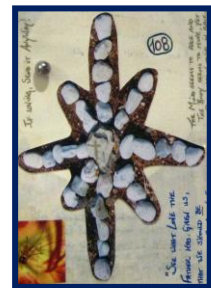


“I cannot explain It beyond your capacity to understand It.” ~ Thor Evergreen

I don’t think it is their capacity to understand Truth that hinders folks, but rather solely their *willingness* to do so ... Indeed, the Truth – at least any Truth that is worth remembering – is always exceedingly simple. And as such mental capacity almost never plays a role in its comprehension ... And yet where these Truths are simple, so too are they often uncomfortable; often existing in direct contradiction with the most primal urges and yearnings of the primal ego-self. As such, far more often than not, folks will seek to adopt excuses against &/or false rejections of these same Truths – Truths that are all easily verifiable if practiced, and yet Truths that cannot be verified without the same.

***Futility: Striving to impart
what another refuses to recognize ...
When Loving them, send It anyway.***

Image 283 (Page 108a - main image) ... This picture shows the center of the Feuerbach Wald Labyrinth (see additional images thereof on [pages 15b to 18](#)) – a seed-pattern that starts with a cross; and fittingly at that, seeing as how the labyrinth is representative of the Journey a human being makes on his or her way to reawakening the True Self, and the cross symbolizes the Truth that a human being’s body, conscious mind and conscient “Soul” are unified as a True Self in every moment of humble reverence encapsulated within every act of selfless service ...



“For all my traveling, I have Seen the most within myself.” ~ anonymous

The first step to Awakening is Seeing the True Self within ... The second step to Awakening is choosing to assume that same Self resides in others ... The third and final step to Awakening is disregarding the second step and setting the first step into motion to Care for others deeply anyway. **That** is when real Clarity is fully attained; **that** is when our Sight is finally restored.

***The mind seems to race and the body seems to move,
and yet both merely twirl in place ...
We can only truly Journey
into the Final Frontier of the Soul.***

Image 284 (Page 108a - lower left) ... This is a picture of a spider inside a red & yellow tulip – symbolizing the Truth that if we are going to fully Live, we must choose to fully Love -- and that if we are going to fully Love, we must have the humility to Love *everyone* in our lives, and we must have the Courage to Love them all fully ...



“See what Love the Father has given us, that we should be called Children of God, for that is what we are.” ~ unknown (1 John 3:1)

This verses provides the 2nd meaning to the double entendre within Jesus’ “become again as a child” of Matthew 18:3-4, with the first encouraging us to see the world as infants & interact with others as toddlers, and the second reminding us that we are all innately just as divine as Jesus himself ever was or could be; harmonizing fully with Jesus telling others that they too could do everything he did “and even more” (see John 14:12-13) – that just as he was a “Son of God” (see Luke 9:35, John 5:19, John 14:6-7 et al), so too are we all Children of God ... Finally, remember as well that for Jesus (and all other sincere Followers of The Way of Christ, which the vast majority of the Johanines were – i.e. those who adhered to the deeper, more mystical teachings found in the Gospel of John, and who later wrote & practiced the deeper, more mystical teachings found in 1 John, 2 John & 3 John as well) the Father was an *internal* essence (John 14:20) – an essence of perfect Love that ever called us to Love perfectly (see Matthew 5:48, 1 John 4:18, Luke 6:36, John 13:15-17 et al).

“Doubling anything makes it stronger, and three is even more powerful than that. Remember, [in God/Jehovah] we’re dealing with a mathematician of the highest order.” ~ Bernie (a Jehovah’s Witness who used to visit with me regularly back in the early 90’s)

Ahhh, yes – dealing with “a mathematician of the highest order”, indeed we are. And we are also dealing with ancient manuscripts from the Bible whose authors happened to attach profound meaning to the numbers they used in their writings ... As such, whenever reading Scripture, it is wise to ***consult the meaning of the numbers*** found in the verses, as well as look to the preceding verses that used similar numerological values as well ... As far as the number **3** goes (seeing as how that is the number mentioned here by my Jehovah’s Witness comrade), consider that it represented “spiritual perfection” & “completeness” to most of the Bible’s authors – with it probably being no accident that there are 27 accepted books in the New Testament canon (3x3x3), that Jesus was tempted three times by Satan in the wilderness (see Matthew 4:1-11), Jesus prayed three times in the Garden of Gethsemane before his arrest there (see Matthew 26:36-46), Jesus was crucified on the third hour (see Mark 15:25), that three hours of darkness covered the land while Jesus on the cross (see Matthew 27:45), and that Jesus planned to be presumed dead for three days before his arranged “resurrection” thereafter (see Matthew 12:40 et al).

***Every number resides in nine –
and every Virtue lives in selfless Service.***

“As the shadows yield to Light, we are learning that Grace happens ...
We are learning that we can live in Grace.” ~ Bill Alexander

Actually, the three-faceted “Trinity of Grace” we have all been given (conscious self-awareness, internal moral guidance, and the free will to enliven the latter in service to others) calls for us not to wait for the shadows to recede, but rather for us to actively ***become the Light*** that sends them into hiding ...

***Grace cannot be chosen ...
Grace can only be enabled by choice.***

Image 285 (Page 108b - upper right) ... This is the cross I drew on some tissue with one of the first silver pens ever used to illuminate *The Brown Book* – drawn at a time in my life when my own willing self-sacrifice was at its most potent – drawn at a time (from late 2003 to mid 2005) when I had chosen to make my own life into a grand “Experiment with Truth”; radically testing various moral platitudes in ways most extreme – rediscovering therein that the more selfless the platitude, the more Truth it brought forth when enlivened – realizing that the more difficult or terrifying or even painful a selfless choice was to perform, the more powerful it became once set into motion ...



“We are the stewards of our own Souls.” ~ Heleana Theixos

The Soul actually needs no steward per se, for the Soul starts pure and remains ever perfect ... And yet enlisting a “housekeeper” for the Soul is indeed in order (i.e. using conscious acts of Caring self-sacrifice to regularly “cleanse” the Soul of the “tarnish” it has accumulated from previous selfish responses to desire & fear), and a “gatekeeper” is useful as well (i.e. a persistent return to vigilance – ever remembering that we are here to serve and not to be served; ever remembering that we are here called to repeatedly Give what we have where we are to whomever is closest by).

***To tend our own Souls’ Gardens,
we must actively care for the Gardens of others.***

“Unless you change and become like children, you will never enter the Kingdom of Heaven. Whosoever becomes humble like a child is greatest in the Kingdom ... Whosoever welcomes one such child in my name welcomes me.” ~ Jesus (Matthew 18:3-5)

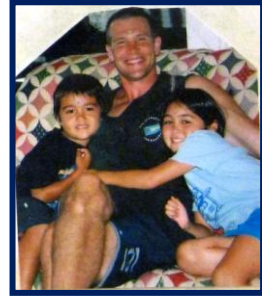
If radically implemented into one’s life (as well as utilized while reading the Bible itself), this verse becomes one of the most important passages in the entire Bible. First and foremost, realize that Jesus doesn’t use the standard word for “children” here, but actually uses the Greek word for a “very young child” – namely, an infant or a toddler (*paidion* – Strong’s #3813). Note as well that the former (infants) are ever grateful -- seeing the world as ever wondrous, and that the latter (toddlers) are ever gentle -- Loving without condition all others who cross their path (the Love that is required whenever Loving “in Jesus’ name” – a name that essentially meant “God guides from within”) ... This realization harmonizes fully with Jesus’ call for us all to **Love all out** in order to enter his internal, experiential “Kingdom of Heaven” (see [Matthew 24:12-14](#) & [John 13:15-17](#) & [Matthew 7:21-22](#) & [Matthew 25:35-40](#) et al) – a Kingdom that is not coming in the future after we die, but is rather “already within you” (see [Luke 17:20-21](#) – also “at hand” in [Matthew 10:7](#) et al)

“When I am good, mind-full and alert; when I practice kindness -- I partner with the loving Guidance of the Universe.” ~ Heleana Basilia Kontoudios

This is true enough, seeing as how the Universe has a base-frequency that resonates with its innate Oneness, seeing as how acts that bring Harmony to discord, that bring Love to fear, and that bring Caring to callousness all resonate at the same base-frequency ... This statement is also true in the sense that -- in order to be Kind in such ways -- it is indeed necessary to be “mind-full and alert”; simultaneously conscious, intentional, & selfless.

Awareness brings Beauty to every beast.

Image 286 (Page 108b) ... This picture is of mySelf with Tyler & Mika (Mike Bettencourt's children), who I had the honor of knowing while living on the Big Island from 2003 to 2005 ... Indeed, they would often accompany their father on trips to visit me in my "office" on the Borders Books balcony in Kailua-Kona, and both radiated both a Peace-full Wisdom and a sense of emotional Courage that were far beyond their years. Mike would often put them in the car and tell them that they were "going to see Jesus" while driving to see me (Mike & I had shared many in-depth conversations about The Way of Christ over the years, and what it took to emulate the same). Of course, every time they arrived, it was invariably I who was graced by *their* presence, not the other way around ...



“The secret of genius is to carry the Spirit of the Child into old age.” ~ Aldous Huxley

The true Secret of Genius is to *become* the Spirit of the Child – and this, regardless of what one has learned while living or how many years one has been alive.

**To “Become again as a Child”,
laugh with the mirthful
& smile gently upon the saddened.**

PAGE 109



“The Meaning of Life is found in living – not in constantly searching for the Meaning of Life.” ~ Leif Boysen

This is true enough, for we cannot simultaneously search for self and act for others, and it is only engaging the latter that makes Life Meaning-full – for the latter is quite literally the Meaning of Life. There is a small caveat to this Truth, of course – that being that this Truth pertains to *sentient* life; life forms who have self-awareness and the ability to choose – beings who possess the ability to seek in the first place, and thus also the ability to choose not to seek; to choose to Do instead.

**To search for “meaning” in Life
is to lose the meaning inherent
within every moment spent searching.**

“Our true Task is to join with the world so completely that who we were is forgotten and what we are becoming is not an issue. Peace exists in wholeness, and wholeness is found only in this moment; right here.” ~ Bill Alexander

This is also true enough, as Wholeness can indeed only be found in what *is* – never in what was or what could one day be. That having been said, Wholeness is not inevitably *found* in the Here&Now. For even though Wholeness always *is*, it takes no Meaning-full manifestation until it is actively *enlivened*. Indeed, the only way to know Wholeness is to forget the self, and the only way to forget the self is to willingly self-sacrifice for the betterment of another. *This* is what it means to rediscover the True Self – *this* is what to means to follow The Way of Christ – *this* is what it means to abide in the Will of God – *this* is what it means to be re-Born – and *this* is what it means to rejoin the world completely.

***Wholeness requires both the realization that one has no parts
and the awareness that one's environment
has no players other than one's selves.***

“And they clothed him in a purple cloak; and after twisting some thorns into a crown, they put it on him ... After mocking him, they stripped him of the cloak ... They offered him wine mixed with myrrh; but he did not take it. And they crucified him ... The Chief Priest, along with the scribes who were mocking him, said: He Saved others yet he cannot save himself ... Then Jesus gave a loud cry and breathed his last. And the curtain of the temple was torn in two.” ~ unknown (Mark 15:17+20+23-24+31+37-38)

This passage is important for several reasons – starting with the fact that it comes from the Gospel of Mark (the first Gospel written; the Gospel from which both Matthew & Luke were later adapted), and ending with the fact that it speaks both literally & figuratively of the immense power that comes from The Way of Christ; a way steeped in perfect Love & willing self-sacrifice for others ... Consider the following tidbits here that further illuminate the same: -- **Note** that the purple cloak and crown of thorns both symbolized royalty – mockingly by the Romans, true enough, and yet all true royalty is inevitably mocked by the faux-royals supposedly in power. Indeed, the evidence that the authorities completely misunderstood Jesus & his mission was shown by their fully errant (and somewhat paranoid) proclamation of Jesus as “**The King of the Jews**” – and this even after Jesus himself had repeatedly renounced &/or rejected that same offer (see **John 6:15** & **Mark 15:2** et al) ... **Note** as well that myrrh, which was sometimes used as a potent painkiller in Jesus’ day, was offered to Jesus before his crucifixion, and was *rejected* by him – probably because it would have dampened the depth of sacrifice he was trying to show those in attendance ... In addition, **note** that later Jesus *does* take a drugged drink (**Mark 15:36**) just before he “**breathed his last**” (the Greek *exepneusen*, which means to “**voluntarily breath out one’s last breath**” – Strong’s #1606) ... **Note** the additional evidence of the Romans’ utter cluelessness seen in the utterance “**but he couldn’t save himself**”; not realizing that Jesus had *chosen* to be crucified – indeed that he had himself organized the entire affair, much less the fact that to walk The Way of Christ means per se not ever choosing to save one’s self ... Finally, **note** that the temple curtain tearing symbolized the destruction of the church’s power to keep the people separate from God – symbolized that there no longer needed to be an intermediary for people to come to intimately know the Divine – symbolized that all we have to do is follow Jesus’ Way of willing self-sacrifice, radical Kindness, and unconditional Love in order to attain entrance into *his* Kingdom of Heaven (see **Luke 17:20-21** + **John 13:15-17** et al) – a fact that he showed them quite clearly on Golgotha, a most potent gift of self-sacrifice which turned out to be his final “sermon”.

Image 287 (Page 109a) ... This is a picture of my life's greatest (& I believe my only remaining) irrational fear: being eaten by a Great White Shark. Even though all fears are patently irrational (seeing as how they all have no concrete ties whatsoever to anything that is actually happening in our Here&Now), some – like this one – are more irrational than others. Of course, the further we choose to travel along The Selfless Way, the more we choose to face all our fears (not only our greatest ones) – the more we choose to use our fear to empower the deeds of Kindness we engage while afraid; a practice which always ends up neutralizing the very fears that empowered them in the first place ...



“To accept the sunshine and its warmth,
I must also accept the lightning and its thunder.” ~ K. Gibran

Acceptance is such a misunderstood term in the West – as it implies both passivity and ideological agreement. In actuality, acceptance is simply that – acceptance; a *neutral recognition* of all that is – a purposeful elimination of all hope or expectation that things will soon be different or “better” – a clear & objective perception of one’s current set of circumstances, which then enables one to do something constructive with the same for those inhabiting the same ... As such, this quote’s deeper Meaning would be more clearly communicated if the first “accept” became “*revel*” and the second “accept” became “*embrace*”.

***The Storm’s icy winds
are the sun’s velvet heat.***

“Hate is not the enemy of Love; indifference is ...
To truly Love, softly hum the tune played at Jericho.” ~ anonymous

Note here first of all that Jericho is believed to be one of the oldest inhabited cities of the world, and the city with the oldest known protective wall around it. This means that Jericho – in its day – was nothing less than a formidable stronghold -- and yet still its walls fell. As such, on its face this quote seems to state that actively caring for others need not be loud to be powerful – that it is necessary to Care and that it is necessary that said Caring is active, and yet that it is not necessary to “blare one’s trumpets”(see [Joshua 6](#)) to bring down the fear-based “walls” of the other – that softer, quieter acts of Love are enough to open the doors to an intimate connection therewith ... And yet when we examine many of the other facts surrounding the Battle of Jericho, a few deeper meanings to this quote reveal themselves as well -- **First** of all, the road between Jerusalem & Jericho was not only frequented by bandits in Jesus’ day, but many religious travelers as well – making it the perfect setting for one of the most important of Jesus’ teachings: the [Parable of the Good Samaritan](#) (see [Luke 10:25-37](#)), a tale that encouraged us to not only actively Care for those we liked, but to do so for our enemies as well. **Secondly**, it is interesting to note that the only survivors from Jericho (it was common practice to slaughter all the citizens of a city once its siege had been broken) were [Rahab](#) and her family members – [Rahab](#), who was not only a prostitute, but a traitor to her people as well. Intriguingly, showing mercy to [Rahab](#) was instrumental in effectuating the birth of Jesus Christ – seeing as how she proved to be one of his direct bloodline relatives (his great x32 grandmother, see [Matthew 1:5](#)) ... **Finally**, it is interesting that [Rahab](#) – a Canaanite women, was integrated into the Jewish community, seeing as how there were direct Old Testament prohibitions against such a move (see [Deuteronomy 20:16-18](#) & [Deuteronomy 7:1-4](#)) – prohibitions that Jesus himself later openly violated (and effectively dismissed) by being openly kind to the Canaanite woman at the well in [Matthew 15:21-28](#).

The melody of Love is acceptance unfettered by hope.

“**Old Problem:** Being a victim ... **Antidote:** take full responsibility for everything. Accept that you chose all your life experiences to give you exactly the lessons you most needed to learn.

Old Problem: Feeling abused ...
Antidote: actively Care for others anyway.

***Pain is the Blessing –
allowing the normal
to be filled with comfort.***

Old Problem: Lack of Abundance ... **Antidote:** be grateful for everything around you. Gratitude reverses lack.

Old Problem: Feeling poor ...
Antidote: actively Care for others anyway.

***Dearth is the Blessing –
allowing the normal to be filled with abundance.***

Old Problem: Anger ... **Antidote:** huge doses of Compassion & Love. Realize that everyone is doing ‘the best they can’ with the level of awareness they have chosen to possess.

Old Problem: Feeling angry ...
Antidote: actively Care for others anyway.

***Rage is the Blessing –
allowing the normal to be filled with peace.***

Old Problem: Difficulty & Struggle ... **Antidote:** see the gifts and lessons in each obstacle.

Old Problem: Feeling oppressed ...
Antidote: actively Care for others anyway.

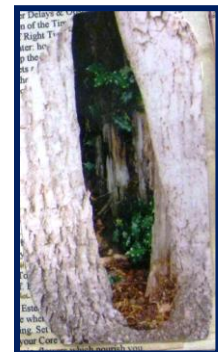
***Conflict is the Blessing –
allowing the normal to be filled with harmony.***

Old Problem: Resentment & Envy ... **Antidote:** be grateful when anyone in the world experiences something positive.

Old Problem: Feeling jealous ...
Antidote: actively Care for others anyway.

***Jealousy is the Blessing –
allowing the normal to be filled with Oneness.***

Image 288 (Page 109b) ... This is a picture of some holly growing in an oak tree in Wright Park (Tacoma, Washington) – symbolizing the Truth that all is dramatically impermanent – that even the most regal of humans will ultimately fall to the lowest of depths; that even our times of greatest success or pleasure contain the seeds of coming failure & distress. And this picture represents an even more important Truth to re-member – namely, the Truth that Dignity and Honor and Power and Peace are ever ours; that even in our times of greatest pain or deepest despair we have the ability to choose to transcend even our most challenging of circumstances – indeed, to consciously use the painful portions thereof to Love others anyway; to Serve our communities anyway; to Forgive our enemies anyway, to be Generous to strangers anyway – and thereby to raise ourselves up on high once more ...



Old Problem: Frustration ... **Antidote:** trust the perfection of the Universe's timing. It isn't possible to force our way through to a state of “better time” or “better place”. Remember the lesson of water – when there is a hole in its path, it first fills the hole before flowing onward. When it meets an obstacle, it continues to flow smoothly until a way around the blockage is discovered.

Old Problem: Feeling frustrated ...
Antidote: actively Care for others anyway.

***Impatience is the Blessing –
allowing the normal to be filled with acceptance.***

Old Problem: Loneliness ... **Antidote:** Create a loving relationship with your True Self. Express your Love and respect to everyone & everything around you.

Old Problem: Feeling lonely ...
Antidote: actively Care for others anyway.

***Desolation is the Blessing –
allowing the normal to be filled with community.***

Old Problem: Worrying ... **Antidote:** get physical by moving. Walk, dance, clean, garden, flow, run, play, bounce, shovel snow.

Old Problem: Feeling anxious ...
Antidote: actively Care for others anyway.

***Fear is the Blessing –
allowing the normal to be filled with Love.***

Old Problem: Self-absorption ... **Antidote:** assist others. By selflessly serving others, we serve our True Selves.

Old Problem: Feeling desirous ...
Antidote: actively Care for others anyway.

***Selfishness is the Blessing –
allowing the normal to be filled with giving.***

Old Problem: Energy focused externally (and/or eternally) ... **Antidote:** be Here, Now. By respecting the gift that is our life in this moment, we serve others more effectively.

Old Problem: Feeling overwhelmed ...
Antidote: actively Care for others anyway.

***Control-lust is the Blessing –
allowing the normal to be filled with detachment.***

Old Problem: Low Self-esteem ... **Antidote:** venture into the unknown.” ~ unknown

Old Problem: Feeling inadequate ...
Antidote: actively Care for others anyway.

***Doubt is the Blessing –
allowing the normal to be filled with Faith.***

“Practice acceptance” ~ anonymous

Acceptance is neither passive in how it deals with what is, nor is it necessarily affirming or condoning of the same. Acceptance is merely a detached recognition of the true contents of any moment – an accurate cataloguing of all that is, and thus an objective knowing of all that needs Love or Harmony -- along with all the things one can potentially use to effectuate the same.

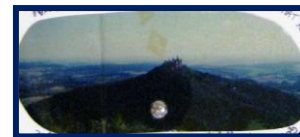
Acceptance = holding your tragedies tenderly.

“Avoid speaking unless you can improve upon the Silence.” ~ H. J. Brown Jr.

Here are some of the ways that never improve upon the silence: insult, complaining, attack, criticism, judgment, condemnation, persuasion, and dishonesty (including white lies & tactful politeness) ... Here are some of the ways that rarely improve upon the silence: analysis, unsolicited advice, and solicited advice given directly & lucidly ... Finally, here are some of the ways that almost always improve upon the silence: encouragement, compliment, responsive listening, cryptic advice, and all exclamations of gratitude &/or wonderment ... These lists are not exhaustive, and yet it is enough to remember that – when in doubt any about the afore-mentioned – it is always OK to simply choose silence (with a sigh & a smile, of course).

***Avoid speaking to anyone ...
Commune with them instead.***

Image 289 (Page 109b) ... This is an actual a negative (made by my good Friend, Sebastian Schulz) of Hohenzollern Castle (in Germany) – reminding me of the Truth that the safety of high walls keeps out as many allies as it does enemies; keeps out just as many Beloveds as it does marauders ...



“Know the Lord thy God as ONE. And all that ye may know of God must first be within Self ... To hear of Him is not to Know. To apply and Live and BE is to Know.” ~ Edgar Cayce

This is Truth -- to hear of God is to know of *religion*, not to Know of God – and to feel of God is to know *inspiration*, not to Know of God ... Indeed, the only way to Know God is to *live as God* – especially in those moments when feeling less than Divine; and especially in those moments when full of doubt & fear.

PAGE 110



“Be content to stand in the Light ...
and let the shadows fall where they will.”
~ Mary Stewart

So often we find ourselves worrying about how our Good Deeds will be interpreted or how they will be received – Will they be liked? Will they be cherished? Will they offend? Will they provoke disdain or disappointment? And almost as often we allow those worries to keep us from Giving at all – ostensibly out of respect for the other who might become upset thereby, and yet truthfully merely out of fear of being rejected ... And to this all the Soul says – *Give Anyway!* Be not content to merely stand in the Light and let the shadows fall where they may; be only content to *become the Light* and thereby send those shadows back into their originating Darkness ... For even the ridiculed act of Caring brings a glimmer of warmth within; even the redacted words of Kindness bring hope to each new day; and even the fully rejected deeds of selfless Love awaken – even if but for an instant – the sleeping Soul of the other ... As long as an act of Love is sincerely done in humility for the benefit of the other, then no such act of Love is ever wasted. The receiver thereof might limit the Good Fruit that is born thereby, and yet Good Fruit comes thereby nonetheless.

*Within the center of Shadow's deepest blackness
rests the seed of Light's brilliance.*

“You are the Light of the world ... No one after lighting a lamp hides it under the bushel basket, but places it instead on a lamp stand; where it gives light to all ... In the same way, let your Light shine before others, so that they may see your Good Works and give glory to your Father in Heaven.” ~ Jesus (Matthew 5:14-16)

Please take note of the following when reading this passage – 01) **Note** that Jesus tells his audience here that *they* are the Light of the world (which he also intimates via the more enlightened interpretations of both John 1:3-5 -- “What has come into being via [the *Logos*] was life, and that life was the Light *of all people*. The Light shines in the darkness, and the darkness cannot overcome it.” & John 8:12 -- “I am the Light of the world. Whoever *follows me* will never walk in darkness but will have the Light of life”) ... 02) **Note** that we are called here not to meditate upon our Light in private (in contrast to how we are called by Jesus to pray in secret – see [Matthew 6:6-7](#)) but rather to openly shine out Light via our being – via courageous words and noble deeds ... 03) **Note** that we are to shine this Love Light not merely upon those we like or those we love – not merely to those who are being kind to us or treating us well, but rather upon *all* others (indeed, especially upon those who are being “mean” to us or are treating us poorly – see [Matthew 5:40-48](#)) ... 04) **Note** that we do so not to have others Joy-fully receive the same, but rather to illuminate their similar Way – to remind them that they too have been similarly Called to shine their Love upon the others in their lives ... and 05) **Note** that this is how we give glory to our *internal* Father ([John 14:20](#)), thereby gain access to our *internal* Kingdom of Heaven ([Luke 17:20-21](#)), and thereby attain what many call “Salvation” ([John 13:15-17](#)).

“In a gentle way, you can shake the world.” ~ M. Gandhi

Actually, *only* in a gentle way can the world be powerfully shaken, for to shake the world violently or aggressively or firmly or even directly is to activate the dysfunctional “fight or flight” response of those in that world – and thereby inspire them to defend their ignorance and their aggressiveness and their selfishness and their callousness and perpetuate the same into their respective futures ... Indeed, true and lasting change can only come from those willing to change, and a true willingness to change can only come from those who are Loved, never from those who are persuaded or manipulated or coerced into changing.

***Shake the world ...
by beaming the Light of your Love
into the darkness of your fears.***

Image 290 (Page 110a) ... This picture is of a “King Crimson” tree growing on the Glastonbury Abbey grounds (Glastonbury, England) – to me, a reflection of the Truth that real Balance – Balance in the sense that the Soul understands balance – is all Giving and no taking; requiring the raw Courage necessary to set aside all desire for traditional “balance” and Love others all out instead ...



“To confront a person with his own shadow is to show him his own Light.” ~ Carl Jung

Important: to confront a person with his own shadow by telling him directly of the same will ultimately lead that shadow to become even more pronounced and thus even more harmful ... On the other hand, to confront a person with his own shadow by speaking cryptically about a similar shadow in one’s self allows the listener the opportunity to rediscover his own dysfunction while analyzing our own ... Of course, the only way to truly effectively confront another’s shadow is to blast the same with overtly gentle acts of diametric opposition – to be especially Kind to the mean-spirited, to be especially positive towards the negative, to be especially Forgiving of all trespassers, to be especially Generous to the stingy, to be especially complimentary of those who gossip, to be especially inspired by the fearful, and to be especially Loving towards the wicked.

***To show your self its shadow
is to free the Soul's beacon within you.***

“Like and equal are two entirely different things.” ~ Madelaine L’Engle

This is true enough – for with the sole exception of selfless Love, nothing is ever exactly equal, and with the sole exception of selfless Love, everything is always innately alike. Love is another matter entirely, of course, possibly for the sole reason that all that we call the Divine is essentially composed of Love – and that the Divine can thus only ever radiate the same. In this way, even though every single being has a unique way of expressing Love (and are thus none at all “alike”), the Love of every single being has the same foundational frequency and the same potential power to transcend & transform (and thus are all innately “equal”).

*Nothing is like anything else – All is equally wondrous;
everything is encapsulated majestically
inside a shimmering No-thingness.*

“The world we have created is a product of our thinking. It cannot be changed without changing our thinking.” ~ Albert Einstein

To this quote I would say both Yes and No --- **NO** in the sense that there is an objective, material reality that exists independent of both our thoughts about the same and our awareness of the same (yes, the tree has an independent existence, and thus does indeed make a noise if it falls in the forest – even if no sentient being is there to hear it do so) ... That having been said, I would also say **YES**, for thoughts *do* have an intimate effect on the life lived (via the power they possess to alter both how we feel about happenstance and what we choose to do with circumstance), just as they do indeed have an (admittedly subtle) physical effect on their surroundings as well. Everything in the Universe is composed of different densities of light – and this includes thought waves. And, because everything in the Universe is quite literally interconnected, the chosen frequencies we emanate with our thoughts do indeed interact with – and thus do indeed slightly alter – everything in our immediate environment ... That having all been said, it is possible that Einstein is speaking sociologically here, and if he is, he is spot on – for the cultures that our forefather & foremothers have created are sustained by how we think about them (and thus what we do or don’t do within them), and as such these structures cannot be altered without first altering those beliefs &/or ways of thinking – setting aside mass expectations as to what is “appropriate” or “normal” or “productive” or “responsible”, and focusing on living in a way that is Just & Kind & Caring instead.

*God is everywhere – Everywhere is nowhere ...
Therefore, to see God requires the no-mind of the infant;
... the openness of no-thought.*

Image 291 (Page 110b) ... This is the cover image from Medicine Drum’s “Original Face” CD – some of the music I enjoyed while living in Border Books during my 2003-2005 “Experiment with Truth” on the Big Island of Hawaii. This image reminds me not only of those warm nights when I listened to these tracks while gazing over the balcony railing to the sun setting upon the Hawaiian horizon – smiling calmly while wondering where it was that my Path was taking me, but also of the Truth that our Mission in Life is not to “get anywhere” at all, but rather to fully Be where we already are; not to “become someone” – but rather to fully Be the Caring Souls we have all innately been since our respective births ...

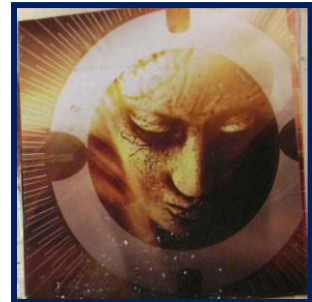


Image 292 (Page 110b) ... This drawing is the very first rendering of my “Labyrinth Citadel” tattoo (see [page 13b](#)) – symbolizing the Truth that our Way most true remains smoothly proscribed despite the perceived fortresses of time and space and matter that seem to limit or hide or block its traverse. Indeed, if we choose to sink fully into our Here&Now and use whatever bits of matter that reside there to augment whatever relationships are alive therein, the gates of those fortresses are thrown open and their walls tumble down – becoming the very Path to Love that before they sought to limit ...



Image 293 (Page 110b) ... This picture (which I call “Secret Beach”) is of a beachhead near Tintagel (England), a beach that is completely underwater for a large portion of every day – reminding me of the Truth that all places of rest are ultimately temporary, and of the Truth that all places of rest are to be cherished (i.e. actively beautified) while accessible ...



“Can you show me your Original Face ...
... the face you had before you were Born?” ~ Zen Koan

Our true “Original Face” – the True Self with which we came into this world, and the True Self we carry within us until the moment we leave it – is shown to ourselves in every internal thought of humble Gratitude, and shown to others in every outward act of self-sacrificial Kindness.

*The Original Face shines forth
from the sparkle in every eye.*

“The world is but a canvas to the imagination.” ~ Henry David Thoreau

Yes, the world *is* but a canvas to the imagination; and it is a canvas that remains unaltered until what is imagined is set into motion ... Imagining a landscape more colorful is not enough to make it so. The paints must always be applied to the panorama to make a brighter day.

*To dream is entrench what already IS ...
To enVision is to co-create anew.*

“Few have the real strength to be a true Hero – that rare man or woman who allWays keeps their word. Even an angel needs rest. Integrity creates a body so vast, a thousand winged ones will plead, ‘May I rest my cheek against you?’ ...” ~ Hafiz

I take mild issue with Hafiz here, not because he believes that few exhibit the Strength of the Hero, but rather because he seems to claim that few *have* said Strength. This is a common misunderstanding of the nature of real Strength – a Power that has nothing to do with might or force or the ability to directly manipulate or influence. No, true Strength resides in every sentient being in every moment of their lives – and the magnitude of that Strength actually exists in direct proportion to how weak those beings are feeling in body or mind. For the weaker we are, the more difficult it is to make the Strong (i.e. the Loving) choice, and the more difficult a choice is to make, the more potent it becomes when made anyway ... And this is what it means to truly “Keep our Word” – to Love when we would rather attack, to Care when we would rather turn away, to Give whenever we would rather harbor, to Serve when we would rather curl up and rest ... And when we start to Live this Way – when we start to Live as a beacon of Love instead of as merely a faint glimmer of hope or prudence, then it is indeed true that thousands will come to us – not only to find solace in our radiance, but also to offer fuel for its warm & brilliant flame.

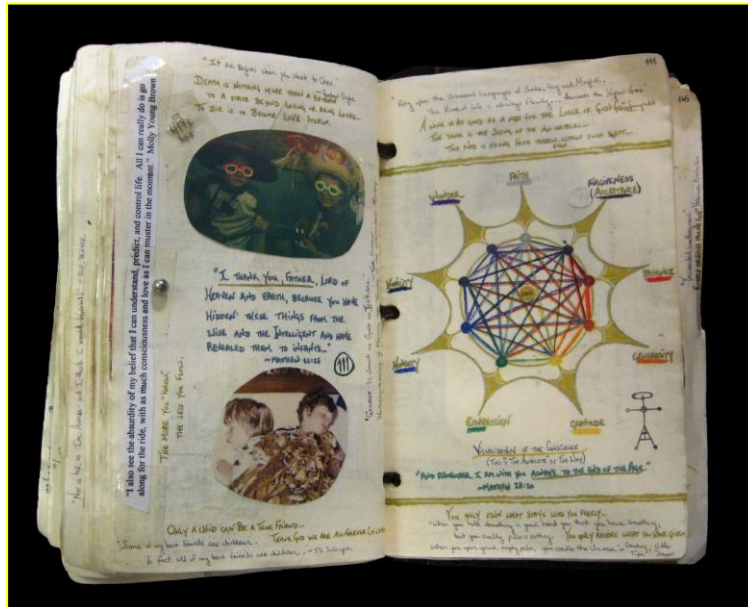
*All may rest upon Me –
for I Am both the Angel and those seeking solace.*

“Listen to thoughts woven with sound.” ~ Hawaiian Proverb

My father used to tell me “Listen to what I mean, not what I say”, and there is actually great Truth therein – for as higher mammals, we all have the ability to literally *feel* what is being said even more deeply than we can ever hope to logically decipher the intended meanings of the words actually being uttered. Indeed, regardless of what is being said, we can *feel* the emotional State of Being of the one doing the saying – regardless of what is being said, we can *feel* the founding intentions of the words being spoken – and regardless of what is being said, we can *feel* what the speaker means with his or her utterances. And we can do so not only with regards to the superficial selfishness of the speaker’s ego, but we can also feel the deeper, far more subtle Yearnings of his or her True Self there-under as well. And it is in this way that we can “listen to thoughts woven with sound” – it is in this way that we can **Hear** what is being meant more than what is merely being said – it is in this way that we can assume the best in all requests and assume the most noble of all statements – and it is in Hearing this way that we can thereafter act accordingly.

Truth cannot be imprisoned by words.

PAGE 111



“It all begins when you start to Care.”

~ Gordon Ooghe

When speaking of Life, it all begins when we start to truly (i.e. selflessly – if not self-sacrificially) Care ... When speaking of the Awakening of the True Self, it reaches its conclusion when we truly do so.

Death is nothing more than a return to a state of Being beyond loving or being loved. Indeed, to die is to become Love itself ...

Image 294 (Page 111a - top left) ... This is a silver “Honu” (sea turtle) earring; symbolizing the Truth that – just as the tortoise reminds us that our physical Home is wherever we already are (that we carry our Home with us wherever we go by making our Here&Now ever our preferred Sanctuary), the sea turtle reminds us that our spiritual Home is wherever we choose to re-enliven our True Self; wherever we choose to Care without a care and Love without needing to be loved ...



Image 295 (Page 111a - top center) ... This picture (which I call “Fast Friendship”) shows Robby & Everett, two young men for whom I had the honor of caring while working as a Headstart teacher's aid during the Summer of 2005. These funny little guys reminded me every day that Friendship is not born in times of ease or comfort or fun or pleasure, but rather is forged in the fires of challenge and trial and betrayal and annoyance; that it is easy to develop a Friendship with those who are always kind & gentle – and therefore that those Friendships, while nice and warming in their own right, remain relatively weak and lacking in inspirational effect. And yet the friendships that are molded during times of turmoil and conflict – these are the Friendships that stand the tests of time, and these are the Friendships that bring both the greatest solace to one’s own Soul and provide the greatest inspiration to the Souls of others ...



“I also see the absurdity of my belief that I can somehow understand, predict and control Life. All I can really do is go along for the ride, with as much consciousness and Love as I can muster in the moment.” ~ Molly Young Brown

While we cannot ever hope to effectively predict what Life will bring, and while we certainly cannot hope to maintain any semblance of control over the same, we **can** come to a basic understanding of the basics of that Life – by simply looking humbly and persistently upon the effects of our chosen actions. As such, while it remains ever impossible to predict a specific outcome of any specific deed, it **can** be known with relative certainty that any purely Loving Deed **will** bear the Good Fruit of Peace &/or Joy at some point – just as we **can** know with equal definiteness that any deed done solely for the benefit of one’s self will inevitably bring greater pain to others and greater suffering to that self.

The more you “know”, the less you flow.

“I thank you, Father, Lord of Heaven and Earth, because you have hidden these things from the wise and the intelligent, and have revealed them instead to infants ...” ~ Jesus (Matthew 11:25)

First of all, **note** that the Father mentioned here is the *internal* Divine Essence of all things living – an Essence especially vibrant in all beings sentient. It is an Essence that is composed of a frequency that harmonizes with the base-vibration emitted by all manifestations of perfect Love. As such it is an Essence that continually “hums” that same frequency, and thereby that in effect “summons” us to harmonize our own lives with it via acts of selfless Caring ... This frequency never shifts in tone – only in its volume – and thus it is true that it is ever the “**Lord of Heaven**” ... That having been said, this frequency is also ever the (admittedly more subtle) “**Lord of the Earth**” as well, for wherever there is conflict, its call comes the loudest to lead all sentient beings nearby to ameliorate the same – and whenever there is an actualized conflict between the forces of discord and those harmony; between the forces of self-interest and those of communal betterment; between the forces of greed and those of giving – the latter always ultimately come forth to neutralize those former. And this is why Jesus is more Right than most realize in this verse, for the **Lord of Heaven** is literally hidden within every sentient conscience – waiting patiently & calmly at the center of ever sentient Soul -- and the **Lord of Earth** is hidden by its rarity; hidden by the fact that very few seek it, very few find it, and thus very few actualize it. Infants know nothing of the fears and worries and regrets and greeds and preconceptions that keep adolescents and elderlies from making this latter **Lord** a real player in their reality, which is why Jesus tells us quite correctly to not merely “become again as a child” (as it is written in **Matthew 18:3-4** in most Bibles), but rather to “become again as an **infant**” (the Greek *paidion* – see Strong’s #3813).

Image 296 (Page 111a - bottom) ... This is a picture of my brother Todd & I resting together during our shared childhood. It reminds me of those days when I knew so many Greater Things – that Brotherhood is indeed a blood-relation that binds us a bit more inextricably (though more from the quantity and the intensity of our shared traumas & victories than any genetic predisposition or familial allegiance); that it is always worth it to *openly Forgive* a Brother a trespass (with hugs more than words); that it is always a Deep Good to reach out to a Brother in need (with gentle presence more than critical advice); that it is always preferred to be Kind to a Brother (especially when he is least deserving of the same); and that it is ever Wise to see all strangers as Brothers ...



“Gestalt is almost as good as ineffable.” ~ Thor Evergreen

This quote is difficult to comprehend without first defining its two primary terms, with **Gestalt** meaning “a configuration of multiple physical or psychological phenomena whose whole has properties greater than the sum of its parts”, and with **Ineffable** meaning “incapable of being fully expressed in words” ... With these definitions in mind, it can be illuminating to realize that *Gestalt* is the upper limit of the possible verbal explanation of the innate majesty of everything in our surroundings – the immense Beauty of Nature, the infinite vastness of the Cosmos, the invulnerable power of selfless Love ... And yet these things cannot ever hope to be fully clarified with mere thought or explained with mere words. They are essentially *ineffable* – so majestic that they can only be *felt* while being purely

experienced – so clear that they need not be explained to those who have known them; so magnanimous that they cannot be even partially explained to those who have not.

*Understanding is feeling the Truths of the inexplicable Mystery ...
Wisdom is faith-fully accepting (& acting upon)
those same hazy comprehensions.*

“Some of my best friends are children. In fact, *all* of my best friends are children.” ~ J. D. Salinger

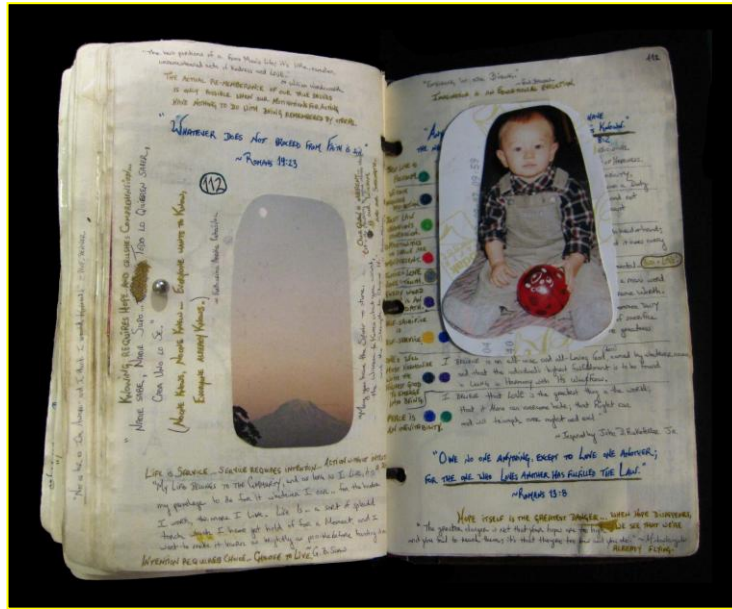
Indeed, seeing as how **Children** (at least as far as Jesus shared that term – the age encapsulating both the innocent naiveté of infancy and the enthralled bewonderment of toddlerhood (see the Greek *paidion* – Strong’s #3813 – in [Matthew 18:3-4](#)) are the only beings who have any pure expression of Love – and seeing as how unconditional Love is the basis of any true & viable Friendship, it is indeed true that only the **Children** in our lives (i.e. those – regardless of their age – who are humble enough to See the miracles that ever surround them, and courageous enough to extend Love to all those in need thereof nearby) can become our true Friends, and that we ourselves can only become a true Friend while choosing to become again as a **Child** as well – Loving all beings with whom one comes into contact, being amazed by every visage within which one is immersed, and thereby truly cherishing every moment with which one has been blessed ...

*Only a child can be a true Friend.
Thank God we are all forever Children in Heart!*

“Rely on the universal languages of smile, hug and wonderment. The River of Life is allWays flowing towards the Highest Good.” ~ anonymous

The River of Life is always flowing towards the Highest Good ... Of course, this doesn’t mean that we are always being pleasurablely swept along by the same. Indeed, the River of Life and its version of the Highest Good is often not our own individual version thereof – which means that we can only feel the Peace that comes from flowing with the Highest Good in those moments when we are choosing to harmonize our actions with its over-arching Goodness – not our own often errant views about the same. Indeed, choosing to flow with *the* Highest Good more often than not requires us to sacrifice our own version thereof, and just as often asks us to sacrifice our own individual comfort therefor – smiling in silence when we would rather defend ourselves, hugging an enemy when we would rather defend ourselves from them, expressing wonderment over things others find to be boring or normal or familiar or banal, being Kind to those we would rather insult or ignore.

*A wink is as good as a nod for the lover of God’s Graces.
The wink is the Seeing of the non-material ...
The nod is having Faith therein –
even without that sight.*



“The best portions of a Good Man’s life; it’s little, nameless, unremembered acts of Kindness & Love.” ~ William Wordsworth

While true that any sincere act of Kindness is not done to be remembered, it is also true that such are the deeds whose resonance echoes longest, both into our surroundings and within our Souls – that though such deeds might be small, they are enormously potent; that though they be nameless, they immortalize one’s Being; and that though they be unremembered in specificity, their essence will be forever felt & honored – and their glow will forever bring hope to the new days of those for whom they are done, for those who did that doing, and for those blessed to witness the same.

The actual re-mem-bering of our True Selves is only possible when our motivation for acting has absolutely nothing to do with being remembered by others.

“Whatever does not proceed from faith is sin.” ~ Paul (Romans 14:23)

As is so often the case, Paul’s words are as Right as his personal interpretation of them is not ... For Paul did not see faith like Jesus saw Faith – he did not see it as a deed, but rather a mere belief in the divinity of Jesus; he did not see it as an act of selfless courage, but rather as a mere verbal profession of allegiance to Jesus Christ himself ... In truth, Paul saw every deed not backed in subservient allegiance to Jesus Christ as a sinful deed, and this, even though Jesus himself wanted no part of either such judgment (see [Matthew 7:1-2](#), [John 8:7](#), [Matthew 23:12](#) et al) or such worship (see [Mark 10:18](#), [John 5:41](#), [John 7:16](#), [John 8:50-54](#), [John 12:44](#) et al) ... In addition, Paul saw sin as a damning offense for the Hereafter, whereas Jesus saw sin as something to be transcended (and thereby fully Forgiven) in every Here&Now (see [Luke 6:36](#) & [Matthew 8:21-22](#) & [Matthew 9:6](#) et al) ... For Paul, whatever did not proceed from a belief in Jesus Christ as the only Son of God was sinful and to be punished for eternity -- whereas for Jesus, whatever did not proceed *in* an active Faith in selfless Love was a sinful deed that was constantly & repeatedly forgiven by the heavenly Father within – a deed that would indeed reap consequences proportionate to its intensity of selfishness, and yet a deed that could be fully transcended by any subsequent moment of selfless Caring.

“No one knows – No one knew ...
Everyone wants to Know – Everyone already Knows.”
~ Katharina Petraschova
(*Nadie sabe, Nadie supo ...*
Todo lo quieren saber, Cada uno lo se)

This quote is true to the extent that no one knows the objective Truth of the infinite expanse of the Universe or the infinite depths of consciousness ... Of course, in a similar vein, no one ever knew of the innate potential majesty of humanity until the first person chose to selflessly enliven the same ... Everyone wants to know what they can do to lead a life of Bliss-filled Meaning ... And everyone already knows exactly what needs to be done to live the same.

***Knowing requires hope –
a hope that obliterates all true comprehension ...***

Image 298 (Page 112a) ... This picture is of Mt. Rainier under a full moon (as seen from the bedroom window of my very first apartment -- in Tacoma, Washington). To me this image symbolizes the Truth that even in the darkest of hours and even when the highest obstacles seem to block our way, still an inner moon lights our way; a way that always leads directly *towards* those challenges; realizing thereby that they are not blocking our way, but rather that they *are* themselves the Path. Once this Truth is embraced and we set our feet upon those mountainous trails, that same moon shines brighter upon them, the skies above seem warmer above them, and way becomes softer beneath them – with fear being replaced by excitement, and timidity being replaced by Joy ...



“May you have the Spirit to shine, the Wisdom to know what you truly want, and the Strength to choose it.” ~ Peter Nelson

Interestingly enough, when we have the Wisdom to know what the Soul truly wants – which is solely to Care for others, and the Strength to choose the same (especially in those moments when we least wish to do so, and especially for those least deserving of the same), then & only then are our Spirits allowed to truly shine.

***Our Glow is inherent –
It is the yearning to serve others
that is both our Wisdom & our Strength.***

“My life belongs to the community, and as long as I live, it is my privilege to do for it whatever I can ... For the more I serve, the more I live. Life is a sort of splendid torch which I hold for but a moment, and I want to make it burn as brightly as possible before passing it on.”
~ George Bernard Shaw

This is the mentality that brings real Power to Living – the mentality that shifts from seeing life as an experience to be made as comfortable as possible (and to be extended as long as possible), to Living Life as a privileged series of opportunities to powerfully Care for others – to sacrifice one’s own comfort in order to lessen others’ physical &/or emotional suffering; to sacrifice one’s own wealth in order to bring others more comfort; to sacrifice one’s own sense of ease in order to liberate others’ Souls from dogmatic ignorance; to sacrifice one’s own liberty in order to bring others freedom from their oppressors ... To see life as such a glorious privilege is to see life as lasting for only one moment – *this* moment – and then to act accordingly; to attempt to let LOVE burn as brightly in that one instant as possible, as though it is the last instant with which one will ever be blessed.

***Life IS service ...
Service requires selfless intention ...
Action without such intention is death.
Intention requires choice –
Choose to live.***

“Imagination is an intellectual evolution.”

~ Fred Brenner

(*Einbildung ist eine Bildung*)

Yes, it is indeed true that the more we imagine things, the more we gravitate towards fulfilling them and experiencing them ... At the same time, our real Education comes when we begin to learn that “manifesting” for ourselves in this manner does not bring wealth as much as it brings meaninglessness; does not bring inner peace as much as it brings despair; does not bring love as much as it brings loneliness ... For the greatest Learning of all is the experience of the Truth that *real Abundance comes from Giving* to others – from manifesting *their* wealth; that *real Calm comes from being Peace-full* towards others – from manifesting *their* peace; and that the *real Bliss comes from extending Kindness* towards others – from manifesting *their* Love.

Image 299 (Page 112b) ... This picture shows Duncan at age two – the year we all learn not only how to carry things and kick our toys, but also to find hidden objects, imitate others, and involve others in our activities. Of course, what happens over time is that we lose our proper focus – we look for hidden treasures that we can get from others instead of looking into those others to see their “hidden” Souls; we imitate the behaviors of others that help us to fit in to the “herd” instead of imitating the Love of our fellow toddlers who show us that *everyone* innately belongs thereto; we involve others in our activities to entertain ourselves instead of involving ourselves in the feelings of others. No doubt, it’s definitely high time for us all to “become again as children” ...

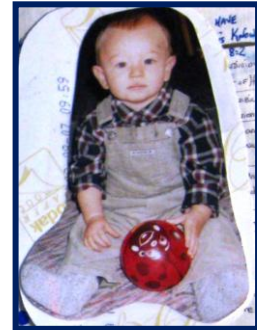


Image 300 (Page 112b) ... This picture shows Duncan at age four – the year we all learn not only to climb past the point of “safety”, but also to carry on conversations, express our feelings, and obey rules & regulations. Of course, over time our focus related to these traits becomes warped as well – we talk to others to be heard instead of to communicate with them; we express our feelings as demands and are rarely concerned about the feelings of others; we obey rules & regulations to fit in &/or to avoid punishment rather than doing so for the greater good or to show others respect. Jesus never had it more Right – we do indeed desperately need to “become again as a child” ...



“Anyone who claims to know does not yet have the necessary Knowledge; but anyone who Loves is Known.” ~ Paul (1 Corinthians 8:2)

How ironic that Paul would make this statement, seeing as how he himself was the one claiming more than most to “know better” – and that he was the one who had never seen Jesus in the flesh and who had never heard Jesus teach; that he was the one who quite clearly did not have the “necessary Knowledge” – a Knowledge of the Way of Christ that can only come *from living it*; something that Paul never did once in his entire ministry ... Indeed, not only did Jesus specifically warn us of Paul (see [Matthew 15:13-14](#) & [Luke 12:1](#) vs [Acts 23:6](#) & [Acts 26:5](#) ... see [John 5:43](#) vs [Acts 13:9](#) ... see [Matthew 24:26](#) vs [Acts 9](#) & [Galatians 1:11-12](#)), but Paul himself was a hypocrite (see [2 Corinthians 11:13-15](#) vs [2 Corinthians 11:16-33](#), [Romans 1:1](#), & [1 Corinthians 3:10](#) et al) and Jesus soundly rejected both hypocrites & hypocrisy throughout his ministry (see [Matthew 23:13-29](#) et al) ... **On the other hand**, Paul is correct when he says that “anyone who Loves is Known” – for the entire ministry of Jesus Christ was built solely on a foundation of unconditional Love, and thus anyone who has the humility to approach others with gentleness ([Matthew 18:3-4](#)) and the courage to then Love them boldly & self-sacrificially (see [Matthew 7:21-22](#), [Matthew 24:12-14](#), [John 13:15-17](#), [Matthew 25:35-40](#) et al) is indeed **Known** as one who truly understands his Way, his Truth, & his Life (for “by their fruits they will be known” – a la [Matthew 7:15-20](#)).

“I believe in the supreme worth of the individual and in his rights to Life, Liberty and the pursuit of Happiness ...

Actually, the individual’s supreme worth cannot be manifested by one seeking to prolong his own life or maximize his own liberty or fulfill his own desires for happiness.

Self-Love is freedom ... Happiness requires the relinquishment of personal privileges.

I believe that every right implies a responsibility, every opportunity an obligation, and every possession a duty ...

Actually, every right carries with it the opportunity to defend the same, every opportunity (i.e. every chance meeting) carries with it the privilege of fulfilling the contentment of others, and every possession carries with it the chance to be used to enhance those rights &/or embody those privileges.

Wisdom requires Pro-Action, and knows nothing of commitments of any kind.

I believe that the law was made for man and not man for the law; that government is the servant of the people and not their master ...

Actually, even though it would be nice if it were so, laws were actually created to confine others – all laws have been actually made due to a patent lack of faith in the ability of humans to Care for each other. Similarly, government is anything but the servant of the people – made as it is to control their doings, and serving as it does the whims of the elite few at the expense of the lives of the many. Life cannot be full unless its Love is fulfilled, and Love cannot be fulfilled unless it is given voluntarily – without the temptation of reward and without the fear of punishment.

Law either champions Compassion or entrenches tyranny.

I believe in the dignity of labor, whether with head or hand; that the world owes no man a living but that it owes every man an opportunity to make a living ...

Actually, the world owes no man anything of the sort ... Indeed, Life cannot be fully lived while humans are constrained to spend significant portions of their time “making a living” ... Tasks can be meaningful, and yet they can only realize their full potential when they are done for no personal profit and without any taint of obligation or promise. So, rather than ensure that a man or woman has an opportunity to “make a living”, society should be constructed so as to radically expand the opportunities for that man &/or that woman to use his or her talents to serve his or her community. Labor has no dignity in & of itself ... Labor only attains the sparkle of dignity when it evolves into acts of selfless service.

Opportunities to serve are omnipresent ... Service is the only life worth living.

I believe that Truth & Justice are fundamental ...

Actually, the values of Truth & Justice are only fundamental when they bear the Good Fruit of Compassion & the Peace that comes from the same.

Justice requires Forgiveness, which requires Acceptance, which requires Compassion, which requires Love – ... which is Truth.

I believe in the sacredness of a promise; that a man’s word is good; that character is of supreme worth ...

Actually, a man’s (or a woman’s) true Character can only blossom forth fully when his or her actions blossom forth just as freely – when his duties are dismissed, and her commitments are cauterized, and his duties are dissolved, and her promises are punted. Character is of supreme worth only when character is supremely manifested ... The Good (Wo)Man does Good not because he is obligated to do so, but because he *freely chooses* to do so.

Every utterance is an oath, and every act the fulfillment thereof.

I believe that the rendering of service is the common duty of mankind, and that only in the purifying fire of sacrifice is the dross of selfishness consumed and the greatness of the Soul set free ...

Actually, it is because the latter is true that the former is not – It is because it is true that the fire of sacrifice consumes the dross of selfishness that (at least as long as service is seen as a duty) the obligatory fulfillment thereof serves no one – and therefore purifies no one either.

Self-sacrifice IS Self-service.

I believe in an all-wise and all-loving God, named by whatever name, and that the individual's highest fulfillment is to be found in living in harmony with Its will ...

Actually – and ironically, as long as we see God as an external overlord whose will we are to fulfill, we cannot do that fulfilling. For any God worth worshiping must be a God of perfectly unconditional Love – a God whose will is that we manifest the same – with the manifestation thereof being impossible as long as that manifesting is done out of a sense of subservience or duty or obedience of any kind.

To come into Being, one's personal will must harmonize with the Highest Good of the Universal Totality.

I believe that Love is the greatest thing in the world; that It alone can overcome hatred; that right can and will triumph over might and over evil.” ~ inspired by J. D. Rockefeller (& others)

Actually, if the Love here mentioned is the Love that is as active as it is humble, then this final statement of Mr. Rockefeller's is the one statement of his herein that is indeed fully True – and the only one of his claims that truly matters.

Peace (both personal & global) is an inevitability.

“Owe no one anything except to Love one another; for the one who Loves another has fulfilled the law.”

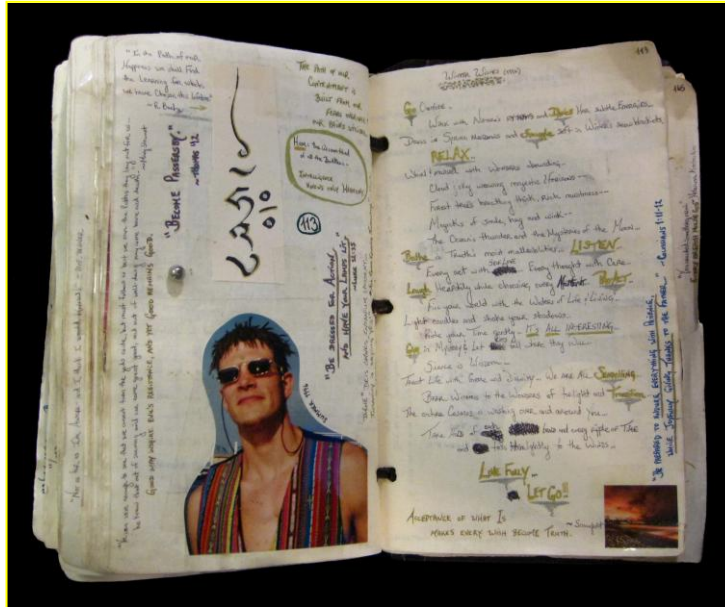
~ Paul (Romans 13:8)

While the second half of this verse is true – even according to Christ (who came to amend all 613 of the Old testament laws of his day to essentially say the same), the first half most certainly is not. For it is impossible to Love anyone to any significant depth if that Love is performed as an obligation or an act of subservience of any kind.

“The greater danger is not that your hopes are too high and you fail to reach them; but that they are too low and you do.” ~ Michelangelo

Actually, hope itself is the greatest danger – whether too high or too low is of no great significance. Where Love is immersed into the moment, Love will succeed in perfect accordance with “the Will of God” (i.e. the greatest manifestation of harmony in one's surroundings; a.k.a. the “Highest Good of the Cosmos”), and as such hope need neither be had nor harbored nor given. “Thy will not mine” (Luke 22:42) contains an exceedingly great Wisdom – a Wisdom that is shattered & made impotent when we allow personal hopes &/or individual expectations to shackle the far greater Good that our unleashed deeds of radically selfless Kindness could otherwise engender.

***Hope itself is the greatest danger ...
When hope disappears,
we can See that we're allReady flying.***



“In the path of our Happiness we shall find the learning for which we have chosen this lifetime.” ~ Richard Bach

The phrase “chosen this lifetime” is dangerously misleading, for it seems to imply that some sort of “Sacred Contract” was signed before our birth – some celestial agreement that somehow pre-determined the challenges with which we would be “blessed” and that we might choose to transcend ... Not only does such a belief presume a level of divine masochism and capriciousness that is difficult to stomach, it also has the practical effect of radically dampening our empathy for the plights of others during this lifetime. I have actually heard on more than one occasion people turn a calloused shoulder to a suffering fellow human while uttering “Nothing to worry about. She signed up for that pain,” or something of the kind ... What a shocking statement to make – and why (other than the obviously selfish escape from the pain of Caring) would anyone ever to believe such a thing in the first place? And how odd in addition – even if we have chosen our “paths of learning” this lifetime – that the only way we can transcend those challenges &/or pass those tests is to *reach out to others in need* when we encounter them, not turn away while blandly muttering some inane nonsense about their chosen “Sacred Contracts.”

***The Path of Contentment
is built from fears overcome
and pains transcended.***

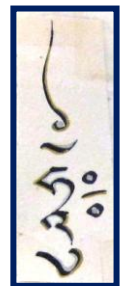
“Become passersby.” ~ Jesus (Thomas 42)

In relation to judgment & criticism, become mere passersby ...
In relation to Service and Caring, become Guardian Angels on call.

“Hum: The wisdom-mind of all Buddhas resides within you.” ~ unknown

More specifically, this term in Tibetan means “indivisibility” or “that which cannot be torn asunder” ... Both definitions seamlessly fit the notion of the “Buddha mind” (or the True Self, or the Soul), seeing as how both of these meanings reflect the Truth that there is indeed a Spiritual Core within each sentient being’s conscience; a Core that is ever pure & always viable – in essence waiting patiently to be released with one’s next selfless act of radically kind humility – whenever that might be.

True intelligence knows only harmony.



“He was wise enough to see that we cannot turn the gods aside, but must follow as best we can the paths they lay out for us ... He knew that out of seeming evil can come great good and out of well-doing may come bane and death.” ~ Mary Stewart

As long as we do not succumb to the Self-neutering Myth of Fate (a philosophical construct that believes in a life-path that is for the most part pre-destined, and that thus requires little will, less effort, and almost no courage to actualize), this quote holds much Wisdom – for even though the path before us is always the path we *choose* (and indeed, with our actions, construct ourselves), the portion of that path that is already underfoot needs be fully embraced before the next portion of the way can be built and trodden upon. And how do we embrace that present portion? By choosing to make great Good come from great “evil” (e.g. Giving to those with little when we ourselves have less, Forgiving those who are actively trespassing against us, being Kind to the strangers we most fear, liberating the victims of oppression & injustice etc), and by avoiding the slothful, self-centered, and superficial celebrations of our “success” that always bring enhanced bane to others and renewed death to Self.

***Good may inspire evil's resistance;
and yet Good remains Good ...
Evil fears It and always flees.***

“Be dressed for action and have your lamps lit.” ~ Jesus (Luke 12:35)

First of all, to be “dressed for action” means to be mentally alert (not to be literally clothed, though that might prove helpful in many cases as well) ... Secondly, to have our “lamps lit” means to have our Hearts open – to be not only ready to Care when the opportunity arises, but to be overtly *eager* to do so beforehand ... Thirdly, note that the context of this verse has Jesus warning his listeners that death could come for them at any moment, and that they do not want to be caught unawares thereby – that they do not want to end up laying on their deathbeds soaking in the awareness that they have essentially abandoned those they could have served, and instead have lived an essentially wasted life primarily seeking pleasure &/or comfort &/or success &/or ease for themselves.

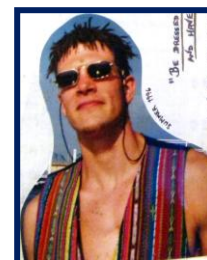
**“All gods glorify insanity” ~ Latin Saying
(*Deis omnes insaniam laudent.*)**

As far as the elohimic “gods” are concerned (i.e. incomplete spiritual entities – known by some as “fallen angels”, by others as “demons”, and by the authors of Genesis as the *Elohim* – who encourage conflict, demand subservience, and tempt humanity with promises of political power &/or sexual potency), the more typical dysfunctions of aggression-based chaos, tribal warfare, the domination of the weak by the strong, procreating like rabbits, and becoming violent with enemy & sacrifice alike was the “insanity” they glorified – an “insanity” that has bled over into almost every modern day religion and almost every modern day nation-state – an “insanity” that has led to war & oppression & torture & overpopulation & poverty & famine & animal abuse & imminent global mass extinction ... On the other hand, as far as GOD is concerned (Jesus’ “heavenly Father” in the Scriptures – *YHWH* or *Adonai* in the Old Testament), the “insanity” that is lauded is an intentional “lunacy” that is grateful despite tragedy, that Gives when deep in poverty, and that is openly Kind to deadliest of enemies. It is the “lunacy” that believes in the power of reminding others of our common bond – it is the “lunacy” that knows that pure Love never fails.

For GOD, “holy insanity” is saying “YES!” to your enemies ...

Image 301 (Page 113a) ... This picture is of my Self back in the summer of 1996, disguised in my “Dream-coat”*; wearing the holy cloak of unity while steeped in a self that was friendly and well-intended, but oh-so-self-centered and highly superficial. How thankful I am that I have chosen to enliven my True Self instead!

*As an interesting aside, the “coat of many colors” (the Hebrew *passim* – Strong’s #6446) worn by Joseph in the Bible (Genesis 37:3) was only mentioned in one other place in the entire Scriptures – in 2 Samuel 13:18-19, where it was also worn by Tamar, Joseph’s sister-in-law and Jesus’ great x 28 grandfather’s daughter.



“Treat life with grace and dignity ... Bear witness to the wonders of twilight and transition ... The entire Cosmos is washing over and around you ... Take hold of each bend and every ripple of time and toss them lightly to the winds ... Love fully -- & let go.” ~ anonymous

Treat life with grace and dignity by treating all enemies with gentle Kindness ... Bear witness to the wonders of twilight and transition by being especially Giving in times of personal lack ... Toss the ripples of time to the winds by immersing yourself fully into the Here&Now – the only moment that is ever strong & stable ... Love fully by making Love a verb ... Finally, let go purely by choosing to Love again & again & again.

The pure Acceptance of whatever IS transforms every wish into Truth.

“Be prepared to endure everything with patience, while Joy-fully giving thanks to the Father ...”
 ~ Paul (Colossians 1:11-12)

First and foremost, it is impossible to purely give thanks while “enduring” anything – for the former is selfless & humble while the latter is a self-fixated & prideful ... Also, in Jesusian terms, there is no traditional manifestation of patience, for Jesus wanted us to live only in the moment and to do the living thereof ever-actively ... Thirdly, Colossians was in all probability Paul’s final biblical work – and if this epistle was truly written by Paul, it would have been written by him while he was sitting in prison ... Finally, note the sweet irony here -- for Jesus would say that giving thanks for times of trouble (not for one’s ultimate freedom or any subsequent heavenly reward) is the very liberation (or is at least an immediate precursor thereof) for which the unenlightened errantly pray.

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The Noble (Wo)Man emanates ...

an Acceptance of (if nor revelry in) the Here&Now ... and a Harmony with ways Cosmic.

Resonating harmoniously with Reality,

Love is the Sage's only choice.

the Courage to act against injustice ... and a Freedom from selfish motivations.

Forgiving all discord,

Giving engenders Self-Honesty.

in Action only when necessary ... and a Revelry in pleasure;

Pausing in Peace,

Immersing in the IS

a Calm acceptance of adversity ... and Compassion for all others.

and flowing with all challenge,

Love is known to be limitless.

as “Foolish” to the masses (i.e. unconventionality) ...

The Soul is invisible to the fear-filled,

and as “Wise” to the Wise.

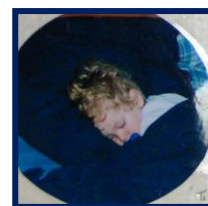
and the Soul is brilliant to the humble.

Giving Love to all – pure & unblemished.

Selfless service allWays lights The Way.

Here are a few additional thoughts on what makes a man or woman truly Noble (i.e. an open embodiment of their purest True Self): *Accepting the reality of any moment requires one to revel in his or her immersion therein. If you sincerely Accept your interconnected place within all that is around you, then there is nothing left to do but let an overwhelming Gratitude for Life rise up and infuse your being with acts of radical intimacy ... *And this is what it means to “harmonize with ways Cosmic”, for the Cosmos is a vast expression of Oneness; an electromagnetic immensity that has as its base frequency the energy many like to call Peace – a frequency that is matched and harmonized by every act of unconditional Love ... *Also, it is not enough for the Noble Man or the Noble Woman to merely call out injustice whenever & wherever it is witnessed. The Noble Man stands boldly between the oppressor and its intended victims; and the Noble Woman protests vehemently against the wicked – and often attempts to physically liberate those falsely imprisoned ... *And it is in acting this way – a way that is indeed often dangerous and that always puts personal comfort at risk – that provides the ultimate freedom from the scourge that are our most primitive, selfish motivations ... *Let it also be known that the Noble Being acts only when necessary – and yet knows that suffering is pervasive, and thus that actions taken to minimize the same are always available, and always “necessary” ... *And it is in acting in these ways aforementioned that provides the far deeper pleasure (what I like to call Bliss – a perfect mix between ecstatic Joy and stoic Peace) in which the Noble One is indeed to loudly & unabashedly revel ... *In addition, he not only accepts the adversity that comes, but also cherishes the empowerment that the same always provides ... *And she has Compassion for all – even the wicked; *especially* the wicked – and thus is often seen as “foolish” to the self-focused masses. And yet being seen by a foolish society as foolish means that one is Wise, just as being seen by a sick society as crazy means that one is actually the epitome of sanity.

Image 302 (Page 114a) ... This is a picture of Duncan “asleep in the big bed” in my “Steeb Street Sanctuary” (in Feuerbach, Germany); for me a remembrance of the Truth that it is one of the most potent gifts to provide another with a place of rest in the Storm – and that a listening Heart or a soft shoulder can be just as much of a locale of solace as the safest of spaces or the warmest of beds ...



“The one who endures to the end will be Saved.” ~ Jesus (Matthew 10:22)

The first question some might ask here is the one who endures in *what*? Fortunately, Jesus answers this quite clearly throughout his ministry – telling his disciples in this particular chapter that they are to persevere in not only relaying his message of selfless LOVE but also in emulating the same (see [Matthew 10:16-23](#) in general, and also specifically [Matthew 10:25](#), where Jesus says that “it is enough for a disciple to be like the teacher” ... [Matthew 24:12-14](#) is also on point, where Jesus quite clearly tells his followers that “the one who endures [in LOVE] to the end will be saved”) ... Note as well that throughout Jesus’ ministry, Salvation was mentioned as a State of Bliss one attained *during* his or her acts of Caring Kindness, not as some heavenly reward therefore thereafter (see [John 13:15-17](#) & [Matthew 7:21-24](#) et al) ... This is made even more clear when we remember that – for Jesus at least – the “Kingdom of Heaven” was an internal Here&Now, not somewhere else or coming someday in the future (see [Luke 17:20-21](#) & [Matthew 10:7](#) et al) ... Finally, “to the end” does **not** mean consistently over the course of an entire lifetime, but rather “to the end” of whatever encounter is requiring the persistent LOVE being mentioned – persisting in Loving the enemy until he flees or becomes a Friend; persisting in Forgiving a betrayer until she either repents or disappears; persisting in Giving to the downtrodden until their need subsides &/or they start to Give to others themselves.

“I never met a man I didn’t Like.” ~ Will Rogers

The word “Like” is capitalized here to illuminate the deeper Truths of this quote – namely, the Truth that there is always something within another – even those behaving most wickedly – available to love or admire or enjoy; ... the Truth that all came into this world as selflessly loving Children of God; ... the Truth that treating them accordingly allows them to remember (and possibly re-member) the same; ... and the Truth – whether we realize the other aforementioned Truths or not – that whether or not we choose to Like another (i.e. have affection for their True Self within, not necessarily the ego-self reflected in their words or their behaviors) is always a simple matter of choice – a choice that is always available, a choice that is always effective in ultimately bearing the Good Fruits of Harmony & Peace, and a choice that is always justified whether we ourselves come to witness those Fruits or not.

***See beyond behaviors and into the Hearts of men ...
If you’ve seen one Soul, you’ve truly Seen them all.***

“To raise morale, lower requirements.” ~ unknown

Actually, while lowering requirements does indeed indirectly raise morale, the only way to significantly increase another’s sense of well-being is to elevate our open encouragement thereof. It does little to stop caring about another’s performance; it does much to start Caring deeply about them regardless of the same ... We must come to realize that others’ sense of Self-Worth (and thus their experience of inner peace) is significantly expanded in the times when their productivity is serving the whole, and thus that it is a service to them to support them unconditionally while encouraging them to perform at more & more selflessly Meaning-full levels while performing activities &/or completing projects that serve others more than themselves.

***To Love, require of others
only your own Acceptance thereof.***

“You need not think about whether your wishes will materialize. Simply take action and let go of the results. In this way, you wear the world like a loose garment.” ~ Helene Lerner-Robbins

This quote applies primarily to the actions we take that are designed to lessen the suffering of others or expand their Joy, for the simple reason that it is impossible to “wear the world as a loose garment” (and thereby know the Bliss that inevitably comes therefrom) while secluding ourselves from that whole. Wishing for peace or comfort or success for one’s self always leads to isolation and disappointment – and this, whether one attaches to the manifestation of said self-centered wishes or not. Similarly, whenever we take action for others and attach to *those* results, we limit the Good that can come from the same, and end up frustrated & disappointed when the results (results which are often far more Peace-full than the ones we ourselves intended) are different from what is expected or hoped for ... And yet when we take action for others and detach fully from the results, our Love is freed to be given repeatedly without despair or fatigue, and those to whom that Love is given are free to use it far more effectively as well ... **See** an opportunity to Give – **Choose** a Giving that can be reasonably expected to bring Peace – **Give** that Giving wholeheartedly – **Witness** the results thereof without emotion; reveling in them if they bear Good Fruit; apologizing and discarding them if they do not – **Detach** from all that follows and move into the next moment – **Repeat** the process ... This is how we “wear the world like a loose garment” ... This is the path to a Life well-lived ... This is the selfless Way.

***Attachment, hope and conditionality
are the banes of true Service.***

Image 304 (Page 114b - top right) ... This is a picture of a monarch butterfly perched upon a blooming butterfly bush – symbolizing the Truth that even though our Spiritual Transformation might seem like a long & arduous journey, it is actually ever a smooth & instantaneous transcendence – completed fully in every instant we set aside personal hopes & dreams in favor of bringing others Peace &/or Joy ...

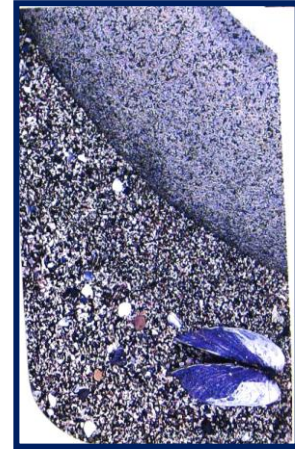


“Shock delivers miracles in the strangest [and most profound] of ways.” ~ Kaybir

It is not so much shock that delivers miracles, as it is shock (or its milder forms of surprise, epiphany &/or inspiration) that pierces the sludge of preconception that blinds us to the ever-present miraculous. Indeed, it is this very principle that makes radical embodiments of selfless Virtue so transformative – when people witness us serving others when we are feeling ill or exhausted, when people witness us being generous to others in times of our own lack or poverty, when people witness us being grateful for life itself in times of loss or tragedy, when people witness us being Kind to those deemed “least deserving” of the same, when people witness us answering others’ questions with parable or riddle or smiling silence, when people witness us openly admitting that we don’t know and want to learn, when people witness us reveling in the Beauty of things others have judged to be “normal” or “boring” or “ugly”, when people witness us continuing to serve those who are rejecting us (continuing to “play” the game of Giving Love even after we have been seemingly defeated), when people witness us extending forgiveness to our enemies *while* they are harming us – *these* are the actions that shock others Awake; *these* are the deeds that pierce the veil of familiarity and shatter the shield of expectation; *these* are the deeds that allow others’ Souls to emerge and See Life’s innate majesty anew again.

***The unusual refreshes one’s perception
of God’s omni-Presence.***

Image 305 (Page 114b - main image) ... This is a picture of a purple cochina “butterfly shell” & wave-smoothed stone on beach sand made of crushed shells – symbolizing the Truth that our Life’s greatest Power comes from persisting in acts of gentleness, and that our Life’s greatest Beauty is revealed by repeatedly sacrificing Life itself ...



“I who am blind can give one hint to those who see: use your eyes as if tomorrow you would be stricken blind.” ~ Helen Keller

Actually, it is far more effective to use our eyes as if we have been blind our whole lives, and are in this present moment Seeing Life for the very first time.

***To live in any moment,
choose to See the invisible therein.***

“Wisdom is vindicated by all her children.” ~ Jesus (Matthew 11:19)

This verse reflects the similar Truth that Jesus shares in Matthew 7:15-20 (and elsewhere) – teaching that the worth of a teaching (or an interpretation of Scripture – or even a teacher him or herself) must be measured by the “Fruits” that it bears when put purely into practice, and the Greek words used in the ancient manuscripts bear this out ... The Greek word for “vindicated” here is *edikaiothe* (Strong’s #1344), and means “to justify” or “to prove to be just or impartial”, while the Greek word for “children” here is *ergon* (Strong’s #2041 – the same word used in both Matthew 5:16 & Matthew 23:3-5), and actually means “that which is wrought” or “consequences” ... As such, this verse essentially says that the relative Wisdom of our choices are shown in what they bring into being *in totality* (i.e. not only for the object of their enlivenment – and not only immediately after they are performed) ... Similarly, actions themselves are proven True or False (i.e. wise or unwise) not by how reasonable they are or how much sense they might make, but rather by what “children” they bear when but into motion in a number of different situations ... In essence, unless a caringly intended “wisdom” causes another(s) obvious suffering right off the bat, we are to err on the side of repeating that Good Deed over abandoning it too quickly.

“Words never listen and teachers, they never learn.” ~ Temple of the Dog

Listening to a concept is the first step to learning ... Applying and experiencing a concept in action is the second step to learning ... Witnessing to the fruits of a concept is the third step to learning ... Teaching a concept humbly is the penultimate step to learning ... Living that concept persistently is the final step to learning.

***Wisdom constantly re-focuses
on its own limitations of ignorance.***



Image 306 (Page 115a) ... This picture (which I call “Peace Within Peace”) is a very Zen image of a stone suspended in the reflection of the sky cast on the waters of a lake – symbolizing (among many other things) the Truth that, while change is always happening both within us and around us (and within everything around us), there is a Truth (the Truth that Love is always both available and viable) that resides smoothly and stoically at the center of every moment ...



“If they ask you where you are from, answer that you have come from the Light ... If they ask for the sign of the Father within you, answer that it is movement and rest.” ~ Jesus (Thomas 50)

We all come from “the Light of the Father” in that we all contain a spark thereof within us – a conscient Self-Awareness that constantly calls for us to abandon selfish impulses and Love others instead ... And this Light is a part of us no matter what we do or don’t do; whether we are moving forward or at rest ... True, it beams brighter when we are in motion, and it beams bright when we are in motion for others, and it beam brightest of all when we are in self-sacrificial motion for others, and yet within us nonetheless it ever remains.

“The Way is not the sky. The Way is in the Heart.” ~ Dhammapada

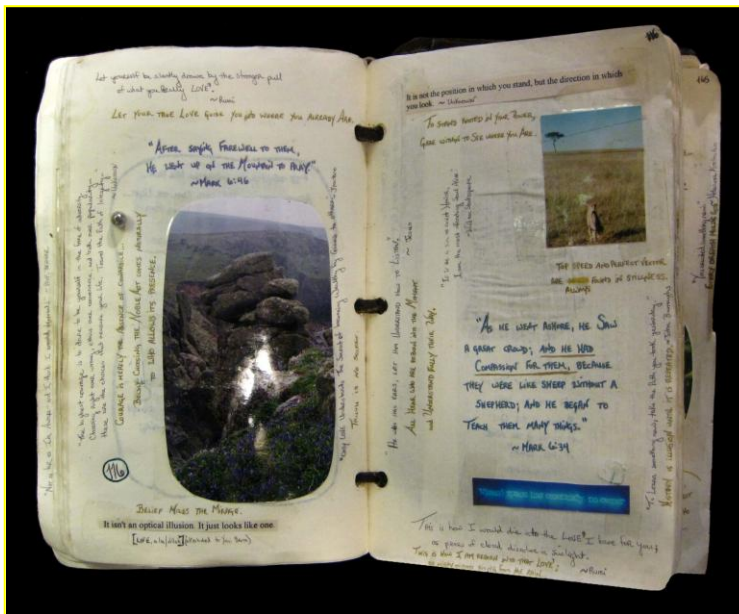
Actually, like God and Love and Truth and Justice, *The Way* is neither in the sky nor at rest in the Heart. Rather, *The Way* (like God and Love and Truth and Justice) becomes real and begins to be viable when it is *enlivened* – when the selfless impetus of the Heart becomes actualized in selfless deeds of the body – when the one desire of the True Self becomes real in our interactions with others ... That, and that alone, is *The Way*.

***The Heart is in the hand ...
The loving hand remains completely open.***

“These mysteries God has revealed to us through the Spirit; for the Spirit searches everything; even the depths of God.” ~ Paul (1 Corinthians 2:10)

Despite the obvious fact that Paul was not privy the greater Truths he claimed to know in this section of this epistle, this verse still reflects quite a few potent Truths. First of all, it is helpful to remember that the Spirit is an intuitive, supra-logical entity; one that *feels* the Truth completely but cannot explain it at all in concrete thought or clear word ... As such, the Spirit reveals the essence of every Mystery to us in how we *feel* while living – with the choices that are more in alignment with that Spirit’s innate & ineffable Oneness (e.g. Kindness, Generosity, Humility, self-sacrifice, Compassion, Caring etc) bringing a more intense experience of those Truths than those more constrained in their self-centeredness ... Also, note that the Spirit doesn’t actually “search” anything or “search” for anything – as it is a pure facet of everything, and as such already “knows” all there is to Know ... Finally, realize that the Spirit is also a direct reflection of the Divine – an actual facet of God Himself – and as such need never “search” for God either, in the same way none of us ever need to “search” for our internal True Selves. Just as we need only set our desires & fears aside & Love anyway in order to allow our innate True Self to blossom forth as a Child of God, so too must the Spirit simply be reflected accordingly in word or deed in order to clearly reveal all that its Great Mysteries have to offer.

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“Let your Self be silently drawn by the stronger pull of what you really Love.” ~ Rumi

While some would say that this wisdom encourages us to “follow our dreams” or “seek our Heart’s desire” or “co-create abundance” or “manifest true love” in our lives for our own benefit, these things are not at all what our True Self actually desires. For the stronger pull – by far the stronger pull – of what our True Selves truly Love, will always lead us to actually *abandon* all personal desires and *discard* all “healthy boundaries” and *remove* all safeguards for security and reject all insurance plans for “just in case” ... For by far the stronger pull of that for which our Souls truly yearn is the pull to risk everything for that one glimmering chance to bring another Peace – that one shining inkling when we can serve our communities without payment – that one shimmering moment when we can sacrifice it all for neither recognition nor reward ... That and that alone is what real Love is all about, and thus that & that alone is what our True Selves truly Love.

Let your true Love guide you deep into where you allReady Are.

“After saying farewell to them, he went up on the mountain to pray.” ~ unknown (Mark 6:46)

First of all, it is helpful to realize that Jesus is frequently shown in the Gospels retreating into solitude pray (see [Mark 1:35](#), [Matthew 14:23](#), [Matthew 26:36-46](#), [Luke 5:16](#), [Luke 6:12](#), [Luke 22:41-44](#), [John 12:27-28](#) et al) – and it is in harmony with his teachings and indeed his entire ministry to realize that he did so not only to have a more peaceful place with which to commune with his *internal* heavenly Father ([John 14:20](#)), but that he also did so to “recharge his batteries” (i.e. to re-affirm his Compassion for others – see [Matthew 9:36](#), [Matthew 14:14](#) & [Matthew 20:34](#)) from the draining frustration he regularly felt in dealing with the large numbers of chronically ignorant & manically selfish people who followed him (e.g. [Matthew 14:23](#), [Matthew 16:5-12](#), [Matthew 16:21-23](#) et al) ... In addition, his praying in solitude was yet another example of Jesus walking his talk, for in [Matthew 6:6](#) he quite clearly proscribes for his followers that when we pray we should “go into your closet and shut the door and pray to your Father who is hidden [within you]” – a practice that enhances clarity of thought, that elevates purity of intention, and that assures humility of self (see [Matthew 6:5](#) – “And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others”).

“The highest Courage is to dare to be your Self in the face of adversity. Choosing right over wrong, ethics over convenience, and Truth over popularity ... These are the choices that measure your life ... Travel boldly the Path of Integrity.” ~ unknown

Amen! ... Let it be so – not over the course of a lifetime, but independently in each & every moment. When accused, shrug and smile ... When attacked, extend a token of forgiveness ... When reviled, bless ... When attacked, embrace ... When criticized, compliment ... When tempted to despair, be grateful ... When rejected, encourage ... When asked, answer cryptically ... When tempted to cave to injustice, stand firm for the oppressed ... When tempted to gossip, defend the accused ... When tempted to complain, evince gratitude for life itself ... When tempted to soak in “well earned” rest or pleasure, go forth to serve even more ... When tempted to condemn, cherish ... And when tempted to fear, Love.

***Courage is merely the absence of cowardice,
not the absence of fear ...***

Image 307 (Page 116a) ... This picture (which I call “Coastal Vortex”) shows an energetic “hot spot” found near Land’s End (Cornwall, England) during a Journey there in 1998, reminding me of the Truth that Peace is ever-available; even on the most stormy of days on the most rugged of coastlines ...



“Only Love understands the secret of becoming wealthy by giving to others.” ~ Brentano

Love does this not from comprehending the myth of “attracting abundance” – namely, the myth that happiness for *ourselves* can be harvested by caring for others; the myth that compassion should be given to our enemies because it brings *ourselves* the most inner peace; the myth that giving to others in times of lack guarantees *ourselves* the greatest material reward. No, this is not a Truth that brings anything other than inevitable sadness & ultimately, suffering. So what is it that Love understands? Love – the real Love that is selfless, and Kind, and unconditional, and pure – knows that true Wealth does not come from what one garners, but rather is the Peace one *inadvertently* feels while Giving to others; that true Wealth is not the abundance one measures in pleasure or pennies or popularity, but rather is the Bliss one feels while anonymously serving those “least deserving” of the same; that true Wealth is not having one’s basic needs seemingly secured in perpetuity, but rather is the Joy one feels while securing even the smallest measure of those needs for the downtrodden.

The deeper Truth of Love is no secret.

“[Life] isn’t an optical illusion. It just looks like one.” ~ Yogi Berra

This quote is essentially true – while the facets of Reality we do experience are real enough, they are ever the smallest portion of the entire Reality that envelops us. And how fortunate are those who remember this Truth – how fortunate we all are to never be able to witness even the slightest portion of the Majesty that encompasses our being (we simply don’t have the sensory equipment to do so). For it is this innate & inevitable lack of perceptive ability that means that those privy to the same will always be knowingly “flying on faith” – that they will know that they can never fully Know; that they are ever aware that they cannot ever be even close to sure as to the effectiveness or the reasonableness or the potency of any deed done; that they will never be certain of their own safety or salvation – or of the response of others to their choices – or of the consequences to themselves that will indeed come therefrom. And this means that every act engaged from such a conscious perspective – with such an overt & over-arching humility – will be a deed done with more uncertainty, and thus a deed done more dangerously, and thus a deed done with more difficulty, and thus a deed done with more Power ... We are not to look more closely at Life to See it more clearly. Rather, we are to awaken to the fact that we will never See Life clearly, and yet that we are to go forth and leap boldly into Love in that Life anyway.

Your beliefs mold your mirage.

“It is not the position in which we stand that matters,
but the direction in which we look.” ~ unknown

And it is not the direction in which we look that matters as much as it is the steps we take in that direction. And it is not the steps we take in that direction as much as it is the reason we take those steps ... The most blessed of stations is nothing unless oriented towards the more glorious horizon, and the most glorious of horizons is nothing without the founding intentions to match, and the noblest of intentions is nothing unless it is set into motion ... It is not what we wish to do that decides either our fate or the intensity of our Awakening, but rather it is *that* we do what we wish to do, and *how* we do what we thereby do, and most importantly *why* we do what we do that manifests our greatest Destiny. As an example, we can think about giving of our wealth selflessly and effectuate a relatively weak measure of Good. We can go forth from a place of wealth & comfort and actually give, and effectuate more Good (still little – but moiré). We can have just enough and then go forth and give to others, a effectuate even more Good. We can have very little and yet go forth and actively give, and effectuate much more Good. And we can have next to nothing at all and yet go forth to give what little we have, and thereby effectuate by far the greatest Good for others – and inadvertently thereby receive the greatest Bliss ourselves.

To stand in your Power and See where you truly Are, gaze within.

“He who has ears, let him understand how to Hear.” ~ Jesus Christ

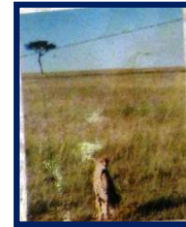
This is a reference to the many times in the Gospels when Jesus called not for others to listen to him, but to *understand* what he was saying (see [Matthew 11:15](#), [Matthew 13:9](#), [Mark 4:9](#), [Mark 4:23](#) & [Luke 8:18](#)). Indeed, Jesus said this &/or implied this often during his ministry, not only to get people to slow down and listen to his words, but – far more importantly – to awaken them to the fact that mental comprehension was not enough to follow his Way; that Love was either active or nothing, and that Salvation came from Doing for others, not understanding or worshipping for self (see [Matthew 7:21-24](#), [John 13:15-17](#), [Matthew 24:12-14](#) et al).

***All Hear who are re-born into the moment ...
and, in that moment, understand fully
their selfless Life-Mission.***

“If it be a sin to covet honor,
I am the most offending soul alive.”
~ William Shakespeare

It is indeed a sin to covet honor – possibly the most damaging sin there is (seeing as how coveting honor leads to the harboring of the well wishes & compliments of others, a harboring which always feeds one’s sense of prideful self-importance, a delusion which always tempts one – at least subconsciously – to look to be served more than to serve &/or to turn down services considered “unworthy” or “unimportant” – the very services one is actually most equipped to render, and the very services actually most in need of that rendering) ... It is with the coveting of honor that one is raised up to delusional heights undeserved – and thus that one inevitably plummets into the sufferings of denigration, disillusionment, and despair.

Image 308 (Page 116b - top right) ... This picture (which I call “Peace-full Tempo”) shows the cheetah that graced my presence when I traveled to Kenya (Africa) in 1995 – symbolizing the Truth that we often move most Power-fully when we choose not to move at all ...



***The Soul's top speed & perfect vector
are allWays found in stillness.***

This statement does not refer to the physical movement of the Soul, for the Soul is only viable in each instant of time, and as such never truly moves at all ... No, this claim refers to the potential Stillness of the Soul (i.e. its perfect state of Calm Contentment) – a State of Being that is always fulfilled when the Soul itself is full-filled; when the Soul is engendering that which it yearns to engender; when the Soul is proving to be the inspirational engine of deeds of Caring Kindness ... The Soul is truly Still when the Soul is fully Here & completely Now – the Soul is finally Still when it is reveling in a harmony between its yearnings and the deeds of the body that is carrying it through Life.

“As he went ashore, he saw a great crowd; and he had Compassion for them ... and he began to teach them many things.” ~ Jesus (Mark 6:34)

Note here that the depth of any teaching will be relative to the depth of the Compassion &/or the empathy that inspires it ... Arrogance breeds teachings brittle & fleeting ... Pity brings teachings hollow & often untrue ... Sympathy birthes teachings that are only half-applicable and only half-harmonious ... Compassion, on the other hand, burgeons teachings ripe and full and True ... **Note** as well that the phrase “**He went ashore**” is important – for it shows that Christ came *to them* – that he approached them on their level; which happens to be the only state of mind that allows for the Compassion necessary to teach both accurately (i.e. with a content focused on limitless Love) and effectively (i.e. with a method that is inspirational & self-discovery-oriented).

Image 309 (Page 116b - bottom) ... This is a picture from part of a modern art exhibition Duncan & I visited in Stuttgart (Germany) ...



“Visual space has essentially no owner” ~ unknown

All art – like all service; like all acts of pure Love – must be essentially anonymous to fully **Be**. The more reward one receives for a deed, the less that deed belongs to one’s True Self – the less Good that deed can bring into the world – and the less Harmony that deed will bring to self & others ... It is our *privilege* to beautify life – to fill silence with sounds harmonious; to fill empty space with works of great wonderment; to fill Hearts with emotions of great passion; to fill interactions with deeds of great Kindness. The degree to which we re-Member this in our dealings with others is the degree to which we will fill our lives with Peace & Meaning.

“To learn something new, take the path you took yesterday.” ~ John Burroughs

To learn something new, take the path you took yesterday with the mindset of today – the mindset of seeker rather than goer; the mindset of servant rather than lord; the mindset of pilgrim rather than traveler; the mindset of journey over destination instead of destination during journey ... Of course, we are not here to take paths merely to learn; we are here to *make paths to service* and *blaze trails to Love* that others might see them, and that other might follow.

History is an illusion until it is repeated.

“This is how I die into the Love I have for you ...
as pieces of cloud dissolve into sunlight.” ~ Rumi

We either Love fully, or we don't Love at all ... Anything less than the complete dissolution of self into an act of Love for another is actually a *withholding* of Love from the same ... Every ounce of Love withheld is a pound – nay, a ton – of selfishness that tarnishes that deed's potential Majesty. Yes, the clouds bring the rain that brings the Life, and yet it is only those clouds who allow themselves to fully dissolve into the sunlight that can ever fall to Earth and bring that sacred sustenance.

***This is how I am re-born into Love;
as misty mirrors rising from the rain ...***

PAGE 117



“Truth has many faces, and any one of them alone is a lie.” ~ anonymous

Paradoxically, this statement might be the only exception to its own rule. For Truth seems to say that “To err is human; to forgive is Divine”, and yet forgiveness without commensurate Kindness is not nearly enough for absolution ... And Truth seems to say that “Patience is a virtue” (enabling both gratitude and compassion), and yet patience alone is a life passive & neutered ... Truth seems to say that “It is better to give than to receive”, and yet on the highest plane of conscious selflessness the two become one (Givers receive the greater “gift” by giving, and Receivers know that their receiving enables the Giver to receive the same) ... And Truth seems to say that we are to “Be grateful for our many blessings”, and yet it is our trials and tragedies that bless us with the highest concentration of potential empowerment (*if* we choose to use them to magnify our potency via Loving anyway therein &/or thereafter) ... Truth seems to say that we are to “Be Kind to strangers”, and yet Kindness only blossoms fully when it is given willingly to our enemies ... And Truth seems to say that we are to “Always speak the Truth”, and yet real honesty is more what we do than what we say ... Truth seems to say that we are to “Humble ourselves before God”, and yet there is nothing Truth-full about abdicating our immense Power to Love – there is nothing Truth-full about being timidly subservient to a celestial tyrant ... And Truth seems to say that we are to “Search for life’s beauty”, and yet doing so prevents us from Seeing the scintillating Beauty already nearby – the Beauty in things considered “normal” &/or people thought to be “ugly” ... Truth seems to say that we are to “Have faith in divine providence”, and yet doing so often precludes us from embracing the far more important Faith in our Selves – the Faith that comes only from acting as agents of God instead of assuming that God will act for us.

***Reality can only be accurately reflected
in acts of loving service.***

“There is a love like a small stream which dries up when it doesn’t rain. But there is also a Love like a mighty spring gushing up out of the earth ... It keeps flowing forever and is inexhaustible.” ~ Isaac of Nineveh

Isaac of Nineveh was a 7th-century East Syriac Christian theologian & devout ascetic. His staunch belief that that the notion of God punishing men endlessly through the mystery of *Gehenna* (or “the lake of fire”, or “Hell”) was not compatible with God’s all-encompassing Love resonated perfectly with the teachings of Jesus and The Way of Christ, and as such we should not be surprised that he would utter something so potently reminiscent of Jesus’ statements in the Gospels ... John 4:14 has Jesus noting that “Those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life”, and John 7:38-39 has Jesus continuing on to say “Let the one who believes in me drink. As the Scripture has said, “Out of the believer’s heart shall flow rivers of living water.”” He said this *about the Spirit*” (see also Proverbs 18:4 & Gospel of Thomas 108) ... Jesus also noted that this inner Spirit was essentially of God Himself (John 14:20) and that God was the essence of perfect LOVE (Matthew 5:48), so it makes sense that Isaac of Nineveh would have equated the three as well – Water as Spirit as LOVE ... As far as the inexhaustibility of the same goes, this is an accurate utterance as well, for while the self-centered “love” of the ego (i.e. love given as manipulation or obligation or reciprocity or in response to societal expectation) inevitably drains its giver – leading to fatigue, resentment, isolation, and despair, divine LOVE is given solely for the benefit of the other – often via acts of willing self-sacrifice, and as such is an ever-invigorating act; leading the giver thereof to always experience empowerment, calm, Joy, &/or Contentment.

***When you yearn for Love, its well runs quickly dry ...
When Love is freely given, you will never thirst.***

*The wound creates the Healing
and becomes the Healer ...*

*The storm creates the rainbow
and becomes the Calm ...*

*The everyday creates all Wonders –
and becomes Salvation.*

The wound creates the Healing when the wounded chooses to Serve through pain anyway ... The storm becomes the source of Calm when those nearby choose to travel directly into its chaos - in order to bring whatever solace they can thereto ... The everyday becomes deeply wondrous when it is both seen as such &/or used to awaken humble amazement – used thereby to inspire acts of selfless sharing; the source of all true Salvation.

“Those who are Spiritual discern all things, and are themselves subject to no one else’s scrutiny.” ~ Paul (1 Corinthians 2:15)

Actually, whereas Paul would imply herewith that those who are “spiritual” (i.e. those who happen to agree with his own personally created theology of atonement via admission of sinfulness & absolution via worshiping Jesus Christ) can see the Truth in all events and know the Truth in all encounters, Jesus – as is so often the case with Paul’s writings – would say otherwise ... For Jesus would say here that there is only one thing necessary to discern; that there is only one thing worthwhile to interpret, and only one thing worthy of knowing – and that thing is the Will of God; the will of *his* heavenly Father; a will that is the same as the essence of that Divinity; a will that is perfectly reflective of pure & perfect Love ([Matthew 5:48](#)); will that by its nature cannot criticize or cajole or condemn ([1 John 4:18](#) + [Matthew 18:21-22](#)); a will that by its nature shows only loving grace and compassionate mercy to others – even while rejecting the harms they might be inflicting ([Luke 6:36](#)) ... And whereas Paul would say that this will resides in “God above” and that we can only access it when that God decides to share the same with us, Jesus noted quite clearly that this the will of his heavenly Father resides ever within each of us ([John 14:20-26](#)) ... In addition, I find it odd that Paul would claim that those who meet his qualifications would themselves “be subject to no one else’s scrutiny” – odd in that Paul was the one who was so fond of critically scrutinizing others (see [Acts 13:9-11](#), [Romans 1:32](#), [Romans 2:6](#), [1 Corinthians 16:22](#), [1 Corinthians 5:4-5](#), [1 Corinthians 10:20](#), [2 Corinthians 10:6](#), [Galatians 2:11](#), [Galatians 3:1](#), [Galatians 5:12](#), [Colossians 3:12-14](#), [Philippians 3:18-19](#), & [1 Thessalonians 2:15-16](#)) – and odd in that Paul was so wrong himself when it came to preaching The Gospel of Christ (contrast his gospel mentioned in [1 Corinthians 15:1-4](#) & [Romans 10:9](#) with Jesus’ Gospel mentioned in [Matthew 10:7](#) & [Matthew 24:12-14](#)). Even in the particular chapter in which this verses resides, we see Paul not striving to share this Wisdom in order to bring them into harmony with God or his listeners’ unique paths of service thereto, but rather to persuade them to align themselves *with him* and his teachings ... Finally, while those who understand the real majesty of perfect Love are indeed “subject to no one else’s scrutiny”, these are precisely the people who need never be told the same – for these are the people who are already willingly self-sacrificing for others without a care for their own reward or safety – these are the ones who frankly Care for others without giving a single damn about what others might think about that Caring. (“And you will be hated by all because of my name. But the one who endures to the end [with Love] will be saved” ~ Jesus Christ in [Matthew 10:22](#))

“You will not see me again until you say: Blessed is the One [within] – who comes in the Name of the Lord.” ~ Jesus (Matthew 23:39)

The reasons why the word “within” has been appropriately added here are multiple ... First & foremost, the phrase “in the name of the Lord” is once again critical, for the simple reason that – for Jesus at least – God was an internal essence of perfect Love (see [John 14:20](#) & [Matthew 5:48](#)). This means that – for Jesus at least – the only ones who can truly come “in the name of the Lord” are those who openly & persistently proclaim their desire to serve others in need ... Jesus doesn’t say “blessed is the one who comes worshipping the Lord” here, and he doesn’t say “blessed is the one who comes with the name of the Lord on his lips.” No, he quite clearly says “**Blessed is the one who comes *IN* the name of the Lord**” – the name which is LOVE ... And this is precisely what will happen to all who choose to do so – they will indeed “see” (actually, feel) the Christ Essence rise up from within them, at least to the degree it is being courageously enlivened by their actions ... Indeed, maybe this interpretation explains what Jesus could be meaning by his normally puzzling statement that “**There are those among you here who will not perish before they see the Son of Man coming in all his glory.**” (Matthew 16:28)

“They gave themselves to Nature, as the Indians did, not trying to subdue It, but rather to live with It. And so they loved the thought, and loving it grew to become it.” ~ Forrest Carter

Whatever we choose to adore becomes a part of our minds ... Whatever we choose to actively Love becomes a part of our Selves ... And whatever we choose to Love in a way that harmonizes with the whole (e.g. evincing Gratitude for our trials & traumas – for they empower us to Love potently; being Kind to all strangers & enemies – for they are the ones who allow the same) makes us a part of the whole as well while doing so.

To think with gentleness and to Be with ease is to embody Compassion.

“May it be, oh Lord, that I seek not so much to be loved as to Love” ~ St. Francis of Assisi

St. Francis is truly one of the Great Ones ... Yes, his staunch religious faith might have made it a bit easier (and therefore a bit less potent) to “Love anyway”, and yet his purity and sheer diligence with which he did so more than made up for any feeble criticisms that could be cast his direction. Yes, it is true that we need not ask any God (including the “**heavenly Father**” residing within us – see [John 14:20](#)) for any assistance in choosing to Love instead of seeking to be loved – it is true that we need only break life down to its one present moment and then make that selfless choice ourselves. And yet both the sentiment and the goal here are spot on – other over self, giving over receiving (unless that receiving is being given as a gift), loving over fearing, forgiving over judging, kindness over callousness, reception over rejection ... These are the characteristics of the Great One who resides within every sentient being – within each & every one of us in every moment of our lives. All that remains is to set desire & fear aside and let that Great One blossom forth.

To see the Light of the Soul, one must enter the darkness with a smile.

“Today is allWays the best (& only) day of my life.” ~ Dustin

Today is not only the best day of our lives because it is indeed the only day in our (enlivened, consciously accessible) lives. Today is also always the best day in our lives because today is the only day when we can make our lives Meaning-full – by making it more Thank-full (by being openly Kind to friends & family) ... or by making it more Peace-full (by being openly Kind to associates & classmates) ... or by making it more Joy-full (by being openly Kind to strangers) ... or by making it more Bliss-full (by being openly or subtle Kind to our enemies). Indeed, no matter how filled with Love our past moments have been, **today** is a blank slate waiting to be filled with more of the same. And no matter how selfish and sinful and even wicked our past moment have been, **today** is always the day when we can completely erase that past and re-birthe a Life steeped in Dignity for Self -- via Love for others and Service to community.

All space away from Here is a wasteland; all time not in Now but a dream.

Image 310 (Page 117b) ... This is a beautiful card I received as a gift while on the Big Island. The five orcas swimming freely symbolize the Wisdom that there is only one way to deeply understand the Truth of Life's innate Goodness (i.e. that "good times" are the blessings of Joy meant to be shared and that "bad times" are the blessings of empowerment that make our concurrent acts of Love & Kindness powerful) is to stop searching for the same mentally (be that seeking via books or films or lectures or meditations or visualizations) and to dive fully in to the moment's many opportunities to sacrifice for another instead ...



“Releasing a big fish is more satisfying than eating it.” ~ H. J. Brown Jr.

Of course this is a patent Truth – a Truth that every single sentient being understands from birth; the Truth that giving another being Freedom is far more Joy-full than enslaving that being for personal convenience – the Truth that Caring for another being is far more worthy than abusing that being for personal fun – the Truth that protecting another being is far more worthy than murdering that being for personal pleasure (especially the pleasure of palate) ... We know deep in our Hearts – indeed, we know at the very Core of our Being – that the former in this series are all patently Right and the latter therein are all despicably Wrong ... Of course, society has taught us otherwise. And in our ignorance (along with our fear of being cast out from our “herd”), we have chosen to believe that it is acceptable for us humans to enslave, abuse, and then murder certain species of animals. **This is a Lie** – This is **hypocrisy** of the worst order – This is **immorally** repugnant – This is outright **Wrong**; nothing more than feebly sanctioning animal abuse simply because we are too afraid to go against the grain of a pseudo-psychopathic society. There was no excuse for racism even when it was socially acceptable – there was no excuse for sexism even when it was socially acceptable – there was no excuse for homophobia even when it was socially acceptable – and now there is no excuse for animal abuse even though it is (embarrassingly and enragingly) still socially acceptable! (**P.S.** Fish are highly sentient, can perceive pain & fear to the same degree as humans, and are thus not exempt from these Truths.)

True success requires fishing with one's eyes.

“Sell your cleverness and purchase bewilderment.” ~ Rumi

Actually, there is no need to sell that which is both unwanted & unwarranted ... Indeed, let us not pass on to others that which would harm or hinder them in any way. As such, let us rephrase this quote to read “**Release** your cleverness and **adopt** bewilderment” ... Cleverness is by nature a manipulation of others for some form of personal gain, whereas bewilderment is by nature a setting aside of hubris in order to be innocently amazed at the wondrous Beauty of Life & the others in it ... Keeping this in mind, we can also replace many other “false virtues” in our lives with their by far more Noble counterparts – We can release our mere tolerance for others and choose a heartfelt empathy for them instead ... We can release our desire to compromise our conflicts and choose to humbly serve them instead ... We can release our habit of quitting when defeated or retreating & recuperating when tired and choose to celebrate the victories of others &/or persevere in times of difficulty ... We can release our obsession with productivity or efficiency and choose to perform Meaning-full deeds instead (or perform meaningless deeds Meaning-fully) ... We can release our focus on persuading others that we are right and choose to be silently Kind to the instead ... We can release our belief reciprocity or obligation or duty or promise and choose to Love spontaneously & unconventionally & freely instead ... We can release our addictions to celebration & fun & pleasure & comfort and choose to make Life about real Fellowship & deep Friendship ... We can release our attachment to grieving for lost loves and lost loved ones and choose to honor them with lives of charity & generosity instead ... We can release our tendency to be merely nice or friendly or tactful or polite and choose to be gentle & earnest & honest instead ... We can release our pity & our sympathy & our worry for others and choose to respond with empathy while Seeing their Strength ... We can release our regular forms of condemnation & judgment & “constructive criticism” and choose to be complimentary &/or supportive of others instead ... We can release our need to be “appropriate” or “mature” or “sensible” and choose to live lives of courageously “crazy” Caring ... We can release our hope or trust or faith in authorities external or power “higher” and choose to live lives as agents of the Divine instead ... And we can release our feelings of inadequacy & regret & shame and choose to live lives empowered by Loving Service instead.

One is never closer to the Truth than when thoroughly confused.

“Be never converted from the religion of youth.” ~ unknown

Be never converted from the religion of Youth – but only when “Youth” means infancy ...
Be never converted from the religion of Dignity – but only when “Dignity” means service ...
Be never converted from the religion of Respect – but only when “Respect” means kindness ...
Be never converted from the religion of Peace – but only when “Peace” means activism ...
Be never converted from the religion of Honesty – but only when “Honesty” means gentleness ...
Be never converted from the religion of Courage – but only when “Courage” means activism ...
Be never converted from the religion of Love – but only when “Love” means Joy-full self-sacrifice.

Have faith in your innate naiveté ...

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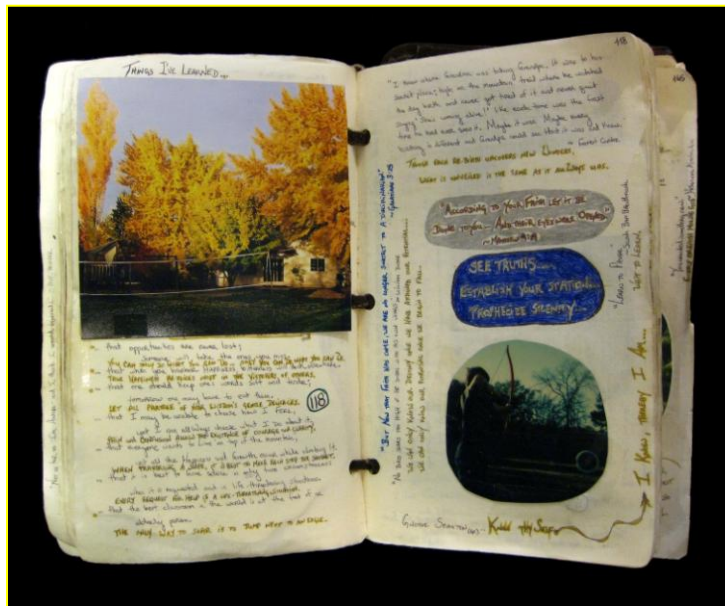
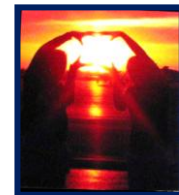


Image 311 (Page 118a) ... This is a picture is an example of the beautiful brilliance of Autumn in Boise (Idaho) – reminding me of the Truth that “dying to others” (i.e. Caring for them purely & gently & willingly & self-sacrificially) is what makes Life worth Living – is what brings the only real Peace to times of trouble, and the only real Joy to a Life’s precious End ...



Image 312 (Page 118a - overleaf) ... This is a picture of two Friends Joy-fully “holding the sun”, reminding me of the Truth that – just like celebration and success – Love can only be deeply known while sharing it with another ...



“Love cannot recognize absence of any kind; seeing the beloved in every sunbeam and feeling her caress in every gentle breeze.” ~ anonymous

Actually, while it is indeed true that real Love focuses solely on the other – and thus cannot recognize any absence or suffer any separation from self, this does not mean that Love sees the Beloved in every happenstance -- so much as Love *feels* the Beloved’s presence in every act of Caring given to others.

“Things I’ve Learned:

... that being Kind is more important than being “right” ...

This is indeed True, keeping in mind that it is often Kind to share one’s Rightness when the same either affirms justice or encourages respect – just it is often Kind to enlighten a wrongdoer who is causing another harm

Being kind IS being right.

... that one can allWays accept a gift from a child ...

This is indeed True, keeping in mind that this is only true for gifts that do not enable the child’s dysfunction (e.g. money) or immorality (e.g. bacon) &/or gifts that would serve better if given to another (e.g. vegan food to a homeless man)

See all children as gifts & all givers of gifts as children.

... that there is allWays enough strength to pray ...

This is indeed True, keeping in mind that if there is enough strength to pray, then there is enough strength to utter words of encouragement, and that if there is enough strength to utter words of encouragement then there is enough strength to enliven an expression of Kindness.

Prayer IS Strength.

... that it is good that God doesn’t send us everything for which we ask ...

This is indeed True, keeping in mind that this is true for every request *except* the times we pray to be given opportunities to serve others directly &/or the Highest Good generally. Of course, those latter prayers are always answered.

***No one knows what they truly need –
... except for Nothing, of course.***

... that money cannot buy Character ...

This is indeed True, keeping in mind that – though giving money is the weakest form of giving – even money can be given self-sacrificially; and thereby “buy Character” in-deed (albeit only a small portion thereof).

Character is the most Power-full currency.

... that it’s all those small, daily happenings that make Life spectacular ...

This is indeed True, keeping in mind that – even though Enlightened Ones see Life’s small wonders as spectacular – they still see the amazingly magnanimous events in life as spectacular as well.

***The only true Amazement is the people’s inability
to consistently perceive the miraculous.***

... that beneath everyone’s exterior is someone who wants to be appreciated and loved ...

This is indeed True, keeping in mind that it is far more important to realize (and recognize) that beneath every being’s exterior is someone who wants even more *to Love*.

***We desire to be re-recognized by others –
that we may then appreciate them.***

... that to ignore Life's "facts" does not change them ...

This is indeed True, keeping in mind that just because Life's facts remain factual does not mean that we humans can ever hope to perceive them with any lucid objectivity ... (Stay Humble, my Friends.)

***Just as God and Light simply ARE,
Love is also allWays present.***

... that Love, much more than time, heals all wounds ...

This is indeed True, keeping in mind that Love comes not so much from the healer as the healing – simultaneously of the Lover and the Beloved.

All healing is essentially Love re-born in faith.

... that the most effective way to grow as a person is to surround yourself with others wiser than you ...

This is indeed True, keeping in mind **A**) that once one recognizes that everyone nearby is in some way(s) Wiser than one's self, one has in that moment of recognition become just as Wise as they ... and **B**) that once one is Wise enough to accept & regularly apply this Truth, there is no more need to "grow as a person" ... and **C**) that surrounding ourselves with those "wiser than ourselves" in order to become Wise is actually a shortcut to deeper ignorance – that the only Wisdom worth attaining is the Wisdom that knows that it is the deeds done (and the Wisdom thereby accumulated) for others that are Wise, and that it is the deeds done (and thereby the Wisdoms accumulated) for self that keep one from attaining said Enlightenment.

Re-member that everyone is both Wise and Wonder-full.

... that everyone you encounter deserves to be greeted with eye-contact and a smile ...

This is indeed True, keeping in mind that it is precisely those in our lives who seem "least deserving" of respect and kindness to whom we are to most effusively give the same.

***Every Life is a re-birth,
and every smile the re-cognition thereof.***

... that Life can be "tough", and yet I am "tougher" ...

This is indeed True, keeping in mind that to prove one's "toughness" for accolade or acclaim is to become weaker, while to show one's toughness in silent anonymity it to enliven one's greatest Strength.

***True strength rests in the acceptance of,
and thereby willing submission to,
... Life's flows.***

... that opportunities are never lost; someone will allWays accept the ones you miss ...

This is indeed True, keeping in mind that the Wise One is not concerned with "losing out on opportunities" to others; indeed, that the Wise One will often purposefully let opportunities fall gently into the laps of those more in need of the same – and thereby fulfill Love's greatest Calling.

***You can only do what you can do –
and only you can Do what you can Do.***

... that when you choose to harbor Happiness, bitterness will dock elsewhere ...

This is indeed True, keeping in mind that it is impossible to know true Happiness while harboring the same for self; indeed, that harboring pleasures of any kind will actually summon the very bitterness we hope to erase.

True Happiness rejoices most in the victories of others.

... that the most Power-full words are those soft and tender ...

This is indeed True, keeping in mind **A**) that the volume & tone of the words used must match the service to be rendered (i.e. that sometimes – albeit rarely – a loud voice and a firm tone are best suited to serve) ... and **B**) that silence is often the softest and most tender word of all.

Let all partake of your Wisdoms' gentle delicacies.

... that, though unable to choose one's feelings,
it is all Ways possible to choose what to Do about them ...

This is indeed True, keeping in mind that – while it is almost impossible to choose our initial emotional reactions to happenstance – it is *always* possible to choose our emotional state of mind while responding thereto thereafter.

***Pain and confusion
allow for the existence
of courage & clarity.***

... that many want to live on top of the Mountain,
& yet true Happiness comes only while climbing It ...

This is indeed True, keeping in mind that true Happiness comes not during a journey (that is what we call “excitement”) or at its arrival (that is what we call “relief”), but rather exists solely within every chosen step *taken for another*.

***When traversing a slope,
it is best to make each step your Summit.***

... that it is help-full to give advice only when asked or to prevent certain suffering ...

This is indeed True, keeping in mind that the advice given to others should always be as cryptic as one's affection should be obvious.

Every request for assistance is a Life-threatening situation.

... that the best classroom in the world is at the feet of an elderly person.”
~ inspired by Andy Rooney

This is indeed True, keeping in mind that the most Wise of elderlies are the ones who have chosen to become again as infants with regards to wonderment, and who have chosen to become again as toddlers with regards to Love.

***The only way to soar
is to jump onto the Eagle
of selfless kindness.***

“I knew where Grandma was taking Grandpa. It was to his secret place; high on the mountain trail where he watched the day birthe. He never got tired of it and never quit saying ‘She’s coming alive!’ – like each time was the first time he had ever seen it. Maybe it was. Maybe every birthing is different and Grandpa could see that it was [so].” ~ Forrest Carter

The best way to truly honor the dead is to reflect upon their best Selves in their tributes, and represent their best Selves in your own subsequent living.

*Though each re-birth uncovers new Wonders,
what is unveiled is the same as it allWays was.*

*“But now that [internal] Faith has come,
we are no longer subject to [an external] disciplinarian.”*

~ Paul (Galatians 3:25)

Actually, while my additions here *do* accurately reflect the beliefs of Paul, they do **not** necessarily reflect the Truth of The Way of Christ – for Christ knew quite well that Faith was anything but an internal thought or belief or feeling – that real Faith was a verb or nothing at all (see [Matthew 13:18-23](#), [John 13:15-17](#), [John 14:12](#) et al) ... In addition, Jesus – unlike Paul (see [Romans 12:2](#), [Romans 13:1-6](#) et al) – was quite unconcerned with external disciplinarians (see all the times he directly flaunted the authorities of his day without fear – and indeed, without coming to adverse consequence – [Luke 2:41-52](#), [Luke 4:30](#), [Matthew 26:62-64](#), [Matthew 27:11-14](#) et al). Instead, Jesus was concerned with being judged by one’s Self from within ([John 12:47-48](#)) ... Now what is **true** regarding this verse is the fact that once we do choose to enliven our Faith – once we choose to make our lives about sacrificing for others selflessly & willingly – then we do indeed not care in the least what others have to say about the same – and we are indeed in such moments truly “no longer subject to a disciplinarian” ... (“Whoever comes to me and does not hate father and mother, wife and children, brothers and sisters, yes, and even life itself, cannot be my disciple ... If anyone will not welcome you or listen to your words, shake off the dust from your feet as you leave that house or town” ~ Jesus Christ in [Luke 14:26](#) & [Matthew 10:14](#) – see also [Matthew 22:15-46](#) et al)

“No bird soars too high
if he soars with his own wings.”

~ William Blake

Actually, no bird soars too high
who helps another to soar higher.

*We can only truly Know our destiny
once we have attained our potential ...
And we can only truly Know our potential
once we begin to fall.*

*“According to your Faith let it be done for you ...
... and their eyes were Opened.” ~ unknown (Matthew 9:29)*

First & foremost, it is important to note that Jesus did not perform a miracle here (nor anywhere else), but rather empowered those with the requisite Faith to allow the God Essence within them (see [John 14:20](#)) to heal them (see also [Matthew 8:13](#), [Matthew 9:29](#), [Mark 5:34](#), [Mark 9:23](#), [Mark 10:52](#), [Luke 7:50](#), [Luke 8:48-52](#), [Luke 17:19](#), [Luke 18:42](#), [John 9:39](#), [John 11:4-11](#) et al). Note as well in this regard that Jesus said quite plainly that even his followers did choose to believe that he was in fact healing them himself, that they were under no circumstances to tell anyone else such falsehoods (see [Matthew 8:4](#), [Matthew 9:30](#), [Matthew 12:16](#), [Mark 1:44](#), [Mark 5:43](#), [Mark 7:36](#), [Mark 8:26](#), [Luke 5:14](#) & [Luke 8:56](#)) ... **Second**, please remember that – for Jesus at least – Faith was a verb; not an internal thought but an external action (see [John 10:37-38](#) & [John 14:12](#)) ... **Third**, note again that *by the measure* of their Faith were they healed – meaning that those who came for personal benefit only received temporary &/or partial healing, whereas those who came to be healed that they might serve others become Whole once more ... And **finally**, note that their eyes were **Opened** as a result – that they could **See** clearly again – that they had been blinded by self-interest and sin before, and yet they had been blessed by the presence of Christ in Jesus (which reawakened the Christ within them – again [John 14:20](#)) to remember that the fact that life was about serving others (see [Mark 10:45](#) & [John 13:15-17](#)) ... Yes, their eyes became closed once more to the degree that they refused to go forth thereafter and live accordingly, and yet at least for that one moment of being exposed to The Way of self-sacrificial Love they could truly **See** again – just as they did when they were infants & toddlers (see [Matthew 18:3-4](#)).

**See Truths ...
Establish your Station ...
Prophesize silently**

Our ultimate Truth is the power & the righteousness
of willing, selfless, self-sacrificial Love.
See that Truth by living that Truth ...
Establish your Station by living that Truth ...
Prophesize silently by living that Truth.

“Learn to pause.” ~ Sarah Ban Breathnach

Learn to pause ... to then *choose to Do*.

To Learn, pause ...

Image 313 (Page 118b) ... This is a picture (which I call “The Archer”) shows me learning archery in West Homewood Park (in Homewood, Alabama) – reminding me of the Truth that practice makes perfect, even in choosing to unconditionally LOVE (and that once such LOVE is let loose, it always hits its mark – the Soul of the other) ...



“Know thy Self” ~ Greek Saying (*Gnothe Seauton*)

The only way for us to accurately Know our True Selves is to fully enliven the same – to leap wholeheartedly into being the very best (i.e. the most Loving) version of the very best Self we can imagine; to think of the most Noble Deed that could be done in any moment, and then to boldly attempt the one even more Noble than that.

I Know; thereby I Am ...

PAGE 119



“When a person that one Loves is in the world and alive and well ... then to miss them is only a new flavor; a salty sharpness in experience.” ~ Winifred Moltby

Love is a purely other-oriented focus – and thus feeling a perfect Love for another does indeed *seem* to dampen the pain of missing them. That having been said, it is actually impossible to selflessly LOVE another and miss them at all. To LOVE is to give while focusing solely on the other; to miss is to suffer while focusing on one’s self and what one is lacking (namely, the presence of the other) ... The two cannot by their divergent natures ever exist at the same time in the same conscious mind ... To merely “love” another is to pine for them when they are gone. To LOVE another knows no such want or missing.

***Remembering is of Love, while pining originates in fear ...
One gives thanks while the other longs for more.***

Image 314 (Page 119a - top) ... This picture (which I call “Tranquility”) shows a view of the famous Zen rock garden of Ryon-Ji Temple in Kyoto (Japan) – the site of my first conscious “spiritual experience” (i.e. an experience of Oneness that felt a bit as though my consciousness was “hovering overhead”) while visiting there in 1985 ...



“Do not suffer from loneliness. Go outside. Go away. It’s all the people making you lonely. Pick a spot on the horizon and head straight for it. Weave your way through a strand of redwoods. Kayak an island chain. Peer over your toes on the edge of a canyon. Go to your favorite place -- again and again. This is what you need to do. Not because it fuels your independence, but because it re-minds you that you are a part of something bigger. And although it may not occur to the baffled onlookers who can’t take their eyes off your smiling, mud-covered, wired-up, insane self, it will occur to you – you aren’t the one who’s lonely.” ~ Nike ad (year unknown)

While I am personally no fan (drastic understatement) of many of the practices of the Nike company (including their still prevalent use of sweatshops, where they force drastically underpaid laborers to work in horrific conditions – the reason why I personally no longer buy or wear Nike apparel), this ad *does* encapsulate the Wisdom that we are never alone – if for no other reason than the fact that we are always fundamentally interconnected with Nature and every sentient entity living therein. That having been said, where this ad completely misses the boat is in implying that one can attain Peace by being alone – that one can only go towards the deepest majesty of Nature by going away from people. For far greater than the inner calm one does indeed attain while hiking “alone” in the woods, is the absolute Bliss one can only experience by immersing oneself (often uncomfortably) into the sufferings of another human being – with the sole intent of doing whatever we can to lessen the same. We are literally all one Great family, and until we start acting accordingly, sanity will never find its way to us – neither to our communities nor to ourselves.

***It is impossible to feel lonely
while Knowing you are never alone.
And it is solitude that makes it so ...
Community is re-born in pristine aloneness.***

Image 315 (Page 119a - bottom) ... This picture shows my Self disguised as a professional basketball player back in 1997. It reminds me of the Truth that, no matter how egotistically we choose to live or how selfishly we choose to behave, the Greater Self resides ever within us – waiting to be set free with one act of selfless Love ...



“When you are born, your Work is placed in your Heart.” ~ Kahlil Gibran

Actually, our Work is placed in our Hearts as soon as we develop self-awareness (somewhere around our 19th week in our mother’s womb) – an Awareness of the patent Truth that we are a separate-yet-interconnected part of the Whole – and thus an equally profound Awareness that it is possible for us to reach out & powerfully interact with others; that it is possible for us to engage them in ways that bring either discord or harmony (depending on both what we do and why we choose to do it). As such we Know that we are innately able in every moment of our lives to bring others the latter; to bring them that Harmony ... We Know that this is “why we are here” ... We Know that this our Work.

*The Soul is born at conception
& the Heart is conceived of the Soul ...
Both are re-born in every selfless goodness.*

*“Whenever you face trials of any kind,
consider them nothing but Joy ...”*

~ James (James 1:2)

One of Jesus’ preferred disciples (see [Gospel of Thomas 12](#)), James was correct to encourage us this way for he knew that deeds are only powerful enough to bear “[The Fruit of the Spirit](#)” (see [Matthew 21:43](#)) when they are exceedingly difficult and exceedingly well-intended (see [Matthew 5:10-12](#)) ... Indeed, this Truth (of the Power of Selflessness) is in all likelihood what James was referencing in the verses where he claims that “faith without works is dead” (see [James 2:14-26](#)). Indeed, mere mental faith (the feeble faith of Paul) is nothing unless empowered by Faith-full deeds ([James 2:17](#) et al) – deeds done despite difficulty, despite challenge, despite fear, and despite potential (if not probable) pain for or loss to self. And this is the primary reason why we are consider our trials as “[nothing but Joy](#)” – for without Love our lives mean nothing, and without difficulty our deeds of Love are neutered and weak ... Indeed, even Paul agreed in one of his more lucid moments – where he noted that the only faith that counted was “[faith working through Love](#)” (see [Galatians 5:6](#)). Yes, it is true that Paul didn’t really understand the true depths of unconditional Love, and yet even the most deluded of false prophets will stumble across the most profound Truths on occasion – which is what Paul indeed did here. For true Love cannot exist in its purest form except in those moments when it is most purely actualized – and it can only be purely actualized when said actualization is difficult – dangerous, even – only in those moments where there is no guarantee of survival or success; only in those moments where enlivening Love is the boldest act of Faith – a Faith in Love itself ... And because Love does always “work” – because it does always bring Peace in direct proportion to the difficulty of its effectuation, and because walkers of The Way are only concerned with the Peace of others, such daring Doers of Love do indeed feel that same raw Bliss whenever confronted with a trial or tribulation; knowing as they do that such difficulty automatically makes each & every one of their subsequent acts of Caring a true Peace-bringer to others – and thus inadvertently a true Joy-bringer to themselves.

Image 316 (Page 119b) ... This picture is of a statue of St. Fiacre (the Patron Saint of gardening) – reminding me of the Truth that to Care-fully tend the Garden of another is the only way to truly tend one’s own ...



“When you feel lost or lonely in the throes of autumn's chill, look to a friendship with solitude ... We must live our autumn's dyings to revel thereafter in spring's rebirth.” ~ anonymous

It is true that there is great Truth in pausing during times of turmoil or tribulation – pausing in international inner silence to re-ground oneself in Self ... Of course, there is a far greater Truth at play here as well -- namely, the Truth that only way to truly enjoin a Friendship with the Peace of solitude is to nurture that Peace *in others*; to remind another in pain that they are loved; to remind another in despair that they are never alone; to remind another in fear or sadness that they can rest in your presence and share your solitude with you.

Image 317 (Page 119b) ... This picture shows red/yellow zinnias reflected in dewdrops – symbolizing the Truth that the only way to Honor an absent Friend is to see him or her in a stranger – and then to act accordingly ...



“Paradise is at your Center ... Unless you find it there, you cannot enter.” ~ Angelus Silesius

And remember: the only way to rediscover your Center is to uplift the Center of others ... The only way to find true solace is to bring others Peace ... The only way to know true Happiness is to bring others Joy ... And the only way to find your way to your innate internal Heaven is to open the door thereto to others in need.

Heaven is wherever you choose to look for It.

PAGE 120



Student of Zen to hot dog vendor: “Make me ONE with Everything.” ~ Barry Devine
Zen Master hot dog vendor to Student: “Here, You ARE.” ~ Scaught

The deeper Insight of this exchange is that the student errantly thinks he must receive Enlightenment from a Master – that the Master must somehow give him the same, when in reality it is as the Master clearly understands — the student is *already* Enlightened, and need only act accordingly to rediscover the same.

**To make yourself ONE with the Universe,
you must re-Member your Maker.**

“The Universities do not teach all things. So a person must seek out crones, gypsies, sorcerers, wandering tribes, old robbers and outlaws to take lessons from them. Knowledge is experience.” ~ Paracelsus

Wisdom does indeed come in many forms, and Wisdom is indeed passed on from many sources – **Crones** know that time is the great equalizer and that one need not strive to achieve great ends ... **gypsies** know that the same objective Truths are encapsulated within the cores of every culture & every religion – that fundamental morality is an innate part of human nature – that we are to act with dignity by treating all others with respect and fairness ... **Nomads** know that Home is where one *is*, not where one comes from or where one is headed – that the individual is sustained by the community (and acts accordingly) and not vice versa ... **Robbers** know what they have most obviously forgotten – that threats of violence inevitably bring violence in return, that use of force to steal always leads to dramatic loss thereafter, and that the only way to procure an abundance that is smooth & lasting is to make life more about giving than getting ... **Outlaws** know that it is a sign of true freedom to be persecuted by the majority – that it is Good & Noble to challenge systems that are unjust & oppressive – that it is right to give back to the poor that which has been taken from them by the rich. Yes, these are the Wisdoms known by such untraditional sources, and we can begin to Know these Truths the minute we begin to set them into motion – the minute we begin to experience them in our own doings ... Of course, while such Wisdoms are many, *profound Truths are but few* -- Wisdom says that we need not strive to achieve great ends, and yet Truth reminds us that the only end that is truly Great is Love ... Wisdom says that the same Truths are embedded in every culture & creed, and yet Truth reminds us that the only Truth worth remembering is the Truth that lasting Love (and the Bliss that accompanies it) can only come during acts of willing self-sacrifice ... Wisdom says that the individual is sustained by the community, and yet Truth reminds us that the only way to sustain the community is via open acts of radical Kindness & selfless Service thereto ... Wisdom says that it is Good & Noble to challenge injustice, and yet Truth reminds us that the only way to attain Peace-full ends is via Peace-full means.

Universities truly teach only the futility of learning.

“Let your gentleness be known to everyone. The Lord is near” ~ Paul (Philippians 4:5)

The Lord is indeed always near, but not in the “benevolent dictator hovering above” sense meant by Paul (and his followers in the modern-day Christian church), but rather in the “always residing *within*” sense of Jesus Christ (see [John 14:20-26](#)) ... And whereas Paul would have us be gentle towards others for fear of rebuke from God, Jesus would have us be gentle to others solely for *their* benefit – and thereby remember how it feels to act as an agent of God instead of a mere worshipper thereof (see [Matthew 5:48](#), [Luke 6:36](#), [Matthew 8:21-22](#), [John 16:33](#) et al) ... **Note** as well that that Paul’s “*everyone*” is **not** the same as Jesus’ “*everyone*” – that the former means those who are nearby and primarily those who are one’s allies (Paul is only admonishing fellow believers in [Philippians 4](#)), while Jesus means for us to **Love everyone** ([Matthew 8:21-22](#)) – especially one’s enemies ([Matthew 5:40-44](#) + [Luke 10:25-37](#)) &/or the downtrodden ([Matthew 25:35-40](#) et al).

Image 318 (Page 120a) ... This is a picture of a snow-covered tree – symbolizing the Truth that even when mired in the stagnant delusions of certainty or arrogance or conviction or prejudice, the Truth of Oneness will never stop seeking until it finds us and melts our Hearts back to Loving ...



“To learn from the Masters, we must be willing to be beginners.” ~ Bill Alexander

And once one is open enough to learn from the Masters – once one “**becomes again as an toddler**” (and thereby becomes again as all Masters have also become), one realizes that one already knows everything of import there is to Know ... For while one is willingly sacrificing one’s own desires &/or Joy-fully embracing one’s own fears in the service of another, there is nothing more to learn. For *this* is the purest form of LOVE, and there is nothing greater that a human being can ever do or know.

***The Sage is the one
who has chosen to begin again ...
(and again ... and again ... and again)***

“Be alert; I have already told you everything ... Heaven & Earth will pass away, but my words will not pass away ... And what I say to all: Keep Awake.” ~ Jesus (Mark 13:23, Mark 13:31, & Mark 13:37)

That the Earth is fundamentally impermanent and inevitably passes away is a Truth known by every Master – Jesus included (see [Matthew 24:35](#), [Mark 13:2](#) et al). His statement here that “Heaven” could also “pass away” is a bit more problematic, and yet we should remember two things – **first**, that Heaven for Jesus was an *internal* reality (see his comments on “the Kingdom of God” in [Luke 17:20-21](#)), which is why it too can “pass away” (the Greek *pareleusontai* – Strong’s #3828, which actually means “to pass out of sight”) when one’s physical body dies and no longer contains the same. **Second**, note that the Greek word used for “Heaven” here was not related to a spiritual paradise, but rather meant “the heavens” or “the sky above” (Greek *ouranos* -- Strong’s #3772), a conglomeration of material entities that indeed will one day all “pass away” as well ... **Note** as well that Jesus is telling his listeners here to “Be alert” (see also [Matthew 22:42](#), [Matthew 25](#), [Matthew 26:40-41](#), [Luke 21:34-36](#), [John 12:34-36](#) et al) – a state of clear awareness that was a key prerequisite to walking his Way; the re-cognition of the Truth of Oneness that we have known since our conception ... **Note** as well that he says that he has already told his disciples everything – that we need only look to his words as found in the Scriptures to know all there is to know about his Way of Selfless Service (see [John 13:15-17](#) & [Matthew 25:35-40](#) et al) and his Truth of unconditional Love (see [Matthew 5:40-44](#) & [Matthew 18:21-22](#) et al) and his Life of Joy-full self-sacrifice (“Take up your cross and follow [my Way]” ~ [Matthew 16:24](#)) ... There is indeed no need to speculate on what else he might have said or what else he might have learned or where else he might have traveled or even where he might have gone after his crucifixion ... The words he offered during his ministry were more than enough for anyone to find The Way – at least anyone humble enough to See that Way within those words -- and courageous enough to leap onto that Way by setting the same into motion (see [John 12:47-48](#) et al).

“To know is to accumulate ... and he who accumulates will never Know.” ~ Krishnamurti

To “know” is to accumulate delusions of pride and illusions of knowledge; delusions that blind and illusions that obscure The Way from Sight ... Thus it is so that those who accumulate – be their accumulations mental or material – will indeed never Know the Truth of The Way – for The Way is a path of selfless giving; the very opposite of accumulation ... and The Way is a path of humble empathy; the very opposite of arrogant conviction.

***To learn, choose to Listen –
and then gently discard all that is merely heard.***

“The moment one definitely commits one’s Self, then Providence moves too ... A whole stream of events issue from the decision, raising in one’s favor all sorts of unforeseen incidents, meetings and material assistance.” ~ W. H. Murray

This statement is true enough, though the power with which said Providence moves is always in direct proportion to the purity of our commitments – keeping in mind that we cannot fully commit until we set aside mere thinking about our decisions and begin to set them in motion, and keeping in mind as well that whenever we choose to move against the grain of Oneness – whenever we choose to swim against the current of Interconnection (which is the frequency of Fellowship & Compassion & Kindness & Love) is to hinder the coming of Providence more than to harness it. There are always consequences that come to us in response to our choices, and yet those consequence will prove to be shackles if we move solely for ourselves -- just as they will be deeply liberating if we choose to move solely for others. The Universe can only “assist” actions that harmonize with its foundational flow ... All other effects from all other causes are guaranteed to bring suffering to self & others.

***The Cosmos is waiting to support
all those who choose to re-Member
that It & they are ONE.***

“The death he died, he died to sin ... But the Life he lives, he lives to God. Consider yourselves dead to sin and alive to God ...” ~ Paul (Romans 6:10-11)

First of all, note that Paul is speaking here to Jesus’ crucifixion and supposed resurrection (key points in the “Gospel of Atonement” that he himself invented (see Acts 13:30-38, Acts 17:3, Acts 17:31b, & 1 Corinthians 15:13-14 et al), which was a very different gospel to “the Good News” taught and encouraged by Jesus Christ (see Matthew 10:7 & Matthew 24:12-14). While it was well done on Paul’s part to (almost certainly inadvertently) imply that Jesus did not die to life but merely “died to sin” – his sin, he mistakenly chose to believe that Jesus did indeed die for all of our sins as well. Of course – at least as far as Jesus himself was concerned – this was quite clearly **not** the case. In fact, Jesus put himself on the cross to show us how we could all *cleanse our own sins* by “taking up our own cross” and emulating (i.e. *following*) his Way of selfless Love (see Matthew 16:24, Mark 8:34, Luke 9:23 + Matthew 5:40-44, Matthew 18:21-22, Matthew 25:35-40 et al) ... Finally, please note that – again, at least on Jesus – the phrase “living to God” does **not** mean bowing down in subservience to a celestial dictator, but rather means fully honoring our God *within* (see John 14:20) by acting as an agent thereof in our dealings with others (see Matthew 22:37-40). In this sense – and this sense alone – Paul is correct that we are to consider ourselves “dead to sin and alive to God”

“Life is a synchronistic, exponentiate leverage of Abundance.” ~ Thor Evergreen

To more fully understand this intriguing quote, a look at some definitions of its terms is helpful ... **First** of all, “synchronistic” is the tendency of a dynamic (or an interaction) to harmonize its happenstances with the awareness of those perceiving the same (or vice versa – for those within a dynamic or an interaction to harmonize their perceptions thereof with the circumstances of their surroundings). Our environment is constantly interacting with and “responding” to our thoughts & our deeds. Synchronicity is our chosen ability to be deeply aware of this “communication”, instead of labeling it as mere “coincidence” or not seeing it at all ... **Second**, “exponentiate” indicates an exponential multiplier; in this case implying that our deeds co-generate far more “Grace”/ “Blessings” than they objectively merit ... **Third**, the meaning of “leverage” is tied to the fulcrum, where the cause is not linear but transformative – not proportionate, but relational; where a certain amount of force generates a far greater amount of effect ... **Fourth**, “abundance” – at least in this sense – is the true Wealth that comes from Loving Service, *not* the material faux-opulence that comes from earning money or grasping for possessions ... As such, when we plug these meanings into the original quote, we get the following: “Life is an archetypally communicative experience, whereby the amount of Loving energy inserted therein generates many times more harmonious energy thereafter.”

***Find the fulcrum of your Soul ...
With It you can levitate all things.***

“The world will not evolve past its current state
by using the same thinking that created it.” ~ A. Einstein

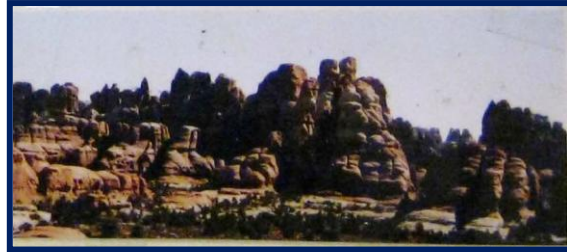
This is a Great Truth seen in many truths ... War will not be transcended by “self defense” or “pre-emptive strikes” or “sanctions” or “enforced ceasefires.” The violence of war can only be eradicated via the effectuation of its opposite – Peace: via heavy doses of support & acceptance ... Poverty will not be transcended by austerity or taxation or ridicule or forced labor. The lack of poverty can only be eradicated via an enlivenment of its opposite – Generosity: via heavy doses of charity & giving ... Enmity will not be transcended by gossip or criticism or condemnation or retribution. The aggression of enmity can only be eradicated via the manifestation of its opposite – Gentleness: via heavy doses of caring and kindness ... Abuse will not be transcended by “healthy boundaries” or “mediation” or compromise or “just punishments.” Abuse can only be eradicated via the co-creation of its opposite – Respect: via heavy doses of honor and adulation ... Injustice will not be transcended by “harsh consequences” or “tough love” or righteousness or “a balance of give & take.” Injustice can only be eradicated via the blossoming of its opposite – Equality: via heavy doses of support and liberation ... Ignorance will not be transcended by ridicule or argument or discussion or persuasion or enlightenment or even learning. Ignorance can only be eradicated via the metamorphosis of its opposite – Humility: via heavy doses of listening and feeling.

To Save, re-Create ...

***Those who know the Cosmic Harmony
have no use for goals or dreams ...
They sow – They reap – They live.***

They sow only for others ...
They reap additional service ...
They live solely for Love.

Image 319 (Page 120b) ... This picture shows the Canyonlands (Utah), an erosion-created masterpiece of multi-colored protrusions of stone – reminding me of the Truth that the majesty of the True Self resides permanently within, and yet its brilliance can only be exposed by the raging rapids and torrential storms of life’s challenges & tragedies ...



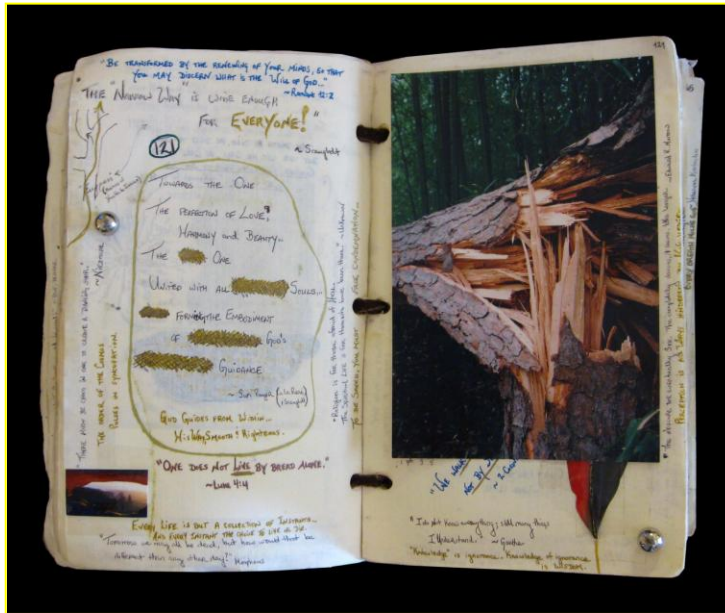
“If he be at Peace with him Self, a musician must make Music, an artist must Paint, a poet must Write. What a man can become, he must Be.” ~ Abraham Maslow

Yes, we each have particular talents that must be actualized for us to attain a sense of Peace, and yet merely actualizing the same will not bring the Peace we seek *unless* that actualization is done in unity with our surroundings & our circumstances, and thus in harmony with the Whole ... Indeed, regardless of the particular vocation a man or woman might be able to fulfill, it is only truly Important that he or she make that fulfilling a FULL-filling – that he or she make that vocation a Vocation – that he or she engages a job not to make a living but to make a Life – that he or she dedicates their service to the betterment of others and the beautification of their surroundings, not the betterment of themselves or merely the beautification of their own home.

***To Know GOD is Peace;
to Be GOD is Destiny.***

“Now is allWays the best time.” ~ Lucia Brecheisen
(*Jetzt ist immer die beste Zeit.*)

Now is actually the *only* time ... In the past is only fear (in the form of regret or stagnant nostalgia) and in the future is only fear as well (either worry for what might happen &/or desire for what probably will not). As such, it is only in the Here&Now that we can truly Love others without fear, and thus only in the Here&Now can we rediscover our True Selves -- and the Solace that comes from enlivening the same.



***“Be transformed by the renewing of your minds,
so that you may discern what is the Will of God”***
~ Paul (Romans 12:2)

*While it is true that the “renewing of our minds” (i.e. the refreshing of our perspective – by becoming “humble as an infant” in the way we choose to see both our station & the others therein – see Matthew 18:3-4) does enable us to “discern the Will of God”, that discernment will not become truly lucid until we choose to charge forth and engage a Great Leap of Faith into the Love mandated by the same. This is why Jesus said that “only those who **do** what is true will come to the Light” (John 3:21) and that “those who have **done** Good will rise to Live” (John 5:29) and that “you should **do** for others as I have **done** for you” (John 13:15) and that “If you understand these things, blessed are you while you **do** them” (John 13:17) and that “Not everyone who merely says to me ‘Lord, Lord’ will enter the Kingdom of Heaven, but only those who **do** the will of the Father in Heaven” (Matthew 7:21-23) – a will which is active, perfect, unconditional Love (Matthew 5:48).

“The Narrow Way is wide enough for every being
to walk it both uniquely and simultaneously.” ~ anonymous

Yes, it is true that there is only one Way to real Redemption, *and yet* there are currently well over 7 billion sentient beings (each with millions of choices of action) who can walk that one Way in their one unique gait and with their own unique tempo ... What must stay the same for all, of course, is the direction in which the Way-walker is facing – namely, towards the horizon of bringing more Peace to others; of lessening their burdens or furthering their Joy. And even though this is incredibly difficult for any being to do (seeing as how our brains are hard-wired for protection & survival over all else, with the reptile brain instinctively analyzing every single encounter using the rubrics of “friend or foe” & “fight or flight” – and doing so ¼ of a second before the neocortex can make a conscious decision about the same), it is still always possible to do so. Indeed, as Jesus himself noted: “for wide is the gate [of the ego] and broad is the road [of selfishness] that leads to destruction, and many enter through it. But small is the gate [of the Soul] and narrow the road [of selfless Love] that leads to life. As such, only a few find it ... though all who seek it find it indeed” (Matthew 7:13-14 & Matthew 7:7-8).

“Towards the One -- The perfection of Love, Harmony and Beauty ... The One, united with all Souls; forming the embodiment of God’s constant guidance.” ~ René Savoie (Sufi Prayer)

First of all, no matter how Divine they might sound when uttered, words are hollow and essentially Meaning-less *until walked devoutly and humbly* by the one doing the speaking ... In addition, there is no need to walk towards the One when we are all already an innate facet thereof. There is no need to do anything or go anywhere or fulfill any requirements or walk any pilgrimage or learn any wisdom or commit any teaching to memory for us to become deeply Enlightened in any given moment ... For we are all innately already Enlightened ... All that remains is for us to set aside all selfish hopes and self-centered fears long enough take that first bold, fear-laden step into Caring radically. For we are all already capable of maximizing Love – especially in the moments when we are not Enlightened; indeed, precisely because we are not Enlightened in those moments ... And because we are living lives imbued with discord and constantly bombarded by temptations to judge events as boring or others as ugly, we are simultaneously ever able to set aside those delusions and generate incredible waves of Harmony with our acts of self-sacrifice and massive vibrations of Beauty by recognizing and exclaiming the same. And *this* is why the One is indeed constantly “guiding” us towards its ultimate Bliss – not because it resides “above us” and firmly pushes us (via “divine intervention” or “acts of God”) to do certain things for certain others, but rather because it resides *within us* -- Whole & unblemished, and because it ever so softly whispers the same – just loud enough to hear; and just quietly enough for us to choose its advice of our own Faith-full volition anyway.

***God guides from within –
His Way is both smooth and righteous.***

“There must be chaos within to create a dancing star.” ~ Nietzsche

This statement is true, and yet Nietzsche fails to note that there is *always* chaos within us – indeed, that there must be chaos within any being who is inhabited simultaneously by a self-fixated ego on the one hand and an other-focused Soul on the other; that in every interaction of every moment of our lives we are presented with two equally available and equally desired options that are always in direct opposition to one another – one of them concerned only with our own survival and our own well-being (manifested in the “sins” of condemnation, attachment, greed, envy, apathy, deception, pride, boredom and doubt), and the other desiring only that we transcend the same and reach out to **Care anyway** (seen in the “virtues” of forgiveness, detachment, generosity, gratitude, compassion, honesty, humility, wonderment, and faith) ... And it is precisely this chaos that makes choosing the latter so difficult, and therefore so incredibly powerful – powerful enough to transform the one giving Love anyway, powerful enough to transform the ones to whom that Love is given, powerful enough to transform the lives of all nearby who witness that selfless giving; powerful enough to inspire the lives of all who are even in close enough proximity to feel the same – in essence, powerful enough indeed to “create a dancing star.”

The Order of the Cosmos pulses in syncopation.

“One does not live by bread alone.” ~ Jesus (Luke 4:4)

First & foremost, it should be clearly stated that the one who lives in the purest expression of Love need not live on bread *at all* – that those who choose to Love perfectly (i.e. in humble deeds of willing self-sacrifice for others) receive all the sustenance they need therefrom. Indeed, this is why it is so often witnessed that aid workers can go many days without food or sleep and yet remain fully energized when responding to a tragedy. Yes, it is true that these moments are often few & far between – and thus that the vast majority of sentient beings do indeed need to partake of food & water & rest on a regular basis. And yet this is so not because these things are inevitably needed by us, but rather because the majority of us are tempted to seek these desires and submit to them (much like Satan was attempting to get Jesus to do in [Luke 4](#) -- see also [Matthew 4:1-11](#)); to make our own needs more important than the needs of others; to be served rather than to serve (see [Matthew 20:28](#))... Just as important, we see here the mention of “bread” – a metaphor Jesus used to describes acts of selfless service, with the emphasis being placed on their selflessness. For it is true indeed that it is not enough to merely “do good deeds” without founding the same in conscious intentions of serving others therewith. It is not enough to “be good” unless those actions are imbued with the desire to have them bring others some measure of solace – unless those deeds are soaked fully in the “wine” of unconditional Love (see [Matthew 26:26-28](#) et al).

“Religion is for those afraid of Hell ...
The Spiritual Life is for those who have been there.”
~ unknown

This is quite true --- Religions (at least those that are more theological – like Christianity – than psychological, like Buddhism) are indeed far more concerned with attaining salvation in the hereafter than they are with living well with one another in the Here&Now, and as such are indeed in large part for those “afraid of Hell” (meaning “highly fixated with self” – either striving for eternal reward or, in this case, fleeing from eternal punishment) ... And the degree to which they are so (the degree to which they speak to the Hereafter -- either threatening with Hell or bribing with Heaven; as well as the degree to which they exclude all others who do not adhere to their tenets or subscribe to their beliefs) is the degree to which they actually prevent their adherents from attain any measure of real Spiritual Awakening or profound Spiritual Understanding ... For the human Soul is an essence composed of (and solely radiating) a frequency in harmony with what many call unconditional Love. Thus, the human Soul can only be viable in the present moment, and can only blossom forth fully in that Here&Now when it is enlivened accordingly – fully without fear; completely without care for what might happen either for it or to it in the future ... And this “maximum Love” of the Soul can only be so enlivened in those moments when its enliverer is least desirous of doing so – in times of great fear or times of great desire or times of great hopelessness or times of great despair. It is in these moments (when the body-mind of that Soul is in effect “in Hell”) that it is possible to transcend the same and thereby get to the Bliss many (including Jesus) called “Heaven” or “the Kingdom of God” (see [Luke 17:20-21](#)) ... As such, “the Spiritual Life” is only available to those who have not only been through Hell and remember the same, but also for those who are actually still in Hell -- and yet choose to reach out to Love others anyway.

***To be Saved, you must face condemnation with dignity –
... and that dignity is Kindness.***

“Tomorrow we may all be dead ...
but how would that be different from any other day?”
~ Morpheus (“The Matrix”)

Right Action is really not that difficult to determine. Simply put, Right Action is the answer to the question: “What would I Do in this moment for others were it the last service I would ever be allowed to render before I die?” ... Indeed, the only way to make a life full of Meaning is to repeatedly remember that life could very well end in the next instant – and then to act accordingly; not to fulfill the hollow, pleasure-soaked & fear-averse impulses of the primitive ego, but rather to enliven even the smallest portion of the radiant, service-steeped yearnings of the Loving Soul.

***Every life is but a collection of instants –
and within every instant, the choice to live or die.***

Image 320 (Page 121b) ... This picture, showing the exploded trunk of a large pine tree that was explosively blown over by a wind-storm on Alexzanna Farms in the Spring of 2009, symbolizes the Truth that it is wise to bend with the winds that come our way AND that we need to humbly & selflessly accept the very real possibility of being blown over anyway even if we do ...



“When you recognize the fundamental integrity of the Universe, and that the death of things is as certain as their birth, then you can relax and simply accept that it is the way it is.” ~ Alan Watts

Actually, the “fundamental integrity of the Universe” is most deeply recognized not when we pseudo-regretfully accept the inevitability of death – be it our own or of all the things and relationships around us, but rather when we recognize that same impermanence and then stride boldly forth to act accordingly – to Love without condition; to Forgive without exception; to Give without limit; to Interact without fear; to Serve without pause or prudence. This is the only way for the Soul to truly “relax” – and this is the only Way for the Soul to know Peace.

Once the end of a thing is accepted, that thing never dies.

“It may be that two Souls meet and it is not destined that they are to remain together ... Yet their meeting can never be forgotten; it becomes ingrained on the Soul itself.” ~ Reshad Field

Actually, this quote reflects the Truth that true & deep-seated Enlightenment comes to those who realize that the indelible & lingering Connection mentioned herein is as potent for the strangers who we pass in the street as it is for the Soulmates with whom share the same bed ... And it also reflects the equally important Truth that this realization only comes to those who regularly treat strangers as Soulmates..

The length of any relationship has nothing to do with destiny, & everything to do with choice.

“And in the sweetness of Friendship let there be laughter, and a sharing of pleasures, for in the dew of little things the Heart finds its morning and is refreshed.” ~ Kahlil Gibran

And – far more importantly – in the sweetness of true LOVE let there be deeds of Forgiveness, and a sharing of bold deeds of Kindness, for in the dew of humble self-sacrifice the Heart basks in sunlight and is reborn anew.

For the Heart, there are no “little things” ...

Image 321 (Page 121b) ... This picture shows Cassie & I being “assaulted” by Zorro, one of the cutest – and one of the worst-smelling – cats I have ever met; reminding me of the Truth that maintaining good personal hygiene can be a service to others in & of itself ...



“So much that was beautiful and so much that was hard to bear, yet whenever I showed myself willing to bear it, the hard was directly transformed into the beautiful.” ~ Etty Hillesum

It is impossible to “bear” or to endure or to tolerate or to persevere through pain and get to real Beauty ... For indeed, we can only get to real Beauty when we are no longer in self at all – when we are in pain and yet stand forth to protect the innocent; when we are exhausted and yet rise again to feed the children; when we are injured and yet boldly forgive those who have caused us harm; when we are deathly ill and yet give everything we have left to bring another Peace. These are the choices that make a life worth living – and these are the choices that brings forth the most Beauty-full within us all.

When used as such, the difficult is the Beauty-full.

“Everything begins with choice.” ~ Morpheus (from “The Matrix”)

Actually, everything begins with awakening to the *availability* of choice (setting aside of habit & pattern & routine & obligation & conviction & labels & preconception), and everything is then fully reborn (and truly Begins) during all subsequent moments of enlivened choosing.

***Choice has no beginning.
Everything IS choice ...***

“I am sending you out like sheep into the midst of wolves; So be wise like serpents and gentle like doves.” ~ Jesus (Matthew 10:16)

First, realize that wolves band together to kill sentient others for survival, while sheep band together and eat kill-free to serve others ... **Second**, realize that wolves thrive on violence (and are thus reviled), while sheep thrive on giving, and are thus honored ... **Third**, realize that human “sheep” are never so powerful (and thus, ironically, never so safe) as when willingly & lovingly going amidst their lives’ “wolves” (for Love is the ultimate empowerment – driving away both all who live based in fear and fear itself – see [1 John 4:18](#). This is how Jesus was able to “pass through” the angry crowd of “wolves” in [Luke 4:30](#), this is how Jesus remained so stoic in the face of his ultimate trial and final persecution (see [Matthew 27](#), [Mark 14](#), [Luke 22](#), and [John 18](#)), and this is how each of us can harness fear and aggression in our lives as well ... **Fourth**, realize that serpents are wise because they know when to hide and because they attack only when severely threatened ... **Fifth**, realize that we are to be “gentle like doves” because the peaceful interaction is the one most likely to be received and adopted and emulated (Jesus didn’t coerce others into doing as he said, and he never once demanded that they worship him – only offered them the chance to “follow” him – see [Matthew 4:19](#), [Matthew 19:21](#), [Mark 2:14](#), [Luke 18:22-23](#), [John 1:43-44](#) et al) ... And when we apply these wisdoms to this verse, we come to realize that it is essentially reminding us **A**) to share the message of selfless Love, and **B**) to pay attention to those with whom you share it – to recognize the difference between those who will truly listen to the message (and go forth to bear Good Fruit in direct proportion to how often & how courageously they apply the same) and those who won’t. For the former, offer fully (“gentle as doves”). And for the latter, offer fully **and** then – after they have consistently refused to listen to &/or consistently refused to respect that message – “wipe the dust from your feet” and move smoothly on to the next encounter (see [Matthew 10:14](#) et al) ...

“I realize my spiritual body – allWays young, beautiful, and healthy ... Loving and serving in every moment.” ~ René Savoie (Sufi Prayer)

Actually, the Spiritual Body serves most potently when its physical body is old &/or exhausted and yet charges forth with the boldness of youth -- when its physical body is shunned as ugly and yet moves with the most Beauty-filled gentleness amongst the cruel and hard-hearted -- when its physical body is ill &/or injured and yet stands with strength between the unjust and those they would persecute.

***Our Soul remains giving regardless of whether
our hands are held open or clenched shut.***

“When people have Light in themselves, It will shine out from them. [In these moments] we get to [truly] know each other as we walk together in the darkness; without needing to pass our hands over each other’s faces, or to intrude into each other’s Hearts.” ~ Albert Schweitzer

Actually, all sentient beings always have Light in them – and as long as they are alive that Light sparkles forth from them; dimly seen only in the eyes when acting from places of pain or self-longing, and booming witnessed shining from the entire body when acting from places of Love and self-sacrifice. As such, even the most wicked of foes can be seen as a Spiritual Brother, if we but gaze long enough into his (even-deadened) eyes. We all are at least partially blinded by the emotional wounds from our past and the memories thereof that have created our self-centered defense mechanisms, selfish fears, and dysfunctional behavior patterns. And yet even though we are all challenged in this way, we can all still pause in any given moment and *See the Soul in the other* – and then act accordingly, to thereby re-member the Soul in ourselves.

To unconditionally accept is to completely Know.

“We walk by Faith, not by sight.” ~ Paul (2 Corinthians 5:7)

I am frequently called to disagree with Paul, if for no other reason than the vast majority of his theology bears the horrible fruit of division, selfishness, sadness &/or anger when put into practice. That having been said, there are a number of verses from Paul’s letters that bear the Good fruit of Peace &/or Joy – *if* they are read alone on their own, and *if* they are read through the “lenses” of the all-Loving Way of Christ ... This verse is one of those (with others being [Romans 2:1](#), [Romans 2:13-15](#), [Romans 8:5-6](#), [Romans 8:14-16](#), [Romans 12:10](#), [Romans 12:14-21](#), [Romans 13:8-10](#), [Romans 14:4](#), [Romans 14:13-14](#), [Romans 14:19](#), [Romans 14:22](#), [1 Corinthians 3:16](#), [1 Corinthians 6:17](#), [1 Corinthians 10:24](#), [1 Corinthians 13:2](#), [1 Corinthians 13:8](#), [1 Corinthians 16:14](#), [2 Corinthians 3:18](#), [Galatians 5:6b](#), [Galatians 5:14](#), [Philippians 2:4-5](#), [Philippians 4:5](#), [1 Thessalonians 5:15-18](#), [Colossians 2:20](#) & [Colossians 3:12-14](#)) ... For it is true indeed (True in-Deed) that we can only potently walk The Way of Christ when we caringly *walk* that way in Faith – not at all certain of the rightness of our beliefs, not at all being certain of our fate in the hereafter, not at all certain in the nature of our God, not even at all certain that our God even exists. Faith in action has no idea what might come as a result of our Love, and yet Loves anyway – has no idea how our Love might be received by the other, and yet Loves anyway – has no idea whether or not the Love given is even “good” or “right” or “true”, and yet Loves anyway as well ... Admittedly, Paul probably didn’t intend any of this when he spoke of “faith” (see [Romans 4:1-5](#), [Romans 5:1-2](#), [Galatians 3:22](#) et al), just as it is almost certain that Jesus most certainly did (see [Matthew 13:1-30](#) & [John 13:15-17](#) & [Matthew 7:21-24](#) & [Matthew 24:12-14](#) & [Thomas 12 + James 2:14-26](#) et al). And yet the basic Truth of this verse shines past Paul’s delusions regardless ... When it is put into practice purely, it always bears Good Fruit (see [Matthew 7:15-20](#)) – when it doesn’t, it doesn’t.

Image 322 (Page 121b) ... This is a parrot feather I received as Gift from a child just outside of Huautla de Jimenez (Mexico) while there in the Summer of 2003 – symbolizing the Truth that our own words have Power when they are Truth-full, and that the words of others have Power when they are heard and respected ...



The obscure we eventually See ...

The completely obvious, it seems, takes longer.” ~ Edward R. Murrow

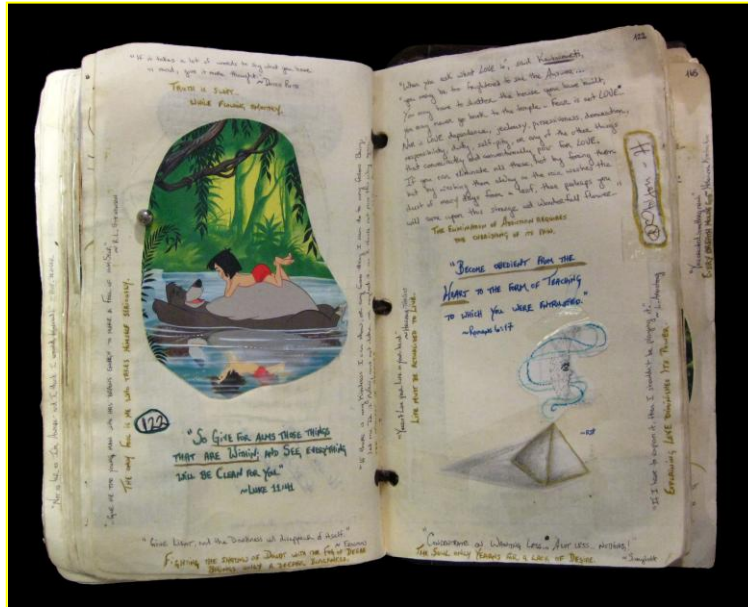
And here is some of the **obvious** that most still miss: ... that governments are **not** for the people or of the people or by the people ... that religions are **not** gateways to God, but rather jagged walls that keep us from communing with the same ... that animals are **not** ours to in any way use, abuse, enslave, or murder ... that money & time are **not** real, but are rather both potent illusions used by the few to oppress the many ... that the “nightly news” is **not** true; that it is in truth nothing more than propagandized fiction ... that “establishing healthy boundaries” and maintaining a “healthy balance between giving & taking” are **not** worthwhile goals; that both kill Love to the same degree they are worshipped ... that promises, commitments, duties, & obligations do **not** ensure successful relationships, but rather ensure their inevitable failure.

Perception is allWays hindered by knowledge.

“I do not know everything; still many things I comprehend.” ~ Goethe

I myself know almost nothing, and yet one thing I *do* fully comprehend is the nature of real LOVE; the nature of LOVE in practice; the nature of LOVE, the verb ... I understand what it does to strangers (brightens their day), I understand what it does to associates (enlivens their purpose), I understand what it does to friendships (affirms their sacredness), I understand what it does to lovers (sets them free), and I understand what it does to enemies (transforms them into allies) ... I understand why LOVE is so powerful when powerfully applied. It is the only medicine for the low-self-esteem that causes all dysfunctional behavior, and it is the only response that harnesses the enormous power residing in the delusions of herd-animal instincts – namely, to see pain as death, to see strangers as enemies, and to see aggression as the only way to save life. I understand as well what LOVE does to one’s environment when given purely. It inspires others to awaken – a number thereof in direct proportion to the amazingness (i.e. the self-sacrificial irrationality) of the LOVE we choose to give.

One’s “knowledge” is thinly veiled ignorance – while the awareness of such ignorance allows true Wisdom to flow freely.

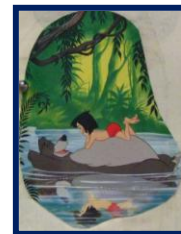


“If it takes a lot of words to say what you have in mind, give it more thought.” ~ Dennis Roth

The ego makes Truth complicated to keep people from having to recognize and thereby embrace it ... As such, there are thousands of quite-convincing untruths orbiting any particular Truth. And as such, peeling away those falsehoods tends to require a lot of words, even if those words are concise ... That having been said, if the underlying Truth towards which you are trying to peel requires many words to relay, then you should consolidate that Truth before doing so. **Note** as well that the most efficient way to consolidate your understanding of Truth is to put it into practice and whittle away what doesn't generate Peace or Joy. For example, after many many months of radically testing more than a few popular truisms and radically experimenting with most of the more commonly lauded “virtues”, one of the very few Truths that rose unblemished from that two-year crucible was -- Be Kind when Least Inclined.

Truth is swift – while still flowing smoothly.

Image 323 (Page 122a) ... This is a picture of Mowgli & Baloo from one of my favorite childhood tales -- “The Jungle Book.” It reminds me of the Truth that in the deep jungle of available teachers and possible paths, the truest Guides are often the most jovial and the most powerful of paths are often the most smooth ...



“Give me the young man who has brains enough to make a fool of himself.” ~ R. L. Stevenson

And **much** more important than that, give me the older man who is both humble enough to see beyond others behaviors, and bold enough to act accordingly.

The only fool is he who takes himself seriously.

***“Give for alms those things that are within;
and everything will be clean for you.”***
~ Jesus (Luke 11:41)

First and foremost it is important to realize that Paul (much as he did for most of the other major theological concepts in the New Testament) had a **very** different approach than Jesus to tithing. While Jesus encouraged all (especially his disciples, the ones who were to do the preaching of his message) to serve selflessly without payment (“You received without payment; give without payment” ~ Matthew 10:5-8), Paul made frequent justifications for doing just the opposite – saying that “to one who works, wages are not reckoned as a gift but as something due” (Romans 4:4) and that “if anyone is not willing to work, then he is not to eat, either.” (2 Thessalonians 3:10). In addition, Paul went even a step further when he noted that preachers specifically were due payment for their preaching (see 1 Timothy 5:17, Galatians 6:6, and 1 Corinthians 9:14 – a verse which contradicts The Way of Christ quite directly in stating that “the Lord commanded that those who proclaim the gospel should get their living by the gospel” ... Of course, a bit more important is what Luke 11:41 means for the rest of us who are not preachers; how we are supposed to tithe in accordance with this teaching? **Note** that the answer to this apparent conundrum is not so difficult to decipher, seeing as how it is LOVE that is for Jesus ever “within” – not only LOVE, but both the heavenly Father and His Kingdom (see John 14:20 & Luke 17:20-21). As such, tithing to others Jesus-style is really quite straightforward; requiring us to simply Joy-fully sacrifice for others -- especially those least deserving of the same (Matthew 5:40-44) &/or those who are scorned or downtrodden (Matthew 25:35-40). This is how we give of God or Heaven, for Heaven is made of God -- and God, of Love (Matthew 5:48).

“If there is any Kindness I can show, or any Good Thing I can do for any fellow being, let me **do it now**, and not deter or neglect it – as I shall not pass this way again.” ~ William Penn

It is not for us to seek and find and engage the boldest, or the most important, or the most pressing need in any moment or circumstance ... Rather, it is enough that we quickly catalog the most obvious opportunities available to us, and boldly choose to engage the one(s) we happen to fear the most.

The noblest of deeds are often the “smallest” of actions.

“Give Light -- and the darkness will disappear on its own.” ~ Erasmus

Give Forgiveness – and hatred must bow its head in defeat ... **Give Kindness** – and enemies will melt into friends ... **Give Compassion** – and ignorance is transformed into Wisdom ... **Give Love** – and fear has no choice but to flee.

***Attacking the shadows of doubt with the fog of desire
brings only a deeper blackness.***

“When you ask what **Love** is, you may be too frightened to See the answer ... You may have to shatter the house you have built. You may have to go back to the Temple ... Fear is not **Love**. Nor is **Love** dependence, jealousy, possessiveness, domination, responsibility, duty, self-pity or any of the other things that conveniently and conventionally pass for **Love**. If you can eliminate all these, not by forcing them but by washing them away as the rain washes the dust of many days from a leaf, then perhaps you will come upon this strange and Wonder-full Flower [that is true **Love**].” ~ Krishnamurti

We cannot come to know the Love within us by striving to cleanse ourselves of fear or by struggling to put aside our selfish addictions. For the more we strive against fear, the stronger fear becomes, and the more we struggle against selfishness, the more desire rules the day. As such, the only way to free the Self to know its Love is to be gentle with the ego while radiating Strength from Self – by setting aside fears just for the instant it takes to Care for another with boldness; to set aside desire just long enough to sacrifice a portion of one’s own comfort to aid another ... And this choice must involve **action** – words or thoughts or emotions are not nearly enough. Indeed, we cannot know what Love truly is when we merely ask of its true nature. Asking alone implies a certain fear – a fear that by its very nature obscures true Love from view. No, the only way to truly know true Love is to **leap into Loving** – to shatter all houses of safety, and go back to the Temple that honors both strangers & enemies as though they were God.

***The elimination of addiction
requires the honoring of its pains.***

***“Become obedient from the Heart
to the form of teaching to which you were entrusted.”***

~ Paul (Romans 6:17)

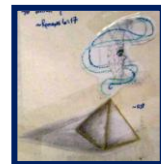
When examining this particular verse, it helps to start by remembering that by far the most important teachings in life do not come from external “celestial” sources (as Paul errantly believed), but rather from within ourselves (e.g. the moral guidance of the conscience related to our choices, the psychological guidance of the limbic system related to our interactions with others, and the interactive guidance from our surroundings related to inspiration & intuition). Not surprisingly, Jesus Christ believed the same (see [John 1:3-9](#), [John 8:31-32](#), [John 14:20-26](#), [John 15:26](#) et al) ... Secondly, note as well that “the Heart” only knows one calling, and to be obedient thereto is to ***Love without measure***. (see [Matthew 5:40-48](#) + [Matthew 18:21-22](#) + [Matthew 19:21](#) & [Matthew 25:35-40](#) et al). ***This*** is the Teaching we have known since our conscious Awakening in the womb, ***this*** is the Teachings that all true Masters teach, ***this*** is the Teaching to which we have all been entrusted, and ***this*** is the Teaching to which we have all been called to re-member ... As a final aside, it is interesting that Paul would make this statement at all – seeing as how he himself was not being true to the Teaching to which he was supposedly entrusted. But then again, it was not Jesus Christ who spoke to him on the Road to Damascus, but rather one of the deceiving Elohim (compare [Acts 9:1-9](#) with [Luke 10:18](#)). This is possibly why his gospel is dramatically at odds with The Way of Christ (contrast [1 Corinthians 15:1-4](#) & [Romans 10:9](#) with [Matthew 10:7](#) & [Matthew 24:12-14](#)) – because Paul heeded the call of another, lesser spirit, rather than heeding the call *within himself* that simply wanted him to Love and preach Love.

“You can’t live your life in your head.” ~ Heleana B. Theixos

It is obvious to most that we cannot truly live our lives in our minds, and yet it is just as true (and by far less well known) that we cannot experience our lives accurately or come to “know truth” solely in our minds either ... Indeed, we must courageously & dramatically & empathically immerse ourselves in those around us, otherwise we will “live” only as the walking dead.

Life must be actualized to truly Live.

Image 324 (Page 122b) ... This picture shows a drawing (which I call “Half Moon Rising”) sketched by Rebecca Jean Pittman (& colored by mySelf). It reminds me of the Truth that all “growth” & all “awakening” & all “personal development” is nothing more than a re-awakening to what we have been all along; a reconnecting with what many call the Cosmic Consciousness that both surrounds us and lives within us ...



“If I have to explain it, then I shouldn’t be playing it.” ~ Louis Armstrong

This is true for Music – just like inspiration – just like conscience – just like Love. If we are trying to explain any of the aforementioned, then you cannot be “playing” any of them. Solution: Just “play” your Truth loudly and let others fully experience it – and by fully experiencing it, figure it out for themselves.

***Explaining Love diminishes Its power
and obscures Its Truth.***

“Concentrate on wanting less ... a lot less ... No-thing at all!” ~ anonymous
The only efficient way to cease mentally wanting is to actively Serve & physically Give.

The Soul only yearns for a complete lack of desire.



***“There is a Light within a person of Light
and It illuminates the whole world.”***

~ Jesus (Thomas 24)

Before I make a few comments on some of the deeper Meanings in this beautiful (and extremely insightful) verse, it is worthwhile to consider the very beginning passage from the Gospel of John – a passage which reads: “In the beginning was the Word, and the Word was with God, and the Word was God. It was in the beginning with God. All things came into being through it, and without it not one thing came into being. What has come into being in [the Word] was life, and the life was *the Light of all people*. The light shines in the darkness, and the darkness did not overcome it” (John 1:1-5). This passage is especially intriguing when we realize that the term “Word” here is the Greek *Logos* (Strong’s #3056) – a word that essentially meant “the Divine Essence” to the educated of Jesus’ day. It is also interesting to re-read the passage replacing “the Word” with “Love” – seeing as how Jesus thought that God was the perfect fulfillment thereof (Matthew 5:48) ... On a more practical level, it is important for us all to repeatedly remember that there is Light within a person of Darkness as well – the very same Light in the very same quantity as those others we consider to be allies or friends or lovers. Their Light cannot be seen by the inattentive because it is covered over in deeds of varying degrees of greed &/or wickedness, and yet that same glorious Light is indeed within them as well – trapped and cold and yearning to breathe free. That is why it is up to those who are “in the Light” to actively & courageously Love those who are not – for the former are the only ones who can Love the unlovable; dismantling their prisons of fear & self-loathing and setting their inner Light free ... And finally, it is worthwhile to note that the Light that comes from such courageously Caring deeds is bright to the exact degree that it is difficult. And because those who are truly “in the Light” can See the Light within those who are not, and because those who are truly “in the Light” have the liberation of others as their one true Mission, *they* are the ones who do indeed care for the uncaring and Give to the greedy and Forgive the unforgivable – and thereby they are the ones who illuminate not only the objects of their self-sacrifice, but the entire world as well.

Image 325 (Page 123a - top left) ... This is a picture of the right eye of Katharina (my partner from 2001-2003) – reminding me of the Truth that it is not enough to See others clearly if we are not going to Do for them lovingly ...



Image 326 (Page 123a - top right) ... This is a drawing of a barn swallow, very much like the ones that swooped and dove and curved around Katharina & I while we walked the 3-dimensional Labyrinth-path around & up the Glastonbury Tor (England) in 2002. I have an affinity for swallows – barn swallows in particular – not only for the amazing grace with which they glide through the air, but also for reminding me of the Truth that even though it is indeed wise to choose which confrontation to engage and which to flow around (The Serenity Prayer comes to mind), the time is always right for self-sacrifice in the name of bringing another(s) Peace ...



“You are nowhere to be seen and yet I feel You within me ... When all was lost and I lay listless – tossed and tormented by the colder cyclones of the Cosmos, You reached down and raised me up from the darkness; returning me to my Purpose ... I once again brim with Love. I once again burn to Do Good. You have re-granted me this destiny, and I will honor You every day of this life with both Who I Am & What I choose to do.” ~ anonymous

We are to pray not to ask for anything for ourselves (after all, it is impossible for The All to single out a part of itself for special treatment) ... Rather, we are to pray to reground ourselves in our Selves; to remember that we are deeply interconnected with everything & everyone around us and a servant of that Connection; to remember that we are here to Care and not to be cared for; to remember that there are always opportunities to be Kind (and thereby Care) in every moment of our existence; and then to re-member the same by going forth immediately after our prayer has been uttered to *act accordingly* ... All other prayers are uttered to false gods, and all of them bring suffering as a result of their errant focus.

“If two people who Love each other let a single instant wedge itself between them, it grows – it becomes a month, a year, a century ... It becomes too late.” ~ Jean Giraudox

Actually, this is only true for people who emotionally “love” each other, and *never* true for people who selflessly **Love** each other. For real, selfless **Love** is a verb ... It is alive in every deed and focused intently upon the one being Loved. As such, by its very nature it allows for no wedges and recognizes no separation. (P.S. By the way, even if “love” has been lost – even if a relationship has already dissolved and flowed apart, it is never too late to **Love** ... Of course, it is just as important to remember that it is sometimes a potent act of **Love** to let a “lover” go and **Love** elsewhere.)

*Love knows no separation; feels no rifts ...
Love turns favor into devotion
and one's lover into one's Self.*

“When you truly Love another, then it matters not how far apart you might be – You simply revel in living and use your Love to empower that celebration.” ~ anonymous

While this statement *is* true for many healthier versions of “love”, it is actually *never* true for true **Love** ... True **Love** might use another as inspiration to **Love** while he or she is far away, and yet once the Loving starts in that absence, all attention and all empathy and all energy and all **Love** goes solely towards the one being Loved.

“I lay my head upon the sand. The ocean looks like a 1000 diamonds strewn across a blue blanket. I lean into the wind; pretending I am weightless. And in this moment I am Happy.” ~ Incubus

There is indeed a dance performed while Living – a dance referenced in this lyric – a dance that swings between action and rest. And yet this cycle of exertion & recuperation is not what most of us have been taught it to be – namely, an appropriate “balance” between giving & receiving; between serving others and being served by them; between working & playing ... No, the dance referred to here is the ever-Loving pulse between actively Caring for others and pensively adoring the Life in which we are blessed to do so ... Of course, when that pensiveness is both humble and heartfelt, it becomes an act of Love in & of itself; soothing all others in its midst, and inspiring all those witnessing the same.

To truly See the moment is to re-member one's Divinity.

“Love is simply the re-discovery of our True Self in others, coupled with the delight in that re-cognition.” ~ Alexander Smith

This not quite the case ... **Love** is the rediscovery of our True Self in ourselves, manifested in an expression of the same towards another – especially another whose own True Self is hidden behind words of hatred, beliefs of condemnation, &/or acts of aggression. Yes, recognizing our own True Self always means concurrently “Seeing” the True Self of another, and yet that other True Self is *not* the one to whom we give our **Love** thereafter. We give our **Love** to the untrue ego of the other – We give our **Love** humbly to the hater, we give our **Love** gently to the condemner, we give our **Love** fully to the aggressor ... For that is the portion of their being who needs our **Love** the most.

Allow the veil between Lover & Beloved to fall gently away.

“We can’t move ahead when we’re trying to get even.” ~ Frank Tyger

Actually, we can’t ever truly “move ahead” while we are trying to “get ahead” ... Indeed, we can only truly “move ahead” in our lives while purposefully remaining exactly where we already are. Or, if that place has already chosen to dismiss our Love via ridicule or rejection, we can also “move ahead” by flowing smoothly into the next Here right next door. We never need to go far for our Love to fully arrive at its next destination; and as such, we never need go far to complete our Soul’s Journey.

Keeping score always creates a loser.

Image 327 (Page 123b) ... This picture shows Katharina & I at an Ultimate Frisbee tournament in Brugge (Belgium) in 2002, where we ended up playing for a team called “Chaos Theory” – appropriately named not only because it was made up of players from all over Europe who had mostly never met each other before, but also because there is a Grace-full order to the “chaotic” flow of Ultimate that often reflects the underlying order residing within the seemingly chaotic Universe. And yet Love remains absolute therein and the ability to choose Love remains unwavering; meaning that the trick to Living Meaning-fully (and Loving Power-fully) is to simply embrace whichever portion of the chaos in which we happen to be – to do so humbly, to do so intimately, to do so actively, and to do so passionately ...



“Simply being loved is more than enough.” ~ Brian Transeau (“BT”)

Actually, simply Loving others is *everything* and more.

Simply loving is all there Is.



“Friend, our closeness is this: anywhere you put your feet, feel me in the firmness underneath you.” ~ Rumi

This is an interesting quote ... It is interesting from a Divine perspective in that it intimates an omnipresence of Cosmic Consciousness – the constant, conscient whisperings that ever-in-Courage us to move towards Love & Wonderment, and it is interesting from a personal perspective in that reminds us that we are always surrounded by Friends (that we are ever surrounded by the intimate members of our own personal “pride”, as well as by the many members of our over-arching “herd” -- and our sentient Great Family that contains all sentient beings). In closing, it reminds us as well that we are also a source of that same “firmness” it mentions – that we have been *all* called to become living embodiments of the One Love that fills us all and surrounds us in every moment.

Friendship IS the earth beneath each step.

Image 328 (Page 124a - top) ... This picture shows Katharina in Degerloch (Germany, in June of 2002) at Sebastian Schulz's wedding reception. It reminds me of the Truth that even though real Love requires no vows to be sacred, it does require a commitment to Love itself – an intention to serve the other gently & wholeheartedly that is ever chosen anew ...



“Anything will freely give its secrets if you Love it enough.” ~ George W. Carver

First & foremost, it is important to remember that we are not actually Loving anything if we are doing so to gain its secrets, or even while we witness said secrets being shown or given. Indeed, when we are truly living **Love**, all the important “secrets” of all others are already known – those “secrets” being: **A**) that all sentient beings have Love at their Core (i.e. that they wish to Care for others over all else); **B**) that all sentient beings respond favorably to sincerely courageous Kindness; **C**) that all sentient beings have a layer of fear & longing covering those Cores – a layer of “sludge” that causes them to behave with mild selfishness or raw wickedness or anything in between; **D**) that this “sludge” comes from their past pains and the fear-filled responses thereto – and **E**) that therefore only the opposing frequency thereto (namely, selfless self-sacrificial **Love**) can hope to cleanse those beings of their delusions and allow them to be reborn as their True Core-Selves again ... These are the secrets waiting within the Heart of every sentient being. But knowing them is not enough to See them ... We must actively enliven our Love towards others for their secrets to ever be fully revealed.

***True Love is its only secret –
and true Love allWays gives Its self aWay.***

“There can only be one Purpose for relationships and for all of Life:
to decide who you truly Are.” ~ GOD

Oddly enough, this is not a belief of any God who is true (certainly not the God followed by Jesus Christ or any other truly Wise One), for indeed: we cannot ever know who we truly Are until we completely *abandon* the search for the same. For who we truly Are is a BEing who wants nothing more than Serve others; a BEing who wants nothing more than to fully forget itself while Caring for those nearby; a BEing who wants nothing more than to give away everything it has (including the supposed “satisfaction” that comes from “finding our True Purpose”) to bring even one ounce of Joy to those in despair – even one instant of Peace to those in despondency – even one iota of Love to those suffering from anger or fear.

To give Love is to realize (“real-eyes”) one’s true Nature.

Image 329 (Page 124a - bottom) ... This picture shows Katharina & I in Berlin (Germany) later that year (October, 2002). It reminds me of the Truth that, even if a relationship isn’t “right”, giving Love thereto is never wrong ...



“The cruelest lies are often told in silence.” ~ R. L. Stevenson

The cruelest lies are the words – or even the lack of words – that lead another towards suffering; be that suffering the pain of rejection, the delusion of misplaced attachment, or the chasm of loss. Indeed, it is not enough to “tell the Truth” when we can readily see that our words are being misinterpreted to the detriment of another – just as it is not enough to sit back in silence and let another suffer when a word of flagrant honesty could free them therefrom, or when a word of humble encouragement could inspire them to transcend the same. At least according to the higher knowledge and the higher purpose of the True Self, to do so is to LIE – even if technically “telling the truth.”

***True Love listens to the lies of others,
and yet still chooses to Hear their wisdom.***

“It is allWays surprising how small a part of Life is taken up by Meaning-full moments. Most of them, they are over before they start, although they cast a Light on the future and make the person who originated them unforgettable.” ~ Anna & the King

This quote is accurate from the common perspective of the ego, no doubt – an ego that feels that only life’s “special” moments and only life’s rare (and therefore “meaningful”) encounters are worth investing in &/or remembering ... Of course, the True Self knows just the opposite – namely, that every single moment is literally overflowing with both overwhelming Beauty and majestic opportunities to Serve, just as every single encounter (no matter with whom, no matter how, and no matter how briefly) is a literal meeting with the Divine; a literal chance to celebrate Life Meaning-fully by treating that other exactly as who he or she truly is – namely, by treating him or her exactly as though he or she is a facet of the Great Divine. For indeed, that is exactly what we *all* innately are. And when we choose to have the courage to act accordingly, we awaken to these Truths – and every moment becomes equally priceless and equally potent.

Every moment focused away from one’s self has Meaning.

“God gave us memories that we might have roses in December.” ~ James M. Barrie

Actually, God (i.e. the internal, conscient True Self) gives us memories *not* that we might have the “roses” of cozy nostalgias to provide comfort during life’s more painful or despairing times (here a.k.a. “December”), but rather that we might remember the true Roses of our past – namely, those times when we Loved *anyway*; those times when we Gave *anyway*; those times when we Forgave *anyway*; those times when we Cared *anyway* – that we might then re-Member the same in our dealings with our life’s current “Decembers” – namely, with strangers not yet familiar (and thus still unsettling) &/or enemies not yet conquered (and thus still in some way terrifying).

Love finds flowers in snowflakes and rainbows in raindrops. There are allWays roses in December, & it is re-Membering anew in the moment that allows us to have them at hand.

“To love for the sake of being loved is human;
but to Love for the sake of Loving is angelic.”
~ Alphonse DeLamartine

Actually, this statement becomes more accurate when we realize that loving for the sake of being loved has nothing to do with real **Love** at all – that real **Love** is always a giving thing, that real **Love** is always done without regard to outcome for self, and thus that real **Love** – when actually given – is indeed (in Deed!) always a manifestation of The Divine.

True Love is Its own motivation.

Image 330 (Page 124b - top) ... This picture (showing Katharina & I in Chicago in November of 2002) reminds me of the Truth that true Love cares not whether others approve of our Love or whether society finds it acceptable or appropriate. Love simply Loves – It Cares fully for the other, without caring one bit about how others feel about that Caring ...



“No true relationship with the things of the Creator can come from coercion -- and true relationships between individuals cannot be forced either.” ~ Hopi Wisdom

The only True Relationship we can have with a material possession occurs the moment we give it freely to another -- just as the only True Relationship we can have with another sentient being blossoms only in those moments we set them free to Love.

All that is forced inevitably breaks & shatters.

“When the Beloved is elsewhere, the lover is a veil.
But when Love itself becomes the Friend, all lovers disappear.” ~ Rumi

Yes! Pining for a missed Beloved automatically keeps us from truly Loving him or her – much less all the equally worthy sentient beings nearby ... Conversely, when we become **Love** itself – when our goal in each & every moment is not to preserve what has already been Loved but to simply **Love** all in sight – then all “lovers” disappear, all beings transform into the Beloved -- and we act accordingly; allowing **Love** itself to become our greatest Friend, as we literally show **Love** the greatest honor by literally becoming the same.

***We can only see the facets of God we allReady Know ...
To Know of God, we must actively Love
that which we fear.***

Image 331 (Page 124b - bottom) ... This picture (showing Katharina & I departing from Glastonbury, England in August of 2002) reminds me of the Truth that visiting Sacred Spaces is an always-worthwhile, ever Heart-opening adventure – *and* that having a Heart become opened thereby means little indeed if we do not keep that Heart open after we return ...



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“Goodwill is the awareness that all people need Love most when they deserve It least ... Goodwill is the capacity to identify ourselves with others so completely that we treat them as our own.” ~ H. E. Kohn

Actually, real Goodwill – like Love itself – becomes viable when it becomes a verb. And as such, real Goodwill is not truly Good when it remains the mere recognition of the suffering of another, and is not even truly Good when those thoughts are ladled with heartfelt feelings of compassion or empathy. For real Goodwill becomes truly Good not when we think about the suffering of others or when we have the humility to vicariously feel the same, but rather only becomes truly *real* in those moments when it is actualized – in those moments when we choose to exit the realm of passive thinking and well-intended but relatively hollow feeling to enter the world of Doing – when we stop thinking about or feeling another’s pain, and set out to actively alleviate it.

Care the most for those who allow their True Selves to feel Love the least.

Love’s Common Grounds: Honor, Service, Kindness, Humor, Humility --- & the Soul ...

Fair enough, though seeing as how the simpler Truth is always the more potent one, all of these “common grounds” could be combined into one term – “*Joy-full self-sacrifice*” ... For *that* is what we must do to purely Honor another (e.g. celebrating their victories – especially when the same led to our “loss”); *that* is what we must do to purely Serve (e.g. beautifying our communities – especially the areas we find most distressing or dangerous); *that* is what we must do to purely be Kind (e.g. caring extended to our enemies – especially those who are attacking or denigrating us); *that* is what we must do to purely bring Humor to others (e.g. smiling in times of crises – especially those that have hit closest to home); *that* is what we must do to purely Humble ourselves (e.g. to reach out to strangers – especially those we find most disgusting or annoying) ... Each of the aforementioned reflect a perfect reflection of Love, and as such each also refract the scintillating brilliance of the Soul.

Patience + Gratitude + Humility = an Awareness of Oneness ... It is this Awareness that allows pure Love to blossom.

Image 332 (Page 125a - top) ... This picture shows one side of an inspirational “magic cube” given to me while in Stuttgart. “Geduld” in German translates directly as “Patience” -- not the traditional patience that sits back and waits faithfully for things to get better, but rather the **P**atience that unconditionally accepts all that IS while striding smoothly forth to enhance the Harmony thereof ...



Image 333 (Page 125a - center) ... This picture shows the lone remaining card from those that accompanied the “sacred stones” given to the members of the women's basketball team I coached in 2000-2001. “Zuversicht” in German translates directly as “Confidence” -- not the traditional confidence that arrogantly believes in one’s own greatness or the inevitable success of one’s deeds, but rather the **C**onfidence that is not at all certain of either one’s self or one’s choices, and yet goes forth to Love anyway ...



“They grew to be so happy that even when they were two worn out old people they kept on playing together like puppies.” ~ G.G. Marquez

Truly heartfelt Empathy is not only immersing ourselves into others’ painful sufferings, but is also sinking just as deeply into their Joys ... Similarly, real Compassion is not only reaching out to those in despair, but is also reminding others that Life is innately Beauty-full – and always worth celebrating. **(P.S.** The Master of The Way is able to Care for strangers as deeply & as purely as his or her Soulmates.)

God is a constant flow of Joy.

Image 334 (Page 125a - bottom) ... This picture (which I call “The Oneness of Love”) was given to me by my Japanese host family (Mr. & Mrs. Koji Naito) when I stayed with them in their Nishinomiya home in the Summer of 1985. It reminds me of the Truth that neither marriage nor longevity are needed to “live 1000 years” (i.e. to live a full & Meaning-full life); that only one moment of selfless Caring is worth more than an eternity of more hollow affections ...



“If you wish to be loved, Love.” ~ Latin Saying

Sivis Amari, Ama

It is true enough that we can only truly know LOVE while Loving others, and yet it is just as true that we cannot Love others – and thus cannot know Love – while wishing to be loved.

“Love does not consist in gazing at each other, but rather in looking outward in the same direction.” ~ Antoine de St. Exupery

Yes, it is true that Love is non-viable while we are merely gazing at another (and is actually in full hibernation when we are gazing at them in desire) and it is just as true that the first spark of real LOVE’s flame indeed arrives while gazing outward with another in the same direction – **and yet** LOVE itself is always more than mere gazing, and LOVE itself is always an act done solely *for the other*, never for the self ... As such, if we are gazing outwards in the same direction to find the next opportunity to Serve or Care or be Kind, then such a gazing belongs to those actions, and LOVE is viable even in those brief moments of seeking. If, on the other hand, we are merely gazing outward to soak up an unshared beauty or relax into an unenlivened moment, then that gazing is actually the temporary *death* of LOVE, not an appreciation thereof.

***Understanding is not an analysis,
but rather a mutual gazing inward –
... into the same Soul.***

“**The Rules:** Never go back (the past is but a dream) ... Change is constant (the future is an illusion) ... Accept fully & move on (detach completely with compassion) ... Honesty & trust are absolute – in that they are both absolutely irrelevant ...” ~ anonymous

These are excellent “rules” to remember (as long as they are followed freely & willingly), and yet the most important “rule” of all is actually missing in this quote, and that **Rule** is this: Love dies when it is constrained by rules ... Obedience is not Love – and fulfillment of duty is not Love – and upholding a commitment is not Love – and keeping promises is not Love. For Love must be completely free in order to fully **Be** – Love must be fully unshackled to be fully volitional; fully volitional to be truly desired; and truly desired to truly **Be** at all ... As such, even though it is generally true that we are to “never go back”, when a Friend is suffering and asks for our return, we return. And as such, even though it is generally true that “change is a constant”, when a plan or a goal or a dream maintains even the slightest possibility of bringing greater Peace or deeper Joy, then we head in its direction anyway. And as such, even though it is generally true that we are to “accept fully and move on”, if an injustice persists after we have addressed it – and the chance remains that addressing it again might mitigate the same, then we address it again. And as such, even though it is generally true that “honesty & trust are essentially irrelevant”, we are still to be honest with others (in action as much as in word) and we are still to honor the trust others place in us by consistently & repeatedly submitting to the will of Love.

Note to True Self: Rules are the only real illusion.

“The Absolute has no price.” ~ Paul Boules

It is true that we cannot purchase the Absolute (i.e. The Divine – a.k.a. God – a.k.a. selfless LOVE) – not because it has no worth (it is by nature priceless), but rather because the only way to harbor its brilliance is not to buy it or attain it or capture it or earn it or commandeer it. Indeed, the only way we can ever come to know (and thereby truly “have”) the scintillating radiance of The Absolute in our lives is *while* we are freely Giving it to others.

GOD allWays gives freely.

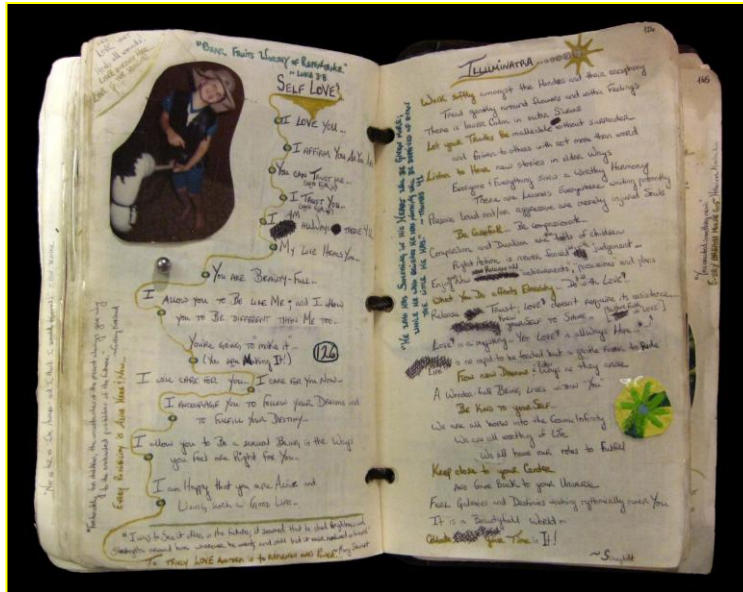
“We all belong together; are all One. We take nothing away from one person when we also harmonize well with others ... Every union is delicious and unique.” ~ Raphaela Münzenmayer
(*Wir gehören Alle zusammen; sind Alle eins. Wir nehmen keiner Person etwas weg wenn wir uns mit anderen auch gut verstehen.*)

We take nothing away from one when we give to another, *except* in those times when we can reasonably assume that giving to that one will directly cause the other pain. There are more than enough candidates for our Love that we need never give in such a way that our Giving need cause a 3rd Party to suffer. Yes, their suffering is a dysfunction that is fully & completely *their* responsibility, and yet it is not necessary for us to provoke that ignorance into reality with rash acts of per se unneeded affection.

“Love lives on in the healed Heart.” ~ John Gray

Love lives on in *every* Heart – for the core Essence of every Heart *is* Love. Indeed, the strongest Love does not come from the Heart that has been wounded, heals itself, and then Loves again – but rather from the Heart that has been wounded, is still in enormous pain, and yet chooses to Love anyway. And maybe this is what Gray means – not that hearts heal to Love again, but that every Heart (no matter how gravely injured or how fully betrayed) always has the innate ability to choose to Love gain anyway – especially given while it is hurting, and especially given to the very source of its pain.

Love isn't the wound ... Love is the Remedy.



“It’s Love that heals all wounds!” ~ anonymous

Love can only heal when Love is given, and Love can only be given when nothing – not even healing – is desired in return. Love can only heal wounds while viable, and Love is only viable while Loving despite being wounded. And Love is most viable of all – and thus gives the most potent healing – to those who choose to Love the source of any dis-ease.

Love doesn't heal ... Love IS the Healing.

“Bear fruits worthy of your repentance.” ~ Jesus (Luke 3:8)

First & foremost, this verse cannot be truly understood without understanding what Jesus meant by “repentance.” Indeed, contrary to popular understanding (which sees “repentance” as some sort of mental &/or verbal admission of sinfulness, culpability, or regret) the Greek word in the ancient manuscripts commonly translated into English as “repent” is *metanoeo* – a word that had very little to do with self-judgment and nothing at all to do with confessing one’s sins. Rather, it meant to “completely alter one’s way of living” (see Strong’s #3340; also *metanoia* Strong’s #3341) – namely: to turn away from arrogant, judgmental self-centeredness and turn towards humble, caring selflessness; to turn away from a life of worry & fear and turn towards a life of Service & Love; to turn away from striving for one’s own personal salvation in the Hereafter and turn towards working to bring others Peace in the lifetime we already possess ... In essence – at least in the case of every traditional Christian believer, to truly “repent” means to turn away from worshipping the teachings of Paul (which errantly intimate that “repentance” requires both a self-critical admission of personal sin – see Acts 20:21 et al) and turn towards a life of humbly & selflessly & lovingly living The Way of Christ. (“Repent, for the Kingdom of Heaven is even now at hand ... The time has been fulfilled, and the Kingdom of God is at hand; so repent, and believe in the Good News ... I tell you; unless you repent, you will all perish as [the Galileans who were executed by Pilate] did.” ~ Jesus Christ in Matthew 4:17 + Mark 1:15 + Luke 13:3) ... As such, pure “Repentance” – at least according to Jesus – always bears Love, and thus always bears Good Fruits worthy of the same (see Matthew 21:43 -- “Therefore I tell you, the Kingdom of God will be taken away from you and given to a people that produces the fruits of the Kingdom”) ... **Secondly**, Jesus could be implying here the Truth that “Grace is not a gift but a given” – meaning that Repentance is always a choice encouraged by the Soul, and thus always a choice available to the sinner -- and thus an inevitability that he or she will (hopefully sooner rather than later) enjoy the same. As such, we are to “bear fruits worthy of our repentance” – or, more wisely stated, we are to bear fruits in accordance with our inevitable Divinity ... Of course, it is also possible that Jesus is speaking in more mundane terms – encouraging his listeners to not only repent verbally, but to actualize the same. After all, if Salvation was a verb for Jesus (i.e. that It was known by enlivening Love as a humble verb – Matthew 18:3-4 + John 13:15-17), then Repentance would have to be an active embodiment as well.

Image 335 (Page 126a) ... This picture shows my Self (at age 7+/-) in Raleigh (North Carolina -- where I grew up in the early 1970's). It reminds me of the Truth that even the best-intended barbarian is still an agent of suffering – that while it is true that “good deeds” are not truly Good unless founded in Good (i.e. selfless) intentions, it is just as true that “good intentions” are not truly Good while performing “bad deeds” (i.e. actions that harm others). Not only must means match their ends to bring real Peace, but intentions must harmonize with the choices that follow them to do so as well ...



“Fortunately for children, the uncertainties of the present always give way to the enchanted possibilities of the future.” ~ Gelsey Kirkland

This quote contains truth, and yet it does not reflect Truth. For while children (ages 2-11) *do* have an increasing knack for dismissing the fears of the present with denial of the imminent past and fantasies about a one day future, this is **not** a fortunate dysfunction at all. Indeed, the only way to know the Bliss of a Meaning-full life is not to avoid the trials & fears & discomforts of the present moment, but rather to go deep into the same in order to **Love anyway** – something that *very young* children (the “infants” &/or “toddlers” Jesus mentions in [Matthew 18:3-4](#)) do with regularity; forgiving deeply on a whim; transforming enemy to friend in an instant; sinking into abject amazement over all that is witnessed; Loving deeply & unconditionally no matter who happens to be present.

***Every possibility is alive Here&Now ...
Fortunately for children, there are no uncertainties
in the present; only enchanted possibility.***

“I was to see it often in the future; it seemed that he shed Brightness & Strength around him wherever he went, and still had both ever renewed in himself.” ~ Mary Stewart

This statement is actually true for all Lovers (not only those who seem to Love nobly or heroically) – the more they selflessly shine, the brighter they glow for others; the brighter they glow for others, the more energy they give to others; , the more energy they give to others, the more they have to give and the more Power-full they become; the more Power-full they become, the more they open up to their enemies; and the more they open up to their enemies, the safer they become ... Of course, if one chooses to love in order to attain such security, then he or she isn't truly Loving at all, and Love's promise of safety will not accrue as a result. And yet as long as the giver of Love is giving Love only for the betterment of the other, then any attacks that come immediately thereafter will be either easily parried or fully neutralized before they are made.

To truly Love another is replenish one's own Power.

“He who has something in his Heart will be given more; while he who believes he has nothing will be deprived of even the little he has.” ~ Jesus (Thomas 41)

Before one begins to analyze the deeper meanings of any passages from the Gospel of Thomas it is well worth it to refer to the passages from the biblical Gospels where Jesus says things similarly (in this case Mark 4:25, Matthew 13:12 & Matthew 25:29; see also Luke 12:48 & Luke 19:26) ... I also admit straight away that I have amended the traditionally accepted translation of this verse (which tends to read something akin to “The person who possesses will be given more. And the person who does not have will be deprived of even the little that he has”) in order to make it harmonize better with the context of the aforementioned places in the canonical Gospels where Jesus says essentially the same thing, as well as to have it more obviously align with The Way of Christ taught & lived by Jesus throughout his ministry... As far as analyzing the verse itself goes, it must first be noted that Jesus cannot be speaking of material wealth here, otherwise he would be contradicting major portions of his other sermons and a major anti-materialistic tenet of his message (see [Matthew 6:25-34](#), [Luke 21:1-4](#), and even [Acts 20:35](#)). As such, it must be clear that Jesus is speaking of **service** – that whomever is engaged in an act of selfless Goodness will be blessed by calling additional like-opportunities to his or herself thereafter ... Similarly, those who focus on what they lack will indeed suffer as a consequence, not only inevitably losing what little they have, but suffering from that loss while depriving themselves of the Joy that they could have known instead – the Joy that could only have come from selflessly looking to what they could have been giving to others instead.

“Tread gently around flowers and within feelings. Let your Truths be soft, and given to others in deed more than word ... Listen to hear new stories in older ways, and old tales told anew. Everyone & everything sings a worthy harmony ... Persons aggressive are simply inure Souls – Be care-ful with them. Comparison and condemnation are the tools of the immature ... What you do affects all of eternity – so do it all with Love. Love remains forever a mystery, and yet love is all Ways present ... Life is not a rapid to be forded, but rather a gentle river to ride ... A Wonder-ful Being lives within you, so be kind to yourself. Do so by keeping close to your Center – by giving back to your Universe ... It is truly a Beauty-ful world ... Celebrate your time in it.” ~ anonymous

Respect all things living (especially those that are sentient) ... Respect all beings’ difficulties & sufferings ... Be gentle with words as well as deeds ... Listen deeply to others, as attentively listening is often the greatest Gift given – not to affirm the nonsense that might very well spout forth, but to allow the speaker to feel that he or she is being *Seen* ... Remember as well that the more rude or mean or violent another is being towards you or yours, the more radically they need to be shown compassionate Gentleness ... Act fully in the moment (without hope or expectation) **and** do so “with the end in mind” (i.e. aware of potential consequences and then witnessing actual ones) ... Go with whatever opportunities to Do Good open before you, and remember that the only way to be Kind to your Self is to be intensely & openly Kind to others.

Image 336 (Page 126b) .. This is an actual piece of wallpaper taken from the living room wall of my “Steeb Street Sanctuary” in Feuerbach (Germany); reminding me of the Wisdom that the only way to enliven the Truth that “Home is wherever you happen to be” is to invest your Self fully therein – that “Home is where the Heart is,” and thus that the only way to ever “feel at Home” in Life is to open your Heart fully to wherever you happen to be ...



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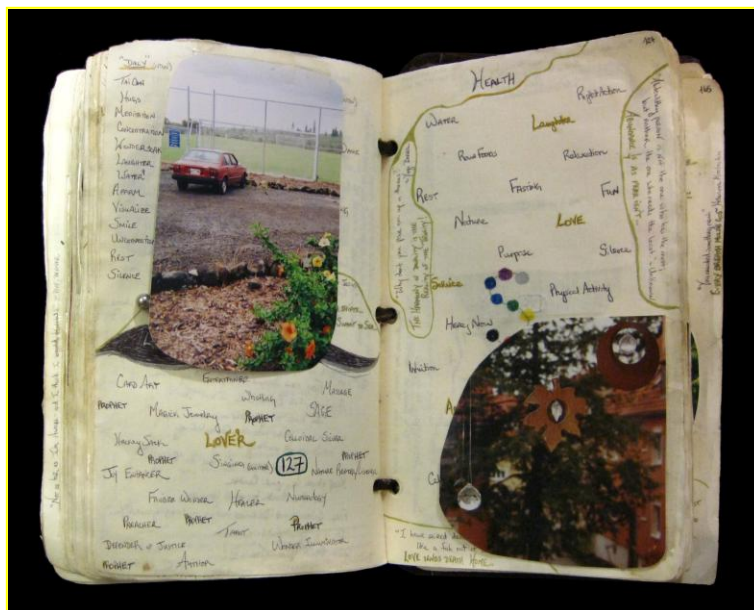


Image 337 (Page 127a) ... This picture shows the field where I regularly played Ultimate Frisbee at the University of the Nations campus in Kailua-Kona (Hawaii) in 2004-05. It reminds me of the Truth that even the most judgmental of people contain great Kindness, and that even the most arrogant of people can be humbled by Humility ...



Image 338 (Page 127a – overleaf) ... This picture shows a magnificent stained glass window in Stuttgart’s Stiftskirche – interestingly containing a myriad of universalist, nature-based archetypes that contrast markedly with those typically found in a Christian church, and resplendent with brilliant colors that markedly contrasted with the relatively colorless setting of this church in particular. For me this symbolizes the Truth that every pound of dogma contains at least an ounce of pure Truth, and the reminder that even dreariest of days holds the promise of the next clear sky ...



“There are those who give and know not pain in giving; nor do they seek Joy [for themselves] ... They give as the myrtle breathes its fragrance into space. Through the lives of such as these God speaks, and from behind their eyes He smiles upon the Earth.” ~ Kahlil Gibran

(Sometimes there is nothing left to say but **YES!**)

***Your gifts are not your legacy ...
The ability to give is your ultimate Grace.***

“To allow your Self to be led, stop following.” ~ Jesus

As it turns out, the text of [John 14:4](#) is being echoed here, for indeed we all innately “[know the place to where \[Jesus\] was going](#)” ... We know the way to Love is via Caring when least inclined to do so, for those least deserving of the same – We know the way to Heaven; that Heaven is an internal eternity, accessed during every deed of selfless Kindness – We know the way to Salvation; that Salvation comes to those who humble their own selves ([Matthew 18:3-4](#)) by Caring for those in need ([Matthew 5:40-48](#), [Matthew 24:12-14](#) & [Matthew 25:35-40](#) et al) ... And most importantly of all, we need not “learn” any of these Truths from another. Most importantly of all, while guides of Truth are indeed ever-present (we can know them by their Fruits), they are not at all necessary for us to re-Member The Way.

***Any solid foundation must shift as the Earth shifts ...
Only the flexible flow finds its way from Summit to Sea.***

“A wealthy person is not the one who has the most; but rather the one who needs the least.” ~ unknown

This is an insightful statement, and yet not fully accurate. For a truly Wealthy person is neither the one who has the most nor the one who need the least.. Rather, the truly Wealthy person is the one who *gives* the most – who has the least and yet gives of what he has; who has enough and gives until he has less; who has the most and gives until he has no more.

Abundance IS as fear isn't.

“Why don’t you pair ‘em up in threes?” ~ Yogi Berra

Interestingly enough, this is exactly what God (*YHWH*) would have done in the Beginning – had the *Elohim* not interfered and made *their* creation (including humanity – the creation in which we currently reside) incomplete. The evidence for this is seen in the way humanity is still primarily behaving like a virus on the planet – spreading rapidly, depleting all natural resources, warring with one another, and oppressing &/or murdering all other life-forms (which is exactly what the *Elohim* commended humankind to do when they told us to “have dominion” over the Earth in [Genesis 1:26](#) and then to “be fruitful & multiply” in [Genesis 9:7](#), as the ancient Hebrew of these phrases more accurately reads “authoritatively possess” and “multiply in swarms” – see [weyirdu](#) Strong’s #7287, along with [urebu sirsu](#) Strong’s #7235 & #8317), and the evidence for this is seen in the ancient Hebrew of the Bible itself. Concisely stated, in the first chapter of Genesis, we see the *Elohim* (translated incorrectly as “God” in most Bibles) presiding over the first creation mentioned therein. And, seeing as how whole creations were always represented by the number three in Judaic thought at the time Genesis was written, it is no surprise that the first Creation happened in a series of three’s – light coming from waters & darkness on Day 1, the waters above being separated from the waters below by the “dome” of the “sky” on Day 2, vegetation in general & plants yielding seeds & tress bearing fruits coming forth on Day 3, the Sun & the Moon and the stars shining forth on Day 4, larger marine animals & fish & birds coming into being on Day 5, and finally wild animals & domesticated animals & all “ground crawlers” entering the scene on Day 6 (see [Genesis 1:1-25](#)). None of these trinities were directly created by the *Elohim*, but rather were all allowed to come forth from something else, and everything that came forth was part of its own complete triad .. And then the *Elohim* decided to create something by themselves – humankind. And instead of creating us whole & complete in our own triad, they – being the incomplete, “fallen” spiritual beings that they themselves were – created us incomplete as well; created us in *their* image; created us as either anatomically male or anatomically female (see [Genesis 1:26-27](#)) ... And this flagrant imperfection gave rise to a level of catastrophic overpopulation & brutal violence very similar to what we ourselves are experiencing today, which is why the *Elohim* then “utterly *destroyed* [commonly mistranslated as “finished” – see [waykal](#) Strog’s #6515] *all that they had made*” on the seventh day – paving the way for God-aligned *Elohim* (translated as “LORD God” in most Bibles) to then created a *whole human* (*ha’adam* Strong’s # 120) to tend a peaceful Garden in the subsequent Creation seen in [Genesis 2](#). Yes, it is true that these whole humans – again, thanks to the interventions of the *Elohim*) fell into incompleteness and proceeded to create the challengingly barbaric mess in which we are all living today (assuming the tale is more than merely metaphorically truthful, of course), and yet it remains ever possible for us to amend their failings – to rise above the temptations of the *Elohim* to dominate and defend and attack and abuse, and choose to peacefully tend our own section of The Garden instead – in essence to “pair ourselves up in threes”: to pair the past & the future with an immersion into the Here&Now, to pair our culture and our conscience with a courage that injects the latter into the former, to pair every stranger & every enemy with every Soulmate (by treating the formers like the latter) – essentially to actively pair “self” & “other” with LOVE.

***The Reality of Love's trinity
[Lover – Love – Beloved as One]
grants harmony to all duality.***

“I have seized death's door handle, like a fish out of water – waiting for the cat.” ~ David Crosby

To truly embrace death is not to give up – it is not resigning one’s self to death and therefore no longer striving to make Life Meaning-full or in-Joy-able ... No, truly embracing death is only Right when it motivates one to fully *Live*. Truly embracing death means showing an incredible desire to Live one’s own life by enlivening a full-bodied willingness to die for another’s.

Love sends death Home.

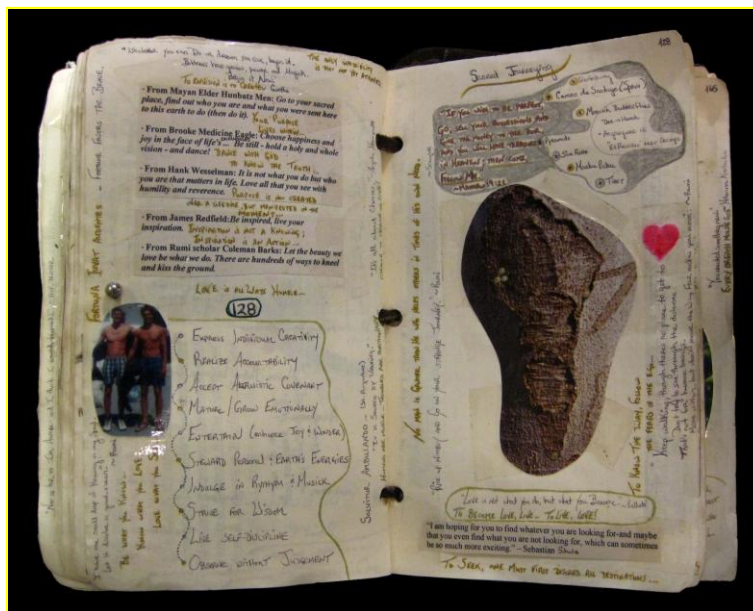
Image 339 (Page 127b) ... This picture shows the view past the crystals that hung in the living room window of the “Steeb Street Sanctuary” where I resided from 2001-2003 (in Feuerbach, Germany). It reminds me of the Truth that, just as light refracted into a rainbow will always return to its former wholeness, so too will Love repressed by fear or sadness or anger always return to rule the day ...



**“Those who are noble plan noble things,
and by noble things they stand.” ~ unknown (Isaiah 32:8)**

First & foremost, it is crucial to remember that true nobility is a verb – it is the raw actualization of selflessness in dealings with both the circumstances that come to us and the others who inhabit the same. As such, those who are truly Noble do not merely *plan* Noble things – they **DO** Noble things. And this is the reason why “by Noble things they stand” – because the resonance of those Noble Deeds prop up their present with real Power and infuse their imminent future with deep-seated Peace. And this interpretation is not only supported by the Good Fruit it always bears when put into practice, but also by the ancient Hebrew of **Isaiah** as well – for the Hebrew word translated here as “noble” is *nadib* (Strong’s #5081); a word that actually means “**willingly generous.**”

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**“Whatever you can do or dream you can do, begin it.
Boldness has genius, power & magic. Begin it now.” ~ Goethe**

Boldness only has real Genius when it is performed in harmony with the Wisdom of Self (instead of the ignorance of the ego that manifests boldness in acts of reckless selfishness or violent acts of “bravery”) ... Boldness only has real Power when it harmonizes with the flow of whatever already *is* (instead of the counterproductive futility that comes from being bold in our persistent “pushing of the river” – our resolute striving to create what isn’t but should be instead of Loving what is already present) ... Boldness only has real Magic when set into motion in the most difficult of circumstances for the most selfless of designs (instead of the castrating tradition of seeing boldness only in wild revelry for self or “enjoying life fully” with friends) ... If we are to be truly **Bold**, then we must indeed begin our boldness now. And yet if we are only ready for a boldness that is faux & feeble, it is better that we begin it not at all.

**The only impossibility
is that which is not yet attempted ...
To envision IS to create.**

“Go to your Sacred Place, find out who you Are & what you were sent here to this Earth to Do, and then go **Do It.**” ~ Hunbatz Men (Mayan Elder)

Read in typical fashion, this quote actually becomes a deadly trap of the ego – trying to get us to keep searching for the unfindable to keep us from attempting the seemingly impossible. And yet there is no need for us to discover our “Sacred Place” in order to find out what we were sent here to Do – for we were all “sent here” to simply Give whatever we can, wherever we are, to whomever is in need nearby ... There is no need to go to an internal “Sacred Place” in order to find out what we were sent here to Do – for we were all “sent here” to Serve however we can, wherever we are, whomever is nearest by ... There is no need to remain in our “Sacred Place” in order to find out what we were sent here to Do – for we were all “sent here” to get away from our safe and “sacred” spaces; to get out into areas dangerously filled with enemies & strangers; to immerse ourselves therein and Love all those we find there ... And once we do so, we begin to realize that actively Living a Life of Love is what we were all “sent here” to Do – and that our Life itself is the only Sacred Space into which we ever need go.

Your true Purpose lives within you.

“Choose happiness & Joy in the face of Life’s challenges ... Be still, hold a holy and whole vision, and then dance.” ~ Brooke Medicine Eagle

The most efficient and transformative way to “choose happiness” (for self, but also for those others witnessing us making that choice) is to embrace Life’s challenges by courageously & humbly Caring for the apparent causes thereof ... For indeed, this is the only way to truly “hold a holy & whole vision” of Life, and this is the only way to deeply Dance while Living it.

***To know your Truth,
choose to dance with GOD.***

“It’s not what you do but Who You Are that matters in Life. Love all that you see with humility and reverence.” ~ Hank Wesselman

Actually, while this statement makes sense on one plane of analysis, Hank seems to have forgotten that Love is not a thought or a feeling, nor is it an attitude or an intention. Indeed, to be truly transformative Love must become a verb – and as such, what we **Do** (or don’t Do) is actually the only thing that determines who we truly Are in Life – or at the very least who we are choosing

***Purpose is not created over a lifetime,
but rather is manifested in the moment.***

to Be. For what good does it do to know who you truly Are if that True Self is not set free to Do what it wants to Do – if it is not set free to Do the selfless Good it wants to Do?

“Be inspired – and then live your inspiration.” ~ James Redfield

To most, inspiration is a mentally registered bundle of thoughts or “hunches”. And yet truly transformative Inspiration – the actual re-connection between the Divine within us and the Divine which surrounds us – can only be felt; never merely known or understood. And it can only be fully felt (and thus only fully known or fully understood) in those moments when it is being actively *experienced*. So, oddly enough, while it is true that we can only live an inspired life while living out our inspirations, it is even more True that we can only receive true Inspiration while Faith-fully Living in our lives.

***Inspiration is not a knowing –
Inspiration is an acting.***

“Let the Beauty we Love be what we do ...
There are hundreds of ways to kneel and kiss the ground.”
~ Coleman Barks

This is actually a Coleman Barks translation of a verse from a poem written by **Rumi**, and yet I attribute it to Barks here as a tribute to Barks himself. For of all the dozens of different Rumi translators I have ever read, Barks just seems to “get it” best ... Maybe this is because he Loves Rumi with an unmatched passion (which can be readily evidenced by watching him read Rumi’s works live), or maybe this is because he has a deeper insight into the Arabic language, or maybe this is because he more deeply comprehends the nuances of the poet himself, or maybe it is simply because he himself better understands The Way of which Rumi speaks in his poetry ... Regardless, Barks “gets it”, and I am thankful that he does. For me, his translations of Rumi are one of hundreds of ways that I myself “kneel to kiss the ground.”

Love is in allWays humble.

“Fortune favors the brave.” ~ Latin Saying

Not really – at least not in the traditional sense. For “bravery” for many can mean a self-centered risk-taking or a reckless provocation or a fear-filled obligation – none of which resonate with the base-frequency of the Cosmos; and thus none of which bring any measure of true Good Fortune to the one being so “brave.”. **Courage**, on the other hand – real **Bravery**; the willing sacrifice of personal comfort or safety; the headlong charging into danger or discomfort solely to save another, or to salvage a last vestige of Peace, or to uphold Justice, or to bring Love to the victims of oppression, or to awaken those oppressors themselves – *this* kind of real Courage is the essence of Oneness, and thus always brings a measure of Good Fortune directly proportionate to the difficulty with which it was performed.

Fortuna iuvat audentes

Image 340 (Page 128a) ... This picture shows my brother Todd & I adventuring on Spain's “Gold Coast”, the penultimate phase of our wonderful trip through Europe together in the Spring of 1994 – a trip that included playing hackey-sack at the Parthenon in Athens (Greece), playing Ultimate Frisbee in Prague (Czech Republic) and on the beaches of Rimini (Italy), dancing wildly with Canadian Friends on the Greek island of Corfu, riding scooters to the multi-colored beaches of Santorini (Greece), escaping the “tour-guide mafia” by running through the labyrinthine back alleys of Tanger (Morocco), visiting the grave of Jim Morrison in Paris (France), and – as evidenced in this image – washing our clothes in the ocean on the shores of southern Spain. It was an amazing trip, and to this day reminds me of the Truth that real Family is not so much a blood-tie as it is a bond of active Fellowship ...



“It’s all about choices.” ~ Angela Honeycutt

Actually, Life is **not** merely about the choices we have or even the making thereof, but rather is all about the *intentions* behind & within the choices we make. It is not enough to merely choose if that choosing entrenches the delusions of self-protection or self-worth or self-importance. Indeed, to do so is to in effect those priceless moments. No, if we are honor Life we must Live Meaning-fully, and if we are to Live Meaning-fully we must make conscious choices designed to benefit others more than ourselves ... That, my Friends, is what is actually all about.

***To truly Live,
choose to choose.***

“I have one small drop of Knowing in my Soul.
Let It dissolve into your Ocean.” ~ Rumi

Within the smallest drop of any Soul’s deepest Knowing is all the knowledge one ever needs to find true Peace. For while the mind knows many things (and knows absolutely nothing of many, many more), the Soul knows everything there is know about the one thing that is needed to be known – and the one thing of which the minds can “know” absolutely nothing. That all-important Knowledge is the absolute Power of selfless LOVE, with the clear & unimpeded Knowing thereof coming only during the moments one Life chooses to humbly & fully dissolve into another.

*Be what you know ...
Know what you Love ...
Love all you see.*

“To become truly Human:

- Realize absolute accountability ...
- Mature emotionally (Observe without judgment) ...
- Enhance others' Joy & Wonder (Accept an altruistic covenant) ...
- Indulge in rhythm & tone (Express individual creativity) ...
- Apply varied Wisdom (Live your self-discipline) ...
- & then choose to steward the Earth's vibrancy.”

~ unknown

Interestingly enough, each one of these planks is tied to the one listed thereafter -- **absolute accountability** comes from emotional maturity (i.e. observing situations neutrally and accepting responsibility humbly) ... **emotional maturity** comes after (and during) acts that enhance others’ Joy or Wonderment ... Potently **enhancing others’ Joy &/or Wonderment** requires an expression of individual creativity (i.e. the unique ways that each of us can serve in the unique situations in which we find ourselves) ... **Creative expression** requires applying Wisdoms we have accumulated in the past (i.e. living in disciplined alignment therewith) ... And **applying accumulated Wisdom** requires an *experience* thereof – requires that we choose to *actively* live as stewards of the Earth and all beings living therein ... And – most importantly of all – there is no need to follow this chain step-by-step. For as with all other such “processes of enlightenment”, engaging the final plank fully tends to embody all its predecessors as well. As such, to fulfill all formers wholly, simply enliven the latter wholeheartedly.

“It is solved by walking.” ~ St. Augustine
(*Solvitur ambulando*)

It is indeed true that “moving meditation” – especially while walking in the deep Calm of Nature – can bring the mind to a place of Peace; a place more suitable for receiving inspiration from without &/or epiphany from within. That having been said, calling forth such clarity in such a way is **not** an actual solution for any dilemma. Solutions are found only in *action* itself, never in merely planning actions or in merely rediscovering courses of action or in merely analyzing potential choices related thereto. In truth, there is far greater Power behind a choice that is not fully thought through &/or a choice that is anything but confident or certain., For Power comes from transcending difficulty, and thus the more difficult the deed is to perform, the potent it becomes during said enlivenment. As such, it bears noting that actually nothing is solved by walking – unless we are walking to bring Peace &/or Joy to others.

*Humans are mobile ...
It is their troubles that are stationary.*

“If you wish to be perfect then go, sell all your possessions and give the money to the poor. Then you will have Treasure in Heaven ... Afterwards, come and follow me.” ~ Jesus (Matthew 19:21)

First & foremost, despite the ego’s flagrantly errant protestations to the contrary (e.g. “But I’m only human,” “But there has to be a balance between caring for others and caring for myself” etc etc) perfection *is* possible for us all – at the very least in the context Jesus intends in this verse ... Consider: **A**) God is perfect Love (**Matthew 5:48**), **B**) God – and therefore that same Love – resides within us all (**John 14:20**), and **C**) all we have to do to actualize the same is to selflessly do & caringly be just as Jesus chose to do & be in the Gospels (**John 14:12**). Impossible, you say? Over the course of an entire lifetime, of course it is ... And yet that is **not** what we have been called to do. We have been called to do so for only one instant of our lives – *this* instant. We simply have to take Life – and Give Love – one moment at a time (**Matthew 6:34**) ... Of course, directly tied to this Truth is the self-sacrifice implicit in selling everything you have and giving the proceeds to those who have less – in caring for the downtrodden repeatedly in small but significant ways (**Matthew 25:35-40**). For to do otherwise is to fall into a zombie existence of monetary gain &/or the steady accumulation of material wealth, and as Jesus oh so correctly pointed out, “**No one can serve two masters; for a slave will either hate the one and love the other, or be devoted to the one and despise the other. You cannot [simultaneously] serve both God and wealth**” (**Matthew 6:24**) ... And after said cleansing has been fulfilled, note that the one detaching from such superficialities (and having selflessly given the proceeds to the downtrodden thereafter) “**will have treasure in Heaven**” – remembering that for Jesus “**Heaven**” as not a post-mortem reward elsewhere but a pre-mortem Bliss that comes during salvational deeds (**Luke 17:20-21 + John 13:15-17** et al) ... And what are we to do thereafter? What are we to do after cleansing ourselves from our *attachment* to all our possessions (if not actually giving away a large portion thereof)? Most importantly, once these self-centered comforts have been washed clean, it is necessary to go forth into Life and “**follow**” Jesus – i.e. **emulate his Way** of Loving – i.e. taking up our own unique crosses of courageous self-sacrifice and carrying them daily throughout our lives. (**Matthew 16:24**)

Image 341 (Page 128b) ... This picture shows the outline of South America emblazoned on a tree in the Feuerbacher Wald Labyrinth (see pages 15-18 in *The Brown Book* &/or pages 46-52 herein). This particular continent held some significance for me at the time, seeing as how I was planning on backpacking to Machu Piccu, Lake Titicaca & Cusco (marked by the gold dots seen on the picture) at the time the Labyrinth was being constructed. As such, this image reminds me of the Truth that that it is fine to make well-intended plans for great Spiritual Journeys – as long as we remember that Life is always laughing while we do so ...



“Rise up nimbly and go on your strange Journey.” ~ Rumi

This quote is **not** saying that our ultimate Life Journeys are per se “weird” or dysfunctional (though they will be perceived by many as being just that), but rather that our unique Callings to Service are innately highly unusual – ever extremely out of the norm – always flowing dramatically against the grain of the fear-based & expectation riddled societies in which most of us find ourselves ... Note as well that we must “**rise UP**” to go on these “strange Journeys”; that we must elevate our morals & our intentions above the much lower ethical standards set by cultural norms and the much more dysfunctional expectations coming from the masses who are unwilling to rise **UP** themselves ... Note finally that such a “**rising UP**” does not inspire one to arrogance or callousness when considering the many who choose to remain in their comfortable slumbers, but

No man is greater than he who helps another in times of his own need.

rather fills us with an enormous empathy for them – empathy for the sloth that has them wasting so many priceless moments of potential Love, and empathy for their cowardice – a cowardice that will lock their lives in cycles of meaninglessness and suffering.

“Keep walking, though there’s no place to get to ... Avoid trying to see through the distance. That’s not for humans. Move within instead, & avoid moving the way fear wants you to move.” ~ Rumi

This is very good, Rumi – very Good in **Deed!** For even though we are *not* to strive to “move ahead” in life – even though we are *not* at all to look for anywhere else to be than where we already are, we **do** remain ever in motion; both within our Here&Now’s current station as well as while smoothly and slowly flowing towards the horizon of our hazy futures ... And yes, even though we are *not* to establish concrete goals or solid dreams or crystalline hopes, we most certainly **are** to have a general beacon in the distance towards which we generally flow – a beacon of Peace for all – a beacon of conflicts harmonized – a beacon of courageous Love – a beacon of selfless Service. This is what it means to “keep walking” while “moving within” ... Most importantly of all, whenever we have doubt as to what we should be doing or where we should be headed, it is always Right Action to engage an action most feared &/or head in a direction most dreaded.

***To know The Way,
follow the trail blazed by your ego’s terror.***

“Love is not what you do, but what you become [i.e. what you DO].” ~ Paletti

And oddly enough, what we are to become is completely dependent upon what we decide to DO – and by that I mean what we choose not to do as much as what we choose to DO. For Love is just as much not doing something in order to avoid causing another harm, as it is Doing something for them to bring them an enhanced sense of Joy ... Indeed, for the man of fear &/or lust, doing and being are ever separate, while for the Human of Love, Doing *is* Being -- and Being requires Doing.

***To become Love, Live ...
To Live, Love.***

“I am hoping for you to find whatever you are looking for – and maybe that you even find what you are not looking for, which can be so much more exciting.” ~ Sebastian Schulz

Finding what we are not looking for is not only more exciting (which, by the way, cannot ever be a conscious goal if we hope to truly Find what our True Selves should be rediscovering), it is also more liberating, more Loving, and thus more emPowering ... As such, for those who have given up seeking for self, we are to hope they Find what their Soul’s are (inadvertently) Seeking – namely, the Peace that comes from selfless Love. And for those who continue to seek for self, we pray that they will never find what they seek. For to do so brings a guarantee of suffering – both the suffering that comes from inevitably losing that which has been found, as well as the suffering that comes on a deeper level from having lost those potential moments of glorious self-sacrifice ... Some have famously claimed that they wish nothing but success & fame & wealth on others, that they might thereby finally come to realize that none of them bring real Happiness. I do not share this wish – **A)** because it is wrong action to wish for anyone to know pain/harm (even if that wish is made to bring them Peace after the pain/harm passes) & **B)** because the Dragon Disease (i.e. the subtle – and sometimes not so subtle – warping of the human personality towards greed and rationalized opulence after attaining a modicum of wealth or power or fame) means that it is the rare bird indeed who ever exits such a thickly gilded cage .. In closing then, it is not for us to seek a better life, for to do so is to assure that life will fall into meaninglessness and despair. Instead, we are to seek how to make other lives better – and thereby inadvertently come to find the Peace we sought all along.

***To truly Seek ...
one must first discard all destinations.***



“A knowledge of the Path cannot be substituted for putting one foot in front of the other.” ~ M. C. Richards

Indeed, no matter how much we research or who we ask or what we envision, the only way to truly Know the real nature of any path is to actually walk the same. Keep in mind as well that *how* we walk a path (i.e. reverently & boldly) is far more important than the path itself, and that *why* we choose to walk (i.e. selflessly for others) is far more important than how we do so.

No path exists without first being walked.

“Become an orchestrator of your life’s happenings ...” ~ anonymous

While it is true that we can mildly influence what happens to us, we cannot ever hope to fully (or even significantly) control the same. And yet while the control over what is happening in our lives is sparse, the control we have over how we feel about the same – and more importantly what we do in response to those feelings; and even more importantly why we do what we do in response to them – is completely under our control; fully a matter of pausing and choosing; fully a matter of living Life one moment at a time – pro-acting with Purpose (always with Love) instead of reacting with emotion (always fear or some manifestation thereof).

To co-create, manifest what allReady IS.

“Faith is the daring of the Soul to go farther than It can see.” ~ W. N. Clark

Faith is the daring of the mind to Love when it wants instead to flee, to be Kind when it wants instead to attack, to Forgive when it wants instead to revile, to compliment when it wants instead to condemn, to encourage when it wants instead to criticize, and to stand up to injustice when it wants instead to silently slink away from those inflicting the same. Faith is to set forth into each day with such boldness when all our ego wants is to remain safely surrounded by the comforts of friends & family &/or the familiar.

Considering how little we truly know, every step we take is actually a leap of Faith.

“Not all who wander are lost.” ~ Bilbo Baggins (J. R. R. Tolkien)

Actually, while this is perhaps a mere misunderstanding steeped in semantics, those who choose to merely wander *are* always lost. Yes, they have no goal or destination, and thus cannot by nature be “lost” in the traditional sense, and yet a much larger perspective is also at play – the Journey of the Soul to re-Awakening; the Journey of the Self to a Life lived with Meaning & Purpose. And if one chooses to merely wander – without concretely intending to help or serve those nearby – then one is truly Lost in the greatest sense of the word. One is lost in the miasma of ego – one is lost in a life both bland & vacuous – one is lost in the wilderness of fear & longing – one is lost in yet another day wasted and a life unlived.

***All who search for their final destination
cannot hope to notice their Journey’s true arrival.***

Image 342 (Page 129a) ... This picture shows a lone white heron in a marsh, symbolizing the Truth that while our Connection to the Divine (internal as well as external) is ever-present and never wavers, our most profound experience of the same often comes in times of Purpose-full Solitude ...



Image 343 (Page 129a – overleaf) ... This picture shows a lone Great Blue Heron at sunset, symbolizing the Truth that while it is wise to go on Purpose-full pilgrimages, and while it is also wise to see each day as a pilgrimage in & of itself, our greatest “growth” always comes in those times when we fully immerse ourselves into the Here&Now – when we fully realize that there is nowhere else we need to go; that Here is where the Heart is; and that Now is the only time we can reawaken the same ...

“Make haste slowly.” ~ Latin Saying

This saying is essentially a call to be smoothly active – to work hard, and yet to solely engage what is already before us; to put maximum effort and maximum attentiveness into every task enlivened, and yet to do so at a tempo that flowingly (i.e. without stress or struggle) harmonizes with all that *is*, as opposed to all that “should be” or “could be” ... This Wisdom reminds us that rushing to get anywhere prolongs the journey thereto, and that rushing to finish a project ensures that it will take much longer to become completed.

Festina lente

“Nothing is too Wonder-full to be true.” ~ James Faraday

In the literal sense this quote is true, if for no other reason than the fact that our physiological abilities to objectively perceive our reality (sight, hearing, touch, taste, and smell) are so incredibly limited that everything that could otherwise be perceived would indeed be patently Wonder-full to us. Of course, many might use this statement to justify a faith in (&/or an enlivenment of) the belief that all that can be imagined can be manifested. This latter creed is a most dangerous one – **A**) because it ever pulls us away from the only place Meaning & Justice & Love abide; namely -- the Here&Now ... **B**) because it tempts us to manifest wealth &/or “love” &/or power &/or popularity for our own personal benefit; which ends up manifesting the inevitable suffering that comes therefrom ... and **C**) because it entrenches the delusion that some things are more beautiful than others &/or that some situations are more profitable than others &/or that some interactions are more worthwhile than others – when in reality everything & every being & every moment is overflowing with Beauty, every situation is laden with opportunities for co-generate the true Wealth that flows from selfless self-sacrifice, and every encounter is worthy of leaping beyond fear & prudence into the only thing that is truly Wonder-full in life – the moments when we choose to *Love anyway*.

Truth is allWays clothed in Wonder.

“In the world you face persecution. But take courage; for I have conquered the world.” ~ Jesus (John 16:33)

First of all, please note that Jesus is **not** claiming that he has conquered the world itself, otherwise he would have accepted the kingship offered him by Satan (which he rejected in [Matthew 4:8-10](#)), the kingship offered him by his followers (which he rejected in [John 6:15](#)), and the kingship indirectly claimed for him by Pontius Pilate (which he rejected in [Mark 15:2](#)) ... In addition, if he had been claiming here to have conquered our material world he would not have quite clearly exclaimed that his kingdom was “**not of this world**” (see [John 18:36](#)) and he certainly would not have organized his own crucifixion ([Mark 10:32-34](#), [Mark 14:3-8](#) et al), much less tell everyone over & over & over again that he was not the violent, Rome-overthrowing, Earth-ruling Davidian Messiah for whom they had so long hoped & prayed (see [Matthew 16:20](#), [Matthew 22:41-45](#), [Matthew 24:1-2](#), [Matthew 24:23-27](#), [Matthew 26:63-64](#) + [Matthew 16:28](#), [Mark 1:24-25](#), [Mark 3:12](#), [Mark 8:27-30](#), [Mark 10:17-18](#), [Mark 12:14-17](#), [Mark 12:35-37](#), [Luke 4:5-8](#), [Luke 4:41](#), [Luke 9:18-21](#), [Luke 18:18-19](#), [Luke 22:70](#), [John 7:18](#) + [John 14:20](#), [John 8:50-54](#), [John 12:44-45](#), [John 12:49](#) & [John 13:13](#)) ... Indeed, if Jesus had “conquered the world” in any traditional sense of the phrase, he would not have spent his entire ministry preaching the Truth that selfless service for others is The Way to Salvation he would not have preached selfless service (see [Mark 1:38](#), [Matthew 24:12-14](#), [Matthew 25:35-40](#), [John 13:15-17](#) et al) ... Indeed, the reason Jesus said he had “conquered the world” is because “the world” to him was a reference to everything material – including the fear-based suffering that came from attaching thereto. This is why he advocated giving up material needs (see [Matthew 19:2](#)) and this is why he told us that those who persevered through persecution in Love would be saved (see [Matthew 24:13](#)) and that “Peace I leave with you, and my peace I give to you. **I do not give to you as the world gives.**”(John 14:27)

“He that’s born to drown needn’t fear being hanged.” ~ Irish Proverb

Despite its initial appearance, this quote is **not** meant to relay the idea that fate somehow controls our ultimate end, or that our life-paths are in any way predestined. What *is* intended to be shared herewith is the notion that there is no sense in us fearing our death; that as long as we are boldly living a Life of Love, then any end that comes thereby is an honorable one; a death that will be well met (i.e. resulting from a life lived consciously & Purpose-fully), and therefore a death that will be honorable (i.e. coming from a task that was selfless) and thereby a death that will engender little suffering ... Far more importantly than focusing on the end of our lives, it is important to continually remember that he who is born to Care needn’t fear a lack of opportunities to do so – and that this is true every day of our lives, no matter how many or few of those days we might have.

What IS is all that can ever Be.

Image 344 (Page 129b) ... This is a picture of the Boise River in Summer, a river that flows directly through the heart of that city. It reminds me not only of the wonderful months I spent walking along its banks, but also of the Truth that Life works best (and that we work best in Life) when we choose to match our chosen tempo with the flow of its own ...



“We are now swimming around in this fish bowl called Earth; separate yet not apart – the Beauty of Interconnection ... Go & Be the change we wish to see in the world ... **Be bold in Love.**” ~ Emily J. Williams

Feel free to note here that it is not enough to be the change that we as individuals wish to see – that to be truly “Bold in Love” we must effectuate the change that harmonizes with the change that humanity as a whole (indeed, the entire multi-species Family of sentient beings) wish to see;

***Life is Earth’s only species.
Every being with eyes to See is your cousin –
Everything that breathes guides your Way.***

Image 345 (Page 129b – overleaf) ... These pictures both show the Eibergen Labyrinth (Holland) that I helped build with two others (Jim Buchanan & Katharina Petras) in the Fall of 2002. Those were fun days – I remember the work being difficult and yet incredibly rewarding, reminding me of the Truth that while work becomes play when the work is easy and enjoyable, Work becomes potent – and Joy-full – when it is difficult and yet done for the benefit of others anyway ...



“Peace be with(in) you.” ~ Latin Saying

The only way for Peace to be with us is for Peace to reside within us, and the only way for Peace to reside within us is for us to live lives dedicated to bringing Peace to our surroundings and all beings residing within them ... Where there is frustration, bring Calm & Encouragement ... Where there is hunger, give Solace & Sustenance ... Where there is envy or jealousy, inject Clarity & Perspective ... Where there is callousness or apathy, be Kind & Caring ... Where there is deception, shower them with gentle Honesty & warm Truth ... Where there is arrogance or condemnation, imbue the moment with Gentleness & Humility ... Where there is boredom, exclaim in Gratitude & Wonderment ... Where there is sadness or anger, share Compassion & Love.

Pax Vobiscum

“He ordered them to take nothing for their Journey except a staff; no bread, no bag, no money in their belts ... So they went out and proclaimed that all should repent.” ~ unknown (Mark 6:8+12)

It will be of initial interest to note that while **Mark** (the original Gospel – penned first and from which the authors of **Matthew** & **Luke** clearly borrowed) allowed for the disciples to take a staff with them on their journey, the Gospels of **Matthew** & **Luke** had Jesus quite clearly telling them not to do so (see **Matthew 10:9-10** & **Luke 9:3**) ... While it is not clear why the authors of these later Gospels made this change (maybe they were describing the outset a different missionary journey altogether, or maybe they felt that the disciples taking absolutely nothing with them evidenced a greater Faith in The Way of Christ), it is consistent among all three accounts that the disciples were instructed to “walk on faith” – to take nothing with them when they departed and to ask for no assistance while underway. My personal experience (having lived “on faith” for many years and having even once “walked on faith” from Chattanooga to Miami as well) has shown that such an order served many purposes: **A**) It dramatically enhanced the difficulty of the journey, and thereby dramatically intensified the Faith of those taking it -- which thereby dramatically intensified the power of their subsequent words & deeds ... **B**) It “preached” the Truth of Providence (i.e. that giving one’s life to selfless service is almost always “rewarded” with a shower of serendipities) to others without a word needing to be said ... **C**) It inspired those witnessing the same to remember the Joy of Giving without expectation of reward or reciprocity in their own lives ... **D**) It encouraged others to be open-minded and interact with the disciples more humbly (and thereby Hear what they were saying more clearly) ... and **E**) It lowered the inner wall of “friend or foe” in the minds of all passersby – allowing them to more readily approach the disciples, instead of the disciples having to do the approaching ... Most importantly of all here is the fact that what the disciples were to proclaim was “repentance” (*metanoia* Strong’s #3341) – **not** that Jesus was Master or King or Savior (see **Mark 10:18**, **John 5:41**, **John 6:15**, **John 7:16**, **John 8:50-54**, **John 12:44** et al), but rather that Salvation came from “becoming again as a very young child” (**Matthew 18:3-4**) and completely shifting one’s behaviors (“repent” = *metanoëō* Strong’s #3340) by extending selfless Love to others (**John 13:15-17**) – especially one’s enemies (**Matthew 5:40-44**) &/or the downtrodden (**Matthew 25:35-40**).

Image 346 (Page 129b) ... This drawing of a dolphin was sketched by Rebecca Jean Pittman (& colored by mySelf). It reminds me of the Truth that the greatest Joy in Life comes reawakening our True Selves – and that this reawakening occurs when we choose to see ourselves (our bodies, our minds, our talents, and our resources) as agents of Peace, and when we choose to see the environment in which we happen to find ourselves as an overflowing opportunity to enliven the same ...



“Every now and then I think about my own death, and I think about my own funeral ... I don’t want a long funeral. And if you get somebody to deliver the eulogy, tell them not to talk too long. I’d simply like somebody to mention that day, that Martin Luther King Jr. tried to give his life serving others. I’d like for somebody to say that day that Martin Luther King Jr. tried to Love somebody ... Say that I was a drum major for Justice. Say that I was a drum major for Peace. Say that I was a drum major for Righteousness. Say that and all the other shallow things will not matter.” ~ Martin Luther King Jr.

Amen! ... Service is the only thing that matters in the end -- Love is the only thing that matters in the end -- Self-sacrifice for the cause of Freedom & Justice & Compassion is the only thing that matters in the end ... Of course, some will downplay the significance of this perfect Truth by bringing up the various failures of Martin’s life – even the latter portions of his life when he was devoutly & courageously working for Justice & Freedom. And yet to these people I would say – perhaps most importantly of all – that it is the humanness of Martin Luther King Jr. (and any other Hero or Heroine of any other social justice movement) that makes his life all the more salient; that it is the fact that he too sinned and that he too feared – that he too regularly failed & fell, and yet got back up to live an astoundingly Noble Life anyway. He showed us all that we all can do exactly the same thing – that we can all protest against war and for Peace; that we can all stand up for the oppressed minorities in our communities; that we can all become activists in the Great Cause that is animal liberation (which happens to be the most important social justice movement in human history). And once we do so – once we choose to make our lives about serving as opposed to being served; about becoming the change we all need to See & Be, then it is true indeed that “all the other shallow things” will indeed (in Deed!) no longer matter.

***Justice, Peace and Righteousness
all march to the cadence of Love.***

“Let your Life that starts as a rigid sonnet
steadily become a flowing haiku.” ~ anonymous

Actually, every life starts as a haiku starts – soft and flowing and a bit nebulous; with a definite direction and yet no proscribed thematic path. Then society gets a hold of us and lays down tracks of “sin” & demands of “virtue”, installs social expectations & cultural norms, proscribes what is “real” and what is “fake”, defines what is “appropriate” and what is “crazy”, overlays what is “productive” and what is “irresponsible” ... And then we hop on these tracks, and the Beauty that was once a free-flowing haiku in our youth gets shackled into the rigidity of a sonnet – a sonnet that might relay a measure of Beauty in its own right, and yet only a small fraction of what would have otherwise been rediscovered and enlivened ... And yet even though we have all been confined in sonnetness since our adolescence, we can all return to the Life of Haiku – fully amazed at the innate miraculousness of our surroundings, deeply spontaneous in

***The only correct form for Life is a flowing one;
with its only walls made of doorways.***

our interaction with each moment, exuberantly overjoyed in an existence that is both conscious and conscient, and completely free flowing in Love for stranger & friend alike.



“This is a creating Universe, not a created one.” ~ Walter Russell

First of all, there are some humans who exude such an obvious magnitude of intelligence that it behooves us all to err on the side of assuming that they are correct in what they offer – not blindly accept their words as facts, mind you, and yet start from a gentle assumption that they probably resonate with Wisdom. Walter Russell is one of those humans ... That having been said, the latter half of this statement cannot be proven or disproven with any degree of certainty. Maybe the Universe simply came into being – maybe it was “created” by accident in some type of “celestial laboratory” – maybe it was designed by an Ultimate Intelligence (a.k.a. God) – and maybe it never began at all; maybe it has been exploding and collapsing and exploding and collapsing upon itself for eternity ... That having all been said, what *is* provable – and is indeed quite readily apparent – is that our Universe is a “**creating**” Universe; that its composite entities are evolving within its boundaries; that it is expanding at an ever-increasing rate of speed; that its stellar components are ever dying and rebirthing anew; and that its sentient residents have the power to alter its local nature to a degree ... And it is solely this latter characteristic that concerns us – for if we are to be true to the dynamic Nature of the Universe, then we must be intentionally true to our own dynamic nature within it as well. We have been given the ability to become Caring Stewards of the Cosmos – at the very least our own small portion thereof – and as such it is our privilege to harmonize each of our lives in some way with this Great Calling.

We are the engines of change ...

Image 347 (Page 130a) ... This picture shows golden mist glistening on lake reeds – symbolizing the Truth that even though we are always connected to life (i.e. innately interconnected – and thereby fully immersed – within our surroundings), we attain Meaning in the same when we choose to consciously Connect to all things living ...



***“Jesus said to them: ‘Fill the jars with water’
... and they filled them to the brim.”
~ anonymous (John 2:7)***

According to many, this was Jesus’ first miracle – and appropriately so, for it is also one of his most profound. Indeed, there are powerful metaphors at play in the tale of him turning water to wine; metaphors that provide much Wisdom & Guidance to this day. Consider **first** of all that “water” for Jesus was a symbolic reference to the human Spirit within us (see [Matthew 3:11](#), [John 4:14](#), [John 7:38-39](#), & [Thomas 108](#) et al). Some people call this Spirit “consciousness” and others refer to it as “the Holy Spirit” and still others refer to it like Jesus did – as “the Advocate within” (see [John 14:20-26](#)). Interestingly enough the authors of this very Gospel referred to it as “the Word” (Greek *Logos* – Strong’s #3056) in the very first passage thereof (see [John 1:1-5](#)). And this metaphor makes sense – for from the waters of the ocean our species emerged into, and from the waters of our mothers’ wombs we each emerged into life – a life that was imbued with conscious awareness; a spark of divinity that we have carried with us (and carry within us) from beyond – This is “the Spirit” ... The second metaphor in this verse’s surrounding passage is, of course, “wine” – for that is what Jesus did at the wedding in question: he turned water into wine. And yet what does the wine represent? Well – to Jesus at least (and for the authors of the Gospels as well), “wine” was the symbolic representation of the “perfect Love” of the heavenly Father within us (see [Matthew 5:48](#) + [John 14:20](#)); the unconditional Love that can be re-enlivened at any moment of our choosing (see [Matthew 9:17](#), [Matthew 26:26-29](#), [Matthew 27:34](#), [Matthew 27:48](#), [Mark 14:22-25](#), [Luke 22:14-20](#), & [Luke 23:36](#) et al) .. So already here we see that the “wine” (Love) has run out at the wedding ceremony, and Jesus takes the “water jars” (the Spirit within the body) that remain and refills them with “wine” (Love) ... Note as well that there are six of the water jars (6 in the Bible represented imperfection; always one short of 7, the number of Wholeness) and note as well that the jars were made of stone – meaning that their contents would not become ritually “unclean” if touched by an “unclean” guest (unlike water jars made of clay – see [Leviticus 11:33](#) & [Leviticus 15:12](#)) ... Note as well that the jars were “filled to the brim” – symbolizing the Truth that real Faith knows no exceptions; there is enough of its Love to be give to all ... Finally, note that this is all happening at a wedding ceremony – even though Jesus was not a fan of weddings per se (see [Matthew 22:30](#)) – indicating another metaphorical reference; namely, the union of self with Self and then Self with environment – via selfless acts of Love.

Knowledge is not Power. Action, which is knowledge in motion,
does the Work of the world.”~ unknown

It is true enough that knowledge is not Power, and yet action is not always truly Power-full either. For in order for any deed to be truly potent it must harmonize with the resonating frequencies of all involved – it must harmonize with the concepts of Harmony & Peace & Love & Justice (and it must therefore engender the same). Any actions that do not do so might be mighty – they might be able to temporarily force their will upon their environment &/or its inhabitants, for example – and yet they will never have true & transformative Power.

***To “know” is to rest and begin to stagnate ...
To apply what is already known
is to continually re-discover Truth.***

A cloud does not know why it moves in just such a direction ... It Feels an impulsion – This is the Place to Go Now. And yet the sky knows the reasons behind all clouds, and you will know as well, once you lift your Self high enough to See beyond horizons.” ~ Richard Bach

This is an interesting analogy, though not quite on point. For clouds don’t “feel” where they should float, nor do they actually choose to go there. They grow when the atmospheric conditions call for them to develop, they travel wherever they are blown by the winds, and they dissipate whenever it is time to dissolve into sun-imbued raindrops ... Similarly, it is not for us to strive to grow either – we are simply Called to allow the True Self within us to blossom forth in every moment ... And it is not for us to struggle to go anywhere or arrive at any particular destination – we are simply Called to flow with whatever service presents itself within whatever interactions & encounters come our way ... And it is not for us to squirm away from death or fight to remain alive – we are simply Called to fill our days with courageous acts of Kindness; living each day as if it is our last, and be humbly grateful for our lives whenever that final day does indeed arrive ... This is the selfless perspective that allows us to fill our days accordingly; this is the “bigger picture” that allows us to see beyond the hazy horizons of “self” & “other”.

Humility of self lends a smooth surety to your life's flow.

“Nothing in this world is so Power-full as an idea whose time has come.” ~ Victor Hugo

Actually, there *are* a few things that are more potent than ideas whose time must one day arrive, and they are the ideas whose day is always here – namely: Love that knows no enemy, Kindness that knows no stranger, Service that knows no self, Charity that knows no limit, Respect that knows no excuse, Justice that knows no condemnation, and Sacrifice that knows no bounds ... And yet without a viable sentient population, these values cannot be enlivened, and without several much-needed cultural advancements, there will soon be no more human civilization to enliven them ... And so specifically, what policies and cultural evolutions harmonize with these effervescent values – and will thereby allow them to blossom were they to be realized? These are some of the more important answers – these are the ideas whose time has long since come ... **First** & foremost, veganism – respecting all sentient life equally, regardless of species ... **Second**, the disbanding of organized religions – a complete separation of church from every state, and the eventual separation from conservative dogma from every community ... **Third**, the dramatic downsizing of political parties – making them all purely democratic and making their areas of influence no larger than local community ... **Fourth**, service-oriented justice that reminds others of who they are instead of labeling who they previously chose to be – all prisons emptied and replaced with forgiveness-based & service-oriented rehabilitation centers ... **Fifth**, sustainable energy sources – fossil fuel use completely banned and wind & solar & wave technologies fully invested in ... **Sixth**, communal gardening in every neighborhood – no more mega-shopping centers, no more GMO’s, no more large farms ... **Seventh**, the re-Sacredness of Nature – triple the number of National Parks (and mandate that all children visit at least three of them every year) and rebuild community arboretums in every neighborhood ... **Eighth**, a 3-day work week with full benefits, full vacation time, full maternity/paternity leave ... **Ninth**, the legalization and mass production of hemp – for use as paper, clothing, fuel, medicine & biodegradable plastics. There are more ideas whose time has come, of course – many more. And yet even the realization of just the first three of these would eliminate warfare, solve crises of hunger & poverty, and assure the transformation of humanity into the Caring Stewards of the Cosmos we could hypothetically become.

*An idea’s time arrives
at the very moment it is conceived.*

“Two roads diverged in a wood, and I – I took the one less traveled by ...
... and that has made all the difference.” ~ Robert Frost

There are two roads always diverging within every sentient being in every moment of our lives – the “Road More Traveled” that is taken every time we choose to act in a way that attempts to either fulfill our self-centered desires or abate our personal fears, and the “Road Less Traveled” that is taken every time we do the opposite; every time we choose to act in a way that sacrifices personal benefit for the benefit of another &/or confronts personal fears in order to bring another Peace ... Choosing the former Road always leads to pain for others and suffering for self; choosing the latter Road often leads to pain for self but always leads to Peace for all – and thus ultimately Peace for self as well.

*The Path less chosen is the Way
to the re-birth of empowered choice.*

“It is sweet to let the mind unwind.” ~ Horace

I am not sure what Horace meant by this quote, and yet I do know that there are several ways to “let the mind unwind” ... We can engage in external entertainments, activities that bring us fun & pleasure -- We can fill our minds with arcane analysis and comfortable convictions and justifiable judgments of others -- We can immerse ourselves in the melodramas of others -- We can soak in our addictions, routines & habits -- We can “zone out” by watching television or engaging the superficial side of social media -- We can “zone n” by getting lost in planning the future, reading fiction, fantasizing or daydreaming -- We can “lose ourselves” in the fuzzily self-centered practices of meditation, affirmation or visualization ... Of course, even though many of these practices might well seem to give our minds a rest, they are all actually vacuous diversions. Indeed, while we are engaging them our minds cannot hope to come to any true Rest, if for no other reason than the Soul is always whispering quite a different message during their engagement. The Solution: We can simply set these alternatives aside for a few moments, and immerse ourselves in service to our community or acts of Caring for another – for these are the only times our minds are ever truly at Rest.

*Stretch the “known” to allow the mind to grow ...
And as the mind grows, the Heart is freed to purely Love.*

“I have said these things to you in figures of speech. The hour is coming when I will no longer speak to you in figures, but will show you plainly of the Father.” ~ Jesus (John 16:25)

This is actually one of the very last things Jesus says in the Bible (Revelation does not speak either of or for Jesus Christ, but rather of another “Jesus” whose ideas and attitudes actually contradict the “perfect Love” of The Way professed by the Jesus of whom we read in the Gospels). This means that almost everything said by Jesus in Matthew, Mark, Luke & John was in large part metaphorical and should be read & enlivened as such (with the implications of this Truth for conservative Christians and other “biblical literalists” being hopefully obvious) ... So now that Jesus is starting to speak more literally with his disciples, what did he mean here with “the hour is coming when I will ... show you plainly of the Father”? Why, his own crucifixion, of course – the moment he chose to stop merely speaking about The Way of Joyful Self-Sacrifice and chose to show his followers that most dramatic example of it instead! And this is no mere hollow theory – to the contrary, the Bible is filled with **concrete evidence** pointing directly towards this interpretation. For starters, Jesus said from the get go that he did **not** want to form any new religion, but merely wanted a radical reform of the hyper-conservative Judaism of his day (Matthew 5:17-18). In addition, despite the stark protestations of many, he openly stated in no uncertain terms that he did **not** want to be worshipped (Mark 10:18, John 5:41, John 7:16, John 8:50-54, John 12:44 et al), that he did **not** bring any miracles or perform any healings himself (Matthew 8:13, Matthew 9:29, Matthew 12:38-39, Matthew 16:4, Mark 5:34, Mark 9:23, Mark 10:52, Luke 7:50, Luke 8:48-52, Luke 11:29, Luke 17:19, Luke 18:42, John 9:39, John 11:4+11 et al), and that he did **not** want anyone falsely claiming that he was the Messiah (Matthew 8:4, Matthew 9:30, Matthew 12:16, Mark 1:44, Mark 5:43, Mark 7:36, Mark 8:26, Luke 5:14, Luke 8:56) ... In Truth, Jesus was immensely frustrated with his followers (Matthew 12:34, Matthew 15:7-9, Matthew 17:17, Mark 9:19, Luke 9:41, John 8:25, John 8:43, John 14:10) and as such set about a way that he could stop talking about his Way and show others the same instead. So he planned his own crucifixion – he reconnoitered Jerusalem well beforehand (Mark 11:11, Luke 9:52, Luke 10:1, Luke 19:5 & John 7:10), he pre-arranged the final meal he would take with his disciples (Matthew 21:1-6, Matthew 26:18, Mark 11:1-6, Mark 14:12-16, Luke 19:29-32 & Luke 22:10-13), he set his plan in motion by aggressively overturning the money-changing tables in the Temple and then making a hasty exit (Matthew 21:17, Mark 11:19 & Luke 21:37), he purposefully timed his grand entrance into Jerusalem to coincide with the Festival of Booths (Matthew 21:8-9, Mark 11:7-10, Luke 19:35-38 & John 12:12-13), he gave himself up knowingly in the Garden of Gethsemane (Matthew 26:52-53, Mark 14:47-49, Luke 22:50-51 & John 18:11a), he refused to defend himself before both the Sanhedrin and the Romans (Matthew 27:12-14, Mark 14:61, Luke 23:7-12), and then he quoted Psalm 22:1 from the cross itself (Matthew 27:46 & Mark 15:34) – a Psalm well known by many at the time, and a Psalm that clearly showed that Jesus had purposefully set himself up for his final selfless sacrifice (Matthew 26:54, Luke 4:21, Luke 24:44, Psalm 22:6-8, Psalm 22:14-16, Psalm 22:18, Psalm 22:24). And as if that isn’t all evidence enough, Jesus told his disciples many times exactly what was going to happen to him in Jerusalem; told them many times that he had indeed already planned his own crucifixion (Matthew 16:21, Matthew 17:22, Matthew 20:18-19, Matthew 20:22, Matthew 23:34-36, Matthew 26:2, Matthew 26:6-12, Matthew 26:21, Matthew 26:24, Matthew 26:32, Matthew 26:45-46, Matthew 26:54-56, Matthew 28:6, Mark 8:31-32, Mark 9:31-32, Mark 10:33-34, Mark 14:21, Mark 14:28, Luke 9:22, Luke 9:44, Luke 11:30, Luke 11:49-51, Luke 13:33, Luke 18:31-33, Luke 22:15, John 2:21-22, John 3:14, John 6:51, John 7:33, John 8:21, John 8:28, John 10:11+15, John 10:17-18, John 12:8, John 12:23-25, John 12:27, John 12:32-33, John 13:18, John 14:30, John 16:7, John 16:16 & John 18:11b) ... And finally – and by far most importantly, it is crucial to remember that Jesus primary intention (if not his sole intention) during his entire ministry was to reawaken others to the “perfect Love” of God within them (Matthew 5:40-48 + John 14:20) by living a life “of the Father” – namely, a life that inspired others to “take up their cross” of self-sacrificial service and then “follow” him by enlivening the same (Matthew 16:24 et al).

“If you ain’t where you’re at, you ain’t nowhere.” ~ Colonel Potter (M.A.S.H. #4077)

To truly BE where we are takes more than mere mental attunement – action is also required; action that is conscious and soundly intended ... Even alone in a cave there are corners to be beautified; even alone in a cave there are bats to be Loved ... To truly BE where we are is a critical facet of our Great Calling – to truly BE where we already are we must have the humility & the courage to fully immerse ourselves therein, with intentions steeped in empathy and actions soaked in Love.

***To live, simply Be where you already Are.
To Be where you already Are,
simply open your Heart ...
and Love your life that allReady IS.***

“People will allWays act like you treat them.” ~ L.F. Hilbers

Though this is essentially true, this is not a motivation for any sort of Enlightened Doing ... Love is the only way to treat others, and Love cannot be given while trying to change the other or manipulate their behavior. Indeed, real Love does not treat others well to get them to give something in return or support a certain cause or behave a certain way. Love simply Loves to Love; simply to bring another an enhanced measure of Peace &/or Joy, regardless of how they respond thereto thereafter ... That having been said, it *is* Good to Love – it *is* Good to treat others in a way that resonates with the way they truly Are instead how they might be behaving. And one of the inadvertent offshoots of such treatment (*if* that offshoot is not the motive for said treatment) is that the others will respond positively thereto – that they will ultimately have no choice but to either reawaken their Child of God within (and be Kind in return) or depart to find their sought after dysfunctions elsewhere.

Others become as you see them to Be.

Image 348 (Page 130b - top) ... This is the “Spiral Quest Woman” logo for my mother's website. It reminds me of the Truth that there is no need for us to strive to “grow as a person”; that we have already grown more than enough to Love – that there is no need for us to “attain enlightenment” by “learning about ourselves”; that we were born knowing all we need to know, and that we become fully Enlightened again during every act of selfless service ...



“The real Voyage of Discovery consists not in seeking new landscapes but in having new eyes.” ~ Marcel Proust

This statement is indeed partially true, and yet is but the precursor to engaging the true Voyage of Discovery (which is actually a Voyage of **Rediscovery**, seeing as how we all knew perfectly well how to humbly & fully appreciate the Beauty of our lives when we were infants, and seeing as how we all knew full well how courageously & humbly Love the others in our lives when we were toddlers) ... For ceasing to look elsewhere and choosing to see one's Here&Now with “new eye” instead is but the first step along that Voyage – akin to loading one's cargo onto a boat before setting sail from the harbor. The true Journey begins when that sail is hoisted and that harbor is left behind – the true Journey of Rediscovery comes not when we see or Here&Now with new eyes, but rather when we choose to courageously *engage* that which we see there. For *that* is when we realize why we have truly arrived in Life – *that* is when we remember what we are capable of – and *that* is when we remember where we are to go (into the pain of those around us) to remember who we have always been (a bringer of Harmony thereto).

***To obtain new eyes,
you must first close the eyes you already use.***

“You will find that it is all very familiar -- those strange and faraway places you've never been. The wild unknown [always] leads you to a place just around the corner.” ~ Bebe & Hammond

Every Mystery worth encountering resides within your own home -- Every wonder Worth witnessing is to be found within your own community -- Every Wisdom worth learning already lives inside your own Heart ... For the Mystery of Mysteries is the Truth that we are all intimately interconnected in every moment -- And the Wonder of Wonders is that we have both the self-awareness to know this Truth, and the ability to act accordingly -- And the Wisdom is all Wisdom is, of course, to have the humility to realize the aforementioned – and the courage to enliven the same.

***To re-Member, remember ...
And to remember, open to the “was” within all that IS.***

“Those who are well have no need of a physician, but instead those who are ill. Go and learn what this means: I desire Mercy, not sacrifice. For I have come to call not the righteous but the sinners.” ~ Jesus (Matthew 9:12-13)

First & foremost, it is critical for those wishing to deeply understand this passage that Jesus is speaking not about sacrifice in general, but rather directly referencing the animal sacrifices still demanded by the barbaric religious customs of his day. Jesus was a prophet of Love & Justice, and as such he knew that persecution of the innocent in the name of a supposedly Just & Merciful God (Luke 6:36 & Matthew 8:21-22 et al) was flagrantly hypocritical. And Jesus despised hypocrisy almost as much as he despised injustice (Matthew 23). And so he preached against them both, and he did so by openly and flagrantly turning the Old Testament’s 613 laws (called mitzvot) on their heads – making some **more lenient** (e.g. harshly constraining Exodus 21:23-24, Leviticus 24:19-20 & Deuteronomy 19:21 with Matthew 5:38-41, harshly constraining Leviticus 4:27, Numbers 5:7, & Leviticus 19:17 with Matthew 6:14-15, and harshly constraining Exodus 23:12 & Exodus 23:32 with Matthew 12:9-12 et al), making others **more strict** (e.g. dramatically intensifying Exodus 20:13 & Deuteronomy 5:17 with Matthew 5:21-22a, dramatically intensifying Exodus 20:14, Deuteronomy 5:18, & Leviticus 18:20 with Matthew 5:27-28, and dramatically intensifying Exodus 23:19, Deuteronomy 18:4, & Deuteronomy 18:26 with Matthew 6:1-4 et al), and even taking some of those laws and abolishing them completely (e.g. dismantling much of Leviticus 11 & Deuteronomy 14 with Matthew 6:25-26 & Matthew 26:31-33, denouncing Leviticus 13:44-45 & Numbers 5:1-4 with Matthew 8:3, and discarding Numbers 28:3, Exodus 30:7-9, Exodus 12:6-10, & Exodus 13:2 with Matthew 9:12-13 & Matthew 12:7 et al) ... This explains why Hebrews 8:11-13 said what it said later in the New Testament (“And they shall not teach one another or say to each other, ‘Know the Lord,’ for they shall all know me, from the least of them to the greatest. For I will be merciful toward their iniquities, and I will remember their sins no more. In speaking of ‘a new covenant’, **he has made the first one obsolete**. And what is obsolete and growing old must soon disappear”), and this explains why it is actually a form of blasphemy for anyone professing to be a Christian to use any Old Testament verse or passage to attack or condemn or judge anyone else ... “But what about Matthew 5:17-18?” these Christians might ask – the passage that has Jesus saying “Do not think that I have come to abolish the Law or the Prophets. I have not come to abolish them, but to fulfill them.” Of course, what those Christian friends have obviously not yet been taught is that the Greek word commonly translated as “fulfill” in this passage (*pleroo* – Strong’s #4137) is far more accurately defined as “honed” or “perfected” or “brought to completion or fullness” – exactly what Jesus did throughout his ministry when he “cleaned house” by amending or abolishing almost every single one of the Old Testament laws in effect in his day! ... As such, when we look to Matthew 9:12-13 again, we can clearly see that Jesus doesn’t desire for sinners to be shown mercy from above (a false, Paulinist belief), but rather desires that sinners **atone** for their misdeeds (and thereby rebirth their True Selves – John 3:1-8) by “repenting” therefrom (*metanoia* – Strong’s #3341) – by giving mercy to *their* own enemies – by openly Caring for those who have sinned against *them* (Matthew 5:40-44 & Luke 10:29-37).

Image 349 (Page 130b - bottom) ... This picture shows a frog hanging onto the lower jaw of a caiman alligator – symbolizing the Truth that clinging to the desire for safety only brings destruction, just as clinging to a need to know Truth only brings ignorance and clinging to the need to have love only brings isolation ...



“To Love, let go of fear.” ~ anonymous

To let go of fear, choose to immerse yourself in others while afraid -- To let go of fear, choose to embrace your fear and act in exactly the opposite way it wants you to act -- To let go of fear, choose to openly Love the deepest source of your greatest terror ... If afraid of abandonment, choose to fully open yourself to your relationships – If afraid of confinement, choose to fully submit immerse yourself into current commitments & obligations – If you are afraid of pain or death, choose to sacrifice your well-being for the benefit of another. This is the only way to be truly rid of fear, and - seeing as how a life lived in fear is to die before our death -- this is the only way to truly Live.

Fear is the iron grip that is keeping you from soaring.

“Every moment is The Beginning.” ~ unknown

In one sense, I would say “not really” – because every moment is connected with all moments past, and thus every moment is only a *potential* rebirth of Self. And if that Self is not intentionally reborn, then that moment is linked to the ones prior – and stagnation of Self occurs ... On the other hand, I would say “Yes” – because every moment is indeed spiritually independent from all others before it; every moment is an independent opportunity to Begin Anew – no matter what has happened beforehand, and no matter what ensues thereafter. As such we are to see each new moment as a continuation of the imminent past whenever serving our friends &/or our communities, and are to see each moment as a fresh beginning whenever serving strangers or enemies.

**Time and Love have no birthplace ...
Time is the myth of birth,
while Love is the oft-forgotten womb.**

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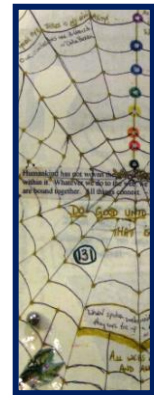
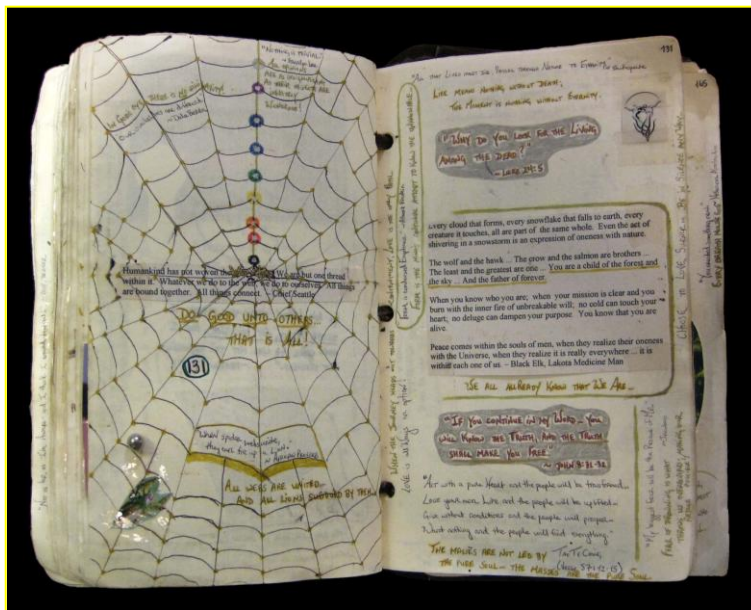


Image 350 (Page 131a) ... This is a picture of a green spider in large “Chakra Web” – symbolizing the Truth that just as our own Love infuses every level of our Being, so too do each of our Loving choices affect the entirety of the Universe; ourselves intimately, our immediate environment directly, and all that remains unseen subtly yet significantly ...

“Nothing is trivial.” ~ Brandon Lee

This statement is true – and it is not ... It is true in the sense that Brandon Lee intends – namely, that nothing in our environment is trivial; that every possession can be used to ease the suffering of others, that every circumstance can be used as a vehicle for sharing Kindness, that every interaction with every person is an opportunity to selflessly Love, that every visage is filled with Wonderment, and that every moment ripe with potential transcendence ... That having been said, there a number of things related to each of us that are indeed potentially quite trivial – namely, that every selfish desire is trivial, that every self-centered fear is trivial, that every personal success is trivial, and that every experienced sense of pleasure or comfort is ultimately trivial as well.

**Opinions are as inherently bland
as their objects are innately wondrous.**

“Our similarities are different.” ~ Dale Berra

What an intriguing Truth this is! How intriguing to realize that we all have similarities, and yet each of us shares different sets thereof with every other being in the Cosmos. With some we share our fear of death or discomfort, with others we share our desires for comfort and success ... With some we share our desires to save the world, with others we share our anxieties about not being able to do the same.

In GOD's Eye, there are no similarities – as everything is uniquely miraculous.

“Humankind has not woven the Web of Life. We are but one thread within It. Whatever we do to the Web, we do to ourselves. All things are bound together. All things connect.” ~ Chief Seattle

While it is true indeed (in Deed!) that every single thing we actively Do (along with everything we choose **not** to actively Do) affects us directly and commensurately, it is exceedingly unwise to maintain a focus on this Truth. For to do so is to – at the very least subconsciously – focus on one's self, and to focus on one's self is to shift the founding intention of one's deeds from potentially selfless to wholly selfish. And to maintain any form of self-centered intention is to literally alter the very nature of whatever deed is then done – to shift it from a deed of potential Harmony to a deed that brings inevitable discord ... If we focus on the Web of Life because we want to do our best to ensure that the Web experiences the greatest degree of Peace from our actions, then our actions will bring a measure of Peace to that Web (and thus inadvertently to ourselves as well). And yet if we focus on our interconnected ties to the Web of Life and act in a way designed to bring us as little suffering as possible, then the very same deed will bring the very suffering we seek to avoid.

Do Good unto others – That is All.

“When spider webs unite, they can tie up a lion.” ~ African Proverb

On the one hand it is true that those who are united together are exponentially stronger than each would be alone – even stronger than the sum of all their individual efforts if they were to simultaneously effectuate a similar goal via happenstance ... On the other hand, those who have truly Awakened realize a very different Truth being presented here – a Truth that is far more powerful – namely, the Truth that the greatest Power comes not in subduing Life's “lions” but rather in willingly befriending them.

All our “webs” are allReady united – and all our “lions” allReady subdued.

“All that lives must die; passing through Nature into eternity.” ~ William Shakespeare

All who merely live primarily for self do indeed perish, while all who live primarily for others live “forever” in every moment he or she chooses to do so. Love only lives in the Here&Now, and the more pure (i.e. the more selfless – i.e. the more self-sacrificial) the Love, the more deeply into the Here&Now the Lover is immersed. The present moment is per se timeless, and as such the deeper we immerse ourselves therein, the “longer” those moments “stretch out” when we do so. As such, selfless Love provides the only real longevity available in this lifetime, and -- if given purely enough -- provides us an “eternal” glimpse of the “Hereafter” – the timeless state of pure Bliss that some once called “the Kingdom of God.”.

Life means nothing without death; just as the moment is nothing without eternity.

“Form is condensed emptiness.” ~ Albert Einstein

Not to contradict Einstein, and yet I will simply state that it might be easier for “lesser minds” to understand the relationship between matter & space by stating that form is encapsulated emptiness – and that the multitude of components that make up those shells are themselves essentially “hollow” as well; like a conglomeration of bubbles composing the surface of a larger bubble ... That having been said, what is within that “emptiness” is the most important part of the equation, for emptiness is never empty – seeing as how it contains gravitation, dark matter, electrons exchanging themselves with electrons from other material entities, and the energy known as Love itself. All of these are all fully viable in the Nothingness ... Indeed, it can be pseudo-confidently stated that the only thing in this Universe that is truly empty is the theory that the Universe is composed of – or even contains – emptiness ... ;)

Form is the mind's continual attempt to know the unknowable.

“Why do you look for the living among the dead?” ~ unknown (Luke 24:5)

First & foremost, it is important to realize the context surrounding this particular verse – that Jesus had been removed from the cross the day before, and had only been (supposedly) in the tomb overnight. It was indeed the day before that “The women who had come with him from Galilee followed, and they saw the tomb and how his body was laid. Then they returned, and prepared spices and ointments” (Luke 23:55-56) ... These women did indeed return the next day with what was in all likelihood healing herbs to tend to the wounded-but-not-dead Jesus – seeing as how Jesus in all likelihood pre-planned the entire crucifixion event (see page 425 herein), including the women bringing him healing salves to tend the wounds he received while on the cross (wounds that normally killed those who received after a number of days, not the mere few hours Jesus was up on the cross (see Matthew 27:45-50). Besides, it was Jewish custom to anoint a body with burial liniments *before* it was placed in its tomb, not afterward. This would explain their surprise the next day when they arrived at the now empty tomb – not that they were surprised to see that Jesus was no longer dead, but rather that he was no longer there to be tended by them. And this is when the “two men in dazzling clothes” spoke with them, asking them the above-cited “Why do you look for the living among the dead? He is not here, but has risen.” Their “dazzling clothes” probably meant that they were dressed in white – much like the Essenes were known to have dressed in Jesus’ day. This is especially intriguing, seeing as how the Essenes were known to practice a lifestyle very similar to the one preached by Jesus, seeing as how Jesus was probably baptized by an Essene at the very outset of his ministry (see Matthew 3 & Luke 3), and seeing as how more than a few biblical scholars go under the assumption that Jesus was an Essene himself. Intriguing as well that these two “men” (Note: they were **not** described as angels) very clearly stated what Jesus himself had told his disciples many times over the previous three years – that he would be persecuted, that he would be crucified, but that he would not die therefrom – that he would indeed “rise on the third day” (see Matthew 16:21, Matthew 17:23, Mark 8:31, Luke 9:22, & Luke 24:7 et al) ... And this makes perfect sense, seeing as how Jesus had also said over & over & over again that his followers were **not** to worship him (see Mark 10:18, John 5:41, John 7:16, John 8:50-54, John 12:44 et al), that each of them had the same divinity within them as he did (see John 14:20-26), and that they could all do & live exactly as he had done & exactly as he had lived (see John 12:47-48). Indeed, Jesus was all about refocusing his listeners **not** on the Hereafter, but rather on *this* lifetime (see Matthew 10:7 & Luke 17:20-21) – **not** on their liberation from the Romans in the near future (He avidly proclaimed that he was **not** the Davidian Messiah; see Matthew 22:43-45 et al); **not** on the days to come but rather solely on today (Matthew 6:34) – **not** on personal fears of anxieties, but rather on serving others (see Matthew 16:24 & Matthew 25:35-40) ... Indeed, his Father is a “God of the living, not of the dead” (Luke 20:38), and His Way was a Way of the living as well, not of the dead. And *this* is why Jesus kept telling folks over & over & over again not to worship him but to “follow” him (see Matthew 4:19, Matthew 9:9, Matthew 16:24, Mark 8:3, Luke 5:27-28 et al) – and **not** to wait to do so, but rather to do so *immediately*, lest death catch them unawares (see Matthew 24:42 & Matthew 25:1-13) and they suffer the raw deathbed consequences of a life unlived (see John 3:36 et al) ... Let us all therefore cease seeking “the living among the dead” – by ceasing to chase after Life among activities deadened.

Image 351 (Page 131b - top right) ... This picture (which I call “Same Source”) is from an unknown artist, and for me symbolizes the Truth that lovers know real Love not when they are focused upon one another, but rather when they use their shared affection for one another to empower the unique acts of service they render for others ...



“Every cloud that forms, every snowflake that falls to earth, every creature it touches – all are part of the same Whole. Even the act of shivering in a snowstorm is an expression of Oneness with Nature. The wolf and the hawk, the crow and the salmon are brothers ... Both the least and the greatest are One. You are Child of the forest and the sky – and the Father of forever. When you know Who You Are; when your Mission is clear and you burn with the Inner Fire of unbreakable will – then no cold can touch your Heart and no deluge dampen your purpose. You know that you are alive. Peace comes within the Souls of men when they realize their Oneness with the Universe; when they realize It is really everywhere ... It is within each one of us.” ~ Black Elk

This quote is innately true, and I can see how the Native American would be called to hypocritically rationalize this philosophy – specifically, in the way they unabashedly confine, use, often abuse, and regularly murder their animal “brothers” ... And this hypocrisy explains as well how such a people whose culture contains so much emphasis on Peace could so often have been at war with one another – not only because land meant more game and more game meant survival in those days, but also because the murder of their “brothers” the animals out of necessity automatically allowed for the rationalized murder of their rival tribe “brothers” out “necessity” as well ... Of course, today this Wisdom takes on a new potency – and unfortunately a new poignancy. For the vast majority of humanity no longer needs to consume animals at all to survive (or thrive, even), and yet the abuse and destruction of our animal “brothers” is at an all-time high. And why? For mere pleasure, for mere convenience, for mere taste, and for mere tradition – all reasons completely hollow when dealing with the loss of life &/or causing others to suffer, and thus all deeds that are patently immoral as well. And if we as a species do not awaken to this fact very soon, the vast majority of us will die appropriately horrific deaths. That’s right – a Mass Extinction Event is already upon us, and by far the number one generator thereof is the systemic way humans are breeding, enslaving, abusing, murdering, and eating the innocent. If we persist in this violent folly, we will indeed perish in violent folly. Only necrovores (i.e. carrion feeders like hyenas, vultures, coyotes etc) naturally eat the dead flesh of other sentient beings, my Friends, and all humans who do so are indeed nothing more than “walking dead” themselves – zombies bringing even more death than they consume. As such, it is impossible to “realize our Oneness with the Universe” – and thereby know real Peace – unless we act accordingly, and we cannot act accordingly until we re-member our innately Peace-full nature (and “become again as a very young child”) by going vegan.

We allReady innately know the completeness We Are.

“When overwhelmed by the cacophony, choose to Love your internal silence that is ever-present.” ~ anonymous

The “silence” mentioned here is a Silence – a deep-seated Inner Calm and profound sense of Self-assurance –that can only be fully known and that can only be fully appreciated during acts of willing self-sacrifice. We can only know real Peace when bringing Harmony to chaos, and we can only know real Love when bring Kindness to the callous.

Be in silence anyWay ...

“When overwhelmed by fear, choose to Love ...
Love is allWays an option.” ~ anonymous

This goes for all manifestations of fear: When bored, choose Love – and Know Wonderment ... When indifferent, choose Love – and Know Compassion ... When frustrated, choose Love – and Know Patience ... When annoyed, choose Love – and Know Humility ... When saddened, choose Love – and Know Joy ... When envious, choose Love – and Know Gratitude ... When angry, choose Love – and Know Peace ... When enraged, choose Love – and Know Calm ... When afraid or anxious, choose Love – and Know Love.

***When the Journey heads towards pure Contentment,
then Love is the only Path.***

***“If you continue in my Word ... You will know the Truth,
and that Truth will set you free.” ~ Jesus (John 8:31b-32)***

There are actually quite a few interesting Truths buried within this verse; a verse spoken specifically to “the Jews who had believed in him” (John 8:31a) ... First of all, **note** that “continue in my Word” (sometimes translated as the equally active “abide”) here means to actively emulate the core of his teachings – meaning to actively live a life of selfless self-sacrificial Love (see John 13:15-17, Matthew 7:21, Matthew 16:24, & Luke 8:4-15 et al) ... **Note** as well that “the Truth” to which Jesus is referring here is his “Good News”; namely, that Heaven is alive & well in every present moment (see Matthew 10:7 – also Luke 17:20-21) and that it is accessible for anyone who choose to devoutly Love the Divine by selflessly Loving others (see Matthew 24:12-14 – also Matthew 22:37-40) ... **Note** additionally that the phrase “set you free” (more accurately translated as “liberate you”) here refers to setting his followers free not only from their own sinful, self-fixated instincts, but also from fear itself -- most potently from their innate fear of death (the fear which keeps us all from self-sacrifice in the first place – see Hebrews 2:14-15) ... And this makes perfect sense, for if the heavenly Father of Jesus Christ is perfect, completely unconditional Love (1 John 4:8, Luke 6:36, Matthew 8:21-22 et al), and if we are all to “become perfect as the Father” (Matthew 5:48), and if fear is the opposing force to Love and thus prevents Love from blossoming (1 John 4:18), then we must indeed set aside our fear before “the Truth [of Love] can set [us] free” ... As a final **note**, it might be important for conservative Christians to consider the fact that – if the Truth is indeed what sets us free, then all that binds us (like religious dogma) or constricts us (like judgmental beliefs) cannot be Truth!

“Act with pure Heart and the people will be transformed ... Love your own Life and the people will be uplifted ... Give without conditions and the people will prosper ... Want nothing and the people will find everything.” ~ Lao Tsu (*Tao Te Ching #57*)

Note here that we are to **act** with a pure Heart (not to think with a pure Heart or to feel with a pure Heart or to speak with a pure Heart). This means to act with a flagrantly humble sort of selflessness that is so pure (and thus so unusual) that it does indeed inevitably inspire many to walk similar paths, and be fully transformed thereby ... And indeed, this is the only way to truly LOVE your own Life – by making it a source of service (and thereby a source of inspiration) for others ... If we live in this way – giving without condition while wanting nothing for ourselves – then those witnessing the same will indeed find everything therein for which they have ever yearned and more.

***The masses are not led by the pure Soul ...
The masses ARE that Soul.***

“My biggest fear will be the rescue of me.” ~ Incubus

This lyric is true enough, for our biggest fears are indeed the very temptations that bring us transcendent Power – at least whenever we choose to forge right through them in order to **Love others anyway**. The fear of death keeps us cowering in situations “safe” and “prudent” – and as such Life becomes a prison cell of actions weak and pleasures fleeting ... The fear of pain keeps us from taking risks in our activities and in our interactions with others – and as such Life becomes a prison cell filled with hollow relationships and boring routines ... The fear of rejection (&/or ridicule -- and thereby of abandonment) keeps us from acting with flowing spontaneity or honest unconventionality – and as such Life becomes a prison cell filled with meaningless tasks and feelingless encounters. And yet, this quote notes, these fears can be the rescue of us – but only if we choose to face them squarely -- and exude bold & humble Love right into the middle of them.

***The fear of drowning is what throws us overboard;
the fear that thereby enables our rescue from fear.***



“The gods only go with you if your put your Self in their Path.
 ... And that takes courage.” ~ Mary Stewart

It is only possible to “put ourselves in God’s Path” by putting ourselves in the paths of others, and doing so without desiring God to reward us in any way for the same ... Indeed, whenever we choose to act solely for the benefit of another (which happens most purely during anonymous deeds of self-sacrifice) we are literally beaming the same base-frequency as God Himself (For those who care: Jesus agrees -- [Matthew 5:48](#)). So when we do so, there is no more need to call God to us, for we have literally summoned His Essence forth – by becoming a direct embodiment thereof ... Note as well that it doesn’t take Courage in the traditional sense of the word at such a juncture, for if there is no more care for what happens to self, then there is no more fear – and thus no more Courage (which by Divine definition is “boldness in the face of fear”). In such moment there is simply the recognition that another is in need, the knowledge that we can do something to lessen that suffering, the calm realization that we are here to do the same, and then the calm doing of that sameness ... Yes, in the initial moments of recognition – in the moments when our ego-mind has recognized a potential for service (and before our conscious Heart-brain has had the chance to “turn itself on” and choose to engage the same) – there is always fear. And thus the transition in this half second from ego to Soul (i.e. from reptile brain to neocortex – or from mind to Heart) *does* requires courage despite fear. And yet thereafter – during all the moments thereafter when we are “putting ourselves onto God’s Path” – there is only calm ... This latter state of Peace is known in some circles as “Choiceless Awareness” – the high state of Enlightenment that knows that there is only one acceptable choice that can be made (selfless caring); even though free will still hypothetically allows for the option of a selfish choice, that choice it not a tenable option to one who has come to know & live The Way of Love. So even there is technically the choice between selflessness & self-centeredness, the former is the only choice that is viable, and thus the former is the only choice that is made. As such, the farther one travels down the “Road to Enlightenment”, the less fear comes into play – and thus the less Courage is needed.

The brave Heart always walks guided by God’s Will.

Image 352 (Page 132a) ... This picture of a leaping dolphin symbolizes the Truth that a true Rebirth of the Soul arrives not as a celestial reward “from above”, but rather comes when *we* choose to leap with selfless (i.e. Faith-full) Love into moments of anger, pain, fear, or difficulty ...



“Seize the day!” ~ Latin Saying (*Carpe Diem*)

The only way to truly “Seize the Day” is to radically, wholeheartedly, & brazenly seize *the moment* ... And the only way to fully seize the moment in this way is to overflow the moment of another with radical, wholehearted, & brazen acts of Kindness.

Seize the day by releasing each of its moments.

“Behind me sinks under and away ...
even while before me steepens.” ~ Sandra Reum

It is impossible to climb any mountain in Life while looking to the past that is ever falling into oblivion or gazing towards the future that rises ever steeper before our path. No matter how “forlorn” our past mistakes might have been, and no matter how “steep” the obstacles might seem in our future path, the only portion of our path that we can ever hope to tread is the one directly underneath our feet – the one that exists only one step further past Here and one breath past Now. And oddly enough, no matter how sunken the past behind us is or how foreboding the way further up ahead might be, the ground beneath our feet is always flat -- and the path one step ahead always clear.

***A Journey without a mountain to summit
is no Journey at all.***

“The only true Human Beings are those consciously aware of their primal, selfish urges while simultaneously choosing to transcend those impulses in favor of selflessly serving others ... This is Love ... This is The Way.” ~ anonymous

This statement is *almost* completely True – for in those moments when we are engaging another Lovingly, there is no awareness available for self-centered evaluation. Yes, the intention to engage and enliven an act of Love must be consciously chosen while aware of temptations to not do so, and yet once the first step is taken thereafter, there is no more angst or worry or greed or desire – there is only the Peace that comes while Loving. Hint: This means that if we are experiencing any of these emotions during the commission of a “good deed”, we can know with relative certainty that we are not truly Loving another thereby -- and thus need to pause, re-choose (i.e. re-intend to Do that deed *solely* for the other), let all angst & worry & greed & desire fade away, and then leap into Loving anew.

***Love one another ... period.
[The Diamond Rule]***

Image 353 (Page 132b - top) ... This pictures shows a pod of (at least) five narwhales – symbolizing the Truth that true Peace in life comes from letting go of striving for “balance” between solitude & fellowship – that we are simply to Love Nature when alone without longing for company, and that we are simply to Love others when in their company without longing for “me time” ...



“Behave towards offenders as if the harm has not been done ... Strangely, this kind of forgetting comes by remembering. It is the result of filling one’s mind so completely with worthy things that there is no more room for emotion-riddled recollections.” ~ H. E. Kohn

While it does appear to all those witnessing such Caring actions that this is indeed the case, in actuality we are **not** to forget a harm done while Loving the perpetrator thereof. Indeed, the Loving Deed becomes truly potent when we choose to acutely remember the wrong – and yet choose to leap forth and LOVE anyway. And even though the ego-selves of those witnessing this choice will tell themselves that we have simply chosen to forget the trespasses against us, their limbic system will sense full well that this is indeed not the case. They will feel that we still have the wrongdoing fresh on our minds, and they will feel that we are choosing to be openly & sincerely Kind to our perpetrator anyway. And it is *this* limbic awareness that cannot be circumvented by any ego witnessing the same – it is *this* limbic awareness that serves to inevitably awaken every single witness thereto (however briefly).

Choose to see the angel in every enemy.

“The most important thing in Life is to learn to give out Love
... and thereby let Love come in!” ~ anonymous

Actually, we cannot allow Love to come in while thinking about even the remotest possibility that the same will return to us thereafter. Indeed, even the smallest subconscious taint of personal reward is enough to significantly dampen the purity of any Love given, significantly dampen the power of that Love for the other, and significantly dampen the Peace that (inadvertently) flows back to us as a result. This is why self-sacrifice is so important, this is why anonymous Good Deeds are often most effective, and this is why Jesus in-Courages us all to actively & humbly Love our enemies ... **Note** as well that it is impossible to “learn to give our Love” – for we either give out Love or we don’t. There is no teacher to follow thereto and there is no trial & error to endure – no learning done and no knowledge required.

***The only way to learn to give Love
is to re-member that you’ve allWays known how to do so ...
The only way to re-member Love is to Love.***

“Souls must re-enter the absolute substance from whence they have emerged. But to accomplish this, they must develop all their perfections; the seeds of which are planted within them ... If they do not fulfill this condition in one life, they are allowed another – until they have acquired the condition with befits them for their re-union with God.” ~ The Zohar

Reincarnation might very well be real, and it might very well be a myth ... Either way, focusing on our next life always Always ALWAYS takes away from our ability to fully Live this one. And ironically, if it is true that our actions in this life determine the quality &/or form of any existence “next”, then focusing on reincarnation in this life will actually have a dramatically negative effect on the life into which we become reincarnated thereafter ... Far more important is the very real dynamic of “instant karma” – the fact that every single choice made in this lifetime leads to commensurate consequences in this lifetime as well; both emotionally during its commission as well as physically at some point shortly thereafter. This means that worrying or pondering or even philosophizing about the lives we might or might not experience in the future will most certainly always negatively damage both the potency and the experience of the lifetime in which we are doing that worrying or pondering or philosophizing.

***Our innate perfection
waits for us patiently in every moment.***

“Do not resist an evildoer. But if anyone strikes you on the right cheek, turn the other also ... Love your enemies and pray for those who persecute you, so that you may then be children of your Father in Heaven; for He makes his Light to shine on the evil and the good, and sends rain upon both the righteous and the unrighteous.” ~ Jesus (Matthew 5:39+44-45)

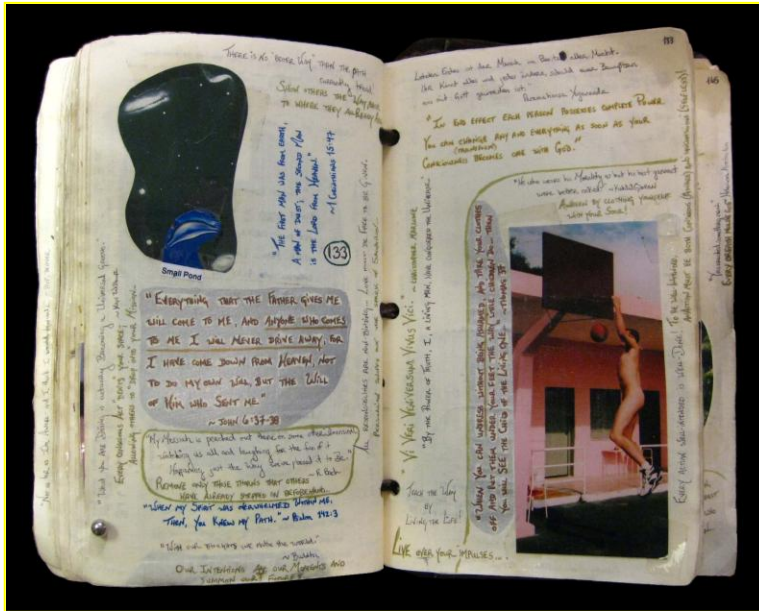
Note first of all that we are called to avoid resisting “evildoers” here, not evil deeds or evil itself. And this is an extremely important distinction – one that happens to explain the apparent contradiction some have noticed between Jesus’ injunction against judgment in [Matthew 7:1-2](#) and his apparent encouragement in support of judgment in [John 7:24](#). As it turns out, the former – much like the passage above – deals with judging *people*, which makes sense, as it is impossible to sincerely Love others while we are condemning *them* as individuals in any way. This Truth is actually echoed in the first half of [John 7:24](#) as well, where Jesus clearly says “Do not judge by appearances” ... That having been said, we *are* to examine situations and “judge with right judgment.” In other words, we *are* to examine situations and determine if any vestige of evil is being perpetrated, and once we have discerned that there are victims being in any way abused, we stride forth and place ourselves directly between them and those who would inflict them with harm. This is not “resisting the evildoer”, this is resisting the *evil*. In harmony with Jesus admonitions here, we are to do so courageously & firmly, and yet also compassionately – condemning the evil acts even while openly professing a forgiveness for the confused Souls who are perpetrating them ... **Note** as well that it is not possible to provoke another in order to create the possibility to turn the other cheek. As well-intended as that might seem (for those who could then witness real forgiveness in motion), it is an act that actually causes great harm to the one so provoked. So avoid provoking others to attack; simply let the wrongdoings come to you (rest assured, they will), and then be ready to offer the other cheek to those wrongdoing them ... **Note** in addition that Love is a verb with Jesus – that praying for those who persecute us is **not** in & of itself enough – that we must Love them *and* pray for them (*while* we Love them) ... **Note** as well that we do not do so in order to become Children of God, but rather do so solely to enable the perpetrator to remember his or her own innate Divinity -- and thereby *inadvertently* become Children of the Father ourselves thereby ... Finally, **note** in closing that the Bible quite clearly shows that Jesus’ heavenly Father judges no one (see [John 5:22](#) & [Luke 14:15-24](#) et al), but rather that He shines his Light (i.e. His unconditional, perfect Love – [Matthew 5:48](#)) on ALL and sends the spiritual nourishment of his “rain” upon ALL as well.

Image 354 (Page 132b - bottom) ... This drawing is a sketch that explores the 3rd dimension, reminding me of the Truth that the only way to walk The Way of selfless Love is to immerse ourselves in the moment while immersing ourselves in our interactions with others ...



***A stone seems cold and hard ...
yet even it is filled with Light & Love.***

There is a theory that even inanimate, non-living objects such as stones and soil have a degree of consciousness. While I am willing to go there to a degree (namely, to the degree that we completely redefine consciousness to the point that self-awareness is no longer a prerequisite therefore), it seems quite clear – both intuitively as well as limbically – that harming a stone is not nearly as immoral as harming a tree, ... and that harming a tree is not nearly as unethical as harming a sentient animal. Are we to respect all entities in our surroundings? Of course we are ... Are we to fret and worry over “harming” inanimate objects, especially these used to lessen the suffering of living beings? No we are not ... Are we to respect all forms of plants and gently tend them in ways that help them to thrive? Of course we are ... Are we to worry or fret when we inadvertently kill a plant form or use the fruits thereof to feed or lessen the suffering of sentient lives? No we are not ... (P.S. Please note that I do have an intimate affinity for trees, and that I do limbically feel as though they do have a higher resonance of what we might call “consciousness” than grasses or other “lower plants.” As such, I am especially gentle with trees whenever working in the woods. I never cut down live trees and I prune live branches with Care. That having been said, I recognize that it is a slippery slope when dealing with such matters. After all, where is the cut-off between trees (plants that do seem to “feel” my presence) and other plants that seemingly do not. Maybe this disparity is due more to my own perceptual failure than it is at all factual. As such, I tend to err on the side of living completely “kill free” – trying my best to sustain myself without killing any living being, animal or plant of otherwise; living as a vegan while sustaining myself primarily from fruits & nuts & seeds & vegetables that can be harvested without killing their parent plant.)



“There is no ‘better way’ than the path currently tread.” ~ anonymous

This is true, assuming that the path currently tread is being tread for the betterment of others, of course.

Show others the way back to where they allReady are.

Image 355 (Page 133a) ... This is a picture of a lone euglena swimming amongst numerous galaxies; a **very** small “fish” in a **very** big “pond” – reminding me of the Truth that it doesn’t matter whether or not we “save the world”; only whether or not we reach out to the one next to us to give them comfort ...



“The first man was from earth, a man of dust; the second man is the Lord from Heaven.”
 ~ Paul (1 Corinthians 15:47)

Here is yet another brilliant example of Paul “getting it” without getting it. For Paul is here speaking of the principle of a post-mortem salvation that comes solely to those who have chosen to worship Jesus Christ as their “Lord & Savior.” Of course, as is so often the case, Jesus had a completely different take on the same (see [Mark 10:18](#), [John 5:41](#), [John 7:16](#), [John 8:50-54](#), [John 12:44](#) et al), just as he would have had a very different take on this verse. For if we look to the teachings of Jesus in the Gospels, it becomes readily clear that he would see the “**first man**” in each of us as the ego that is sustained by every sinful selfishness, and that he would see the “**second man**” in each of us coming to life in every moment of Purposeful self-sacrifice for others. For – to Jesus at least --. This is how we attained Salvation (see [John 13:15-17](#) & [Matthew 24:12-14](#) et al) and this is how we could be ever “born again” (see [John 3:1-8](#)) ... In closing, keep in mind that “**the Lord from Heaven**” mentioned here is not a celestial lord residing somewhere “up above” us (as Paul believed), but rather is the Divine Essence *within us all* (according to Jesus -- see [Luke 17:20-21](#) + [John 14:20](#)); an Essence that comes to light whenever we choose to Love others selflessly ([Matthew 16:24](#)) – especially our enemies ([Matthew 5:40-44](#)) &/or the downtrodden in our midst ([Matthew 25:35-40](#)).

“What you are currently doing is actually becoming a Universal Groove.” ~ Ken Wilbur

Hmmm, kind of ... The “Universal Groove” is actually constantly flowing no matter what we do or don’t do. That being said, if we choose to harmonize our deeds with that Groove, then the clarity of its presence is intensified and we can perceive it (*feel* it, actually) more clearly – and the experience of Peace that flows therefrom is intensified as well.

***Every conscious act “dents” your space;
allowing others to “drop into” your Mission.***

“Everything that the Father gives me will come to me, and anyone who comes to me I will never drive away ... For I have come down from Heaven; not to do my own will, but rather the Will of Him who sent me.” ~ Jesus (John 6:37-38)

The first part of this passage (“Everything that the Father gives me will come to me”) implies the Truth that we need never strive for opportunities to serve others – that there is always someone nearby for whom to Care &/or always something nearby that is ready to be cherished or beautified ... The second portion (“anyone who comes to me I will never drive away”) notes the obvious for any awakened Child of God – that whomever then comes in need will be served as if they were a Soulmate and cherished as if they were a friend of God Himself – for this is the will of Jesus’ all-Loving Father; the God who Loves everyone (Matthew 5:40-48), shows mercy upon everyone (Luke 6:36), forgives every transgression (Matthew 8:21-22), and judges no one (John 5:22 + 1 John 4:18) ... **Note** in conclusion that the Greek of Luke 6:38 does indeed say “I have come down from heaven” even though Jesus obviously knew that Heaven was an *internal* residence (see Luke 17:20-21). Maybe he said this to better communicate with his audience (many of whom were pining for a higher heavenly hereafter), maybe he was referring to the psychological perception-based reality that Divine Inspiration (that actually wells up from within) does indeed feel like it is falling down upon us from above, and maybe he was speaking a Truth – maybe our portion of the Cosmic Consciousness, the portion that resides within our mind-bodies during our lifetimes, does literally descend from the heavens to enter our bodies while they are in the womb ... Who knows? No matter, of course, for regardless of why Jesus uttered this phrase, it remains clear that the will of God is that we transcend our selfish instincts in order to Care for the others around us, and that if we do so with sincerity & humility & regularity, we will enter *his* “Kingdom of God” and know the bliss that accompanies the same.

“All responsibilities are non-binding ...
Love must be freely given to be received.”
~ anonymous

Actually, for the true Man or Woman of God, all responsibilities are completely illusory – man-made & ego-configured constrictions on Love; engendered purely from a selfish fear of the selfishness of the other and a lack of faith in their deeper, innate Goodness ... This goes for obligations, duties, commitments, and promises as well – with the former two being culture-created delusions, and the latter two being self-created shackles. Once a commitment has been configured or a promise has been given, it should be kept, of course (Right Action does not act in a way that knowingly causes another pain), and yet it is also “acceptable” (and indeed preferable) to openly ask to be fully released from the same – or in an “emergency” to openly & publicly release one’s self therefrom. For Love must flourish in our lives if we are to Do even a portion of the Good we have been called to do. And that Love cannot flourish while bound in any way ... Love must be potent to bring Peace, and only a Love given with 100% willingness can ever hope to be potent enough to do so.

Persuasion snuffs out the other’s spark of Salvation.

“My Messiah is perched out there on some other dimension ... watching us all and laughing for the fun of it happening just the way we’ve planned it to Be.” ~ Richard Bach

Actually, if there *is* some external, separate, individually conscious Messiah “out there” somewhere – then he by that separate nature knows nothing of the majesty of The One or the greatness of Oneness. And if that external, separate, individually conscious Messiah *is* “up there” looking down on us and in any way laughing over our failings or our foibles or our frustrations (not to mention or pain & suffering), then that Messiah knows nothing of Compassion, or Kindness or Caring – then he knows nothing of the perfect Love of God ... And yet how to believe in such a Messiah and still have him know Love – and thereby be worthy of our Loving? Well, there *is* the possibility that an all-Loving Messiah-essence is looking down upon us – and there *is* the possibility that He is celebrating our victories over sin and commiserating with our pain-filled failings ... And if he truly knows Love, then he will interfere with neither – neither “hinting” what we need to do to succeed, nor trying to stop our pains from happening, nor ameliorate the suffering that comes from those pains. For to do so is for him to have no faith in us – and to have no faith in God – and to have no faith in the power of Love – and to rob us all of the Joy that comes when we are unsure and yet choose wisely; much less the sheer Bliss that comes when we are in immense pain and yet choose to Love anyway ... Of course, in all likelihood there is no such entity either “out there somewhere” or “up there” gazing downward upon us at all. In all likelihood there is the Essence to which Jesus refers instead – the heavenly Father that resides within us (John 14:20-26, for those who are interested) – an Essence that we can all quite easily & all quite clearly feel whenever we choose to act in harmony with its call to Harmony.

Remove from the Path only those thorns upon which others have already stepped.

“When my Spirit was overwhelmed within me, then You knew my Way.” ~ unknown (Psalm 142:3)

Psalm 142 generally speaks of a man in a state of hopeless despair, calling out to God for support and assurance. Interestingly, the Hebrew word here for “overwhelmed” is *ataph* a word which can also mean failed or weakened or shrouded (see Strong’s #5848). As such, an “overwhelmed Spirit” is actually a repressed spirit – a Spirit overshadowed by fear or anxiety or desire or sadness ... And this verse seems to relay the Truth that even in those instances – *especially* in those instances – the heavenly Father within still knows The Way; still calls for us to Love & still calls for us to Serve & still calls for us to Give to others anyway. And if we heed those holy summons, the Spirit that was once so “shrouded” is freed from its oppressions, and no longer overwhelms us (or better stated – no longer allows the ego to overwhelm) ... Note as well that the Hebrew here for “knew” is *yada*, a word which can also mean “acknowledged” (see Strong’s #3045), implying the Truth that in those times when we feel most lost, the Advocate within us (John 14:20-26) will point us back towards our true Path – away from fear & despair, and towards Love & Faith in Love.

“With our thoughts we make the world.” ~ Buddha

Well, with our thoughts we do indeed “make” the world, at least in the sense that our thoughts determine what portions of the world we will notice, *and* how we will choose to mold those witnessings when we juxtapose them with our memories, *and* how we feel about the when we witness them, *and* essentially what we do with them once we feel them. So, even though the vast majority of the “real world” most certainly exists fully outside of our perceptions thereof, it is quite true indeed that with our thoughts (which can always be altered at will or whim) we do indeed make *our* world.

It is our intentions, much more clearly than our deeds, that summon our future.

“In end effect each person possesses complete power. You can transform anything in your life as soon as your consciousness becomes One with God’s Will.” ~ Paramahansa Yogananda

Again, we cannot literally transform the physical make-up of substances (We are not alchemists – and thank heavens we aren’t; for there is nothing more glorious than the life that already exists). And again, it is equally impossible for us to alter the psychological make-up of others (We are not slave masters – and thank heavens we aren’t; for our Love means nothing unless it can be at least occasionally given to an enemy, and there would be no enemies if we could control the minds of those who annoy or attack). And again, we cannot transcend the fundamental composition of our surroundings (We are not wizards – and thank heavens we aren’t; for what would be the Meaning in a life where we have complete control over all that is?) ... And yet despite all of this, what we most certainly *can* effectuate is what is done with the things that happen to us (transforming them into happenstances that happen *for* us). And it is thereby that we can directly affect how our surroundings take form *within us*, as well as how our surroundings respond to the choices we make in the near future – including how we inspire others to potentially do the same. And if we do this in harmony with selfless Love – in harmony with the over-arching flow of the Cosmos towards Oneness – in harmony with what Yogananda here calls “God’s Will”, then we can indeed indirectly transform anything in our lives into something that affords us the opportunity to Care – and thereby that brings us Peace.

“By the power of Truth, I, an awakened Human,
have conquered the Universe.” ~ Christopher Marlowe

This quote (from the Latin written in **gold** below) is most reminiscent of Jesus’ “I have said this to you, so that in me you may have peace. In the world you face persecution. But take courage; I have conquered the world” (John 16:33), and it makes since that these sayings would reflect one another – seeing as how the ultimate Power of The Way of Christ is the Truth of radical selflessness – the selfless Love that allows every Child of God (i.e. every “awakened human”) to conquer any & every challenging situation by infusing it with humble acts of potent Caring ... Of course, this statement is true only to the degree that “the Truth” referenced here is indeed referring to selfless Love – for when we Love that purely, there are no more concerns for self. There is no more fear, there is no more yearning, there is no more sadness, there is no more anger, there is no more frustration, and there is no more annoyance – There is only the Joy that comes in setting aside such selfish pettiness in order to Care for others. And in this way nothing that happens in the world can have any negative effect on the one who truly Loves – and in this way the one who truly Loves literally “conquers the world.”

Vi Veri Veniversum Vivus Vici

“When you can undress without being ashamed, and take your clothes off and put them under your feet the way little children do, ... then you will comprehend the Child of the Living One.” ~ Jesus (Thomas 37)

How intriguing this verse is when contrasted with the shame Adam & Eve felt after their “Fall” in the Garden of Eden ([Genesis 3:7](#)), and how intriguing as well that Jesus would have uttered such a verse – especially considering the fact that he was very well versed in Old Testament Scripture, and that one of the primary Purposes of his ministry was to radically reform the Judaic laws of his day (see [Matthew 5:17-18](#) – where the word commonly translated as “fulfilled” is actually the Greek *pleroo*, a word which actually means “to hone” or “to perfect” or “to bring to completion”; see also page 427 herein) ... Either way, this verse metaphorically refers to purposeful vulnerability – the purposeful opening of oneself completely to the other; even at the cost of ridicule or rejection (public nudity was a huge no-no back in Jesus’ day (see [Leviticus 18:6-18](#)) – again, Jesus using a bold championing of self-sacrifice using an example that was beyond misinterpretation.

“He who wears his morality as but his best garment were better naked.” ~ Kahlil Gibran

Morality worn only when convenient or only for show is not true Morality at all, but is rather a mask or a manipulation ... For true Morality is worn not in times of ease, but shines forth in time of greatest difficulty.

Awaken by completely clothing this moment's deed with your Soul.

Image 356 (Page 133b) ... This picture (which I call “Dunking Freely”) shows me dunking naked “on a dare” at The Pink Palace resort on the island of Corfu (Greece) in 1994. Why did I do this? Well, my friends and I were playing volleyball in the courtyard and my team was facing match point. One of resort employees (who was serving as our game’s referee) called halt to the game and told me that he would even up the score at 14 points apiece if I would perform a dunk while naked. Never one to pass up the opportunity to selflessly serve, I obliged. It was a pretty good dunk, and it was totally worth it (even though my volleyball team went on to lose) – reminding me of the Truth that selfless service can take many forms, and that it is often more potent when performed “naked” (P.S. no alcohol was involved in the above-told tale)...



“Every action well-intended is an action well-done.” ~ anonymous

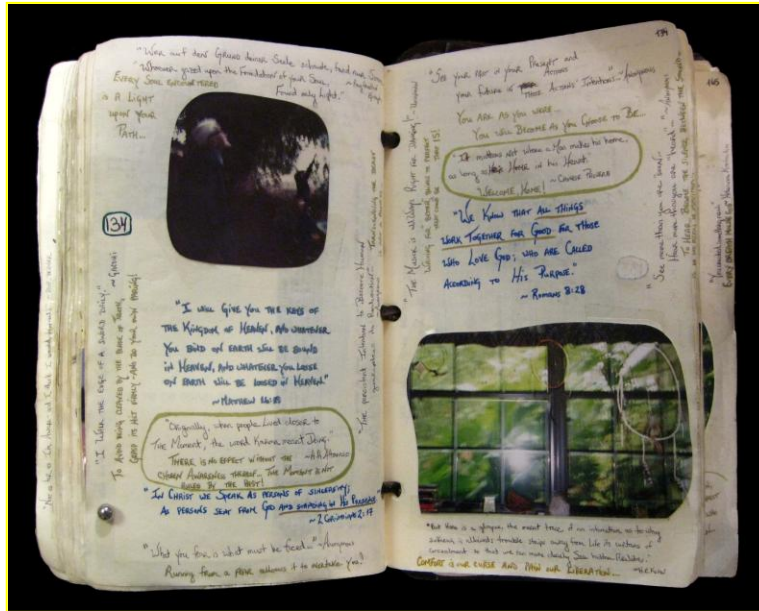
Actually, every action both well-intended (i.e. inspired by a desire to help another) and courageously done (i.e. with a boldness crossing over into self-sacrifice) is an action well-Done.

***To be truly well-intended,
a deed must be both conscious (Aware)
and “unconscious” (selfless).***

“Teach the Way by Living the Life.” ~ anonymous

And live “the Life” by embodying The Way.

***Live over your impulses,
as opposed to through them.***



“Whoever gazed upon the foundation of your Soul, found only radiance.”
 ~ epitaph in Prague Cemetery (Stuttgart)
 (Wer auf den Grund deiner Seele schaute, fand nur Sonne)

In actuality, whomever gazes upon the foundation of *any* Soul finds only brilliance, for all Souls are composed of the same purity of The One, and that One knows only the most scintillating of shinations ... Note as well *how* it is that we can choose to truly gaze upon that radiance – by seeing the Golden Core within others that resides just past their behaviors & beliefs; by uttering Kind words to strangers (especially those who frighten) and associates (especially those who annoy); by doing self-sacrificial deeds of Service for our enemies and our communities (realizing that to serve an enemy is to bring that enemy a measure of Peace – and thus that to serve an enemy *is* to serve his or her community as well).

Every Soul encountered is a Light upon your Path.

Image 357 (Page 134a) ... This picture (which I call “Ezekiel saw the Wheel”) is of myself, my brother Todd, and our paternal Great Grandfather. It reminds me of the Truth that no matter how old we become, we can always pause long enough to humble ourselves and glean great Wisdom from young children ...



“I walk the edge of a sword daily.” ~ Mahatma Gandhi

It is just beyond selfishness and the perceived obligation to others that the outer edge of Love’s Kingdom resides. Both must be abandoned to even begin to enter ... It is Just beyond giving to friends and hoarding for self that the outer edge of Love’s Kingdom lies. Both must be set aside to even begin to enter ... It is just beyond aligning our choices with the expectations of our “herd” and hiding in the comforts of our private “caves” that the outer edge of Love’s Kingdom awaits. Both must be refused to enter there ... It is just beyond the romantic excesses of “love” and callousness that the edge of Love’s Kingdom lives. Both must be rejected in order to enter there.

**To avoid being cleaved by the Blade of Truth,
 grasp its hilt firmly – and then Do your own paring of self.**

***“I will give you the keys to the Kingdom of Heaven ...
Whatever you bind on Earth will be bound in Heaven,
and whatever you lose on Earth will be loosed in Heaven.”
~ Jesus (Matthew 16:19)***

First & foremost, please **note** that Jesus does *not* give anyone Heaven itself, only “the keys” thereto. And this is spot on, for we are the ones who must do the insertion thereof into the lock on Heaven’s door (by choosing to envision purposefully selfless intentions) and we are the ones who must do the turning of that door’s handle (by choosing to courageously enliven selflessly Caring actions) to enter (see **John 13:15-17 & Luke 8:4-15 & Matthew 24:12-14 & Matthew 7:21 & Matthew 5:43-48 & Matthew 25:35-40** et al) ... **Note** as well that “Heaven” for Jesus was an internal experience (**John 14:20 + Luke 17:20-21** et al), and that when this is taken into account, this verse takes on a meaning that is fully more profound. For if “Heaven” is within us, then anything that “binds on Earth” (i.e. all the mental & emotional attachments innate to our ego-based interactions between the mind-body and its surroundings) simultaneously “binds in Heaven” (i.e. creates a thicker layer of “tarnish” or “sludge” around our Hearts – further encapsulating us in our own lives, separating us further from our innate inner Divinity, and making it that much more difficult for us to pierce that “dirty veil” and re-experience a Oneness with our neighbors). Similarly, whatever we “lose on Earth” (or whatever is “loosed” on Earth; i.e. implying the Love that flows forth after all acts of intentionally detached Kindness) will be “loosed in Heaven” (i.e. they will free inner feelings of Bliss & Contentment, along with an overwhelming desire to continue serving others) ... There is one final point here that is quite worthy of **note**, and that is that the word translated as “bind” here is the Greek word *desete* in the ancient texts (Strong’s #1210); a word that actually meant “compel”, “prohibit” &/or “declare unlawful.” This is especially intriguing considering the fact that one of Jesus’ primary missions during his ministry was to dramatically reform the overly strict & primitively condemnatory regulations of the Old Testament (see commentary on page 427 herein).

**“The persistent intention to become truly Human
guarantees the realization thereof.” ~ anonymous**

This is actually not at all entirely true. For our mere selfless intention, while indeed an incredibly important prerequisite to awakening our Humanity, means nothing without an aligned action attached thereto.

***Transcending “the beast” is not a process,
but a repeatedly willing & sincere choice.***

**“Originally, when people lived closer to the moment,
the word karma meant Doing.” ~ A. A. Attanasio**

There is Great Truth here. For when we truly live in the moment – deeply immersed therein, karma becomes not some distant reverberation in a subsequent lifetime, but rather an intimate experience that comes to us *during* each act we engage, coupled with a commensurate consequence received shortly thereafter. Granted, sometimes the latter consequence takes “a long time” by human standards to arrive, and yet a human lifetime is but a flash to the Cosmic Clock, and at the latest on our deathbeds, all “karmic retributions” are fully received. While Love cannot be truly engendered when this Truth is our underlying motivation (avoiding “the wrath of God” on our deathbed is not a selfless reason for acting), remembering this Truth should be a regular reminder for us “keep awake” and go forth as if each day were our last – to make each day about Giving instead of receiving, and about serving much more than being served.

***No circumstance exists
without the chosen Awareness thereof ...
No moment is ruled by its past.***

“In Christ we speak as persons of sincerity; as those sent from God and standing in His presence.” ~ Paul (2 Corinthians 2:17)

Actually, the vast majority of the time those who are truly “in Christ” are serving others and not speaking at all ... That having been said, it is possible to “speak in Christ” as well – whenever we encourage those in despair or compliment those in depression; whenever we speak words of Kindness to strangers or words of forgiveness to enemies ... With sincere Love is the only way to speak as those sent from a God of perfect Love (Matthew 5:48) and with sincere Love is the only way to speak as those who are standing in God’s presence – as those choosing to act as humble embodiments thereof (John 14:20).

“What you fear is what must be faced ...” ~ anonymous

Actually, merely facing a fear is not enough – unless “facing a fear” means actively Loving the same.

Running from a fear allows it to overtake you.

“See your past in your present actions,
and your future in those actions’ intentions.” ~ anonymous

The intentions of one moment are the foundation of the actions taken in the next – and the actions taken in that next moment form the foundation of the life that flows thereafter; and the basis for all intentions made therefore & therein ... As such it is important that we choose wisely – which requires us to choose Purpose-fully – which requires us to choose Lovingly – which requires us to choose to act solely for the benefit of the other, and never for any benefit to self.

***You are as you were ...
You will become as you choose to Be.***

“The music is allWays right for dancing.” ~ anonymous

First of all, remember that Love is the dance that is always available, and that the only dance worth dancing is Love. As such, no matter what music Life happens to be playing (whether celebratory or rigid or flowing or saddening), choose to ***dance accordingly*** – If the tempo is fast, flow smoothly in that quickness (e.g. responding thought-fully yet efficiently in times of crisis or catastrophe) ... If the tempo is slow, flow smoothly in that meandering (e.g. responding thought-fully yet feelingly to times of ease & wonderment) ... If the music is jovial, Love easily (responding thought-fully and humbly to times of celebration & victory) ... If the music is ominous, Love strongly (responding thought-fully and courageously to times of danger or attack).

***Waiting for a “better” that could be
blinds us to the Perfect that allReady IS.***

“It matters not where a man makes his home,
as long as he is at Home in his Heart.” ~ Chinese Proverb

Yes, it is true that certain regions and certain communities embrace us more fully (and are thus harmonized with more smoothly) than others. And yet this blessing is not something for which an Enlightened One searches or that the Enlightened One harbors once found. When we choose to Love, wherever we are is Home & everyone therein a member of our own Family – and the more difficult a place is to give such Love, the more potent that Love will be once given, and the more comforting that Homestead inevitably becomes.

Welcome, HOME ...

“See more than you are ‘seen’ ...
Hear more than you are ‘heard’.”
~ anonymous

This quote asks us to redefine what it means to perceive as a Human Being – asks us to See beyond what is merely seen (i.e. to look past others’ behaviors to their Child of God within); to Hear beyond what is merely heard (i.e. to assume that the other means well, even when speaking harshly, manipulatively, &/or deceptively); and to Feel beyond what is merely felt (i.e. to empathize with others who are suffering as if we were the ones suffering, and to have compassion for those doing evil as if we were the ones so confused).

To truly Hear, become the silence between all sounds.

“We know that all things work together for good for those who love God; who are Called and who answer that Call – each according to their Purpose.” ~ Paul (Romans 8:28)

The last phrase here provides the Divine Context for this verse (though in all probability **not** the context that Paul originally intended) – for we are all Called to Care for others (**not** to worship Jesus and thereby attain salvation for self, as Paul was wont to errantly believe – see [Mark 10:18](#), [John 5:41](#), [John 7:16](#), [John 8:50-54](#), [John 12:44](#) et al) ... We can all enliven that Caring in ways unique to our station and our capabilities therein, and we all indeed answer that Call when we begin to **DO** that Caring for others (see [John 13:15-17](#) & [Matthew 24:12-14](#) et al – noting that praying for others or worshipping devoutly or harboring good-intentions or even making verbal affirmations of hope or faith are **not** enough; action must be taken to Love the way of The Way) ... And if we have both the humility to accept this Truth ([Matthew 18:3-4](#)) and the courage to put it into practice ([Matthew 5:43-48](#) & [Matthew 25:35-40](#) et al), then this becomes also the Way that we truly LOVE – and thereby devoutly worship – the heavenly Father of Christ (see [Matthew 22:37-40](#)),

Image 358 (Page 134b) ... This picture (which I call “Mystical View”) shows the view out from the old (now burned down) Alexzanna Farms library window (in Wildwood, Georgia). It reminds me of the Truth that even though there are many dimensions to our Reality – and even though the majority thereof remain beyond our ability to directly perceive or understand, Love given in one flows just as potently through all ...



“But here we glimpse the merest trace of an intimation as to why suffering is allowed: trouble strips away from Life its curtains of concealment, so that we can then more clearly see its hidden Realities.” ~ H. E. Kohn

Suffering is not allowed, it is 100% *chosen* – whomever chooses to Love in times of pain knows no suffering whatsoever, for suffering comes solely from resisting pain while focusing on self, neither of which can exist in times we are immersed in thinking for the other while actively Caring for them ... That having been said, pain & tragedy & crisis **are** indeed “allowed” in life – and purposefully **not** interfered with “from above” (regardless of one’s particular beliefs related to God &/or the Divine) – for it is only via experiencing such traumas and then choosing to **Love anyway** that the Bliss of the Kingdom of Heaven can be experienced by humankind.

***As far as perceiving Truth is concerned,
comfort is our curse – and pain our liberation.***



“The very basic core of man’s living Spirit is his passion for adventure. The Joy of Life comes from our encounters with new experiences, and here there is no greater Joy than to have an endlessly changing horizon; for each new day to have a new and different sun.” ~ Christopher McCandless

McCandless did invoke one of the two planks of real Joy – Courage – in the way he chose to live (and ultimately end – see the book *Into the Wild* by John Krakauer for details) his life, and it is true indeed that a life filled with boldness & bravery (what many call “adventure”) is a life of markedly enhanced levels of wonderment & peace & happiness (alone the steady confrontation and “defeat” of fear makes this so) ... And yet this is only one of the two planks of true Joy, and by far the least important of the two. For even though Courage *can* add meaning to Life, it still means relatively little unless applied to Love. For the true Joy of Living comes not to those who live bravely, but those who choose to make their lives about *Caring* courageously.

***Every day has a new Sun
whether one changes location or not ...
Even when completely still,
your Home shifts with each heartbeat.***

“Enough of a good thing is too much.” ~ L. F. Hilbers

Actually, while sating a desire to the point of non-want (or even revulsion) is indeed “too much” (leading to an inevitable shifting of one’s awareness deeper into the depths of ego, a transposing of the over-indulged want onto the next available desire), attaining any degree of “satisfaction” from the even partial fulfillment of a personal desire is in effect “too much” as well. Indeed, not maxing out a desire can even prove to be worse than getting “enough” of that “good thing”, for as long as we are in ego and a desire remains unfulfilled, we tend to continue to chase its imagined fulfillment, and life remains filled with vacuously futile efforts to do so ... And this is indeed what it means to “sin”; not sin in the sense of self-criticism or character flaw, but “sin” in the ancient sense of the word – a Greek word that simply meant “to miss the mark”, or – better stated in more modern terms – “to fail to enliven the True Self.” Note in conclusion that it is the desire behind any particular “sinful action” that is the primary sin, not the errant action itself. For if we choose to intend to Care for others, then any act that follows will per se not be sinful. It might prove to be ineffective, and yet it will have been performed selflessly, and thus purely. And it is impossible to ever get “enough” of truly Good Things such as these.

It is the desire for satisfaction that is the sin.

***“I represent the Way [of Oneness],
the Truth [of Love], and the Life [of God].”***

~ *Jesus* (John 14:6)

This verse traditionally reads “I am the way and the truth and the life. No one comes to the Father except through me”, and is extremely popular among conservative Christians – who believe wholeheartedly (actually *half*-heartedly, for no truly whole Heart can believe such exclusivist rhetoric) that it supports their belief that the self-appointed apostle Paul was right; namely, that Jesus Christ is the only Son of the only God, and that salvation in the eternal Hereafter can only be attained by worshipping him as Lord ... Taking this verse all by its self (i.e. refusing to read it in the context of Jesus’ entire ministry) and neglecting to examine the actual Greek words used in its ancient manuscripts could very well lead one to harbor such a dramatically errant belief. And yet when we do apply context and scholarship to this verse, a very different meaning blossoms forth from its words ... **First** of all, please remember that the **Way**, the **Truth**, and the **Life** of Jesus Christ consisted first & foremost all of one primary message – a message he called “**the Good News**” (or “**the Gospel**”) – a message that for him at least consisted of two parts: first, that Heaven was already “**at hand**” (i.e. already fully available in every moment of our current lives – see **Matthew 10:7**), and second, that entry into this internal experience of Paradise was made by serving others with acts that were both selfless & Loving (see **Matthew 24:12-14**). This Gospel was very different from Paul’s self-created “gospel” (see **1 Corinthians 15:1-4** & **Romans 10:9**, the message of which Jesus openly and vehemently rejected in **Mark 10:18**, **John 5:41**, **John 7:16**, **John 8:50-54** & **John 12:44** et al) and yet Jesus’ is the Gospel that we must keep in mind if we ever hope to accurately decipher what **he** meant by his words ... **Second**, please remember that Jesus’ heavenly Father was an *internal* essence (**John 14:20**); an essence that was viable in the “**Heaven**” available in each & every present moment (**Luke 17:20-21**) – **not** an external, celestial, benevolent tyrant looking down from some “elsewhere heaven” to which only the “worthy” could go and live eternally after their deaths ... **Third**, please note that the word translated in the second half of this verse as “**through**” was the Greek *dia* – a word that did not mean “via” or “because of”, but rather meant “**throughout**” or “**on account of**” (see Strong’s #1223) – in this case referring to the emulation of The Way that Jesus taught, **not** the worship of the man he was (he always said “**follow me**”; never “worship me”) ... **Fourth**, please note that Jesus’ heavenly Father was composed of unconditional, perfect Love (**Matthew 5:48**); a Love that showed constant mercy (**Luke 6:36**), a Love that radiated limitless forgiveness (**Matthew 18:21-22**), and a Love that punished no one (**John 5:22** + **John 8:15** + **John 12:47** + **1 John 4:18**) – all scriptural facts that in & of themselves fully preclude the validity of the conservative interpretation of this vase ... **Fifth**, for Jesus “**I am**” never ever meant “*only* I am.” Instead, every time he told us all what he was, he was also showing us what **we** too could choose to become (see **John 14:12** + **John 12:47-48**). In support of this Truth, note the Greek used here – not merely “I am”, but “**I, I am**” (*ego eimi* – see Strong’s #1473 & #1510), an emphasis that did not pertain to Jesus himself, but rather to the common “**Advocate within**” that we all share (see **John 14:20-26**) ... **Sixth**, Jesus was also clearly a fan of combining Truths listed in a series (e.g. his 2 Commandments were actually two planks of **one sole Commandment** – namely, Love God wholeheartedly **by** selflessly Caring for others – see **Matthew 22:37-40**), and the same is true here – it is not that he is the Way & the Truth & the Life, but rather that he is **The Way** (i.e. the interactive embodiment) **of the Truth** (the raw viability of selfless Love) **in the Life** (lived accordingly) ... Amen – Let it be so.

Image 359 (Page 135a) ... This picture (which I call “Autumnal Fire”) symbolizes the Truth that Beauty can be powerfully reflected (and thereby potently given) even in time of pain or dying or death ...



“Every tome of Truth is written by its readers.” ~ anonymous

Some would say that this quote means that every reader of every spiritual work or sacred text attaches his or her own unique interpretations thereto, and to a degree that is what is intended here. And yet there is more implied here than mere interpretation – I think each & every reader literally creates Meaning within the verses of those same texts. Consider: I remember once being confused by a particular passage of the *Tao Te Ching* while studying it in college, and I remember asking my professor about it at the time, and having him essentially tell me to not worry about it – that the *Tao Te Ching* was “just poetry” and didn’t need to make sense on a practical level. Much to my surprise, after re-reading the *Tao Te Ching* many years later (at a time in my life after which I had already become a relatively proficient practitioner of The Selfless Way of Christ -- i.e. purposefully acting selflessly, especially in those moments of fear, sadness or anger when the ego wanted me to behave selfishly), it made perfect sense. Whereas before I had been confused by Lao Tsu’s occasional mention of a self that seemed to exist in contradiction and paradox, I had learned from personal experience that he was actually referring to the two very different selves who both reside within us all. To the one who knows nothing of The Way, the *Tao Te Ching* is “only poetry” – while to the one who is actively living that Way, the *Tao Te Ching* becomes a work of flowing genius. In this way it is indeed true that “every Tome of Truth is written by its reads” ... And it worth noting that religious scholars are all aware of this Truth – knowing full well as they do that there are hundreds of equally acceptable interpretations for most of the passages written in all the world’s sacred scriptures. As such, we are each called first to look to the varying opinions of scholars & preachers & friends related thereto (adding the traditionally accepted, conservative interpretation to the mix – to be fair), and then to look ourselves at the probable meanings of the actual words used in the ancient manuscripts. We are then summoned to examine any readily available ancient commentaries about the same, and – by far most importantly of all – we are Called to take the various interpretations of any particular passage and *test them*; to see for ourselves what Fruit each interpretation bears; and then to adopt the interpretation that bears the best Fruit (see [Matthew 7:15-20](#)). Indeed, if we do not have access to the former ways of analyzing ay text, the latter test is all that is needed. For if God is worth worshipping, then He is indeed an advocate of compassionate Love & merciful Justice – and if he is such an Advocate (see [John 14:20-26](#)), then the interpretations of any of His Scriptures will bear the same fruit when put into practice. Simply put: those that do so are “of God” – those that do not, are not.

***The Way is constantly re-formed
in the eyes of its beholders.***

“First, see Life’s gifts with their implied conditions,
then accept only the gifts.” ~ anonymous

First, we are to notice the gifts we accept that come with conditions – and we are to return them ... Second, we are to notice the gifts we give with conditions or hopes or expectations attached – and we are to recall them ... Third, we are to accept all gifts openly, while openly noting that we are doing while simultaneously rescinding all conditions attached thereto ... Fourthly, and by far most importantly, we are to take stock of everything we have to give in any moment – and then give it away freely; with no conditions, no hopes, no expectations, and no attachments ... We are to make our life solely about the latter, and all the formers will meld themselves thereto.

***Hope eliminates Humility, crushing altruism
under pride’s immense weight.***

“Courage calls to Courage everywhere.” ~ Millicent Fawcett

Courage of self calls to Courage of others not with its words, but its *deeds* – not with its persuasions or encouragements, but with its silent *acts* of selflessness – silent deeds of Goodness that are witnessed purely & inspiringly, and thereby gently-yet-powerfully call others to emulate the same.

Every Heart is gentle and every Soul is brave.

“If you’re going to be a bear, be a grizzly.” ~ B. Dee Boughton

***Let there be nothing
between the moment
and your choice
to live or die in it.***

If you are going to Pray – **Pray wholeheartedly** ... If you are going to Serve – Serve **Care-fully** ... If you are going to Give – **Give anonymously** ... If you are going to be Kind – be **Kind uncomfortably**... If you are going to Forgive – **Forgive openly** ... If you are going to Love – **Love self-sacrificially**.

Image 360 (Page 135b - top) ... This picture shows a Grizzly bear – symbolizing the Truth that true Strength comes not from physical might or constitutional endurance as much as it comes from having the moral fortitude to stand strong against adversity – to defend the downtrodden and champion the persecuted; along with the Wisdom to know that – while it is indeed time to rest when it is time to rest – it is always time to fight whenever others are being oppressed ...



“Love from a loving place.” ~ Heleana B. Kontoudios

Love given from a comfortable place brings mild comfort, and Love given from a loving place brings friendships superficial & fleeting ... LOVE, on the other hand, given from a painful place brings transcendence of Self, and LOVE given from a place laden with danger & violence brings transformation of all nearby.

The only place Love lives is in the Heart of the other.

“Life is precious.” ~ Brandon Lee

Life is precious when treating others accordingly ...
and Life is wasted & worthless when merely “lived” for self.

***Material Existence –
both our priceless gift,
& our ultimate sacrifice.***

***“Three times I appealed to the Lord ... But He said to me: My Grace is sufficient for you,
for my power is made perfect through temptations of weakness.” ~ Paul (2 Corinthians 12:8-9)***

Interestingly enough, Paul was answered here in direct accordance with the weakness of his query. For we are not to pray to God for ourselves or to appease our own suffering, but rather in raw Gratitude for life itself by asking humbly for more opportunities to relieve the suffering of others. To do the latter is to pray “in Christ’s name” and thereby always receive that for which one prays (i.e. the awareness needed to notice the omnipresence of said opportunities – see **John 14:13-14**), while to do the former is to suffer to the same degree of the selfishness of our request – in Paul’s case, immeasurably ... Note as well that “Grace” here is the unrequested gifts from God (Grace is not a gift, but a given) – namely the “trinity” of self-awareness, internal moral guidance, & the free will to apply the latter to the former). And *this* is why God’s “Grace is sufficient”, for the application thereof transcends all suffering and trumps all challenge – and this is why the immense Power thereof is made perfect (i.e. made real) “**through temptations of weakness.**”

Image 361 (Page 135b - bottom right) ... This picture (which I call “Earthy Fractal”) reminds me of the Truth that Love expands not linearly or proportionately to its increased difficulty of enlivenment, but rather exponentially thereto ...



“Life isn’t ever truly fair – and yet Life is allWays right.” ~ anonymous

Actually, Life *is* always Right – if for no other reason than because it is *never* fully “fair” in the traditional sense of the word. In other words, the events in our lives are always at least partially challenging, and thus at least partially experienced by our ego-minds as “unfair. And this is a most fortunate reality, for this means that every situation, every encounter, and every happenstance all contain the opportunity to enliven a selfless option – an option that is always opposed to the instinctual desires of our more primitive, self-centered brainstems, and thus an option that it at least in some degree difficult to enliven. And thus, seeing as how the potency of our actions (and thereby the Peace that ensues therefrom) is always in direct proportion to their difficulty, it can indeed be said that Life is always Right and – oddly enough – always Fair as well.

Striving for the enforcement of Justice precludes Its realization.

“I may not have gone where I intended to go,
but I think I have ended up where I intended to Be.”
~ Douglas Adams

As long as we live in Love, we always (within every single moment thereof) end up *exactly* where our Souls always want to be -- namely, fully in the throes of maximum Service; enlivening the Great Call to become the Caring stewards of all nearby ... Constraining our path (and therefore limiting the opportunities of service that we can choose to engage) is thereby to drastically limit Life’s potency, and yet to keep a general Light of Love on the horizon – and to head steadily and gently and flexibly and spontaneously in its direction – is to fulfill the greatest portion of our species’ common original Destiny.

**Whether you realize it or not,
you are always where you intended to Be.**

PAGE 136



“Nature does everything with Purpose.” ~ unknown

In the sense that one believes that Nature has its own consciousness that concretely plans & decides & arranges what its components each do in response to one another, then this statement is – of course – false. Nature is indeed an entity in & of itself, of course, and yet it is a non-sentient entity – one whose components flow into and over and through one another; one whose parts intermingle and react to each other without need of organization or impetus. Nature is the perfect “autopilot” – adapting to crises and conflict, and smoothly & all-powerfully erasing all discord while flowing steadily towards a distant (and ultimately unattainable) horizon of perfect Harmony ... And yet – at least in the sense that every facet of nature is imbued with latent Purpose (i.e. that every individual entity within every interaction carries with it the potential to be used Meaning-fully by any and all sentient beings nearest by) – this statement is also a bringer of Truth. For even though Nature itself does not do anything with conscious Purpose, every single sentient facet of Nature has the capability to do so – if & when it so chooses.

*There are no accidents ...
Every “coincidence” is a whisper from GOD.*

Image 362 (Page 136a) ... This picture (which I call “Earth & Stone”) shows a close-up view of the Spring daffodils surrounding the “Grand Bench” that overlooks the lake at Alexzanna Farms (in Wildwood, Georgia). It reminds me of the Truth that Rebirth can happen even when Spring has not yet arrived – that Rebirth is a choice made most powerfully not when our days are warm & smooth, but rather when the frost of life’s pains have yet to thaw and the chill of life’s dangers have yet to fade ...



Image 363 (Page 136a – overleaf) ... This picture shows a more distant view of the same “Grand Bench.” The statue at the base of the oak tree to the right is of St. Francis of Assisi holding a tray of rose quartz, and reminds me of the Truth that the purity of one’s Wisdom is always directly proportionate to the purity of one’s Love; that the Wise are not those who “know much” or who exude wit or cleverness, but rather are those who set aside “being right” in favor of being Kind ...



Image 364 (Page 136a) ... This is a picture of Martha Austin, a Life-Journey partner of mine from 1991 to 1993 – and a dear Friend since 1995. Her picture reminds me that Friendship resides at the heart of every relationship – a Friendship that can only truly blossom once all hope has been replaced by acceptance, and once all passion has been replaced with Humility and Kindness ...



“Interdependence is the art of loving without being consumed ... As such, it means gaining a sense of Joy & Serenity that includes others without depending upon them ... This is only possible when one is completely willing to be consumed by that loving.” ~ unknown

Dependence (what some know as “codependence”) brings the illusion of safety while simultaneously destroying all hope for a Meaning-full Life ... Independence, on the other hand, brings the illusion of freedom while simultaneously shackling one to a life of callousness & greed ... Interdependence, in dramatic contrast, combines the best of both while avoiding the pitfalls of either. Interdependence is immersion in a group of beings who are mutually Loving towards one another without inflicting one another with the dysfunctional burdens of promise or commitment or duty or obligation. All are willingly & Joy-fully a part of the whole, and all willingly & Joy-fully put their own desires behind the needs of the collective ... This is a communal structure in harmony with the fundamental frequencies of the Cosmos ... This is a village-sized enlivenment of The Way.

Love is an interwoven tapestry of both revelry & service.

“But just as at that time when the child who was born according to the flesh persecuted the Child who was born according to the Spirit, so it is now also ... For freedom Christ has set us free. Stand firm, therefore, and submit never again to a yoke of slavery.” ~ Paul (Galatians 4:29+5:1)

The ego (i.e. the “child who is of the flesh”) always rejects the will of the conscience (i.e. “persecutes the Child of the Spirit”) ... The ego is generated by the “reptile mind” – the most primitive portion of the human brain, and as such is built solely on fear & selfishness ... The conscience (otherwise known as the “Heart Brain”) is constructed from the Soul, and as such is built only of Love – compassion for & service towards others. And most important of all to understand is how these two “selves” interact with one another – that the former always starts from an assumption of danger, and that the former always assesses reality ¼ of a second before the latter can even begin doing so. This means that the “reptile brain” of the ego does indeed always in a sense “persecute” the “Heart Brain” of the conscience, for the former is always responding to every situation before the neocortex even begins to activate the latter, and the former is always doing so using the only analyses at its disposal – namely, “friend or foe” & (once “foe” is registered) “fight or flight.” The former believes that any selfless deed is a loss – a vulnerability to attack – a giving to others and thus a lessening of self – a weakness that can be exploited by the malicious & the mal-intended. And as such the ego continually “persecutes” the conscience – constantly reminding our minds that self-sacrifice is only for the Noble, and that we are “only human”, and that we are only one person, and that being Kind to mean people is dangerous or irresponsible or masochistic (or even deadly), and that being Kind to our enemies only encourages them to be even more mean or disrespectful or abusive or cruel or annoying in the future ... All of these internal encouragements are lies, of course, and yet unless the person hearing them has the humility to pause and the courage to go forth and Love anyway, he or she will ever listen to the worm-tongued whisperings of the ego, and the Joys only accessible via his or her conscience (the Soul) will remain fully dormant until his or her death ... And yet the best of Good News is indeed the Good News of Christ – that liberation from such selfish superficiality is available in every moment (Matthew 10:7) and that we can all access the same through simple acts of courageous Caring (Matthew 24:12-14) ... Paul’s teachings will not lead us to this freedom, of course. Indeed, it is most ironic that the teachings of Paul – the teachings that were used to found and build up the modern-day Christian church – are one of the “yokes of slavery” from which Jesus’ Way of humble, non-judgmental, all-accepting, self-sacrificial, & unconditional Love provides liberation.

“Oliver Wendell Holmes noted that a mind stretched cannot return to its previous state of being ... So it is also with the Heart.” ~ Alan Cohen

This quote is so very true, and because it is so very true, it is extremely important that we realize how both are truly stretched – both minds & Hearts. For while it is traditionally believed that the mind is stretched by humbling oneself and then either pondering concepts unfamiliar or discussing beliefs uncomfortable, the only way to truly Stretch the Mind is to immerse one’s *actions* into those same newfound concepts & beliefs – to *feel* the new knowledge more than to merely “understand” or “know” the same ... Similarly, while it is traditionally believed that the Heart is stretched by humbling oneself and then being polite to strangers or uttering nice words to enemies, the only way to truly Stretch the Heart is to immerse one’s *deeds* into radically Loving those same people – to deeply *feel* how it feels to Love without condition & Give to another without hope for reward; to *feel* how it feels to willingly sacrifice one’s own benefit for the well-being of another. That is how to Stretch the Heart – and once so stretched, the Heart will never return to its previously self-centered size.

***To Love is to know Love ...
To know Love is to Know GOD ...
To Know GOD is to Live ...
To Live is to Love.***

“Pain is the opportunity to be Happy anyway.” ~ anonymous

Pain is actually the opportunity to set aside all desires for happiness in order to potently Love another anyway – and *thereby* become *inadvertently* showered with the deepest experience of Joy possible.

If you are alive, welcome to Heaven!

“Things are exactly as they are made to Be.” ~ Bill “Jock” MacGreggor

This is at least partially true, for even though “things” (i.e. the status quo of our lives) are a certain way – and even though they have come to be that way via the conglomeration of the past actions of all beings & all the happenstances even indirectly related thereto – every interaction with our surroundings is still subject not only to change – but to being changed ... So, for this statement to be more accurate, what Mr. MacGreggor must say instead is that “Things are exactly as they *have been* made to be” – a new Truth which reminds us that we are all bale to alter situations in such ways as to bring them closer to becoming what they were originally meant to Be – namely, source of inspiration, sources of wonderment, sources of Peace, or sources of Love.

Acceptance dispels all illusion.

“Love flows from without when It fills you up from within.” ~ anonymous

This is true enough, though it might be helpful to also know that Love can only fill you up from within **A**) after you have consciously dismissed all desires to know Love yourself, and **B**) while giving Love radically to those nearby – especially when you feel least able to do so; especially when you least want to do so; and especially to those deemed by self or others as being least deserving of the same.

***Love multiplies when given;
needing only the intention to be received to then expand.***

“And one does not presume to take this honor, but instead accepts it only when Called by God ... So also Christ did not glorify himself in becoming High Priest.” ~ unknown (Hebrews 5:4-5)

Note that while this verse seems to indicate that only a few of us are to become “preachers of the Word”, the authors of Hebrews seem unaware of the following Truths: **A**) that “the Word” we are to preach is selfless, self-sacrificial, unconditional Love (see [Matthew 24:12-14](#) + [John 8:31](#) + [Matthew 28:16-20](#) et al), and **B**) that that we are *all* Called by God (i.e. the Divine Essence that resides *within* us – see [John 14:20-26](#)) to preach that **Word** to others ... It is true that Jesus did not glorify himself when he chose to become a “High Priest” of The Way (Note that this verse says “High Priest”, **not** the only celestial Son of God) – but rather deferred all praise to God (see [Mark 10:18](#), [John 5:41](#), [John 7:16](#), [John 8:50-54](#), [John 12:44](#) et al). And it is also true that we have *all* been Called by Jesus himself to take up our own unique “crosses” of self-sacrifice and then go forth to emulate his Way, his Truth & his Life by following him (**not** worshipping him – see [Matthew 16:24](#) et al).

“Let us have Compassion for those whose world is composed only of that most marginal of gatherings: the five “primary” perceptions. Learning and information-hoarding have little to do with true Wisdom. In fact, the surer the man of his position, the surer we can be that he knows nothing of it ... Black is the Void and white the portal to its Emptiness, and yet the Cosmos is composed of every imaginable hue in between. “Facts” are merely opinions blasted much too strongly; huge overshootings of Truth and blatant misstatements of Reality. Better to wade mellow in the smooth, warm flows of not being sure of anything; contentedly floating along in Wonder ... Laugh heartily at the ignorance of your yesterday as well as the fear-hollow idolization of your today. Yet it is wise to remember that tomorrow those same smirks will be bent your way ... You never know.” ~ anonymous

While we cannot know anything of the vast majority of our objective Reality – we *can* clearly perceive which of our actions bear the Good Fruit of Harmony ... While we cannot know anything with real certainty, we are not to use that as an excuse to sit back and watch life flow by – but are rather called to use that same uncertainty to emPower our Selves when we choose to leap into Life and Love anyway ... Yes, we are to be “humble as a child” in the traditional sense of the phrase, and thus never sure of what we know or what we are doing. And yet we are also to be “humble as a very young child” (the actually Greek of Jesus’ wisdom in [Matthew 18:3-4](#)), meaning that we are to leap fully into every situation with Wonderment & wholeheartedly into every interaction with Love.

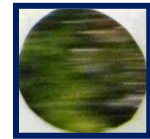
To Know, choose to admit that you cannot ever be certain.

“What makes the Man? More than his country, more than his loyalties, more than his home; He is what he believes. He is his inner Truths, but only so far as he acts on them ... Only this way gives us pure Peace and allows for our Spirit’s re-manifestation ... Are you all Ready there? Probably not. A woman who has arrived is she who believes that she can never truly arrive; the man who has arrived is he who believes that his Journey truly is its destination.” ~ anonymous

What makes a human being Human? When he chooses to be *humane* ... And what makes a human being humane? When she chooses to humble herself to those nearby, and then reaches out to actively Care – when he faces down the fulfillment of a desire to Give to another, or faces down a dreaded fear to love.

To Know GOD, Be GOD.

Image 365 (Page 136b) ... This picture is a blurred shot I took out the car window while riding down the highway on vacation (near Orlando, Florida) 1988. It reminds me of the Truth that it is never necessary to see others clearly to Love them fully ...

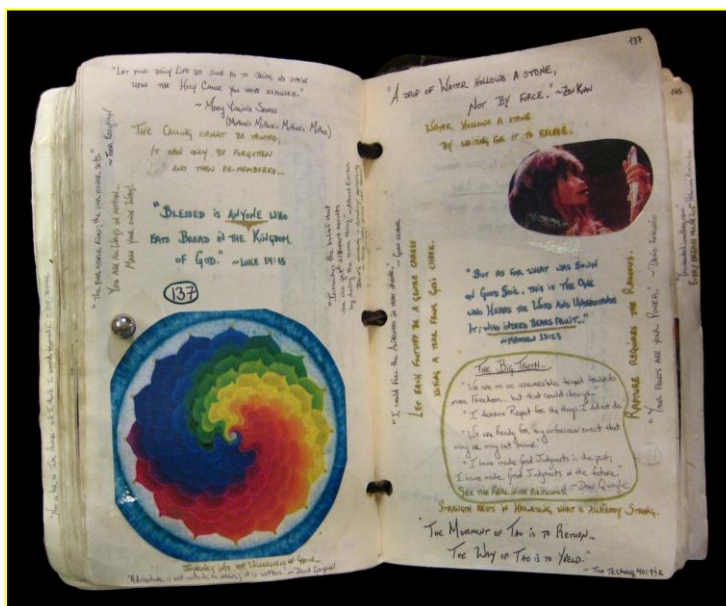


“What you do for money makes a living; what you Do for others makes a Life.” ~ Arthur Ashe

And most important of all to remember is the fact that we cannot engage the latter while striving for the former – that we cannot truly make a Life until we choose to let fear go and stop focusing on making a living. So let us drop all our dreams & all our plans & all our goals & all our concrete visions and definite destinations ... Let us dismiss all that shackles us to self ... Let us empty our Bucket Lists ahead of time, and fill our lives with LOVE instead.

Re-making a life is the only path to truly Living.

PAGE 137



“Let your daily life be such as to bring no stain upon the Holy Cause you have espoused.”

~ Mary Virginia Sands (my maternal Great Great Grandmother)

Importantly, this Truth relates just as much to the lesser known failings of our lives as it does to the “greater,” more well-known “sins” (keeping in mind that the word “sin” is actually a Greek word that meant “to miss the mark” – or, in modern terms, “to refuse to re-enliven the True Self”) ... Indeed, we all know about (and are frequently reminded of) the evils tied to violence, alcohol, drug abuse, bigotry, and sexual abuse. And yet the “sins” of callousness, arrogance, hypocrisy, procrastination, “fun”, vacuous speech (including most exchanges on social media), safety, fossil fuel use, cigarette smoking, and non-veganism are just as damaging – with the latter three being exceptionally so; harming not only the self but many others as well (with fossil fuel use destroying the environment, cigarette smoke causing cancer in non-smokers, and non-veganism brutally destroying the lives of millions of innocent beings while simultaneously bringing on the next mass extinction event) ... My Friends, discipline is not taking vows to remain fully sin-free. Discipline is a moment-for-moment choice to make our lives about Caring for others as opposed to caring about ourselves – it is about setting aside addictions in favor of acts of service – it is about repeatedly choosing to sacrifice as much as possible to bring as much Peace as possible into one’s surroundings; sacrificing callousness to Care; sacrificing arrogance to Listen; sacrificing hypocrisy to go vegan; sacrificing procrastination to build up one’s community; sacrificing “fun” for acts of charity &/or protest; sacrificing vacuous speech for extending Kindness to strangers & the downtrodden; sacrificing safety for forgiving one’s enemies; sacrificing fossil fuel use (including the use of plastics) for carpooling and biking and using alternative energy sources; sacrificing cigarette smoking for any healthier alternative; and sacrificing non-veganism for veganism – a life where our actions harmonize with our values.

***Your Calling cannot be tainted;
only forgotten – to then be re-membered.***

The Sun never rises; the Sun never sets.” ~ Thor Evergreen

True enough -- it is indeed not the Sun that rises & sets, but rather the Earth’s turning that merely makes it *seem* as though it does. And yet, in a most important twist, there is still an equally valid reality to the contrary – the perceptive reality that notes that the sun *does* indeed seem to set (which does indeed signal a metaphoric end to everything old that was) and that the sun *does* indeed seem to rise thereafter (signaling the rebirth that always follows every such “death”). This perceived reality – even though it is essentially illusory, still carries with it a profound metaphoric Truth that carries very real weight in the minds of all who witness the same ... Indeed, it is quite important for us all to remember that Reality is not so much what *is*, as it is what is witnessed & how what is witnessed is enlivened ... In other words, avoid getting caught up in “figuring out what is actually happening”, and spend the majority of your time & energy immersing fully in what is perceived to e happening instead.

***You are allWays in motion ...
Re-member to make your own Way.***

“Blessed is anyone who eats Bread in the Kingdom of God.” ~ Jesus (Luke 14:15)

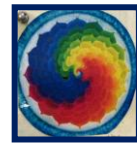
For the traditional Christian, this verse has Jesus arrogantly referring to himself as the “bread” that is the source of salvation (even though it would have been highly hypocritical for him to have done so – see [Matthew 18:3-4](#)), but only salvation for those who chose to believe that he is the only Son of God (a claim he himself refuted – see [John 14:12](#)) and then worship him accordingly (an abject subservience which Jesus did **not** want, and indeed which he repeatedly rejected; see [Mark 10:18](#), [John 5:41](#), [John 7:16](#), [John 8:50-54](#), [John 12:44](#) et al) ... For hyper-conservative evangelical Christians this verse takes on a bizarre bent, indirectly encouraging them to become cannibals (see also [John 6:50-71](#)) by somehow literally transforming the Eucharist into the actual body of Jesus and then imbibing the same. Of course, Jesus himself made it quite clear that he wanted nothing of the sort, with him informing his disciples in [John 16:25](#) that *everything* he had told them up to that point had been essentially metaphoric, and thus was **not** to be misconstrued literally – and this included the statements he made in [John 6](#) about being “the bread of life”, along with the summons he made at the Last Supper for his disciples to *symbolically* partake of his *message* (see [Matthew 26:17-30](#), [Mark 14:12-26](#), [Luke 22:7-38](#), and [John 13:1-35](#)) ... No, to correctly comprehend this particular verse, it is important to realize that “bread” for Jesus was essentially *selfless service* – the crux of his entire ministry (see [John 13:15-17](#), [Matthew 13:18-25](#), [Matthew 7:21](#) + [Matthew 5:48](#) et al) – a fact emphasized in this very verse, where he noted quite clearly that “blessed is anyone who *eats*” the bread of which he spoke (i.e. those who actively performed acts of humble selfless service); not those who merely worshipped the same. Even [John 6:32](#) notes that the “bread” of which Jesus spoke was “from Heaven” – the same “Kingdom of God” mentioned in [Luke 14:15](#), and the same “Kingdom of God” that he had already stated resided *within us all* during every moment of our **current** lifetimes (see [Luke 17:20-21](#); also [Matthew 4:4](#)).

“Insanity: the belief that one can obtain different results by doing the same thing.” ~ Albert Einstein

And what are some modern-day examples of the “insanity” mentioned here? **First** & foremost, it is “insane” to pray for God’s assistance when all that is truly required for our Happiness (i.e. the opportunity to Care for others) has already been provided us in every moment of our lives (not to mention the fact that all self-focused prayers always bring intensified suffering via their innate attachment to specific hopes & desires – hopes that often go unfulfilled; desires that dissipate & disappear once attained) ... **Second**, it is “insane” to live in an established oligarchy and yet continue to vote for change. Politicians within oligarchies can only last therein by coddling to the whims & the wishes of the interests of their mega-wealthy corporate masters. As such, any & all efforts made to alter such a patently undemocratic system using democratic means are abjectly futile and embarrassingly wasteful ... **Third**, it is “insane” to continue to give others specific advice when our unsolicited advice is rejected &/or our solicited advice is ignored (Note that it is always Kind to give cryptic responses to any request for advice – responses where those requesting the advice are required to come to Truth themselves, and thereby be much more likely to set those discoveries into motion) ... **Fourth**, it is “insane” to punish “criminals” for their misdeeds, when it is just such hyper-critical judgment that inspired their poor choices in the first place (Recidivism studies show quite clearly that this is indeed insanity – that punishing offenses leads to a repetition thereof, while forgiveness-based interaction leads to rehabilitation) ... **Fifth**, it is “insane” to attack our enemies as a form of just-retaliation &/or self-defense, when those same attacks are innately responded to with further inflictions of terror &/or violence ... **Sixth**, it is “insane” to continue to enslave, confine, abuse, mutilate, and then murder animals as a food source when doing so **A**) is completely unnecessary (and therefore abjectly immoral), **B**) is the source of a slew of chronic diseases (including heart disease, various cancers, osteoporosis, and diabetes), and **C**) is the primary cause of the imminent climate-engendered mass extinction event that will wipe out most if not all of humanity.

Doing nothing is actually continuing to avoid what you've been not Doing.

Image 366 (Page 137a) ... This picture shows the same Color Wheel seen on **page 58b** (page 135 herein) – symbolizing the Truth that, just as all colors meld to form the purity of whiteness, all archetypes combine to form the purity that is selfless Love ...



“Adventure is not outside a man; It is within.” ~ David Grayson

Actually, real Adventure is enlivened within a man or woman when he or she makes adventurous choices in his or her life ... A life becomes Meaning-full when it becomes adventurous. A life becomes adventurous when it is filled with courageous intentions. A life is filled with courageous intentions when those intentions are Faith-fully set into motion. And intentions are set into motion when one stops worrying about living a Meaning-full, “adventuresome” life and simply leaps fully into Loving.

Journey boldly into the Wilderness of Choice.

“A drop a water hollows a stone gently, not by force.” ~ Chinese Proverb

Love alters an enemy via gentle persistence, never via overt force.

Water hollows stone simply by being water – by waiting for stone to recede & allow it to Be.

Image 367 (Page 137b) ... This picture shows Jen, the hero-figure from the movie *The Dark Crystal* – a tale that reminds us all that greed always precedes plummets into pain & chaos, while self-sacrifice always precedes moments of transcendence and transformation ...



“I could feel the Aliveness in that stone.” ~ Glen Lehrer

When given the choice
between gentleness & force,
always apply gentleness.
(P.S. Gentleness is always a choice.)

*Let every interaction be the gentle caress
that wipes a tear from God's cheek.*

“But as for what was sown on Good Soil, these are the ones who hear the Word and Understand It; who indeed bear its Fruit ...” ~ Jesus (Matthew 13:23)

First & foremost, it is important to realize that the Parable of the Sower (see [Matthew 13:1-23](#), [Mark 4:1-20](#) & [Luke 8:1-21](#)) is “the Parable of Parables” – the very first parable Jesus ever utters in the Gospels, and the parable upon which all others are founded. And the hub of this particular parable revolves around the “seeds” that have landed in “the Good Soil” – the metaphoric representation of those people who actually comprehend what Jesus was teaching and what his ministry was truly all about. And how can we know who these people are? How can we know if we are one of those so “saved”? Well, Jesus makes it all quite clear – noting in this verse that those who qualify as his true Followers – those who are the “seeds” in the “Good Soil” are those who have the humility ([Matthew 18:3-4](#)) to hear the Word of selfless Love ([Matthew 24:12-14](#)) and then the courage to fully understand that Word by *experiencing* it – by setting it into motion via acts of selfless service for others (see [John 13:15-17](#), [Matthew 7:21](#), [Matthew 25:35-40](#) et al) ... Indeed, it is the fruit of our actions that tell us quite clearly whether or not we have indeed walked The Way ([Matthew 7:15-20](#)), with all deeds feeling Peace-full while bringing Peace to others counting as Right Action blooming from “Good Soil” and all deeds feeling stressed or discordant while bringing pain or stress to others counting as wrong actions withered in “rocky ground” or choked by “thorns” (see [Matthew 13:20-22](#)).

“Your faults are your Power.” ~ David Inocencio

Actually, our faults are **not** our Power, though our faults are indeed the *source* thereof ... Character traits that tempt to selfishness are Potent when *transcended*; mistakes made are Power-full when humbly & publicly *atoned*; sins committed are Power-full when *recanted & replaced* by their opposing Virtue ... Our condemnation &/or criticism become potent when we choose to Forgive anyway ... Our frustration becomes potent when we choose to serve whatever *is* anyway ... Our greed becomes potent when we choose to Give beyond comfort anyway ... Our envy becomes potent when we choose to exude Gratitude anyway ... Our callousness &/or apathy become potent when we choose to be Kind & Caring anyway ... Our deception or dishonesty become potent when we choose to embody Truth anyway ... Our arrogance &/or certainty become potent when we choose to show Humility anyway ... Our boredom or negativity become potent when we choose to exclaim Wonderment anyway ... Our doubt &/or zealous convictions become potent when we choose to leap Faith-fully into *Love anyway*.

*The stillness of the Rapture
requires the cacophony of the raucous.*

“The movement of Tao is to return ...
The Way of Tao is to yield.” ~ Lao Tsu (*Tao Te Ching* #40)

Tao always seems to “return” because Tao never leaves the present moment ...
Tao always seems to yield because Tao is always willingly reaching out to Love.

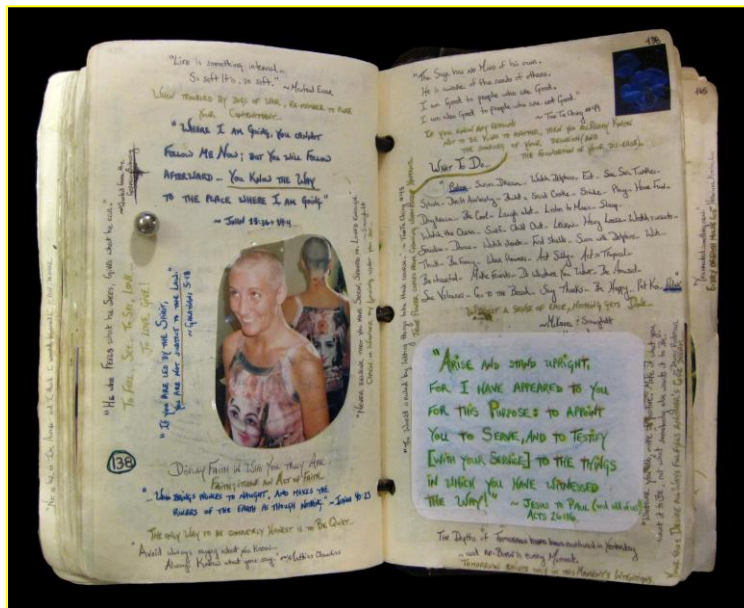
Strength rests in harnessing what is allReady strong.

“We are on an irreversible trend towards more freedom, but that could change ... I deserve respect for the things I did not do ... We are ready for any unforeseen event that may or may not occur ... I have made good judgments in the past; I have made good judgments in the future.” ~ Dan Quayle

While these four statements each seem to reflect a lack of intelligence in the one who spoke them, there is actually a large measure of (probably unwitting) Truth therein ... **First**, humanity was indeed on a seemingly irreversible trend towards enhanced freedom – and then that began to radically change with the rise of the latest oligarchic empire. Freedom will come again, of course – currently to those who choose to leave the system behind and rebuild compassion-based communities of self-sustainable veganism, and inevitably to all once the oligarchy collapses and the Darkness that follows gives way to humanity’s next attempt at transcendence ... **Second**, to the degree that we choose to not engage the self-centered instincts of the ego, we do indeed merit credit & kudos therefore. We are all continually tempted to look after our own interests – to reap the most pleasure, to garner the most wealth, to harbor the most comfort, to engender the greatest longevity. And yet, even though it is incredibly difficult to do so, it is possible to consciously set aside said selfish instincts and choose to Care for others instead. And whenever we choose to do so, a Great Respect is both merited and deserved ... **Third**, to sink into the Here&Now is indeed to be ready to fluidly respond to anything unforeseen that might or might not occur ... And **fourth**, we can remember that – at least for the Soul – there is only the present moment; the only moment when Love can be actualized, and thus the only moment when truly Good Judgments can ever be made. This means that it is true indeed for the Soul steeped in the timeless Now to say with a great & Truth-full conviction – “I have made Good Judgments in the past; I have made Good Judgments in the future.”

See the Real in the “ridiculous”.

PAGE 138



“Life is something internal ... So soft It is -- so soft.” ~ Manfred Esser

The *experience* of Life is indeed something internal – something internal that we feel while we are actively living that Life. And that experience is indeed “soft”, at least to the degree that we choose to act with commensurate “softness” -- pausing to see the Beauty in the heavens -- pausing to see the Soul in the stranger -- pausing to see the Friend in the passerby -- pausing to see the Soulmate in the enemy – pausing just long enough to stop pausing ... and to start softly acting on what has been so softly Seen.

When troubled by the dogs of war, remember to purr your Contentment.

“Where I am going, you cannot follow me now; but you will follow afterward ... You know the way to the place where I am going.” ~ Jesus (John 13:36 & John 14:4)

In an interesting twist, this particular statement from Jesus was actually more literal than figurative ... **First** of all, realize that Jesus had clearly stated over & over & over again the patent Truth that *everyone* can walk The Way in exactly the same manner he walked it (see [John 14:12](#) – along with [John 14:20-26](#), and his repeated admonitions to “follow me” & call for us all to “take up your cross”) ... **Second**, it is important to remember that Jesus was speaking here of his own crucifixion – an event that he had pre-planned and fully organized himself (see commentary on page 428 herein). As such, it was a simple statement of fact that the disciples could not join him on Golgotha on that day, for the simple reason that it was enough of a logistical nightmare for him to arrange for himself to be crucified, to be drugged unconscious while on the cross, to be removed after only a few hours, and to be taken to a nearby tomb that had never been used and that remained unguarded throughout the night thereafter ... **Third**, the “you will follow afterward” here was more of a hopeful statement than a prognosis – as evidenced by the fact that **A**) his disciples did indeed seemingly self-sacrifice thereafter (even though most did so errantly; to honor Jesus instead of to embody his selfless Way – see [Matthew 22:41-45](#), [Matthew 16:20](#), [Mark 8:30](#), [Mark 10:18](#), [Luke 9:21](#), [John 5:41](#), [John 7:16](#), [John 8:50-54](#), [John 12:44](#) et al), ... and **B**) his disciples never ever truly “got it” while he was with them – as evidenced by their unending desire for reassured post-mortem rewards before his crucifixion, as well as their incredulity when he reappeared to them thereafter (see [Mark 8:14-21](#), [Matthew 16:12](#), [John 6:32-35](#), [John 6:68](#), [Matthew 15:2-16](#), [Mark 8:27-33](#), [Mark 9:33-34](#), [Mark 16:13](#), [John 20:9](#), [Mark 10:24-32](#) et al) ... **Fourth**, after living with him for the three years of his ministry, it is quite true that his disciples most certainly *did* know The Way to the Heaven he was going during his final act of self-sacrificial Love (see [Luke 17:20-21](#) + [John 13:15-17](#) & [Matthew 24:12-14](#) et al) -- even though it also became clear that most of them never did choose to walk that same Way (Note that there is some evidence that Judas, Mary Magdalene, Thomas, and James did eventually do so).

“He who feels what he sees, gives what he can.” ~ German subway graffiti

Yes! Indeed, if we choose to truly & sincerely feel what we see – if we truly & sincerely choose to set our egos aside and deeply *feel* both the Golden Cores underneath the misdeeds of the wicked and the pain & suffering of their victims, then we have no choice at that point but to reach out and choose to openly Forgive the former while openly protecting the latter from further harm.

***To Feel, See ...
To See, Love ...
To Love, Give.***

“If you are led by the Spirit, you are not subject to the law.” ~ Paul (Galatians 5:18)

This statement from Paul is true enough, though it is important to realize that he made this statement to affirm his self-created (and fully-warped, and entitlement-based, and fear-steeped) theology of Atonement – a theology that existed in direct contradiction to The Way of Christ taught & enlivened by Jesus himself. In essence, Paul claimed that Law no longer mattered so that folks would be tempted to agree with him, follow *him & his* teachings; thereby boosting his low self-esteem (while counterproductively circumventing their own). Jesus, on the other Heart, said in [Matthew 5:17-18](#) that we must humbly & courageously “fulfill” (the Greek word *pleroo*, which meant “to hone”, “to perfect” or “to bring to completion”, see Strong’s #4137) every bit of the Law -- by transcending the way the Law had been warped by the Jews of his day, and thereby coming to know the Kingdom of Heaven available to all those who chose to purely Love others (see [Luke 17:20-21](#) + [John 13:15-17](#) + [Matthew 16:24](#) + [Matthew 24:12-24](#) + [Matthew 25:35-40](#) et al) instead of using the Law as a cheap excuse to condemn others &/or protect oneself ... This Truth is evident when contrasting the greater context of [Galatians 5](#) – where we see Paul openly rebuking and condemning the sinfulness of humankind – with the greater context of [Matthew 5](#) – where Jesus is speaking of the potential glories of becoming fully Human.

Image 368 (Page 138a) ... This picture shows Heleana, right after she received her “Dragonflight” tattoo in the Spring of 2005 (a drawing thereof is found on [page 56a](#) of *The Brown Book* and on page 127 herein), and right before she left the Big Island to walk a different Path. This image reminds me of the Truth that Great Good always comes from Love purely given – and this, whether or not that Love is received or reciprocated ...



“Never believe that you have seen, served or loved enough.” ~ anonymous

If we make our life repeatedly about Love, then service will take the place of “seeing” – then service will become one’s Sight. And once this is the case, one will begin to readily see the Golden Core in every enemy (and serve them accordingly) and deeply feel the plight of every victim (and serve them as well) ... Yes, we are all walking around in reptile-brain-driven brains that have us ever responding sinfully to every single encounter (at least in the first ¼ second thereof, before our neocortex can “turn itself on” to choose Love anyway). As such we will all always slip regularly into sin and we will all always fall regularly into selfishness and we will all always stumble regularly from obstacles fear or desire. And as such it is quite true that by that very nature of being human it is impossible to ever Love enough; for Love knows no limit and Love knows no end destination and Love knows no moment of fulfillment. Love is always ready to give to those in need, those in need will always abound, and thus the only “enough” of Love is a never-ending “always.”

Open to Wonder by actively loving whatever you see.

“Display faith in Who you truly Are ...” ~ anonymous

Who you truly Are is who you were in your infancy (soaked in humble Wonderment) coupled with who you were in your toddlerhood (steeped in selfless Love) ... As such, the only way to display a true Faith in who you truly *are* is to actively reach out to embrace everything around you with enthusiastic expressions of devout Appreciation and/or gentle acts of humble Caring.

Faith; itself an act of Faith.

“[The Power of God], Who brings princes to naught, and makes the rulers of the Earth as though nothing.” ~ unknown (Isaiah 40:23)

This is a most important verse if for no other reason than it comes from **Isaiah II** – the author of [chapters 40-55](#) of the Book of **Isaiah**; the Hebrew Bible author Jesus cherished above all others. Indeed, Jesus either specifically quotes or directly alludes to passages from **Isaiah II** over 50 times in the Gospels. And this is no accident, as archaeological evidence to date shows that **Isaiah** was by far the most popular of the “2nd Temple prophets” (those who prophesied in the days between the destruction of the first Temple in 586 BCE & the destruction of the second Temple in 70 CE) ... More importantly, the concepts found in **Isaiah II** form the foundation for Jesus' entire theology – with **Isaiah II** seemingly serving as the inspiration for Jesus' revolutionary stance towards human authorities (see [Isaiah 40:17 + Isaiah 40:23 + Isaiah 41:12](#) et al), for Jesus' seeing himself as a shepherd for the lost ([Isaiah 40:11](#)), for Jesus encouraging others to “be not afraid” ([Isaiah 41:10 + Isaiah 43:5 + Isaiah 44:8](#) et al), for Jesus being a “light to the nations” ([Isaiah 42:6-7 + Isaiah 49:6](#) et al), for Jesus being the messenger of a new covenant ([Isaiah 43:18-19](#)), for that message being one of unconditional forgiveness of sins ([Isaiah 43:25-27 + Isaiah 44:22](#) et al), for Jesus' claim that our true Treasure resides within us ([Isaiah 45:3](#)), for Jesus' teachings on Loving the enemy and turning the other cheek ([Isaiah 50:4-6](#)), for Jesus' summons for us all to go forth and shine the Light of The Way for others ([Isaiah 50:11 + Isaiah 51:4 + Isaiah 52:7](#) et al), and for Jesus' belief in an all-Loving God and a Joy-filled redemption for all ([Isaiah 55:12-13](#)) ... As such, the “power of God who brings princes to naught” mentioned here is – at least as far as Jesus was concerned – The Way of Selfless Love alluded to in **Isaiah II** – a Way that calls for **A**) a Humility that allows “princes” (i.e. each and every one of us) to abdicate their own “power” (i.e. the inclination we have to care first & foremost for ourselves), and **B**) a purity of Love within our Hearts that inevitably throws down all man-made, fear-based “power structures” -- once it is enlivened for the benefit of others.

“Avoid always saying what you know ...
and always Know whatever you choose to say.”
~ Mathias Claudias

Say only what you **Know** (i.e. only what you have personally *experienced* to be True – i.e. only that which bears the Good Fruit of Peace &/or Joy in all times & places) and do so in a way that always allows others to use your words not to understand what *you* Know, but rather to rediscover the same for themselves (either via experiencing that Truth during an inspired Leap of Faith, or via intellectually “understanding” that a Leap of Faith is necessary, and then enlivening the same) ... This is the only way to truly **Know** whatever you choose to say – namely, to do so for the benefit (a.k.a. the awakening or the enlightenment) of others; never to fulfill a desire to be followed or understood or respected by them.

***The only way to be completely honest
is to be completely silent.***

“The Sage has no mind of his own. He is aware of the needs of others.
I am good to people who are good. I am also good to people who are not good.”
~ Lao Tsu (*Tao Te Ching* #49)

Because the Sage **Knows** the minds of others (i.e. the innate and ever-present discord between their fear-filled minds & their Love-full Hearts), he is Good to all of them – Good to those “in mind” because they are most in need of the same; Good to those “in Heart” because they are fighting the Good Fight for Peace & Justice & Harmony (i.e. attempting to help others “save” themselves by “saving” others, and thereby helping others to help humanity save humanity).

***If you know of any reason not to be Kind to another,
then you have rediscovered both the source of your delusion
and the foundation of your dis-ease.***

Image 369 (Page 138b) ... This picture shows four blue-glowing jellyfish – symbolizing the Truth that all sentient beings are members of one Great Family – and that our greatest Strength comes from acting accordingly (especially when we least wish to do so) ...



“**To BE:** Relax ... Watch ... See ... Drift ... Flow ... Smile ... Play ... Laugh ... Listen ... Learn ... Dance ... Seek ... Find ... Choose ... Act ... Love ... Relax.” ~ McKenna

The only way to truly Relax is to Love ... The only way to truly Watch is Love ... The only way to truly See is to Love ... The only way to truly Drift is to Love ... The only way to truly Flow is to Love ... The only way to truly Smile is to Love ... The only way to truly play is to Love ... The only way to truly laugh is to Love ... The only way to truly Listen is to Love ... The only way to truly Learn is to Love ... The only way to truly Dance is to Love ... The only way to truly Seek is to Love ... The only way to truly Find is to Love ... The only way to truly Choose is to Love ... The only way to truly Act is to Love ... The only way to truly Love is to LOVE ... Just LOVE – the rest will blossom of its own accord.

***Without an accompanying sense of ease,
nothing is ever truly accomplished.***

“The world is ruled by allowing things to take their course.”

~ Lao Tsu (*Tao Te Ching* #48)

A world is “ruled” by refusing to rule -- by radically Loving all nearby with radical selflessness while detaching from all outcomes; by letting those acts of Love takes their course ... And then, after the last witnessing of the last act of Love has gone its way, instead of slumbering or resting or watching or waiting -- one stands up to Love again.

True Power comes from choosing whatever happens.

“Get up and stand on your feet; for I have appeared to you to awaken these purposes: both to serve and to testify to the things in which you have seen me ... to open others’ eyes, that they may then turn from the darkness into the Light.” ~ unknown (Acts 26:16-18)

*First & foremost, it is critical to understand that this passage is **not** directly quoting Jesus Christ, but rather shows *Paul* quoting a spiritual entity that he *assumes* was the spirit of Jesus Christ; a spirit that was not only **not** the spirit of Jesus Christ, but in all likelihood was a spiritual *opponent* thereof. Consider the following facts that support this claim: **A)** This particular account of Paul’s supposed “conversion” on the Road to Damascus was told by Paul himself – a man with a proven penchant for passive-aggressive manipulation – a man with a notably low level of self-esteem who frequently spoke to build himself up with others, not to liberate them with Truth (see Acts 20:20-21, Romans 11:13-14 + Romans 15:17, 1 Corinthians 15:10 + 1 Corinthians 9:15, 2 Corinthians 2:9, 2 Corinthians 2:1-4, 2 Corinthians 6:6-10, 2 Corinthians 7:2-10, 2 Corinthians 8:2-8, 2 Corinthians 8:24, 2 Corinthians 9:5, 2 Corinthians 11:7, 2 Corinthians 12:19-21, Galatians 1:24 & 1 Thessalonians 2:2+10 et al) ... **B)** The entity that spoke to Paul demanded that he “testify to the things in which you have seen me” (i.e. the things he had “looked upon” that day – see the Greek *eides* in Strong’s #3708), and yet Luke (the author of *Acts*) points out that Paul did **not** look directly at his mysterious visitor (indeed, he was cowering in fear with his eyes averted instead – Acts 26:14), and that Paul was actually **blinded** for three days immediately after the encounter (see Acts 9:8 & Acts 22:11) ... **C)** Interestingly enough, after regaining his sight, Paul was then inspired to go forth and preach a gospel that was directly *opposed* to The Way of Christ taught by Jesus Christ in the Gospels (contrast 1 Corinthians 15:1-4 & Romans 10:9 with Matthew 10:7 & Matthew 24:12-14, contrast Romans 6:5 with Luke 17:20-21, contrast Romans 14:9 with Luke 20:38, contrast Romans 8:3 with Mark 10:18, contrast Romans 8:3 with Matthew 9:13, contrast Romans 8:9 with John 12:47-48, contrast Romans 12:2 with Matthew 17:24-27 & Matthew 22:15-22 et al) ... **D)** Jesus actually warned us all of false prophets like Paul (compare Matthew 15:13-14 with Galatians 1:14 & Philippians 3:4-5, compare John 5:43 with Acts 13:9, and compare Matthew 24:26 with Acts 9 & Galatians 1:11-12) ... **E)** Jesus even described Satan’s fall from Heaven in a way that was eerily similar to the way Paul described his encounter with the blinding spirit on the Road to Damascus (Luke 10:18) ... Secondly, and independently of the aforementioned, **note** that having the wherewithal to stand on our own feet is always a precursor to exuding real & selfless Love – which was the one thing Jesus wanted us all to Do; the one thing required for us to Walk his Way and thereby enter his Kingdom (see Matthew 5:43-48, Matthew 7:21, Matthew 24:12-14 & Matthew 25:35-40 et al) ... Finally, **note** as well that Jesus did not come to directly save anyone (his words, not mine), but rather to “open their eyes” to The Way of Christ – that they might choose themselves to walk its gentle course, and save themselves thereby (see John 13:15-17).

“The depths of tomorrow have been nurtured in yesterday
... and are re-born in every moment.” ~ anonymous

This is not an affirmation of “karma” per se, but rather something akin to it ... Indeed, the law of action & consequence is far more potent than we are taught – effecting every doer of every deed emotionally during each action and physically at some point thereafter (both of them commensurately to the relative degree of selfishness/selflessness of each deed ... In addition, this quote indirectly references the “deathbed moment” encounter with which we are all destined to be “blessed” – the dramatically elongated final instant of consciousness when we experience profound Joy for the times when we transcended instinct in favor of selfless Caring, and abject shame & raw regret for the times when we did not. This latter dynamic serves to “clean up” all the actions for which our “karmic consequences” have yet to accrue.

Tomorrow exists only in this moment's intention.

“Whatever you do, make it positive. Make it what you want it to be, not what somebody else wants it to be.” ~ Dennis Rodman

This statement is true enough, as long as you make it who **You** want it to be, not merely what “you” want it to be – as long as we manifest what our selfless Soul desires, and not the lusts of pleasure & ease for which our ego yearns ... **Note** as well that there is far more persecution from others (especially those closest to you – friends, family members, partners) when you walk The Way compared to when you merely strive for personal success. This is because an enemy can always recede into the background after being forcefully defeated for your “victory” – he or she can sink into the shadows, lick his or her wounds, heal & grow stronger, and then emerge to persecute anew another day. Seeing us “winning” in this confrontational fashion indirectly justifies others’ attempts to win via similar aggressions. It feels safer, more empowering, and more acceptable to those around us to do so ... And yet when we choose to Do what the Soul desires instead – when we choose to intentionally relinquish all power and dedicate our lives to serving others; especially our enemies, it challenges all indoctrinated beliefs about security and success. It also ultimately succeeds, which is extremely disconcerting to all who witness the same – if for no other reason than this greatest of Victories shows them quite clearly that they too could treat their enemies similarly – that they too could “Be Kind when least inclined” -- something their smaller, ego-selves wish to avoid at all costs ... Indeed, the others in our lives believe they have “survived” up to this point by attacking their rivals and convincing themselves that The Selfless Way is but an impractical pipedream. So witnessing another enlivening that Way shakes their world to the core – making them even more nervous than any direct assault from any stranger, and thereby much more likely to lash out with ridicule & rejection thereof.

Your truest desire allWays fulfills another’s Dream.

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“Silence is God’s altar.” ~ Paramahansa Yogananda

Some thoughts on this thought: There can be no true reverence for a Loving God without enlivening Love ... Love can be silent (i.e. done without speaking &/or performed anonymously) and yet Love is never “silent” (i.e. always “loud” in its potency; always having an indelible, transformative effect on all who witness it being either Given &/or Received) ... Love can be earnest (i.e. performed with a straight face) and yet Love is ever Joy-full (always overflowing with internal laughter for both the Doer & the Receiver thereof) ... Finally, real Prayer is a **verb** – not asking God for what we want for ourselves, but acting as agents for the Harmony that God desires for all.

Laughter is your most potent prayer.

Image 370 (Page 139a) ... This picture shows Cassie & her dog Riley having fun in the Shoebridge home in McCall (Idaho). It reminds me of the Truth that loyalty is a Love-killer; that there can be no Love given without Love being given freely, and that all forms of obligation – no matter how gently made or how well-intended when forged – ultimately serve to shackle the very affections they seek to ensure ...



“Oh Lord, make me a channel of thy Peace: that where there is hatred, I may bring Love; that where there is injustice, I may bring forgiveness; that where there is discord, I may bring harmony; that where there is error, I may bring Truth; that where there is doubt, I may bring Faith; that where there is despair, I may bring enthusiasm; that where there is darkness, I may bring Light; that where there is sadness, I may bring Joy. Grant that I seek to understand rather than to be understood. Grant that I seek to Love rather than to be loved. For it is by forgetting one’s self that one finds. It is by dying that one awakens to life eternal.” ~ St. Francis of Assisi

First & foremost, it is critical to realize that we need never pray to God to give us the capabilities mentioned here (if for no other reason than a non-Loving God would not have the ability to do so, and a truly Loving God would refuse to do so – knowing as He or She would that Love’s Power comes from Loving despite resistance; from loving precisely in those moments when the capabilities mentioned in this quote are least evident) ... Note as well that we do not need to pray to God that we might one day have the Strength to summon these abilities for ourselves. For the Truth of all Truths is that we are all *innately* channels of Peace, and thus must simply choose to act accordingly during times of strife or conflict -- that where there is hatred, *we can* always choose to bring Love; that where there is injustice, *we can* always choose to bring forgiveness; that where there is discord, *we can* always choose to bring harmony; that where there is error, *we can* always choose to bring Truth (which is nothing more than Love as a verb); that where there is doubt, *we can* always choose to bring Faith (which is nothing more than the courage to Love despite fear); that where there is despair, *we can* always choose to bring enthusiasm; that where there is the darkness of aggression, *we can* always choose to bring the Light of Kindness; that where there is sadness, *we can* always choose to bring Joy – that *we can* always choose to understand rather than to be understood; that *we can* always choose to Love rather than to be loved. For it is indeed in forgetting our selves in acts of noble sacrifice that we rediscover our True Selves. It is indeed by “dying” in these ways that we awaken to a living that is eternal.

***To obtain your ultimate goal,
die to every desire.***

“If you know *exactly* what you are creating, what’s the point in creating it?” ~ Pablo Picasso

Knowing exactly what you are creating keeps you locked in to that vision’s boundaries, and thus prevents you from creating the far greater wonderment that exists outside the same ... And this Truth is not limited to works of art, but is also true with giving Charity, with effectuating Justice, with sending Love, and with providing Service – in all of which the degree to which our goals are set in stone becomes the degree to which they will **not** be able to fulfill their true potential. Start each act solely intending to Do Good and bring Peace, and then be open to expanding or bending or altering your deeds to fit whatever unexpected opportunities arise thereafter ... This is the way to maximize the rebirth of your True Self, and thereby get much closer to maximizing the Harmony available in any encounter.

***To re-create Beauty,
simply open your eyes.***

“It’s going to take some craziness to get sane.
We are learning to be gently dangerous.” ~ B. Alexander

The Truth in this quote is dependent upon the context and the meaning of the word “craziness”, for if by “craziness” we mean risky or uncontrolled or goofy or reactive or unbridled or even enraged, then such aggressiveness is going to cause others pain while preventing our own return to sanity (a sanity that can only be experienced during expressions of Kindness or Caring). On the other hand, if by “craziness” we mean purposeful & conscious deeds that are unusual or unconventional – deeds that are unfettered by external expectations or unhindered in their purity of self-sacrifice, then such “craziness” is dangerous not to self or others, but rather to the establishment that shackles and the culture that constrains ... If these are the meanings of our “craziness”, then such is the very “lunacy” that will bring others freedom -- and thereby is the very “lunacy” that will bring us all a reborn clarity of Self.

***As soon as you are truly present,
you have everything you need.***

“Whoever wishes to be great among you must be your servant, and whoever wishes to be first among you must be your slave; just as the Son of Man came not to be served but to serve – to give his life as a ransom for many.” ~ Jesus (Matthew 20:26-28)

Once again, here we have Jesus reiterating the primary purpose of his ministry – namely, to encourage (see, in-Courage – [John 14:27](#) et al) us all to live lives of Joy-full service & willing self-sacrifice. And here again as well we have Jesus using the term “Son of Man” **not** to describe himself (otherwise he would not only be exposing himself as a liar – see [Matthew 16:28](#), but would also be outing himself as a hypocrite – see [Matthew 18:3-4](#)), but rather to refer to the free will that resides within *all of us* – to the Human-ness that lets us *all* choose between being a selfish “Son of Adam” or a holy “Child of God” (see [Matthew 9:2](#) & [Matthew 9:22](#), [John 1:12-13](#), [John 12:36](#), [John 14:12](#), [John 14:20-26](#), [John 15:26](#), [1 John 3:1](#), [1 John 5:19](#), and even [Galatians 3:26](#)) ... And even if we hypothetically assume that he *was* referring to himself in this passage, Christians & non-Christians alike would do well to remember that Jesus told his listeners quite clearly that they were to *emulate* his Love-filled life (see [Matthew 16:24](#), [John 13:15-17](#), [John 14:6](#), [Matthew 25:35-40](#), [Matthew 7:21](#) et al) – that they too were “Children of God” who could do just as he did and make their lives about serving instead of being served (see [Matthew 20:28](#), [John 12:47-48](#)); about not striving for personal salvation in the Hereafter but rather choosing to bring the Calm of Heaven to the lives of others Here&Now (see [Matthew 5:9](#), [John 14:27](#), [Luke 17:20-21](#), [Matthew 10:7](#) et al).

Image 371 (Page 139a – overleaf) ... This picture shows Cassie & I sharing ice cream just before my departure from Idaho (to walk the Camino de Santiago) in mid-September of 2008. It reminds me of the Truth that even Love given in ignorance still bears the Fruit of the Spirit – but only if that Love is purely given; without hope, without expectation, and without desire ...



“You are allWays encountering the best thing that ever happened to you ...” ~ anonymous

This statement is patently True, as long as we remember that the best thing that ever happened to any sentient being is the conscious life that he or she has been given – namely, the priceless ability he or she has to immerse into any moment and choose to make that Here&Now not about survival or hoarding pleasure, but rather about serving another by lessening their burdens &/or enhancing their Joy. This opportunity is ever-present ... Indeed, even when we are alone in the wilderness – with no beings nearby for whom to Care or to whom to be Kind – there are still monuments of Love that can be built to beautify one’s surroundings, and there are still prayers of gratitude that can be said to beautify the air.

***Revel in your time; remembering, of course,
that your time is right now.***

“Foxes have dens and birds have their nests; and yet the Son of Man has nowhere to lay his head ... Follow me, and let the Dead bury their dead.” ~ Jesus (Matthew 8:20-22)

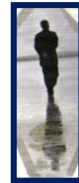
In order to be able to explore the deeper reaches of Truth available in the Scriptures, it is necessary that we put their teachings into practice. And in order to put them into practice in ways powerful (and thus prescient), we must remember that Jesus preached **humility** over all other virtues – even making it a prerequisite for entrance into his version of Heaven – the state of being he called the “**Kingdom of God**” (see [Matthew 18:3-4](#) -- also [Matthew 23:12](#), [Luke 22:27](#), [John 8:7](#) et al). In addition to this, Jesus quite clearly despised hypocrisy over all sins (see the majority of [Matthew 23](#) – especially [Matthew 23:3](#) & [Matthew 23:13](#); also [Matthew 6:1](#), [Matthew 7:5](#) & [Matthew 15:7-9](#) et al). As such, as is quite obviously the case in [Matthew 16:28](#), there is almost no chance that Jesus is referring to himself here when he uses the term “**Son of Man**”, for to do so would be the epitome of arrogance – and thus, the epitome of hypocrisy as well ... No, when we look closely at the Gospels, we can actually see quite readily that Jesus was preaching a theology that was practical in *this* lifetime (see [Luke 17:20-21](#) + [John 13:15-17](#) + [Matthew 6:34](#) + [Matthew 11:7-8](#) et al), **not** one focused on any heavenly reward based in his errantly-hoped-for status as the Davidian Messiah (see [Mark 10:18](#), [John 5:41](#), [John 7:16](#), [John 8:50-54](#), [John 12:44](#) et al) ... Indeed, *this* is why he told his listeners to “let the dead [i.e. those concerned with religious rituals and lives after this one] bury their dead”, and *this* is why he repeatedly encouraged others **not** to worship him, but rather to “follow” him (see [Matthew 4:19](#), [Matthew 16:24](#), [Matthew 19:28](#) et al) – treating every person we encounter as a Friend (especially our enemies – see [Matthew 5:43-48](#) &/or the downtrodden in our midst – see [Matthew 25:35-40](#)) and treating every place we are as if it were our Home.

“The thaw can only come when we first choose to accept the frost.” ~ anonymous

Actually, the thaw only comes when we accept the frost (i.e. see it for what it is and cease judging it negatively or struggling against its bitterness) **and** when we choose to step directly into its frigidity to Love anyway. For the thaw is not a warming of our bodies or the coming of spring’s ease to our lives, but rather the warming of our Hearts towards others even in the midst of the darkest night of winter.

To accept the frost, we must refuse to give in to its cold.

Image 372 (Page 139b) ... This picture (which I call “Walking Faith-fully”) reminds me of the Truth that the only way to fully immerse ourselves in Life is to immerse our Selves into the lives of others --. And that the only way to immerse our Selves into the lives of others is to walk our own Life alone; fully unfettered by the yearnings of self or others; completely ready & able & willing to Server whomever crosses our path ...



“In the back of your mind, you can always find a better way.” ~ L. F. Hilbers

Actually, while this statement is true in a sense, if we look for a better way in the back of our minds, we will never find the Best Way available to us. For the “better ways” (i.e. the more efficient ways, the more enjoyable ways, the more powerful ways, the more acceptable ways) that are ever available in the infinite recesses of the mind are all focused at least partially on benefit to ourselves – while the truly Best Way (i.e. the only way to find real Peace & Meaning in living) is always purely focused on bringing Peace & Meaning to the lives of others. And *this* Way cannot be found in the mind ... It can only be found in *action*. It cannot be found by thinking or reasoning or imagining or visualizing ... It can only be found while not knowing – and yet **Doing anyway**.

***Though a “better way” might await,
your true Path allWays rests beneath your feet.***

“An awakening which does not awaken the sleeper to Love has roused him in vain.” ~ Jessamyn West

An awakening that does not rouse one to a higher form of Love – a Love of greater exertion, a Love of greater empathy, a Love of greater sacrifice; a Love of greater courage – is but another form of slumber.

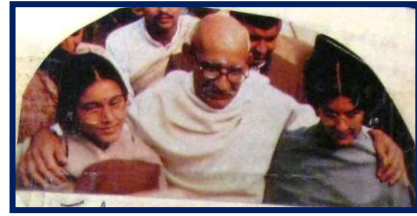
Anticipate the glory of your re-Awakening.



“God is a God not of disorder but of harmony.” ~ Paul (1 Corinthians 14:33)

This verse is actually larded with quite a bit of irony, seeing as how Paul himself was actually a powerful agent of disorder & conflict and a potent enemy of Harmony & Peace (see Acts 13:9-11, Acts 15:39, Romans 1:32, Romans 16:17-18, 1 Corinthians 5:4-5, 1 Corinthians 6:1-6, 1 Corinthians 5:11-13, 1 Corinthians 9:24, 1 Corinthians 10:20-21, 1 Corinthians 11:19, 1 Corinthians 15:23-25, 1 Corinthians 16:22, 2 Corinthians 10:6, 2 Corinthians 11:4-5, Galatians 1:9, Galatians 2:11, Galatians 3:1, Galatians 5:12, Colossians 2:8, Philippians 1:28, Philippians 3:2, Philippians 3:18-19 & 1 Thessalonians 2:15-16). Whereas The Way of Jesus Christ was indeed a teaching that would have brought harmony amongst all peoples were it to have been furthered & adopted, the “unway” of Paul (the theology of exclusivist Atonement that he created out of thin air) has led both to the creation & the spread of the modern-day Christian church, one of the greatest forces for disorder & discord & denigration in the history of the human race ... Indeed, where Paul preached that we are to blindly obey human political authorities (**Romans 13:1-6**), Jesus taught that we are to heed the moral Law of the Divine over all man-made competitors thereto (**Mark 12:17**); ... where Paul preached that the “Good News” was Jesus’ resurrection and immortality for all who worshipped him (**1 Corinthians 15:1-4 & Romans 10:9**), Jesus taught that his “Gospel” was **A**) that Heaven was already Here&Now (**Matthew 10:7**) and **B**) that entry thereto was granted to all who chose to selflessly Care for others (**Matthew 24:12-14**);... where Paul preached that Jesus was the only Son of God and must be worshipped accordingly (**Romans 3:21-24**), Jesus taught that we was not to be worshipped at all – that he was to be *followed* instead (**Mark 10:18 + Matthew 16:24**);... where Paul preached that the goal was one’s own salvation (**1 Thessalonians 4:16-17**), Jesus taught that the goal was self-sacrifice for others’ benefit – a goal which *inadvertently* granted one access to the “Kingdom of God” in this lifetime (**Mark 9:35 + Luke 17:20-21 + John 13:15-17** et al);... and where Paul preached that humans are innately & unalterably sinful beings (**Romans 3:23**), Jesus taught that humans are innately Children of God, and that we can be reborn to this holy status in any moment we choose to act accordingly (**John 14:16-17 & John 3:3-9**) ... Of course, if God is indeed a God worth worshipping (i.e. a God of unconditional Love – **Matthew 5:48**, a God of limitless Grace – **Luke 6:36**, and a God of unending Forgiveness – **Matthew 8:21-22**), then Paul is inadvertently correct in his assessment here. And if Paul is indeed correct in this verse, then we should – quite ironically – disregard the vast majority of his other teachings and follow The Way of Jesus Christ instead!

Image 373 (Page 140a) ... This is a picture of Mahatma Gandhi (possibly cropped from the film “Gandhi”). It reminds me of the Truth that we do not have to be perfect to champion perfect Love – that though we might have lived sinfully in the past, and though we might slip into misdeeds in the future, we perfectly reflect (& thereby powerfully inspire) true & selfless LOVE in every moment we act accordingly – in every moment we are openly Kind to strangers, in every moment we gently reach out to the downtrodden, in every moment we humble ourselves before our attackers, in every moment we lovingly forgive an enemy ...



“To all those who think differently -- the unconventional thinkers, the visionaries, the idealists, the rebels, those who don’t let themselves be confined to any set pattern. For all those who see things differently. To those who bow to no rules and have no obedience ... We quote them, contradict them, admire them &/or reject them. And yet the only thing we cannot do is ignore them. Because they change things -- they discover; they mold; they create; they heal; they inspire. They bring Humanity further ... Maybe they are even crazy. How else could they stare at an empty canvas and see a Masterpiece? Or sit in total silence and Hear a song never before written? ... Yet while others may believe them to be delusional, we see the genius in them. Because those crazy enough to believe that they can change the world, are the only ones who ever do.” ~ unknown

All the Great Thinkers and all the Noble Doers have seen things differently than most. Where convention told them to “tow the line” and be “good citizens”, they chose to break the mold and push the limits of human potential ... Where the masses envisioned lives of complacent comfort and superficial sustenance, they chose lives fueled by courage & self-sacrifice ... Where societal expectations demanded that they “obey the law” and “behave appropriately”, they chose to bend the arc of the Moral Universe a bit further towards justice – openly violating laws that were unfair, boldly standing between victims of the state and their authoritarian oppressors, bravely risking their own freedom to liberate the unjustly incarcerated and escape with the abused. They were “crazy” and they were “dangerous” and they were “wild” and they were “irresponsible” -- and yet they were exactly the kind of crazy that integrity demanded, and they were exactly the kind of danger society deserved, and they were exactly the kind of wildness the complacent needed, and they were exactly the kind of irresponsibility the downtrodden required... They were the civil rights activists, and the suffrage protestors – they were the gay pride advocates and the interfaith organizers ... They were those willing to sacrifice their own comfort and their own abundance and even their own lives to put an end to war – and to fossil fuel use – and to animal cruelty. They were the Great Ones. They were our truest of Heroes ... Social justice advocates will never be forgotten even while their causes remain unaltered ... Let us honor the former by joining the latter.

***Willingness birthes true growth –
and is re-born in Faith-full, action.***

“Everything imaginable is attainable.” ~ L.F. Hilbers

What is imaginable is attainable only while setting our imaginations into motion. Thoughts are brittle & hollow and dreams weak & soft until they are set in motion.

To imagine IS to create.

“For to those who truly Have, more will be given, ... but from those who do not Have, even what little they possess will be taken from them.” ~ Jesus (Matthew 13:12)

For those mired in self-focus this verse sounds almost masochistic. Indeed, why would more be given to those who already have? And why would everything be taken away from those who already have nothing? It just doesn't seem fair. And if we are speaking of the standard, self-centered mindset, it is indeed an unjust statement – no doubt about it ... **And yet** Jesus was quite clearly **not** speaking in harmony with the standard way of thinking, just as he was quite clearly **not** ever acting in harmony with the normal way of doing things. He had come with a very different message – one that would require others to renew their minds (Matthew 7:5) by awakening their hearts (Luke 6:35), and a way that required them to repeatedly alter their ways of dealing with one another (i.e. become repeatedly “born again” a la John 3:3-8, by actively Loving one’s enemies a la Matthew 5:43-48 &/or actively Caring for the down trodden a la Matthew 25:35-40) ... For Jesus, wealth was not related to material things at all (either God *or* wealth a la Matthew 6:24), but rather was a *spiritual* reward that came from choosing selfless Love (“if you would be perfect” a la Matthew 19:21) ... For Jesus those who “Had” were those who were engaged in acts of willing self-sacrifice – those engaged in selfless giving – those engaged in community service – those engaged in Love. And for these people – for those fully immersed in his Way of perfect Love, more & more opportunities to serve would be given them (not only because more would be attracted thereto, but also because the more one Loves the more one opens one’s eyes to Seeing the need for Love that is all around us in every moment of our lives) ... Conversely, those who “do not Have” in this way – those who refuse to care for others or refuse to give generously or refuse to Love humbly, all that they have accumulated instead will become a source of suffering for them – all will be either lost or taken away or become meaningless ballast on their feeble meanderings through life.

“Anything that binds, binds Love with it.” ~ anonymous

This is quite True indeed ... For all desire binds our ability to freely Share, and Sharing is Love ... And all fear binds our ability to deeply Care, and Caring is Love ... And all obligation binds our ability to truly Give, and Giving is Love ... And all commitment binds our ability to powerfully Cherish, and Cherishing is Love ... And obeying rules & regulations binds our ability to purely Serve, and Serving is Love ... And adhering to all cultural norms binds our ability to be profoundly Intimate, and Intimacy is Love ... And focusing on hopes & dreams binds our ability to spontaneously Flow, and Flowing is Love ... And aligning ourselves with religious dogma binds our ability to humbly Worship the Inner Essence that is God, and Worshiping humbly is Love ... And blindly following routines & habits binds our ability to Immerse gratefully into the moment, and Immersing thankfully is Love ... In the end, it is indeed so that – just as it is the Truth of selfless Love that sets us free, all that binds us – and thereby all that binds our Love – cannot be our Truth.

Love is freeing – Love is freedom in action.

Love has many ways – indeed, its complexity is Its ultimate power ... To know of Its wonders, allow yourself to be guided by the unusual.

And to be profoundly guided by “the unusual” we must be open to witnessing (and to then be inspired by) radicalized manifestations of Virtue as much as we are open to noticing (and be led by) Life’s more remarkable happenstances ... Yes, it

is true that it is wise heed the Call of the latter -- to examine the archetypes present within every manifestation of “synchronicity” (those moments so momentous and so meaningful as to seem “remarkably coincidental”), for Love is indeed at work in such moments. That having been said, Love is just as evident in those times when we witness the homeless man offering to share his meal with a wealthy passerby (Be that man when you yourself have little!) or when we witness the woman who has just lost her husband reach out to comfort a stranger (Be that woman when you yourself are in crisis!) or when we witness a co-worker place an anonymous gift on the desk of the boss who had just finished hurling insults (Be that person when you are attacked by an enemy!). For these too are those moments when “normal people” do extraordinary things; when everyday meetings become incredible expressions of Caring ... These too are times when Love’s veil is most thin, and Love’s majesty most readily Seen.

“For everyone will be salted with Fire and every sacrifice will be cleansed with Salt. Salt is good, and yet when salt loses its taste, how can one restore its saltiness? Have Salt in your selves by being at peace with one another.” ~ Jesus (Mark 9:49-50)

First & foremost, it is crucial to realize that “fire” was seen by Jesus (and many others of his day) as a *purifying* agent, **not** a punishing one – a fact that was intimated by John the Baptist when he noted that Jesus’ spiritual teaching (i.e. his “baptism”) was going to come not via water but “**in the Holy Spirit and fire**” (see [Matthew 3:11](#) & [Luke 3:16](#)). And it is good that this is indeed the case, for otherwise Jesus would come across as far less than Loving (and actually quite hypocritical) when he said “**I have come to bring fire to the earth, and how I wish it were already kindled!**” ([Luke 12:49](#)) ... **Second**, please note that “salt” was a highly valuable agent of *purification & preservation* in Jesus’ day. Salt was used to cleanse burnt offerings ([Leviticus 2:13](#) et al) and salt was used to preserve food (the metaphorical sustenance of the Soul) ... **Third**, note that the final phrase of this verse admonishes us all to “**have salt in yourselves** (i.e. be internally purified by thoughts of gratitude and humility) **and be at peace with one another** (i.e. be externally purified via selfless acts of Love).” Remember, Jesus came to bring a message of **repentance** – the Greek word *metanoia* (Strong’s #3340) that meant not self-criticism or self-judgment, but rather a radical change **in behavior**; a change that first requires that we undergo a painful cleansing process. It hurts immensely to let go of fear & desire; it hurts immensely to let go of the arrogance & the intolerance that makes us feel special; it hurts immensely to set aside our certainty in our own personal salvation and adopt a stance of purposeful humility instead (see [Matthew 18:3-4](#)). Indeed it “hurts like Hell” to do so – even though to do so is the only way to enter Jesus’ Kingdom of Heaven (see [John 13:15-17](#) & [John 15:1-6](#)). Indeed, we can only know true Peace ourselves once we choose to make powerful Peace with others (see [John 5:28-29](#)) ... **Fourth**, note that even Paul inadvertently “got it” in this regard, when he said -- “**For no one can lay any foundation other than the one that has been laid; that foundation is Jesus Christ. Now if anyone builds on the foundation with gold, silver, precious stones, wood, hay, straw – the work of each builder will become visible, for the Day will disclose it, because it will be revealed with fire, and the fire will test what sort of work each has done. If what has been built on the foundation survives, the builder will receive a reward. If the work is burned up, the builder will suffer loss; though the builder will still be saved, but only as through fire**” (1 Corinthians 3 11:15) ... As such, let us all “**be salted with Fire**” – the great cleansing that comes from being deathly afraid and yet reaching out to Love the source of our fear – of being steeped in desire and yet reaching out to give to another that for which we most yearn.

“Mockery and cruelty work hand in hand with evil ...

They are the vapor-thin voices urging us to be who we are not.” ~ anonymous

And what are the hidden forms of mockery? Gossip that attacks another’s reputation – and sarcasm that attacks another’s dignity – and passive-aggressive insincerity that attacks another’s sense of worth – and callous criticism that attacks another’s inner calm ... And what are the hidden forms of cruelty? Non-veganism that rationalizes barbaric cruelty towards the innocent – and religious dogma that rationalizes cold-hearted condemnation of the naïve – and pro-war propaganda that rationalizes murder in the false name of safety – and political corruption that rationalizes deception for the lie of “the greater good” – and interactive apathy that rationalizes becoming mere witnesses to others’ despair ... Though our ego-based “reptile brains” tempt us to believe otherwise – tempt us to believe that we are “only human,” and thus fated to sink into periods of selfishness & lack of regard for our neighbors, the Truth remains that we are always more than our most primitive selves. The Truth remains in every moment of our lives that we are ever able to speak openly & honestly & upliftingly; that we are always able to Care for those in need; that we are always able to choose to Love.

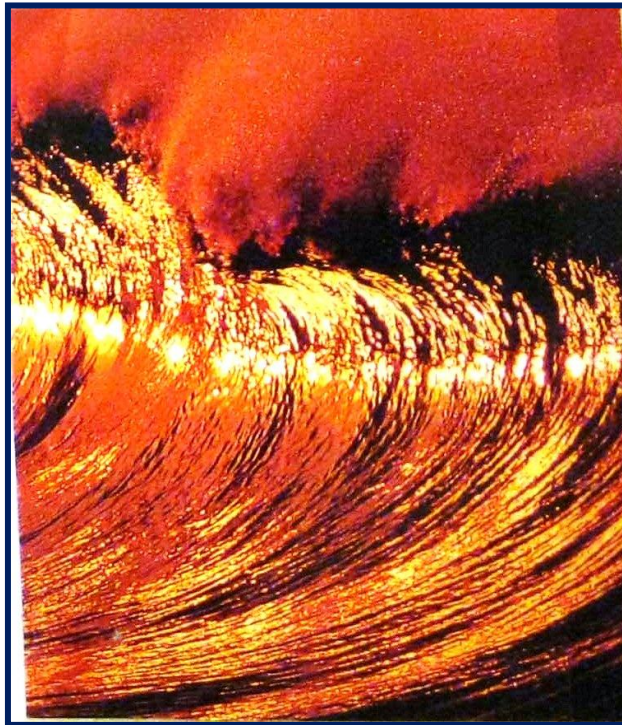
Judging another in actuality condemns one’s self.

“God is not only omnipresent, vibrating energy and omnipotent consciousness, but also the ‘frozen energy’ and ‘frozen consciousness’ that we know as matter.” ~ Paramahansa Yogananda

The degree to which that God is an external, independently conscious entity “up there somewhere” is the degree to which God is actually not fully Divine ... Divinity is a state of existence that knows an utter Completeness of Being – a Completeness of Being that can only come when God is fully immersed in everything around us (just as we can only know our own fullness of Being when we are fully immersed in all with whom we interact) ... This is a Truth reflected in [John 14:20](#), and this is the Truth that had Jesus (and many other Enlightened Ones) encouraging us all to actively Care for others (especially our enemies – see [Luke 10:29-37](#), where “neighbor” is defined as “enemy”) as if they were Divine* – for the very simple reason that they innately are so.

*God is both the shimmering we call “consciousness”
and the static we call “form”.*

Image 374 (Page 140b) ... The picture below shows a “golden wave” cresting at sunset – reminding me of the Truth that our friends who compose the gentlest of ripples in our lives and the enemies who make up the towering waves that tumble riders and shatter beachheads are all equal parts of the same Ocean – that everyone we encounter is Family, and thus to be treated accordingly ...



“To dance, sit still. To truly See, cover your eyes.” ~ Bill Alexander

To Dance with the Divine, choose to “sit” perfectly still within yourself even while twirling intimately with all others nearby ... To See the same Divinity, look away from others words & behaviors and towards the intentions & their Soul.

*To flow in harmony,
realize that you are allReady dancing
gently with all that already IS.*



“When you engage the world with Kindness, Compassion & Grace, you re-member that you are already an angel.” ~ anonymous

First of all, seeing as how the simplest Truth is always the easiest to enliven, it is helpful to realize that what many call “Grace” in this context (namely, the gentle equanimity extended to all situations and all circumstances) always flows forth from anyone who chooses to keep Compassion at his or her mental forefront (i.e. to approach every interaction from the viewpoint of the other – choosing to See a non-malicious motive for all dysfunctional behaviors, and choosing to See through all behaviors to the Golden Core of the other’s True Self underneath) ... Additionally, pure “Compassion” is always at our mental forefront whenever we are choosing to be sincerely Kind towards others. As such, in order to be an “angel” in any moment (i.e. in order to manifest an accurate reflection of your innate True Self – and thereby be seen by others as a source of Goodness & Peace in the world), all that is required is for us to extend sincere acts of selfless Caring to others.

**Re-member Who you truly Are
by noticing your perfect moments ...
Capture them gently, string them together,
and wear them loosely into your future.**

Image 375 (Page 141a) ... This picture (which I call “The Guardian’s Guardian”) shows Billy, my canine Friend from 1992 to 2004, as viewed from above (refer to [page 107](#) in *The Brown Book*; page 333 herein). This reminds me of the Truth that Friendship consists as much of the times when we let the Beloved go to be find Joy elsewhere as it does of the times when we supply them with that Joy ..



“If Love does not shatter you, you do not know Love.” ~ unknown

Note that we are speaking here not of shattering the True Self – for that is impossible. We are speaking instead of shattering the constructs of desire & yearning & fear & self-defense that form the ego – a shattering that is indeed highly uncomfortable, and yet a shattering that is a prerequisite to allowing any vestige of real LOVE to flow from us – and thus a shattering that thereby allows us to know a very real vestige of very real Contentment & Joy.

**Love is the last blow of the hammer
that finally shatters pride’s anvil.**

Image 376 (Page 141a - center) ... This picture shows my brother, Todd – sometime in or around the years 1995-1997. It reminds me of the Truth that real Love always walks the line between never enabling and always embracing – never affirming behaviors that are destructive of self or others; and yet always opening up to let the other return and feel at Home. Love doesn't care how many times the Beloved has harmed or rejected or ridiculed or disrespected, and Love doesn't care how many times previously the Beloved has returned to fail anew. Love simply Sees the Beloved's next homecoming, rejoices that the Beloved has returned at all, and reaches out to Love again ...



***Beauty knows many faces –
Transcendence, but one inspiration.***

The only effective inspiration for transcending our own primal selfishness is the deeper desire we regularly feel to reach out to Care for another in need – to lessen their suffering, to tend their wounds, to bring them Peace when in pain, to bring them Harmony when in turmoil. Basically, the only inspiration for any true transcendence of ego must be an inspiration that is the opposite of ego – an inspiration to Love instead of to be loved ... And even though Beauty is what is always known after that transcendence is complete; the Beauty experienced then is unique to the circumstances of each evolution – maybe Love allows us to See the wonderment filling every vista, maybe Love allows us to witness the unique radiance shining forth from the eyes of a sentient other, maybe Love allows us to know the Joy of relieving a Brother of his pain, and maybe Love allows us to know the deep Calm of witnessing a Sister's relief. These are some of the many faces of true Beauty – many faces with one shared inspiration; many faces with one shared Heart.

“What you see is who ‘you’ are.” ~ Scaughdt

This quote reflects Truths that are psychological as well as others that are physiological ... The first of the latter is born in the fact that we choose what we see based on perceived threat thresholds – meaning that the more intensely we embrace our fears and give them credence the more “threats” we perceive in our surroundings and the more “dangers” we choose to notice. The second physiological Truth reflected herein is the fact that we humans juxtapose what little we actually see with layers of memories similar to the same – meaning that what we tell ourselves we are seeing is actually significantly composed of memories of past experiences that were similar ... As far as the psychological Truths at play, the first comes from the fact that our minds literally alter what we allow ourselves to notice based on our chosen intentions, and the second comes from the fact that our minds literally alter the content of what we do notice based on our chosen mood ... And all four of these Truths come into varying degrees of play in every moment of our lives. This is the information we use to mold not only our surroundings, but also how we interact with the same – and thus who we choose to Become therein. Knowing this allows us to use these Truths to our advantage – by using them to enhance the advantages of others.

Reality is always reflecting you back upon yourself ...

Image 377 (Page 141a – overleaf) ... This picture shows a mother and her child, on the latter's day of birth; reminding me of the Truth that -- while it is always the other's responsibility as to when and how deeply and how often he or she chooses to be reborn, we can always play a role in inspiring and then nurturing the same ...



***“Whatever you ask for in prayer,
believe you are receiving it & it will be yours.”***
~ Jesus (Mark 11:24)

Most similar verses in the Gospels have the phrase “in my name” attached to them (see John 14:13-14, Matthew 18:20, Matthew 21:22, Luke 11:9 et al) – intimating that the prayer in question must be a selfless one to be “heard” and thereafter fulfilled; that the prayer must resonate with the all-Loving nature of the message of Jesus’ ministry and the name of Christ himself – “Emmanuel”, a name which means “God is within us” (see Matthew 1:23) ... That having been said, it is important to note that this phrase is missing here – and that we are dealing with the Gospel of Mark as well; the original Gospel – the Gospel that was penned first, and the Gospel from which Matthew & Luke took most of their subsequent inspiration. And so it is that we look to the Gospel of Mark itself to see how its author felt about prayer – seeing first & foremost the admonition of Jesus read in Mark 11:25, and admonition which noted that “whenever you stand praying, first forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses.” As such, we see that praying for Jesus is not a selfish tool at all, but rather a method of seeking atonement for past wrongs ... The second telling mention of prayer in Mark comes near the end of that Gospel, when we see Jesus praying in the Garden of Gethsemane just prior to his arrest and crucifixion. And here, in his time of greatest distress and greatest need, do we see him praying for himself? Do we see him begging God for pleasure or comfort or the avoidance of pain or the dismissal of his imminent suffering? No ... We see him acknowledge that God *could* indeed have given him these things (“for you all things are possible”) and we see him acknowledge that he was indeed sorely tempted to ask for the same (“remove this cup from me”), and yet immediately thereafter we see Jesus reaffirm his resolve to do God’s will, not fulfill his own wishes (“yet not my will, but *thine be done*” – see Mark 14:36) ... And this is how we are to pray as well; not to selfishly envision personal wealth or health or pleasure or ease and then ask for the same to be granted, but rather to envision serving those in need and relieving the suffering of the downtrodden, and then to ask that *these* visions be fulfilled instead ... As such, all proponents of the “The Prosperity Gospel” or “The Law of Abundance” should beware when using this verse to selfishly manifest advantages of opulence or ease – first and foremost because doing so directly denies The Way of Christ (a Way that knows only service for God’s Will, never being served by the same – see Mark 10:45 et al), but also because “beaming” want into the Universe is actually “beaming” a lack of what is desired – and the Universe will indeed respond accordingly; with either corresponding lack &/or with the granting of what is desired – an attainment that is always coupled with the corresponding suffering that accrues once what has been attained is inevitably lost, is taken, or fades away.

Image 378 (Page 141a - bottom left) ... This picture (which I call “Gentle Grasp”) symbolizes the Truth-full reminder that we are all significant Forces for either Good or Evil; that all that we do in life is either Earth-affirming or Earth destroying; that every single decision we make & every single action we embrace either embodies our Calling to act as gentle Stewards of our planet, or reflects our sinful tendencies to dominate & pillage the same. Enlivening the former brings commensurate Peace – enlivening the latter brings commensurate pain. It is our greatest privilege to pause throughout our days to choose Peace ...



Image 379 (Page 141a - bottom right) ... This picture reminds me of the Truth that we do not learn of true Love while reveling in times Bliss-full, but rather first learn of true Love while suffering the pangs of betrayal & abandonment, and yet choosing to Love anyway ...



“A half hour a day of Listening is essential unless busy;
... then, a full hour is necessary.” ~ St. Francis de Salles

While this quote originally spoke of “meditation” instead of Listening, the latter is more in tune with Truth – if for no other reason than meditation is often ill-used; often used for self-benefit, while Listening denotes attending to the other *for* the other ... Secondly, while this formula certainly makes sense from a monastic perspective, the question remains how the rest of us could apply its Wisdom more Fruit-fully. And this is attained with relative ease as follows -- replace “half hour” with “3 hours,” replace “Listening” with “Loving” (though earnestly & empathically Listening can be a form thereof), and replace “full hour” with “nine hours.” For advanced states of Salvation, repeat indefinitely.

Only ignorance encourages us to merely “do”.

“I believe in you completely & support whatever you do ... I exist to serve, and I harmonize most purely with God’s Will when I serve you.” ~ anonymous

This verse becomes most true when said to a friend instead of a lover, when said to an associate instead of a friend, when said to a stranger instead of an associate, and when said to an enemy instead of a stranger. And, of course, this quote becomes most deeply True when it is *done* for those individuals instead of merely said to them.

***Service is most Power-filled
when given to those not asking for it;
to those completely unaware of Its giving.***

***“Avoid judging by appearances.
Discern instead with Right Vision.”
~ Jesus (John 7:24)***

First & foremost, please note that I have Purpose-fully altered the wording of this verse – a verse which normally reads “Do not judge by appearances, but judge with right judgment”, and I have done so very good reason; to make the verse more understandable, to make the verse more applicable to the everyday lives of its readers, and to make the verse more harmonious with The Way of Christ ... Allow me to explain: It has been my experience that this particular verse is frequently used by conservative Christians to justify their bigoted condemnations of others – be those others homosexuals, transgenders, “sinners,” non-Christians, or even non-evangelical Christians. This interpretation not only seems to specifically contradict the very clear wording of [Matthew 7:1-2](#) (“Do not judge, so that you may not be judged. For with the judgment you make you will be judged, and the measure you give will be the measure you get.”) but generally contradict the essence of Jesus’ entire ministry of humble Love as well (see [Matthew 18:3-4](#) & [Matthew 23:12](#) & [John 8:7](#) et al) ... Of course, when we take a step back and have the wherewithal to examine the ancient Greek of these two verses, a reconciliation becomes readily evident. For, as it turns out, the major misconception here has to do once with the difference between the “judgments” we make against who others *are* (i.e. the judgments prohibited by Jesus in [Matthew 7:1-5](#) – like what bigoted believers do to those who trigger their particular prejudices) and the “righteous judgments” we make against the deeds others *do* that cause third parties physical &/or emotional harm (i.e. the judgments encouraged by Jesus in [John 7:24](#) – like what animal rights activists do to get animal abusers to stop enslaving, abusing & murdering innocent animals) ... Accordingly, the Hebrew word for “judgment” in the Old Testament is *mishpat* (Strong’s #4941) – a term which actually meant “*justice*”, *not* “condemnation” or “correction”. Of course, far more important for the discussion at hand, *krisis* was the Greek word (Strong’s #2920) that has been translated in English versions of the New Testament as “judgment”. And this word (which does indeed imply the passing of a sentence upon another) and its derivatives are the ones used in both [Matthew 7:1-2](#) and [John 7:24](#). Most importantly of all, this “judgment” in [John 7:24](#) is modified by the Greek word *dikaios* – a term which means “just” or “impartial” or “correct” more than its more common translation of “righteous”. And **this** is where the distinction lies – for conservative Christians who use [John 7:24](#) to justify their bigoted beliefs are *not* passing “correct judgment” on others at all. Instead, they are hypocritically opening their mouths to publicly condemn a states of being that are not even listed as sins. As such, their denigrations of others is actually an *unrighteous* judgment, and therefore a direct violation of BOTH [Matthew 7:1-2](#) & [John 7:24](#) ... And this is why I altered the language of [John 7:24](#), for while we are most certainly **not** to condemn others for their beliefs or their cultural affiliations or their gender or their race or the sexual orientations ([Matthew 7:1-2](#) et al), we most certainly *are* to “discern” the actions of others “with righteous judgment” -- that we can thereby identify actions that are causing the innocent to suffer, so that we might interfere and prevent the same.

“We must obey God rather than any human authority.” ~ Luke (Acts 5:29)

Whereas the author of **Luke** might indeed have been referring here to an external, independent, authoritative God who resides “above” us and “looks down” upon us, it is important to remember that this is **NOT** how Jesus viewed God at all – nor is it the way we should approach God in order to follow *his* Way, abide in *his* Truth or emulate *his* Life ... For Jesus, God was an internal essence (see **John 14:20**) ... For Jesus, God was a gentle Father (see **Luke 6:36** + calling him the intimate “**Abba**” in **Mark 14:36**) ... For Jesus, God was an interdependent Essence composed of perfect, unconditional Love (see **Matthew 5:48**) ... For Jesus, God is not an entity to be worshiped in order to attain a post-mortem reward in Heaven, but rather a Love to be enlivened towards others (see **John 13:15-17**) in order to attain Salvation (via entrance into the state of being known as “**the Kingdom of God**”) in *this* lifetime (see **Luke 17:20-21**)... And this divergence can be clearly seen in the very different Fruits that come from these very different trees -- When we “**obey God**” by bowing down in quivering subservience to an authoritarian celestial tyrant (even a relatively benevolent tyrant like the one alluded to by **Luke** here) has always born the Fruits of dissension and strife and conflict and war between differing factions of humankind, along with discord, fear, anger, and sadness within the Hearts of individuals as well. On the other hand, when we “**obey GOD**” by revering the heavenly Father of Jesus Christ by reaching out humbly & courageously to LOVE those around, doing so always bears the Good Fruit of Peace and Calm and Harmony and Unity in human relationships, along with Contentment and Calm and Joy and Bliss within the Hearts of individuals as well.

“Be as water, without friction. Flow around the edges of those within your Path. Surround within your ever-moving depths those who come to rest there. Enfold them, while never for a moment holding on ... Be with them gently, as far as they allow your strength to take them, and fill with your own being the remaining space when remain behind. While dropping down Life’s rapids, froth into fragments if you must; knowing that the many of you will just as many times be One again. And when you’ve gone as far as you can go, quietly await your next beginning.” ~ N. F. McInnis

Water is peaceful and yet water is not static ... Water is gentle and yet water is not passive ... Water is flowing and yet water is not weak ... Water is subtle and yet water is not impotent ... Water is not forceful and yet water always finds its way. As such, when embraced, drink deeply ... When attacked, allow the aggression to flow smoothly around you ... When complimented, give credit to others ... When insulted, let the same fall off you like water from a duck’s back ... When it is time to stay and nourish, stay and nourish ... When it is time to rise to the heavens, rise to the heavens ... When it is time to fall gently upon conflict, fall gently upon conflict ... When it is time to flow to the sea – to flow onward to the next being in need, then flow on smoothly thereto.

To await your next Beginning, simply begin anew.

“In order to arrive, know where you are going.” ~ anonymous

In order to Arrive, understand that you are already There ... Every other destination is but a distraction from the fact that you have already completed your Journey to *this* moment – that there is already a person or a being or a situation or a space in need of Love or Beautification nearby, and that if you strive to get elsewhere, you will never be able to serve the Here in need of you Now.

***The only place to go
is the place from whence we set forth.***

“Give us Peace.” ~ Latin Saying
(*Dona Nobis Pacem*)

If we are requesting Peace for ourselves, we will never know Peace ...
If we are asking to give Peace to others, we will never know Peace either ...
The only way to know Peace is to reach out and Give Peace.

***To know contentment, give others Peace ...
To give others Peace, accept them as they allReady are.***

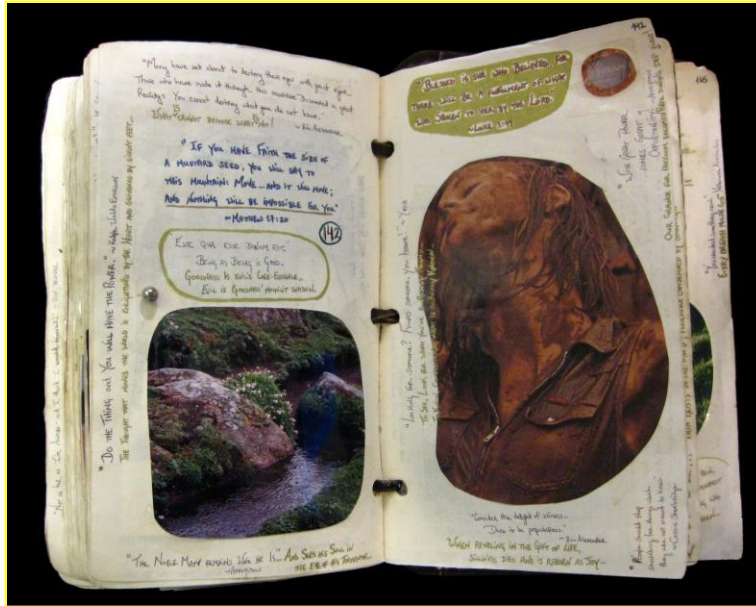
Image 380 (Page 141b) ... This picture shows an Unidentified Flying Object hovering over a “Druids' Procession” (what I called the long, dolmen-bordered promenades seen in the fields of southern England) that I photographed during my trip to Avebury in the Spring of 1998. While I am not at all attached to the theory that the Earth has been (&/or is still being) visited by aliens from other star systems, I am quite fond of the wonder-enhancing Truth that it is always wise to remain open-minded about beliefs for which concrete evidence is lacking one way or the other ...



“It is enough that I know.” ~ Heleana B. Theixos

It is enough that we know if what we know
is supportive of pure Love ...
And what we know is enough
if we are setting that knowledge into motion
to bring another(s) Peace.

***It is more than enough
to simply know that you do not.***



“Many have set about to destroy their egos with great vigor. Those who have made it through this exercise discovered a great Reality: You cannot destroy what you do not have.” ~ Bill Alexander

First of all, this statement is both true and false – true in the sense that the ego is not a portion of the True Selves with which we entered our respective lives, and false in the sense that the ego most certainly is in & of itself quite real. Just because an entity we call “the ego” has been co-fabricated by our primal fears and our fear-based responses to the pains & traumas of our childhood does not mean that this “faux identity” isn’t real – It most certainly is. Indeed, the more we heed its self-centered & greed-founded whisperings, the more pronounced it becomes, until the vast majority of us adopt it as our real self and leave our True Selves buried deep beneath the painful memories of our younger years. More importantly – not only can we not destroy the ego by fighting against it, fighting against it actually makes it stronger. The ego is grounded in the strife & struggle that reasonably ensues in response to tragedy & crisis, and as such all subsequent choices that are similarly grounded in force or aggression or violence of any kind only serve to entrench the same self-fixated dysfunction that gave birth to the ego in the first place ... We can only alter or “defeat” a construct by using a force that opposes the one that engendered it – in this case by using selfless Love instead of self-centered desires & courageous Kindness instead of fear-based self-defense.

What IS cannot ever become what is not.

“Do the Thing and you will have the Power.” ~ Ralph Waldo Emerson

This statement is True in the sense that we cannot hope to harness an act until we understand it, and that we cannot hope to understand an act until we perform it – and thereby *experience* both it and its effects ... Even more importantly, while it is true that if we Do a deed *for another(s)* we will accrue the same Power given them, it is equally true that if we do a deed ostensibly for another but actually for ourselves (i.e. to fulfill an obligation, to inspire reciprocity from those for whom the deed is done, &/or to win favor from those witnessing the same) you will end up robbing both them & yourself of that same Power.

The thought that moves the world is enLightened by the Heart & enLivened by silent feet in motion.

“If you have Faith the size of a mustard seed, you will say to this mountain: Move – and it will move. Nothing will be impossible for you.” ~ Jesus (Matthew 17:20)

Fittingly, just as a tiny mustard seed contains a surprising amount of Power, this tiny verse contains a surprising amount of Truth. Consider the following deeper implications of what Jesus was probably alluding to here ... **First** & foremost, it is important to note the context of this statement – important to note that Jesus was speaking to people of “**little faith**” and trying to awaken them to the fact that they too had immense Power at their fingertips (the Power of selfless Love – the Power innate to all acts of willing self-sacrifice – the Power inherent in all who choose to Love anyway). And what better way to do so than to mention the mustard plant – a ubiquitous weed that grew readily even in the most arid of conditions, a plant that came from a small seed and yet grew rapidly into a large bush (with some specimens reaching over ten feet tall near the Jordan River), and a plant that germinated extremely quickly – that could be planted one day and be growing heartily the next. All of these characteristics matched the message that Jesus was trying to convey to the doubtful – that “salvation” was for everyone, not just the religiously privileged or the pious few, that even the smallest of Loving deeds was worth it – that even the tiniest acts of Love could blossom and bring great Peace, and that the benefits of selfless Love did not arrive as a slow-moving process of awakening or enlightenment – but rather accrued immediately after they were given ... **Second**, it is worthwhile to note that Jewish law at the time prohibited the growing of mustard in one’s garden – and that Jesus lauding mustard was yet another alluded critique of the unnecessarily limiting and indeed spiritually counterproductive religious regulations of his day (see page 427 herein for more examples thereof) ... **Third**, Jesus doesn’t stop there, but in all three of the Synoptic Gospels goes on to state that the mustard plant grows into “**the greatest of shrubs**” (Mark 4:30-32), with Matthew & Luke going on to state that it even thereafter “**becomes a tree**” (Matthew 13:31-32 & Luke 13:18-19). All three of these writings then go on to note that the mature mustard bush serves as shelter for the birds. And this latter addition is significant, for it shows Jesus equating the culturally prohibited & judged “unclean” mustard plant as being on equal symbolic footing to the glorious cedar trees famously mentioned in the Old Testament (see Psalms 92:12 -- “**The righteous flourish like the palm tree, and grow like a cedar in Lebanon**”, and Daniel 4:10-22 -- “**Upon my bed this is what I saw: there was a tree at the center of the earth, and its height was great ... and from it all living beings were fed ... and in whose branches the birds of the air had nests**”, and Ezekiel 17:22-24 -- “**I myself will take a sprig from the lofty top of a cedar ... I myself will plant it on a high and lofty mountain ... in order that it may produce boughs and bear fruit, and become a noble cedar. Under it every kind of bird will live; in the shade of its branches will nest winged creatures of every kind.**”, and Ezekiel 31:1-9 -- “**Whom are you like in your greatness? Consider Assyria, a cedar of Lebanon ... All the birds of the air made their nests in its boughs**”) ... **Fourth**, while more than a few modern-day theologians assume that Jesus is speaking about the spread of Christianity in this parable (and that the birds represent either the presence of evil – an influx of false prophets & heretics into the church; or the Gentile nations that will soon be sheltered by the church’s rapidly expanding penumbra), and yet even the most cursory of glances at the teachings of Jesus shows that this cannot be the case. Indeed, Jesus went out of his way on many occasions during his ministry to point out **A**) that he was a dramatic reformer of Judaism, not a founder of any new religion (see Mathew 5:17-18 & Hebrews 8:8-13 et al) and **B**) that he most certainly did not want to be worshipped (see Mark 10:18, John 5:41, John 7:16, John 8:50-54, John 12:44 et al) but that he wanted his Way of Selfless Love to be “**followed**” (i.e. *emulated* – see Matthew 16:28, Matthew 25:35-40, John 12:24, John 13:15-17 et al) ... **Fifth**, remember that “**Faith**” for Jesus was not a mental certainty of belief or a verbal announcement of confidence, but rather was a verb – an action performed despite doubt and fear, not without the presence of the same (see John 14:12) ... **Sixth**, this verse is most certainly not meant to support the “**Law of Co-Creation**” or “**The Prosperity Gospel**” or the “**Manifestation of Abundance**” that have all become so vogue of late. Indeed, if we look to the other places in the Gospels where Jesus makes similar claims, he almost always adds the phrase “**in his name**” to the manifestive language used – and a very important addition this becomes, for the only way anyone can truly “**pray in Jesus’ name**” is to pray in harmony with his Way, his Truth & his Life – a manner of prayer that requires that we avoid asking for anything for self, and pray instead solely for the opportunity to be of greater service to others (see Matthew 18:20, Luke 11:19, John 14:13-14 et al). Indeed, this is the “**Faith of the mustard seed**” that reflects the “**perfect Love**” of his heavenly Father (Matthew 5:48), and as such this is the only Faith that can hope to “**move mountains**” without causing great harm to self and others. Loving the unlovable and sincerely Caring for an enemy are the most difficult of all deeds. And yet as long as we have Faith – the potent Faith of the mustard seed that is as active as it is humble – then such a selfless Love *can* be given (Mathew 5:43-48), and our salvation can be thereby assured (see Matthew 24:12-14).

“Being as being is Good”

(or “Everything that exists is Good”
or “Life itself is more than enough”)

~ Latin Saying

(*Esse qua esse bonum est*)

While it is obviously not true that everything that exists is innately Good (assuming we apply the basic definition that Goodness is that which brings Peace or Harmony or Joy), it most certainly *is* true that everything that is can be Seen as being potentially Good -- and that everything that is can be powerfully *used* for Good ... More importantly, the less Good (i.e. the more painful &/or the more disconcerting) a situation or person or object is in any given circumstance, the more powerful a potential Good it can co-generate when we choose to use its pain &/or use its dis-ease *for* Good – either literally or as an inspiration therefore.

***Goodness resides at evil's core;
it is the essence of everything ...
In like kind, evil is goodness' moonlit shadow.***

Image 381 (Page 142a) ... This picture shows light rain dancing in a puddle on the coast of Land's End, the commencement stop of my Spiritual Trek through southern England in 1998. This image reminds me of the Truth that just as there is only one body of water (no separate rivers, no separate lakes, no separate oceans, no separate puddles) there is only one Family of sentient beings as well (no separate tribes, no separate nations, no separate political factions, no separate religions, no separate races, no separate genders, no separate species). Just like the waters that tumble over the falls and tumble from the skies, we are literally all One – and as such have been called to act accordingly ...



“The Noble Man allWays remains Who he IS.” ~ anonymous

Well, this statement is essentially true ... with the following few caveats: **Caveat #01)** Every sentient being in existence is innately Noble (i.e. imbued with the pre-ego Self that knows Oneness and desires only to enliven the same – both in his or her surroundings and within the Hearts of everyone in that environment) ... **Caveat #02)** Every sentient being has the power in every moment of their lives to re-enliven (i.e. to re-Member) this innate Divine potential (by acting accordingly – especially in those moments when they least want to do so &/or especially for those deemed “least deserving” of the same) ... **Caveat #03)** Caveat #01 is only practically true during the moments when Caveat #02 is in play ... In other words, even though a being is latently Noble does not make them actually Noble. A dormant Divinity is not Divine until released by acts of courageously selfless Caring; those moments when he or she returns to who he or she innately is and enlivens who he or she has always innately been. Divinity is reborn in all such moments, and yet *only* in such moments (see [John 3:3-8](#)) ... In all instances – times of greed or callousness or envy or frustration or anger or sadness or fear, he or she returns to the ignoble, primal “faux-self” that he or she has “worn” as a survival mechanism left over from the traumas & challenges of his or her childhood.

***The Noble Man sees his Soul
in the eye of his tormentor.***

Image 382 (Page 142b - top right) ... This picture shows a “Dream” stone from the Wildwood Labyrinth (Wildwood, Georgia) – reminding me of the Truth that the only meditation that truly awakens is the meditation done in motion, and the Truth that the only Love that bears the Fruit of Peace is the Love that is felt while it is done ...



“Blessed is she who Believed, for there will be a fulfillment of what was spoken to her by the Lord.” ~ Jesus (Luke 1:45)

This verse becomes Truth only in those moments when our Belief becomes a verb – only when we set aside merely thinking faithfully about God’s love for us and start acting Faith-fully by extending Love to others (see Matthew 7:21, Matthew 24:12-14, Matthew 25:35-40, John 13:15-17, John 14:12 et al) ... This means that the blessing of Mary -- the woman referenced here -- was not guaranteed via her mental faith or her verbal allegiance, nor was it assured merely because of the child she carried or the song of praise she sang thereafter. No, the blessing so promised accrued because Mary chose to heed the Call given to her – she chose to hear a Divine Summons and then act accordingly -- by raising Jesus with the requisite knowledge to enable him to Do what was needed to fulfill his subsequent ministry. Indeed, by all indications Mary fulfilled her requirement quite courageously, if for no other reason than we later see Jesus become a “laborer’s” son (the Greek word commonly translated as “carpenter” in Matthew 13:55 was not specifically tied to wood-workers – see the Greek *tektonos*, Strong’s #5045) who was **extremely** well-versed in Hebrew Scriptures (see Luke 2:43-47, and also Matthew 4:4-10, Luke 4:17-19, Matthew 5:21-38, Matthew 10:35-36, Matthew 11:10, Matthew 13:14-15, Matthew 15:3-9, Matthew 19:4-6, Matthew 19:17-20, Matthew 21:13-16, Matthew 21:42, Matthew 22:31-32, Matthew 22:37-40, Matthew 22:43-44, Matthew 23: 38-39, Matthew 24:15-16, Matthew 26:31, Matthew 27:46, John 10:34, John 13:18, John 15:25 et al) – a highly unusual occurrence for any child from a working class family in Jesus’ day ... It is also worth noting that Jesus did not fulfill the prophecy desired by the angel who spoke to Mary in this chapter of Luke. For the “angel Gabriel” told Mary that “you will conceive in your womb and bear a son, and you will name him Jesus. He will be great, and will be called the Son of the Most High, and the Lord God will give to him the throne of his ancestor David.” (Luke 1:31-32) ... True to form, Mary did name her son Jesus, and true to form, he was a Great Man who many errantly worshipped as *the* Son of the Most High. And yet one thing he never was – indeed, one thing he openly & wholeheartedly & repeatedly rejected was “the throne of his ancestor David” Indeed, Jesus wanted no part of being revered as a Savior of the people (see Matthew 16:20, **Matthew 22:41-45**, Matthew 24:1-2, Matthew 24:23-27, Matthew 26:63-64 + Matthew 16:28, Mark 1:24-25, Mark 3:12, Mark 8:27-30, Mark 10:17-18, Mark 12:14-17, **Mark 12:35-37**, Luke 4:5-8, Luke 4:41, Luke 9:18-21, Luke 18:18-19, Luke 22:70, John 5:41, John 6:15, John 7:16-18 + John 14:20, John 8:50-54, John 12:44-45, John 12:49 & John 13:13) – instead coming to offer them a Way they could attain salvation for themselves by serving others (see Luke 17:20-21, Matthew 10:7, Matthew 16:28, Matthew 24:12-14, John 13:15-17 et al) ... And this Way remains a Truth for us all to this very day. For we are all Blessed when we see to it that others have the tools & the knowledge required to blossom into a Life that serves others in harmony with their own unique gifts & talents – a Life that “fulfills what is spoken [within them] by the Lord.”

“With great power comes great opportunity.” ~ anonymous

On the superficial plane, this statement mirrors the age-old *myth* that only those of cultural influence (i.e. fame or status) or intellectual influence (i.e. intelligence or knowledge of dogma) or material influence (i.e. monetary wealth or an abundance of possessions) or psychological influence (i.e. great beauty or charming charisma) have “great power” – and that these are the ones who thereby also have the greater opportunity; the greater opportunity to control their lives & the lives of others; the greater opportunity to live long and prosperous lives; the greater opportunity to be happy and find love ... Of course, nothing could be further from the Truth, for in actuality, it is just those such as these who have the **least** likelihood of knowing true Power – the Power that comes from sacrificing for others; the Power that comes from forgiving competitors & enemies; the Power that comes from serving the downtrodden; the Power that comes from giving past the point of comfort ... Indeed Jesus said it best – “It is more difficult for a rope to pass through the eye of a needles than it is for a wealthy man to enter the Kingdom of Heaven” (Matthew 19:24 – with the Aramaic word for “camel” being almost identical with the Aramaic word for “rope”) ... This is why I actually have immense compassion for those who are actually *burdened* with the aforementioned “curses” of fame or political power or religious influence or material wealth or physical beauty or athletic talent – and an enormous respect for those who are so burdened and yet choose to live the loving Way of Christ anyway ... **P.S.** On a more important note – for the rest of us “normal people” – while we may not have any of the aforementioned superficial powers, we *do* all always have access to real & true POWER – namely, the Power to LOVE, especially when we least wish to do so, and especially those people in our lives “least deserving” of the same.

Your freedom only becomes completely Real during the first courageous step.

“Looking for someone? Found someone, you have!” ~ Yoda

If we wish to find someone to Love, we never need look far -- If we wish to find a Friend, look for the next passerby ... If we wish to find a teacher, look for the next annoyance ... If we wish to find our Purpose, look for nearest stranger ... If we wish to find a Soulmate, look for the nearest enemy.

*To See, look for what you've allReady found ...
To Know, comprehend what is allReady understood ...
To Comprehend, simply set your knowledge in motion.*

Image 383 (Page 142b - main image) ... This picture (which I call “Rapture of Oneness”) reminds me of the Truth that our most profound Bliss comes not when Life is clean & peaceful and our Love flows smooth & easy, but rather when Life is dirty & strident and our Love is given anyway to the jagged and the angry ...



“Consider the delight of silliness ...
Dare to be preposterous.” ~ Bill Alexander

If we are being silly to be silly, we are wasting our lives. And yet if we are being “silly” to bring others Joy, we are fulfilling our moment’s Great Purpose ... If we are being unconventional to be gain attention by being “weird”, we are wasting out lives. And yet if we are being unconventional to wake others up from their inner slumber, we are fulfilling our moment’s Great Purpose ... If we are being jovial to dishonestly cover over an inner malaise, we are wasting our lives. And yet if we are being jovial to remind others that life itself is cause enough for profound expressions of joyous Gratitude, then we are fulfilling our moment’s Great Purpose.

*When truly reveling in the Gift of Life,
silliness dies and is re-born as Joy.*

“People should stop searching for things
which they are not meant to know.” ~ Cassie Shoebridge

First of all, there is nothing on Earth or in Heaven which we are “not meant to know.” Even the seemingly forbidden eating of the fruit from the Tree of Knowledge in the Garden of Eden (see [Genesis 3](#)) was the greatest of Blessings – awakening in humanity the consciousness required to enliven free will; granting us all the self-awareness necessary for freedom of choice; and thereby engendering in us the ability to know the greatest Bliss available in life – namely, the Bliss that only comes to those who set aside their yearnings for utopia, who bravely enter a world of strife & hardship, and who choose to sacrifice personal comfort in order to Meaning-fully Care for others instead ... Indeed, even these days every bit of information “on Earth” related to our surroundings &/or our world is useful to know if used to bring another Peace or Joy or Freedom, and that same information becomes fully useless if used to acquire for mere acquirement’s sake ... Similarly, every bit of information “in Heaven” (*within* us -- see [Luke 17:20-21](#)) we can collect about our psychological make-up and our spiritual purpose and our past wounds/karmic path etc is good to know if used to emPower subsequent acts f service, and that same knowledge becomes a useless diversion of spiritual castration if acquired merely to “better understand ourselves” or to “heal our past wounds” or to “liberate our souls.”

*There is nothing you are “meant to learn”,
because everything of substance is already known.
The object is not to discover, but to remember ...*



“There is no beginning too small.” ~ anonymous

It is true enough that there is no beginning too small, *and* it is just as true that every beginning that begins with Love is abjectly **HUGE** in its effect ... In fact, when any journey or any deed is commenced in wholehearted Love for the other, it becomes complete the moment it is commenced ... Every Gift is fully Given during its transfer ... Every Love bears the ultimate Fruit of Peace while it is being offered. Yes, if the receiver of a Gift chooses to use the same to re-awaken the dysfunctional responses of “taking offense” or “feeling unworthy”, then we notice that Bad Fruit – Fruit that *they* (not our Gift) have created – and choose to either give a different Gift to that pain-filled person, or flow onward to another recipient thereof ... And the same is true with regards to our LOVE – if our Love is rejected or ridiculed or used as an excuse to lash out or self-loathe, then we witness this Bad Fruit as well (Bad Fruit that the *recipient* of our Love created, not the Love that they used to do so) and either continue to Love them using different means, or turn to Love another ... Indeed, even in the instances where our Gifts are rejected &/or our Love dismissed, the Gifts given and the Love shared remain pure and Peace-full in their own right – and even in these times of misuse or repulsion serve as beginnings much larger than “small” – beginnings that ever-so-briefly (and yet ever-so-fully) reawaken the Heart of their deniers, and beginnings that ever-so-boldly (and ever-so-completely) reawaken the Hearts of all those blessed to witness the same.

Every wave begins as a whisper.

Image 384 (Page 143a - top) ... This picture shows a raindrop on an iris petal – symbolizing the Truth that the only way to express the “spiritual royalty” of our True Selves (i.e. the only way to thereby reunify our inner Souls with the Divinity residing within everything around us) is to stop trying the “heal past wounds” and simply Heal the wounds of others; to stop struggling to “find the Meaning of Life” and simply live Meaning-fully; to stop striving to learn about Love and simply become Love itself ...



“I would rather be ashes than dust. I would rather my spark should burn out in a brilliant blaze than be stifled like dry rot. I would rather be a meteor; every atom of me in magnificent glow, than a sleepy and permanent planet. Man’s chief purpose is to live, not to merely exist. I shall not waste my days trying to prolong them. I shall use my time.” ~ Jack London

While it is true indeed that living for self is always a guarantee of both a neutered life (in relation to others) and a life filled with suffering (in relation to self), this quote is not designed to encourage reckless acts of self-provoked martyrdom ... Indeed, the greatest of honors is the moment when we are presented with the opportunity to literally sacrifice our entire being for a Cause greater than ourselves, and yet it is a massive hubris-violation to try and provoke the same outside the natural flow of one’s existence ... We are here to cherish life by serving the living, and it is both an honor & a privilege to do so as powerfully as we can and for as many days as we are able. Yes, the goal each day is to “leave it all on the field” – to give everything we have to give in every moment we have to give it, and yet in 99.9% of the cases this does not require our physical death ... We give what we are called to Give each day – we “die” willingly & completely (i.e. immerse ourselves mentally, emotionally & physically) to each service that presents itself and give everything we have to give to the same. Then, when that service has run its course, we collect ourselves, witness to the Fruits of those deeds (to make note of the services that bring Peace – that they might be repeated in the future, and to make note of the services that bring pain or discord – that we might cast them aside and serve in ways differently thereafter), and then we move to “die” fully into the next opportunity to Love ... If this means we live but one brilliantly bright day and then perish for Love &/or Justice, so be it. And yet to die in that manner cannot be our desire or our goal ... We are not to burn as brightly as we can in one day, but rather are to burn as brightly as Life asks of us for as many days as we are blessed to be so summoned.

Longevity means nothing unless it is made brilliant by deeds of selfless service.

“I wonder how our clocks keep ticking,
when the news we hear makes us start clicking with fear.”
~ Laura Alexander

Oddly enough, it is precisely in such moments – precisely in those moments when we are most acutely stifled by fear for self or anxiety for others – that our Love acquires its mightiest potential ... And thus it is precisely in such moments when we are most loudly called by Life – not merely to “keep ticking,” but rather to boldly set forth into Living; to boldly immerse ourselves in the Hearts of those around us -- to make sure our own Hearts are still truly beating, by helping the Hearts of others to beat more powerfully as well.

All facts are merely illusions dipped in arrogance.

*“The path of the Just is like the shining sun,
that shines ever brighter unto the Perfect Day.”
~ unknown (Proverbs 4:18)*

First of all, it is important to remember that – seeing as how the lives of all sentient beings are innately shrouded in abject fear (constant subconscious evaluations of “friend or foe” & “fight or flight”) & varying degrees of self-loathing (the omnipresent dysfunctional whisperings from the critical judgments received from parents, teachers, preachers etc during childhood); and seeing as how the societies we have created were founded in violence and are still promiscuous in their hovering, omnipresent oppressions of potential incarceration, poverty, ostracization &/or isolation – even the smallest candle of Love or Justice shines like a strobe into the darkness; even the faintest calls for Caring or Freedom booms like a thunderhead rolling over the valley ... **Second**, note as well the enhanced Meaning found in this verse when we read the other proverbs that precede & follow it – “Do not enter the path of the wicked, and do not walk in the way of evildoers ... For they eat the bread of wickedness and drink the wine of violence” (Proverbs 4:14-17) and “The way of the wicked is like deep darkness; they do not know what they stumble over ... Keep your heart with all vigilance, for from it flow the springs of life” (Proverbs 4:19-23) ... **Third**, note that the Hebrew word translated here as “perfect” is *nekown*, a word that actually means “fully established” or “made complete” (see Strong’s #3559) – a meaning which harmonizes well with the humility-infused & fully active Way of Christ (see the “fulfilled” of Matthew 5:17-18 – from the Greek *pleroo*, meaning “to hone” or “to make whole or complete” Strong’s #4137) ... **Fourth**, note in closing how well this Proverb flows with Jesus’ reading from the scroll of Isaiah in Luke 4:18-19; especially the fact that we have all been called to shine a similar light, and thereby make the way straight for all those struggling nearby (see Matthew 5:16, John 12:36, John 14:12 et al).

“For in the dew of little things the Heart finds its morning and is refreshed.” ~ Kahlil Gibran

This is quite true of the Hearts of those receiving gifts of Love – true that selfless Love is so potent that even the apparently smallest of Good Deeds means more than most to those saddled with sadness or shackled by fear or anger ... That having been said, the Heart of the Giver finds no such solace in deeds done Good that are not difficult to perform. Indeed, no Soul-Self does any deed for any reward of any kind, and yet the fact remains a Giver can only be showered with inadvertent Bliss to the degree that his or her Good Deed demands a personal sacrifice – be it the physical sacrifice that comes from serving others despite exhaustion, illness, or injury; the emotional sacrifice that comes from giving to others despite feelings of sadness, anger, or fear; or the mental sacrifice that comes from loving others despite thoughts of self-defense, retribution, or outright enmity.

*The grandest of Wonders
rests in the smallest of miracles.*

Image 385 (Page 143a - bottom left) ... This picture shows Jon Loevy (of Chicago, Illinois – my college roommate), who reminds me of the Truth that Friendship requires neither a mutual respect of chosen professions nor a mutual admiration of chosen goals. Friendship requires only the ability to See the Good in the other, and the choice to Listen accordingly ...



“Was she simply too shallow to suffer indefinitely, or was she too wise to become attached to her suffering; too feisty to permit it to rule her life? She voted for wise and feisty and walked on, kicking leaves.” ~ Tom Robbins

Beauty is not what is seen by others as beautiful.
Beauty is what is Done for others with Love.

*Courage does not lead to Wisdom ...
Wisdom & Courage are ONE.*

“The world is saved by one small Act of Kindness at a time.” ~ Patti Brown

This statement is both true and false ... It is false in the sense that one small act of Love does **not** erase all the trauma and all the pain and all the injustice of the world. Indeed, in a Universe that is dynamic and composed of interdependent conscious entities each striving to attain their own sense of meaning (and each struggling in every minute with their own temptations towards selfishness & away from morality), trauma and pain and injustice are guaranteed to continue at least in some form(s) until the end of time ... That having been said, it bears noting **A**) that we would do the other sentient beings of the Universe no favors if we were to effectively wipe out all suffering in the Cosmos – if for no other reason than their ultimate Joy only comes from them being given the opportunity to choose to Love when least inclined to do so; that their greatest Peace can only come when they are deeply suffering and yet choose to Love anyway), and it bears noting **B**) that each of those same sentient Souls does indeed live in their own co-generated “world” -- and that thus the smallest gift of sincere, heartfelt, selfless Kindness given to one of those beings does indeed in effect “save” his or her world while the same is being given.

Each & every Good Deed saves humanity for one more moment.

“Above all, clothe yourselves with Love, which binds everything together in perfect Harmony.” ~ Paul (Colossians 3:14)

The majority of scholars agree that – for a variety of reasons – 2 Thessalonians, 1 Timothy, 2 Timothy, Titus, Hebrews & Ephesians were almost certainly **not** written by Paul, and a portion of scholars cast their doubts on Paul’s authorship of Colossians as well. That having been said, the majority of scholars believe that Colossians is an authentic Pauline epistle, in which case it would have been the last one he penned – probably written while he was imprisoned in Rome near the end of his life ... Taking this all into account, it should come as no surprise that he is seen here once again inadvertently “stumbling upon” The Way of Christ in this verse. For even though Paul never saw Jesus in the flesh, and even though Paul never heard Jesus teach, and even though Paul was waylaid by a deceiving demon on the Road to Damascus (who posed as Christ and lambasted Paul with guilt & mind-numbing shame over his treatment of Jesus’ true followers – see Acts 9 & Luke 10:18 et al), and even though Paul developed a theology thereafter that directly *contradicted* the teachings of Jesus in almost every way (see page 467 herein), still Paul regularly happened upon the Truth of that glorious, selfless Way – still he regularly left his passive-aggressive dysfunctions and vile condemnations of others behind long enough to whisper of the Life of real & perfect LOVE (see also Romans 2:1, Romans 2:13-15, Romans 8:5-6, Romans 8:14-16, Romans 12:10, Romans 12:14-21, Romans 13:8-10, Romans 14:4, Romans 14:13-14, Romans 14:19, Romans 14:22, 1 Corinthians 3:16, 1 Corinthians 6:17, 1 Corinthians 10:24, 1 Corinthians 13:2, 1 Corinthians 13:8, 1 Corinthians 16:14, 2 Corinthians 3:18, Galatians 5:6b, Galatians 5:14, Philippians 2:4-5, Philippians 4:5, 1 Thessalonians 5:15-18, & Colossians 2:20) ... And that he regularly did so means that he, just like you & I, was privy to the greatest of Truths – that he, just like you & I, knew what Jesus knew and was offered its same wonders. He knew that Heaven was Here&Now, not coming sometime in the future (see Matthew 10:7 & Luke 17:20-21) ... He knew that God was an internal Essence (see John 14:12 & John 14:20-26) composed of perfect, unconditional, non-condemnatory LOVE (see Matthew 5:48, 1 John 4:8 & 1 John 4:18 et al) ... He knew that the way to enter this radiant State of Being was via selfless acts of radical Kindness (see John 13:15-17, Matthew 24:12-14 et al) – especially those given to our enemies (see Matthew 5:43-48) and the downtrodden in our midst (see Matthew 25:35-40) ... He knew that God was a God of Peace (see Matthew 5:9 & 1 Corinthians 14:33) and mercy (see Luke 6:36) and forgiveness (see Matthew 18:21-22) and acceptance (see John 5:22) ... He knew that we were all innately children of God (not sinners, as his ego errantly claimed Matthew 9:2, Matthew 9:22, Matthew 19:14, John 12:36 et al), and he knew that we could all act accordingly – by choosing to “clothe ourselves in Love.”

Image 386 (Page 143b - top right) ... This is a 1971 penny (from the year of my brother's birth), reminding me of the Truth that while our Worth as Beings started priceless in the womb (and remains priceless through our dying breaths), our worth as individuals is not innate when we enter the world, but rather is created by the choices we make while living therein ...



“Lose yourself in [the majesty of] a mountain view or [the minute wonders in] the veins of a leaf and think of them as possessing Energy of which you are a part. Do you now see what I consider Spirituality to be?” ~ Rebecca Jean Pittman

We can only truly “lose our selves” (i.e. dismiss the ego and reawaken the Soul-Self) in Wonderment when sharing the same with another &/or interacting with witnessed Beauty in order to aid its causes of growth and flow (e.g. lovingly landscaping Nature) ... Remember that we are to gaze grandly upon Nature in order to re-inspire our Selves to serve efforts & organizations that are trying to protect the Earth’s natural magnificence from the evil forces of abduction, extraction, and greed ... We can look closely at Her wonders to show them to others or we can look closely at Her Beauties to assist their journey back to The One. But merely looking to look – or merely to “find inner peace” – or merely to “become calm” – or merely to “relieve stress” – or even merely to “know joy” will serve neither the Nature you are appreciating nor the ego seeking in vain to fill its voids with such superficial selfishness ... Spirituality is either a verb or it is nothing, and it is either “worshipped” for something grander than one’s self or it becomes its own pit into which the Self will plummet.

*You cannot Love that which is seen as separate,
much less your own ego that does the separating ...*

“He also saw a poor widow put in two, small, copper coins. He said: Truly, I tell you, this woman has given more than all of them; for they have contributed out of their abundance, but she out of her poverty has given all she had to live on.” ~ Jesus (Luke 21:2-4)

This passage brilliantly illustrates one of the primary principles of The Way of Christ – namely, that the more difficult a Gift is to Give, the more potent & worthy it is once Given ... This Truth goes for monetary gifts like those mentioned here, and it goes for gifts of Forgiveness like those mentioned in [Matthew 18:21-22](#) (i.e. “forgive 70 times 7 times” = forgive everyone endlessly & completely) and Gifts of Love like those mentioned in [Matthew 5:43-48](#) & [Luke 10:29-37](#) (“Love your enemies”) ... Note as well that the word for “treasury” found in [Luke 21:1](#) refers to the 13 tithing containers utilized by the Temple to receive offerings, as well as a specific room in the Temple itself (a la where Jesus was preaching in [John 8:20](#)). In both instances the Human Soul is alluded to – after all, “[where your Treasure is, there your Heart will be also](#)” (see [Matthew 6:21](#) & [Luke 12:34](#) – also Jesus’ allusion to tithing with Love instead of money in [Matthew 23:23](#) et al) ... Note as well the relevant practical Truth here – that Giving is fulfilled the moment the coins hit the coffer, irrespective of what the preacher does therewith. That having been said, we do intuitively know who actually needs our Gifts and who doesn’t – and preachers invariably don’t need them. In fact, gifts of money actually hampers their ability to share The Way with others, and thus does them no service (again, apply the wisdom of [Matthew 23:23](#) here). As such, it is far better for us to tithe to our communities instead – with things over money and time over things and Love (our Selves) over time.

“There is nothing that can be done to the body that can affect the Soul.” ~ God

This claim is true enough, though it is important to realize that it is only with the body that we can enliven the deeds that can remove the “sludge” that has accumulated on the Soul over time. Thoughts & feelings & words – no matter how selfless & no matter how daring – are not challenging enough to cleanse the pains of our past. Only actions confront enough fear to become potent enough to purify the glow of the Soul, and thus it is only through the courageously Caring deeds of the body that we can set the Soul free.

***Pain exists only in the mind,
just as pleasure is constructed
completely from our yearnings.***

Image 387 (Page 143b - bottom left) ... This is a 1967 penny (from the year of my own birth), reminding me of the Truth that not only can money never purchase Happiness, but that every purchase made therewith for self actually robs the Soul of a commensurate portion of its potential Joy ...

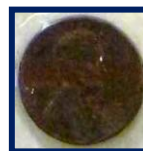


Image 388 (Page 143b - center) ... This is a picture showing spring flowers -- both in & out of focus; symbolizing the Truth that it is not necessary to see clearly to Love powerfully, nor is it necessary to know definitively to Act correctly ...



“It is through silence, and not speech, that revelation is received.” ~ Wellesley Tudor Pole

While silence for silence’s sake (e.g. meditation) does **not** provide us with the clarity here mentioned, the Silence we feel during any selfless deed – the perfect Silence that cloaks our being in what the Zen Masters call *satori* – is indeed a doorway to what that Clarity feels like; if not an open portal to pure Inspiration itself. In the end, if we are focused on courageously doing the Good Deed already available, and if we repeatedly choose to invest ourselves entirely into the same, then **A**) the Silence mentioned here becomes a regular feature of our Awareness, and **B**) the revelations sought beforehand become essentially irrelevant. For the very Wisdom we seek before setting out to Love others, is the very Love we end up giving while doing so.

***Silence has little to do with word,
and much to Be with Vision.***



“Dream on, my dear ... and renounce temporal obligation.” ~ Sky Cries Mary

On a higher plane of understanding, this lyric is simultaneously both false and True ... It is false in the sense that we cannot ever do anything constructive or worthwhile in life while merely dreaming -- hopes neutralize our potency by shackling our spontaneity, daydreams castrate our Here&Now by keeping us immersed in the then, and fantasies dampen our Love by keeping us from feeling grateful for what we already have, and thereby keeping us from using the same to make life better for others ... On the other hand, this lyric is True in the sense that if we do decide to set our dreaming aside – if we do decide to immerse ourselves deeply into our real life interactions and our Here&Now encounters – then & only then can we truly LOVE others purely; a LOVE of sort & magnitude that exists only in the present moment. And thus those who choose to truly LOVE must truly “renounce temporal obligation” in order to do so. Now is the only time of Life – and thus Now is the only time to LOVE.

***Allowing the veil of time to completely fall
is allowing the Truths of the moment to be clearly Seen.***

Image 389 (Page 144a - top) ... This picture shows the site of the purported “Holy Apparition” that supposedly appeared here on St. Michael’s Mount (England) – reminding me of the Truth that legends aren’t worth remembering unless they inspire those remembering them to legendarily Love ...



“The best way to make your dreams come true is to Wake Up.” ~ anonymous

Actually, the only way to make our Soul’s Dreams (i.e. the yearnings of the True Self, not the superficial lusts of the ego) come true is to wake UP – i.e. to have the Humility to look clearly upon the lives of those nearby, and then to have the Courage to boldly leap into showering LOVE upon the same. For our only real Dream is to bring Peace to the lives of others, and the only way to do so is stop merely dreaming about doing so -- and to simply begin to do so.

***The best way to Awaken
is to realize you are dreaming.***

“I do not count my life of any value to myself; if only I may finish my course and the ministry I received: to testify to the Good News of God’s Grace.” ~ Luke (Acts 20:24)

First & foremost, it is important to consider the context of the passage from which this verse is taken – in this case a context that has Paul speaking to the elders of the church at Ephesus in true Paulinic form: building up his own accomplishments (Acts 20:19-20) while passive-aggressively guilt-tripping his listeners into both giving *him* homage (Acts 20:22-27) & into adhering to *his* gospel about Jesus (**not** into following Jesus’ Gospel about The Way) ... Indeed, it is well worth remembering here that Paul had essentially no clue about the teachings of Jesus – that for him, “faith toward our Lord Jesus” (Acts 20:21) was an act of Jesus-based worship that Jesus himself frequently & vehemently denied (see Mark 10:18, John 5:41, John 7:16, John 8:50-54, John 12:44 et al) ... In addition, for Paul “the Good News of God’s Grace” was that Jesus rose from the dead and that worshiping him as the only Son of God was enough to grant entrance into Heaven for eternity after one’s death (see 1 Corinthians 15:1-4 & Romans 10:9 et al) -- whereas for Jesus himself, the “Good News” was something else entirely; namely **A**) that Heaven was right Here & right Now, viable in every single moment of every single sentient life (see Matthew 10:7, along with Luke 17:20-21) and **B**) that entrance into this Bliss-full “Kingdom of God” was attained by persistently & humbly choosing to serve others ahead of one’s self (see Matthew 24:12-14, along with Matthew 18:3-4 & John 13:15-17) ... And as if that wasn’t enough, we find a most curious reference just a bit later in Acts 20:35, where Paul openly quotes Jesus Christ, only does so citing a saying (“It is better to give than to receive”) found nowhere else in the entire Bible ... Also, note that if Paul had kept his self-lauding silent (see Matthew 6:5-6) or whispered it in private to a confidant, then his first sentence here would have reflected the Truth of Jesus’ Way of willing self-sacrifice. And yet motive is everything when it comes to that selfless Way, and Paul was a man whose actions boomed service to his own reputation over service to others (see Matthew 23:3, also keeping in mind Paul’s regular exhibitions of less than humble “self-worship” & less than forthright manipulation -- Acts 20:19-21, Romans 5:3, Romans 11:13-14, Romans 15:17, 1 Corinthians 4:9-13, 1 Corinthians 15:10+9:15, 2 Corinthians 1:8-9, 2 Corinthians 6:4-5, 2 Corinthians 6:6-10, Galatians 1:24, Philippians 2:17-18, Colossians 1:24, & 1 Thessalonians 2:2+10) ... Finally, please note that there is only one way to truly “testify to the Good News”, and that is **not** with mere words of exhortation & persuasion, but rather by a Life led by and lived with unconditional LOVE.

“Watch children at life. You will see spontaneity, faith, awe, curiosity, puzzlement, dignity and delight. Essentially, you will be seeing You as you were before your complicated adult was constructed.” ~ Bill Alexander

This quote is true if by “children” Mr. Alexander means the same as the “*children*” mentioned by Jesus during his ministry (a la Matthew 18:3-4) – namely, if he means by “children” the *infants* who approach each & every moment with a sense of inspired Wonderment, and if by “children” he meant young *toddlers* who interact with everyone around them with a sense of perfect, unadulterated, selfless LOVE ... For the ego – the “complicated adult” mentioned here – was not constructed during our adult years, but rather during our tumultuous, confusing and often painful days spent as older children, adolescents, and young adults – and as such to transcend the same, we must return to the way we were before such stains of fear & yearning began to take their inedible hold.

***The human infant cries when hungry,
while the Divine Child laughs in the rain.***

“As you enter the house, greet it. If a house is willing, let your Peace come upon it. And yet if it rejects you, allow your Peace to remain strong within you.” ~ Jesus (Matthew 10:12-13)

First of all, please note that the traditional translation of this passage (“As you enter the house, greet it. If the house is worthy, let your peace come upon it; but if it is not worthy, let your peace return to you”) is often used by conservative Christians to justify their arrogance of self & rationalize their condemnation of others. Of course, neither of these interpretations can have any real merit, for not other reason than doing so would make Jesus a liar with regards to judging others (see [Matthew 7:1-2](#) & [John 8:7](#) et al) and a hypocrite with regards to demanding acceptance & condemning arrogance (see [Matthew 18:21-22](#) & [Matthew 18:3-4](#)) ... And this is why the wording used above is more appropriate – because it harmonizes just as well with the ancient Greek manuscripts, and because it harmonizes much better with the Way, the Truth & the Life of Jesus Christ ... Finally, as far as how we can each apply this verse in our everyday lives, it is helpful to simply replace the word “house” with the word “interaction,” in essence encouraging us to shower those with Love who are open to your Love, and to smoothly & respectfully flow away from those who are not receptive to the same ... Of course, it is important to remember as well the Truth that Love purely Given is always Received by the Soul to whom it is sent – that every single Gift of Love always reaches its destination and at least briefly awakens the Receiver thereof to his or her True Nature. As such, while we are to calmly retreat from any interaction that is clearly not desired, it is always Wise & Good to Give Love until such a rejection is received.

Image 390 (Page 144a - bottom left) ... This picture is of Travis, a home-free compatriot of mine (from my days living “on the streets” of the Big island of Hawaii, from 2003-2005). Travis was a Good Man, and his picture reminds me of the Truth that often those most deserving of our Love & Respect come in packages appearing “least worthy” thereof ...



“The man in full and conscious possession of his Child’s Heart is whole.” ~ Bill Alexander

First of all, it is important to remember that we are always in possession of our “Child’s Heart” – for the “Child’s Heart” is nothing more or less than our Soul; the conscience that ever-realizes our innate Oneness with others, our True Self who ever knows Right from Wrong, our “Advocate Within” that ever encourages us to choose Love anyway (see [John 14:20-26](#)) ... Second, it is important to remember that the “child” mentioned here is the “very young child” mentioned by Jesus in [Matthew 18:4](#) – the [infant](#) who always stands in bewildered awe over the sheer Beauty of Life itself; and the [toddler](#) who always reaches out to fully Love *all* the others he or she encounters ... That having been said, we are rarely in *conscious* possession of this “Child’s Heart” – a conscious possession that can only come while we are intentionally & willingly & even Joyfully setting our Hearts in motion for the benefit of any others nearby. This is why we must ever “stay awake”(see [Matthew 24:42](#), [Matthew 25: 13](#), [Matthew 26:38-45](#)) – this is why we must “renew our minds” (see [Romans 12:2](#) & [John 8:31-32](#)) – this is why we must be “born again” & again & again; anew in each moment; anew in each encounter (see [John 3:3-8](#)).

***Man has two minds and yet only one Heart ...
Truth rests in the void between the two.
Re-member: Let Love do your choosing.***

“To be Care-full, avoid being careful.” ~ anonymous

Caring for others and caring for self cannot co-exist in any given moment ... Indeed, the way human consciousness functions means that these two highly divergent foci remain ever mutually exclusive. If we are going to be truly aware – with sound intention and focused motive, then we can only do so by focusing on one target for that moment’s choice; *either* ourselves *or* another (or sometimes a single collective of others). As such, if we wish to be truly Care-full with others, it is indeed impossible to be “careful” while we do so – for every single thought related to danger to self (or risk analysis, or cost-benefit ratios, or balance of give & take outcomes) completely prevents any real Care from blossoming. As such, while we must never Love recklessly (i.e. without forethought), once selfless Love is chosen we must always Love without any care to self – without worrying about possible negative consequences thereof, and without pining for potential positive rewards thereby..

Prudence is Love’s executioner.

“When one turns to the Lord, all veils are removed.” ~ Paul (2 Corinthians 3:16)

First & foremost, realize that there are number of “veils” that keep us from witnessing to the “Glory of the Lord” (i.e. cherishing the Life we have been given by choosing to serve those in need – see [Matthew 22:37-40](#)). There are veils of fear for personal safety, and there are veils of desire for personal pleasure; there are veils of political allegiance, and there are veils of religious subservience; there are veils of arrogant judgment, and there are veils of submission to tragedy & despair ... Indeed Life is filled with “veils” that keep us from witnessing the wonders of living and that keep us from witnessing the opportunities to Care. How wonderful it is that The Way of Christ removes all of these mirages from our midst! How wonderful it is that radical acts of selfless love are all we need to See clearly again! ... Of course, for some – like the “apostle” Paul – removing Life’s veils isn’t that simple. For Paul “turns to the Lord” by looking “up” to Jesus Christ, which becomes a veil in & of itself ... Indeed, Jesus himself does not want us to turn to him at all (see [Mark 10:18](#), [John 5:41](#), [John 7:16](#), [John 8:50-54](#), [John 12:44](#) et al) but would much rather have us “turn to the Lord” instead -- allowing the Christ Essence *within* us (see [John 14:20](#)) to imbue our deeds & choices with a Love that is pure and unconditional and willingly self-sacrificial ... For Paul, the Lord was a spiritual tyrant; a celestial judge & jury who condemned those who didn’t profess the proper subservience (see [Romans 2:16](#) + [Romans 9:27](#) + [Romans 12:19](#), [Romans 11:32](#), [Romans 11:21-22](#), [Romans 14:10-12](#), [1 Corinthians 4:4](#), [1 Corinthians 5:13a](#), [1 Corinthians 10:5](#), [1 Corinthians 11:32](#), [2 Corinthians 4:4](#), [1 Thessalonians 4:6](#) et al) ... For Jesus the Father was perfectly Loving ([Matthew 5:43-48](#)), perfectly Merciful ([Luke 6:36](#)) and perfectly Forgiving ([Matthew 18:21-22](#)) – a Divine Essence who could by Its very nature never condemn any sentient being for any trespass whatsoever (see [John 5:22](#) + [Matthew 5:48](#) + [1 John 4:18](#) + [John 6:45](#) + [John 8:15](#) et al) ... Yes, it is indeed true that whenever we choose not to Love, we are in effect keeping ourselves from the presence of the Father – but this is not a punishment inflicted by the Divine, but rather a chosen *consequence* we have ladled upon ourselves; a consequence that is just & fully proportionate: a consequence that never carries with it any negative effects in excess to the wrong committed. Otherwise God would have constructed a Life ruled by capriciousness & injustice, and would not be worth worshiping at all.

“Every flaw seen in another is actually a reflection of one's own flawed affections.” ~ anonymous

Projection is a potent prison when unconsciously applied, and a powerful tool of liberation when consciously utilized – Consider: Every flaw in another might indeed be there where it is witnessed – and yet the only place the perceived flaw is certain to be found is within the one doing that witnessing; either in how he or she currently is, in how he or she recently was, or in how he or she could very easily become ... Similarly, every nobility seen in another plays out similarly – more accurately illuminating the Good in the perceiver than the Good in the one so perceived. ... Villains tend to exude the characteristics of manipulation, greed, negativity, callousness, dishonesty, arrogance, superficiality & zealotry – the same core “sins” present in every human’s ego-self ... Saints & Heroes exude the characteristics of Gentleness, Generosity, Gratitude, Compassion, Integrity, Humility, Wonderment & Kindness – the same Core Virtues in every Human’s Heart ... As such, what we are is not “who we are” – for we are innately compilations of both of these extremes. No, who we truly Are in any given moment is which of the two we decide to enliven and set free.

*All that heals is merely Love
wearing yet another disguise.*

First & foremost, realize that “heals” here is not the healing we more frequently imagine for true Healing – it is not the cut becoming a closed scar, it is not the emotional rent becoming filled with ease or pleasure, it is not the broken relationship soothed by the forgetfulness of time or the courage of forgiveness ... No, the true Healing mentioned here is not a wholeness of the physical body or the peace one knows in times of emotional comfort or intellectual ease. For real Healing – true Healing – potent Healing – is a *Wholeness of Self* that can only come to those who are in pain and yet choose to Care – those who are deeply afraid and yet choose to forgive the enemy – those who are “flat broke” and yet choose to give what little they own – those who are “too busy” or “too tired” or “too stressed” and yet choose to reach out anyway ... For these moments of great challenge are the times when we transcend the more superficial wounds and truly Heal the one wound that needs healing – namely, the “wound” that has us feeling separate from the other – namely, the “wound” that has us feeling separate from Life.

*Truth rests
in every Void.*

How ironic to be commenting with “something” on a quote about Nothingness, and yet there really is no such thing as a Void – at least not as far as human beings are concerned; for as soon as we choose to recognize a Void – be it a void in space or an apparent Void in another’s hardened Heart, alone our perception thereof begins to fill that Emptiness with Somethingness – filling the cold vacuum of space with a bit more thought-energy-warmth; filling the seemingly cold vacuum of the other’s Heart with our Compassion and our Love.

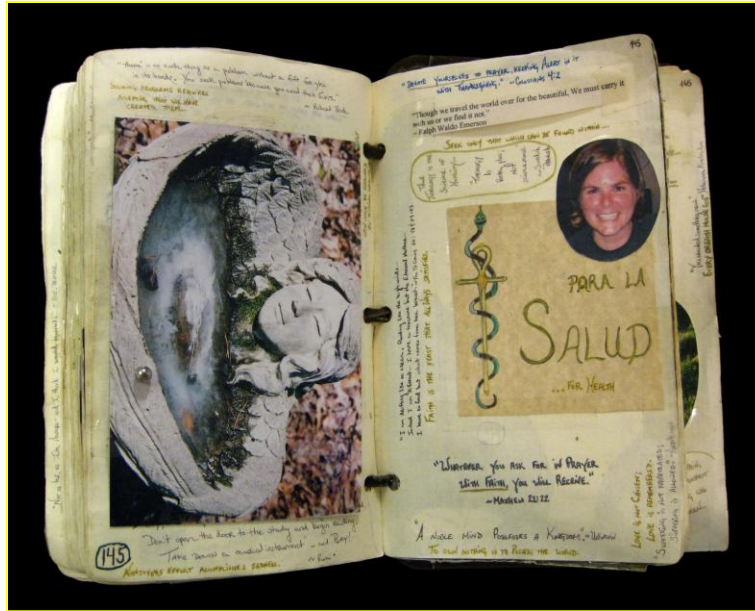
Image 391 (Page 145b) ... This picture shows a smooth-falling waterfall – symbolizing the Truth that it is easiest to get where we are going when we let our wills go quiet and let Inertia carry us there, just as it is easiest to Love when we let our minds go silent and let our Souls do the Loving ..



“Let [relationships] teach and then let them go.” ~ Bill Alexander

Note that letting a relationship go is not dismissing the same ... Indeed, if relationships are to deeply Teach us anything of worth, then what they ultimately Teach is unconditional Love – a Love that always detaches from outcomes, *and* a Love that never dismisses a relationship. Love Loves while together – Love waits for other to go when falling apart – and then Love keeps on Loving after the other leaves.

The greatest abundance is re-born in release.



“There is no such thing as a problem without a gift for you in its hands. You seek problems because you need their gifts.” ~ Richard Bach

The first portion of this quote is patently true, though there are actually always *multiple* Gifts within every “problem”, not merely one Gift ... There is the Gift of transcendence of Self, there is the Gift of emPowerment of subsequent action, there is the Gift of re-enlivenment of selfless Love, and there is the Gift (at least temporarily) of freeing both the wicked & the despondent from their self-created imprisonments of fear &/or desire ... That having all been said, the latter portion of this quote is patently false. For “problems” are always on their way to us (the dynamic Universe + multiple simultaneous players therein + the innate self-centeredness of those players + the emotional wounds from those players’ pasts and the millions of nerve-endings that bring pain to those players’ presents). As such, “problems” must never be “sought,” as pain is always either with us already or already on its way. Indeed, to seek pain for personal benefit by its very nature cannot hope to reap the same, for the true benefit of pain comes from the *selfless* transcendence thereof – a Bliss that can only come when we choose to transcend suffering solely for the benefit of another, never for benefit to ourselves.

Solving our problems requires first accepting that it is we who have created them.

Image 392 (Page 145a) ... This picture (which I call “Soul Font”) shows a place for wildlife to drink located at the base of *The Mossway*, a mossy-rock-lined staircase I built in the forest on Alexzanna Farms (in Wildwood, Georgia -- see also [page 103a](#) in *The Brown Book*; page 310 herein). It reminds me of the Truth that we have no duty to force others to drink from our Wisdom, but rather have the honor & indeed the privilege of continually offering them the same ...



Image 393 (Page 145a - top) ... This drawing of a moth (rendered by Rebecca Jean Pittman) symbolizes the Truth that even in Life's darkest moments (indeed, *especially* in Life's darkest moments) our Task to is methodically and courageously head towards the Light of Love – not to one day possess it fully, but rather to for one moment Give it wholeheartedly ...



“My smile never drops – even when I sleep.” ~ Rebecca Jean Pittman

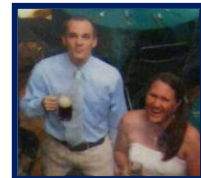
If we are speaking of an actual smile, then this quote cannot be true – for the simple reason that a smile requires consciousness and purposeful intention; neither of which are activated during sleep ... That having been said, there is a deeper Truth at play here – a deeper Truth that resonates with the poetic way Rebecca Jean often saw & lived her life. And that Truth is that there is another smile within us all – the Smile of the Soul; the innate knowledge we always harbor within us – a Knowledge of Self aware of its interconnection with all others; a Knowledge of our Purpose to Love those others, alongside the Knowledge that opportunities to do so are available in every single encounter in every single moment of every single sentient life ... And this is why the Soul is always smiling – for it knows that the mind-body is always on its way to awakening into a brand new day; a brand new day filled with almost endless opportunities to Love & Care & Give anyway.

***The true smile begins and ends
within the eyes of another.***

Image 394a (Page 145a - overleaf) ... This picture shows Nanooka (or simply “Nooka” – sometimes “Nooka-Boo”), who was the gentle hound in residence at Alexzanna Farms from 2006 to 2016. Even though she wasn't much of a cuddler, Nooka redefined the word “sweet,” and many of my favorite memories are of taking long walks in the woods with Nooka gallantly leading the explorations, or of me sitting on the back porch sipping green tea while Nooka napped nearby. Even though I wasn't able to spend even a small portion of the time I wanted to share with her, I feel so incredibly Blessed to have been able to spend any time with her at all ...



Image 394b (Page 145a – bottom right-hand corner of overleaf) ... This picture shows Rebecca Jean Pittman (now Nelson) and Peter Nelson at their wedding in 2009. It reminds me of the Truth that even though Love is indeed weakened and made more difficult by binding vows & official commitments, Love is always more than powerful enough to be given anyway ...



“Joy & happiness are your natural states of Being.” ~ Thor Evergreen

As far as mere happiness goes, it is by definition dependent upon external circumstances and the ego's reactions thereto. As such, it is most certainly **not** a natural state of being, but rather is ever subject to the volatile whims of happenstance & circumstance ... That having been said, Joy is another matter entirely. While it is true that the *potential* to enliven Joy is ever-present (and thus a natural state of our being), it is **not** true that Joy is always present. Even though Joy is always an available choice, it still must be chosen to Be.

***Avoid seeing your self as others' eyes want you to see ...
See with your Soul instead.***

“Whoever is from God hears the words of God.” ~ Jesus (John 8:47)

First & foremost, it is important to realize that Jesus does **not** say that “Whoever is from God *literally believes* the words of the *Bible*” but rather that “Whoever is from God *hears* the words of *God*.” And this is a critical distinction, for Jesus made it very clear that he came not to blindly champion the texts of the Old Testament, but rather came to “fulfill” them – with the Greek word for “fulfill” in [Matthew 5:17-18](#) being *pleroo*; a word that meant not “to follow” or “to abide by” but rather “to hone”, “to perfect” &/or “to bring to completion.” And this is exactly what he did over the course of his three year ministry – radically expanding the Old Testament laws that were too weak, radically limiting the Old Testament laws that were too strict, and abolishing altogether the Old Testament laws that were immoral & outdated (see page 427 herein for more info related thereto) ... As such, many were left to wonder just what were “the words of God”; left to wonder which interpretations of the Bible were to be followed and which were to be “fulfilled” or even dismissed. And Jesus had an answer for those wondering the same – an answer he provided in [Matthew 7:15-20](#) when he said “Beware of false prophets, who come to you in sheep’s clothing but inwardly are ravenous wolves. You will know them by their fruits ... A good tree cannot bear bad fruit, nor can a bad tree bear good fruit. Every tree that does not bear good fruit is cut down and thrown into the fire. Thus you will know them by their fruits.” As such, to know which words of the Bible (&/or which preachers of the Scriptures) are “of God” we simply have to put their teachings into practice and see which ones bear Good Fruit – i.e. which ones create Peace & Harmony & Joy & Love, and which ones do not (see [Galatians 5:22-23](#) & [Matthew 21:43](#)) ... And this makes perfect sense, for if God is an essence of perfect, selfless, unconditional Love ([Matthew 5:48](#) & [1 John 4:8](#) et al) then the “words of God” must be equally so ... **Note** as well that we can only truly **Hear** God not when we pray for ourselves but rather while we are serving others. We **Hear** God not while asking for peace for ourselves but rather while bringing Peace to the downtrodden. We **Hear** God not by begging for salvation for ourselves but rather by bringing Love to our enemies – those most in need of the same ... **Note** too that we are dealing here with whomever is *of* God, not whomever is *from* God – those who are acting as agents of the Divine, **not** those who are verbally professing to be the same ... As a final aside, **note** that Paul was clearly not a man “of God” (seeing as how he was an open champion of division and passive-aggressive criticism, not Harmony of all-accepting Love) and thus he most certainly did **not** hear God on the Road to Damascus (see pages 396, 462, 486, & 489 herein for more info).

“Security is mostly a superstition. It does not exist in nature, nor do the children of men as a whole experience it. Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure, or nothing.” ~ Helen Keller

Avoiding danger is not only *unsafe* to self (seeing as how striving to avoid danger means focusing on danger, and focusing on danger **A**) has us gravitating towards the same, and **B**) actually enhances fear -- which often causes irrational & highly dangerous responses thereto), avoiding danger is itself the greatest Danger to **Self** (seeing as how it is impossible to enliven the Caring Self while worrying about one’s own well-being) ... We’ each have but only got one life to live as or current selves, and the only way to Live that Life Meaning-dully is to Live LOVE all out in the very midst of danger – replacing all worry with boldness, and replacing all fear with Caring Service.

***The Haven for your True Self
can only be reached by risking everything.***

Image 395 (Page 145a - bottom) ... This picture (which I call “Deep Roots”) shows the intertwining root systems of two trees cascading down a hillside in Avebury (England) – reminding me of the Truth that our Strength is exponentially enhances when we share our sustenance with others ...



“Today, like every other day, we wake up empty and frightened. Avoid opening the door of the study to simply read ... Take down a musical instrument and play.” ~ Rumi

Yes, the ego does wake each morning (indeed, re-wakes each moment) filled with emptiness & fear. And this baseline dis-ease is the source for all the selfish choices we make throughout our days – all the pain we cause others thereby, all the peace we neglect to bring, and all the suffering we reap as a consequence of both these actions and non-actions ... And it is also true that merely “reading” will not solve this dilemma-dynamic – that no matter what we learn or how much we learn or from whom we learn, we cannot escape the cycle of distress until we choose to set learning aside and make our lives about *acting* instead ... And when we do so, this poem takes on an entirely different flavor. When we have the humility to see life differently and the courage to act accordingly, it morphs into something like this: “Today, like every other day, I wake up grateful and energized. I have let all my yesterdays go their way, and feel blessed to have been given yet another day to Love and serve those in need. Maybe I will only be given half of this new day – and maybe only the next hour thereof, and yet even if it is only the latter with which I am blessed, I will leap boldly into every interaction in that hour and do Great Things therewith.” For we are not here to read or learn or know ... We are to here to be and live by Loving.

Non-Joyous effort “accomplishes” only sadness.

“Devote yourselves to prayer; keeping alert in it with thanksgiving.” ~ Paul (Colossians 4:2)

First & foremost, it is important to remember that Paul would have us devote our lives to religious worship of Jesus himself (much like the Christian church that was founded on his self-authored teachings) – which exactly the *opposite* of what Jesus himself wanted us to do (namely, pray *in secret* whenever we pray – see [Matthew 6:5-6](#), and worship *the Father* via acts of selfless service for others – see [Mark 10:18](#), [Matthew 16:28](#), [John 13:15-17](#), [Matthew 25:35-40](#) et al) ... **Second**, note that Paul would have us pray for our own salvation, and somehow “keep alert” by giving thanks for our own blessings, while Jesus would have us pray only “in his name” – in essence only to be of ever-greater service to others (see [Matthew 1:23](#) + [Matthew 21:22](#), [John 14:13-14](#), [John 15:7](#), [John 16:23](#) et al). And the only way we can remain truly alert in such a spiritual paradigm is to return continually to **Loving others** selflessly (see [Matthew 18:3-4](#), [Matthew 23:12](#) et al) – and to giving thanks for the Grace that allows us to do this in every moment of our lives ... **Note** as well that [Colossians](#), if it was written by Paul at all, would have been written by Paul while he languished away in a prison cell near the very end of his life; possibly the reason he would invite others to a similar form of passiveness (seeing as how the misery of all those steeped in self-centeredness tends to love the company of those in similarly meaningless misery).

“Though we travel the world over for the Beauty-full, we must carry It with us or we find It not.” ~ Ralph Waldo Emerson

If we travel the world in search of the beautiful to revel in it ourselves, we will never truly find the Beauty-full – and we will never truly appreciate the “beautiful” we do happen to find ... If, on the other hand, we travel the world to bring Beauty to others, then we will ever See the Beauty in everything we encounter. Indeed, this is the only way to “carry [anything of true worth] with us” – namely, by giving it repeatedly to those in need of the same.

Seek only that which can be found within.

“Theology is poetry plus, not science minus.” ~ Swedish Proverb

Theology is actually fiction plus **and** science minus – seeing as how it demands the rejection of the latter for the establishment of the former ... In reality, it is *Spirituality* (a.k.a. LOVE) that counts as “poetry plus”; harmonizing as it does with the moral precepts that form the core of most pre-dogma religions, and resonating as it does with the patent interconnectivity that is being ever-renewed & ever-deepened by scientific discovery.

True theology is the science of humility.

Image 396 (Page 145b - top right) ... This picture shows Emily Williams, the dear Friend who was my primary helper when I began speaking about “Re-Discovering Peace” back in 2006, and who was the creative force responsible for the graphics used during those presentations – graphics a few of which can be seen on pages 42 & 43 in *The Brown Book* (& on pages 85 & 87 herein), and graphics all of which are still in use to this day ...



“I am drifting like an ocean; floating like the high winds ... I have no treasure but the Eternal Mother ... I have no food but what comes from Her breast.” ~ Lao Tsu (*Tao Te Ching* #20)

It is indeed Right to drift freely with the ocean of Life, and it is indeed Right to flow smoothly with the high winds of circumstance, and yet this verse from Lao Tsu is not a call to passivity, much less a summons to resignation, hopelessness, impotence or sloth ... Rather, it is a call to exactly the opposite: namely, to harmonizing one’s self with The One, and to do so actively, regardless of where one is and regardless of where one is being carried. It calls for using one’s interdependent Self (the Self that is simultaneously autonomous & yet interconnected) to give Love to the surrounding facets of the Whole; to give Kindness to those who have less thereof, to give comfort to those who are in need of the same. It is actively assisting the Flow of the Universe by *choosing* to go where it wishes, and encouraging others to flow along with you ... Note in closing that the “food” mentioned herein can be seen either as physical sustenance or as the true Nourishment that comes from transcending hunger for self by Loving others anyway (i.e. giving to others who are hungry while we ourselves hunger).

Faith is the only feast that allWays satisfies.

Image 397 (Page 145b - main image) ... This picture (which says “for Health” in Spanish) is the sign I used to advertise the hemp & glass bead bracelets I was making & selling on the streets of southern Mexico in the summer of 2003. It reminds me of the Truth that the only entrepreneurship that brings real Wealth is the business that sells real Peace ...



“Whatever you ask for in prayer with Faith, you will receive.” ~ Jesus (Matthew 21:22)

Remember first & foremost that – at least as far as Jesus was concerned – we can only truly Receive things that are in harmony with The Way of Christ; a Way that can only pray “in his name” (i.e. that can only pray for opportunities to serve others, never for any benefit to self -- see [Luke 11:9](#), [John 14:13-14](#), [John 15:7](#), [John 16:23-24](#) et al), and a Way which is based fully in serving, never in being served (see [Matthew 16:28](#), [Matthew 20:28](#), [John 13:15-17](#) et al) ... This is an interpretation that resonates with the over-arching context of Jesus’ ministry in general, as well as the specific context of [Matthew 21](#) (where Jesus is seen preparing for his pre-planned triumphant entry into Jerusalem – the precursor event to his pre-planned crucifixion; the greatest embodiment of his teachings on willing self-sacrifice ... Remember as well here that for Jesus “Faith” was a verb that is steeped in Loving others self-sacrificially (see [John 14:12](#) & [Matthew 5:43-48](#) & [Matthew 25:35-40](#) et al) ... And finally, remember that prayer for Jesus was not a vehicle used to ask for any self-benefit, but rather was a time of reflective solitude ([Matthew 6:5-6](#)) when one re-affirmed one’s intention to do God’s will (see [Matthew 6:10](#), [Matthew 7:21-26](#) & [Luke 9:23](#), along with the “thy will not mine” of [Matthew 26:39](#), [Mark 14:36](#) & [Luke 22:42](#)).

“A noble mind possesses a veritable kingdom.” ~ anonymous

There is actually nothing *veritable* about it at all – for a truly Noble Mind is a mind focused on living for the other; a mind focused on active service; a mind focused on willing self-sacrifice; a mind focused on perfect LOVE. And as such, a truly Noble Mind is *never* in possession of “a kingdom” (i.e. the stress-free life of one who merely lives on the Earth but not of it – see [John 17:14-16](#)), but is instead totally soaked in a full-fledged residence therein; completely encapsulated by the gentle “Kingdom of God” within one’s Heart ([Luke 17:20-21](#)), and fully immersed in a profound Compassion & sense of Caring for the world all around ([Matthew 18:3-4](#)).

To own nothing is to possess the Universe.

“Suffering cannot be perpetuated; suffering can only be allowed.” ~ anonymous

This statement is Truth indeed, for it is *pain* that can be perpetuated, while suffering is always a choice of the one onto whom pain (or any other form of dis-ease – such as fatigue, worry, callousness, regret, shame, embarrassment, fear, anger, sadness, despair, hopelessness, hatred, disgust, etc) happens to flow ...

Note as well that just as suffering ensues every time pain is resisted, emPowerment ensues every time pain comes and yet we choose to Love anyway.

***Love cannot be chosen;
Love can only be re-membered.***

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Image 398 (Page 146a) ... This picture (which I call “Glory to The Father”) shows my Self paying an homage of Gratitude to God (towards Mt. Rainier in the background – Washington, 2006). It reminds me of the Truth that revelry for Life itself rises effortlessly from one who is humbly dedicated to Love ...



“Begin as creation; become as Creator.” ~ Rumi

The first (creation) is innate to being born into a sentient body – the second (Creator) is an inevitable end to living that conscious life. As such, the choice we all have to make is not whether we are going to become a Creator, but rather *what kind of Creator* we are going to become – whether we are going to live a life steeped in mindless selfishness and thereby create pain & inspire suffering, or whether we are going to set aside such calloused convention in order to Live a Life soaked in purposeful service -- and thereby create Peace and inspire Joy.

GOD re-members that She is Her Creation.

Image 399 (Page 146a – overleaf) ... This picture a chimpanzee showing Jane Goodall the same gentle reverence that she so often showed them – reminding me of the Truth that it is only our ignorant hubris that has us humans thinking we are superior to other sentient cousins; that more often than not is we who should be learning from them ...



“To my Friend – I am your Friend and my Love for you runs deep. There is nothing I can give you that you have not already, and yet there is much, very much, that – while I cannot give it – you can receive. No Heaven can come to us unless our Hearts find rest in today – **Take Heaven!** No Peace lies in the future that is not hidden in this present moment – **Take Peace!** The gloom of the world is but a shadow. Behind it and within our reach is Joy. Could we but see, there is radiance and glory in the darkness – and to see we have but to look. I beseech you to **Look!** ... Life is so generous a giver, and yet we, so often judging Its gifts by their coverings, often cast them away as ‘ugly’ or ‘heavy’ or ‘hard’. Remove those coverings and you will find beneath them a living splendor, woven of Love, Wisdom & Power. Welcome It -- Grasp It -- Touch the angel’s hand that brings it to you. Believe me, that angel’s hand is there ... Those gifts are there – as is the wonder of their overshadowing Presence ... Life is so full of meaning and purpose; so full of Beauty – beneath Its coverings – that you will discover that Earth but cloaks your Heaven. Courage, then, to claim It – that is all! And yet courage you have, along with the knowledge that we are all pilgrims together; wending our ways through unknown territory – finding our way home ... And so, at this time, I greet you. Not quite the way the world sends greetings, but rather with profound esteem and the prayer that for now and forevermore, the day breaks for you, and the shadows flee away.” ~ Frau Giocondo

It is true that nothing of innate Worth (e.g. conscious awareness, a conscient moral compass, and the free will to instill the latter into the former) can be given to another that they do not already possess. Granted, most people are not enlivening these Greater Gifts – and thus it is a Blessing to enliven the same and thereby reawaken others thereto ... In addition, the only way for a “Heart to find rest” (and thereby “enter Heaven”) is for a body to get up and Love (especially when it would rather remain in repose) ... And yes, the only true Peace in the future can indeed only be accessed by self-sacrifice in the Now ... This potential is ever-present in the lives of all sentient beings, and this is why the “gloom of the world is but a shadow” – a shadow that can be cast aside as easily as a single candle throws back the deepest darkness ... The only way to remove the coverings of “ugly”, and “heavy” and “hard” is to actively become beautiful, light and soft with others ... You will grasp the angels’ hands when you come to realize that their hands are your own – something that can only be fully understood while embracing the Courage to act accordingly ... P.S. This quote – or at the very least the sentiment that underlies it – is for us to enliven while encountering *all* others, not merely friends & family.

Love realizes that there are no shadows.

“Like a candle, melting is Who I Am.
Like a harp, any sound I make is music.” ~ Rumi

Candles only melt into flowing wax when lit. Humans only melt into flowing Self when choosing to live in Love – while choosing to melt into others ... We are indeed glorious beings – walking miracles, as it were, and as it is ... That having been said, even the most majestic of harps only whispers if it lies stagnant and waits for the wind to strum its strings. And yet all harps peal acoustic Beauty when they are played. So too, we humans are Beauty-full when moving elegantly & gently & Caringly with all that is.

Love frees the Light from the flesh ...

Image 400 (Page 146a - bottom) ... This drawing (which I call “The Dancers”) was sketched by Rebecca Jean (and illuminated by my Self). To me, it symbolizes the Truth that any Union hoping to bear the Fruit of Harmony must not be a physical joining of two bodies nor a mental alignment of two beliefs, but rather must be a humble melding of two bodies’ unique talents, two minds’ unique perspectives, two Souls’ independent intentions all into one dance of selfless Love ...



“Life’s gifts cannot be earned or purchased. They are everywhere, free of charge -- with no strings attached.” ~ James May

The gifts that we earn are not gifts – they are burdens, and the gifts that we purchase are not gifts – they are ballast ... Indeed, the only Gift worth cherishing is the one Gift we have been given since birth – truly, the one Gift we have all been given since first awakening in our mother’s womb. And this is the Gift that is the Grace of God – the ability of every sentient being to set aside all fears & all desires and replace them with humble courage – the ability to transcend the primitive instinct of “friend or foe” and choose to Care for the foe; the ability to transcend the instinct of “fight or flight” and choose neither of the two; the ability to transcend the instinct of self-defense and choose self-sacrifice; the ability to transcend concern & anxiety and choose to Love the other anyway.

To recognize Grace is to receive It.

“Our interconnection is amazing!” ~ Raphaela Muenzenmayer
(*Unsere Verbundenheit ist genial.*)

Look around you in each moment of your life –
See it all as though for the very first time
and openly exclaim your wonderment.

Hint: you can only sincerely mean it
while you are fully living it.

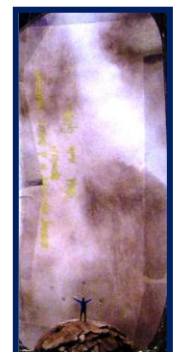
“All I can do is stand with my arms stretched wide -- wider than that ...
It is the Love and the pain; the hurt and the conflict;
the warmth and the laughter that I make room for ...
So stretch them wider -- even wider than that.”
~ Emily J. Williams

If you open your arms to free yourself, you will never be able to open them wide enough. And yet if you open your arms to embrace all others around you, then the smallest opening thereof will embrace the entire Universe ... To embrace pain or hurt or conflict to manipulate or gain sympathy is to drown in suffering, and yet to embrace pain or hurt or conflict in order to soak up the same from another is to rise into Peace ... To finally choose to open our arms for the latter reason is to finally choose to open them wide enough.

“Every moment is an intimate connection
between You and GOD.” ~ Paramahansa Yogananda

Actually, every moment is an intimate connection between our Selves and the Divine,
... only whenever we **choose to act accordingly**.

Image 401 (Page 146b - bottom) ... This picture (which I call “Merciful Mist”) symbolizes the Truth that being grateful for our blessings is never enough; that to know true Peace we must feel that same Gratitude while immersing ourselves in the lives of others ...





“Reality is a bunch of somethings -- give or take a nothing or two.” ~ anonymous

Life currently is still what it has been instead of what it could be – is still composed primarily of a bunch of typically superficial, self-focused “somethings” instead of being founded in Meaning-full no-thing-ness alternatives ... It is still accumulating for self instead of sharing with others; it is still fearing for personal safety instead of Caring with boldness; it is still striving for “self love” instead of serving one’s community; it is still planning for the future instead of immersing in the moment; it is still striving to “get there” instead of intending to completely “Be Here”; it is still pining for Heaven in the Hereafter instead of reveling in the Heaven already Here; it is still worshipping a God “up there” instead of becoming an agent of God all around you; it is still doubting the Goodness of others instead of having Faith in the Soul of Humankind.

Every something is composed of the fundamental no-thingness that is the Mystery of the Soul ... It is perfect Humility that re-forms us into Oneness; the Oneness that allows us to experience omni-potency in each moment.

“Summoned or not, GOD will be present.” ~ anonymous

If the Divine is not summoned
(from *within*, by acting accordingly –
not from above, by prayer),
then it is as good as never there.

***GOD is allWays in the moment ...
Understanding this Truth makes every word a prayer –
and every act a pilgrimage.***

“Do not worry about how you are to speak or what you are to say; for what you are to say will be given you at that time ... For it is not you who speak, but the Spirit of your Father speaking through you.” ~ Jesus (Matthew 10:19-20)

First & foremost, it is helpful to keep the context of these two verses in mind; to remember that these words were uttered by Jesus at a time when he was exhorting his disciples just prior to sending them out to “preach the Gospel” – to relay *his* “Good News”, which was the message **A**) that Heaven was a Here&Now happening (Matthew 10:7) and **B**) that this present moment “Kingdom of God” (Luke 17:20-21) was accessible by emulating the perfect Love of his heavenly Father (Matthew 5:48); a Love that could only be emulated by persistently & willingly & actively sacrificing for others (Matthew 16:28, Matthew 24:12-14 & John 13:15-17), especially our enemies (Matthew 5:43-48) &/or the downtrodden in our midst (Matthew 25:35-40) ... This is a most difficult message to relay, no doubt, which would explain why Jesus would be so enthusiastic in his support of their imminent journey. And the Truth he shared with them then remains valid for us all to this day – namely, that we too need not worry about what to say when speaking of The Way; that we too have the same Truth residing within us (John 14:20-26) – a Truth which flows forth effortlessly whenever we are humble & calm, and consciously attentive to the needs of others. After all, worry is a subtle yet insidious form of fear; a form of fear which always blocks &/or distorts its opposite – namely, the Way of Christ; the Truth of perfect LOVE.

Image 402 (Page 147a) ... This picture shows an elk at sunrise – symbolizing the Truth that a persistent re-awakening of the Soul is the key to living a Meaning-full Life; that we need not search far & wide for more important work to do – that the only work that is truly Important is the work already right in front of us; that we need not search far & wide for the person who needs our Love the most – that the person who needs our Love the most is always the person closest by ...



“We learn by smoothly doing ... And yet sometimes we end up striving – and punching the tar baby.” ~ L. F. Hilbers

This quote references a scene in the 1946 Walt Disney movie entitled Song for the South, an animated tale based on the Uncle Remus stories collected & compiled by Joel Chandler Harris ... In the tar baby scene, the villainous Bre’er Fox creates a doll out of tar & turpentine and places it by the roadside. The gregarious Bre’er Rabbit then comes along and greets the tar baby cordially. After being seemingly ignored by the silent stranger, Bre’er Rabbit becomes insulted and then infuriated, which leads him to go off and punch the “rude” tar baby repeatedly for ignoring his well-intended greeting ... Of course, this didn’t end well for Bre’er Rabbit, as he became covered in tar & turpentine – and, now immobilized, became easy prey for Bre’er Fox. That he subsequently was able to talk his way out of his predicament in no way overshadows the moral of the tale – namely, that arrogance always leads to foolishness; that indignation always leads to error; and that aggression always leads to victimhood ... Indeed, the only way we can ever hope to learn the essence of real Truths is by *smoothly* emulating them (not merely thinking about them, discussing them, or hastily “completing” them) – and the only way to smoothly do anything is **A**) to immerse ourselves in what there is to do be done, and **B**) to do so solely for the benefit of another(s).

Failure keeps us from missing the moment.

“Wisdom is Seeing the false as false, and the true as true.” ~ J. Krishnamurti

Wisdom is actually Seeing the false as false -- *and* openly calling out the same, *while* Seeing the true as true -- *and* actively embodying it for others to See.

***The false causes sadness ...
What is True ultimately brings Joy.***

“Let your Vision be world-embracing.” ~ Ba’hai credo

It is all fine & good when our Vision is world-embracing, and yet as long as that Vision remains only a vision – as long as it remains a mere thought or a mere belief or a mere creed or a mere prayer – then it will not embrace the world at all. The only Vision that truly embraces the world is the Vision that Loves all without condition or expectation or demand, and that sets that Love into motion for all & the same.

See the Universe inside what you Love.

Image 403 (Page 147b) ... This picture (which I call “Glory to the Mother”) shows my Self paying an homage of Gratitude to the Universe after hiking to Mildred Lakes (Washington) in 2005. It reminds me of the Truth that Love is always more potently given after removing the boundaries between the Lover & the Beloved ...



“It is not so important what happens *to* us as what happens *through* us.” ~ don Miguel Ruiz

What happens to us becomes what happens *for* us when what happens to us becomes what happens through us *for others*, and what happens to us becomes what transformatively happens *for* us when what happens to us is used through us to give Love anyway – to transcend tragedy (and transform it into Peace) by exuding Gratitude for Life itself anyway; to morph misery (and transform it into Joy) by actively extending Kindness towards the source thereof; to make crisis cathartic (and transform it into Bliss) by choosing to reach out to every perpetrator therein to Love them anyway. For these are the moments that give substance to our lives; these are the choices that transcend mere survival and allow us to begin to thrive in our Living.

To receive is nothing – to give is Salvation.

“The deeds I do today will be the only sermon someone else will hear.” ~ St. Francis of Assisi

And we do well to remember that only the deeds done transcendentally will inspire transcendence – so Do your deeds silently, and Do them self-sacrificially, and Do them anonymously, and Do them publicly ... And remember: the goal is not to gain the largest congregation or have an audience that showers one with the greatest devotion ... The goal is to simply reach others with Power; the goal is simply to bring others Peace; the goal is simply to re-mind others to Love.

Let your Truth be read in your footprints.

“To communicate with the Earth, a child-like reverence is necessary.” ~ Henry Miller

To communicate clearly and potently with the Earth we must speak the languages of the Earth; remembering as we go that prayers – be they composed of devout words or impassioned thoughts – are but mumbled whispers (or even noncommittal shrugs) to Nature. For Nature communicates in deeds of flowing Harmony and acts of Joy-full self-sacrifice ... Nature speaks in the tongues of Love for everyone and ultimate Peace for all ... Nature knows that all have gifts and that the purpose of every being is to give those gifts to anyone & everyone nearby ... Nature knows that to Give is to Receive, and that conscious Receiving is a Gift in & of itself – that conscious Receiving allows Givers to know the Joy of Giving ... Nature knows that there are no tribes and that there are no nations and there are no political parties and there are no religious divides ... Nature knows that there are no hierarchies of being – no bosses and no leaders and no presidents and no executives and no masters ... Nature knows that humanity is but one sentient species among many equally worthy cousins thereof ... Nature knows that there is only One Family, and it acts accordingly – especially gently for those living in humble reverence, and especially harshly for those (like humanity) who have forgotten the same.

***The Earth speaks in symbol & silence ...
Both are only truly perceived
through the lenses of Joy & Humility.***

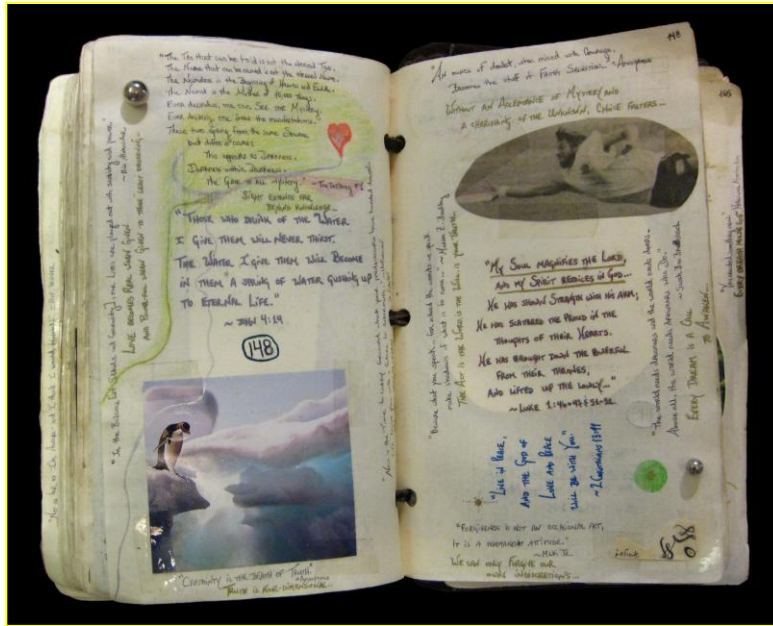
“He was in the wilderness for forty days, tempted by Satan ... And he was with the wild beasts – and the angels waited upon him.” ~ unknown (Mark 1:13)

Note **first** & foremost that is was “**the Spirit**” that drove Jesus into the wilderness after his baptism (Mark 1:12) – the Spirit that resided within him at the time; the same Spirit that resides within every sentient being (John 14:20-26); the same Spirit that repeatedly encourages us to go to “**the wilderness**” as well – to divest from our attachments to possessions & relationships; to release our dependence upon preparation & savings; to confront all personal fears while dismissing all perceived needs (a.k.a. “**Satan’s temptations**” – see Matthew 4:1-11) ; to be “**born anew**” once again (John 3:3-8); to allow our Selves to burgeon forth into our conscious awareness; to become again as a “**very young child**” once more (Matthew 18:3-4) ... **Second**, note that “**forty days**” probably did not mean literally forty days in biblical writings, but rather was a commonly used phrase that meant “a very long time” ... **Third**, note that the “**wild beasts**” referenced here included Jesus’ own ego (the co-source of his visions of Satan and the temptations that followed). I have literally tested this verse by heading into a literal wilderness on more than one occasion, and can attest to the fact that the human ego does indeed respond insidiously to being exposed to such a high degree of perceived danger to self ... **Fourth**, note that the 3 Great Temptations of both the Matthew 4:1-11 & Luke 4:1-13 alternatives of this tale (temptations which most definitely count as fear-filled & fully self-centered “**wild beasts**” in any “**wilderness**”) were not present in Mark’s original relaying thereof. That having been said, it was Truth-full for Matthew & Luke to include them in their versions, as any exposure to the elements & the primal fear that accompanies the same will indeed lead the human ego to long for bodily sustenance, to crave power over the elements & to desire immortality (or at the very least an avoidance of imminent death) ... **Fifth**, note that the angels waited upon Jesus *after* he had transcended the three great temptations – that angels cannot by their nature wait upon anyone who succumbs to the same; that succumbing to temptation actually prevents angels from reaching the Hearts of those so afflicted ... **Sixth**, note that this dramatic & Faith-filled time of testing, purification, and strengthening of Self was sandwiched between Jesus’ baptism (when he first felt called to begin a public ministry) and commencing his preaching of the “**Good News**” (see Mark 1:14-15) – and thus note that if we are to “follow him” (Matthew 16:28 et al) it would be wise to do something similar; to immerse ourselves in solitude, to divest ourselves from all physical addictions & emotional attachments, and to strengthen our resolve in thereafter setting forth to live as a servant of humanity instead of a slave to safety & self. Indeed, we all must “**go into the wilderness**” to transcend the ego (see Elijah’s similar journ3y in 1 Kings 9)– maybe via an actual immersion into the outback, and yet more often than not by confronting fears and dismissing desires in any consciously radical (i.e. culturally unconventional & self-sacrificially courageous) fashion ... **Seventh**, note that “**the wilderness**” was actually the Greek *eremo*, a word that simply meant “a desert” or “a deserted place” (Strong’s #2048) -- a reference not at all ominous to an Essene like Jesus, seeing as how the Essenes considered “**the wilderness**” their Home. Yes, Jesus chose extreme austerity while he was there, and yet by all indications he returned “Home” to engage the same.

“Nothing deters a Good Man from doing the Honorable Deed available to be done.” ~ Seneca

There is no excuse for refusing to follow-through with The Way of selfless Love ... No threat or danger is great enough to justify abandoning the greatest of causes & the most noble of services (& thus the greatest of blessings) ... It does not matter if we are tired or ill or injured ... It does not matter if we are in danger or have been threatened with bodily harm ... It does not matter if the human “powers that be” bombard us with lies & deceptions beforehand, or tempt us with the sweetest of rewards for abandoning our cause thereafter. The Noble Man accepts all comers, embraces all naysayers, and greets all demons, and then proceeds steadfastly and calmly upon his Way – **The Way** ... Indeed, the Noble Man knows that the more difficult it is to walk the Noble Path, the more powerful such a walk becomes; that the more he is tempted to stop, the more he will help others when he chooses to proceed anyway – that the more he is threatened with harm, the more he will inspire others while willingly facing those fears and willingly taking on those pains.

Ab honesto virum bonum nihil deterret



“The way that can be described is not the eternal Way -- The name that can be uttered is not the eternal Truth ... The nameless is the beginning of Heaven & Earth ... Ever desireless, one can clearly see The Mystery -- Ever desiring, one only sees Its manifestations ... The two spring from the same Source and yet differ in name: this appears as darkness. And Darkness within that darkness is the Gate to all Truth.” ~ Lao Tsu (*Tao Te Ching* #1)

The Way can be described as a life of selfless Love, and yet selfless Love itself cannot be described with any degree of objective accuracy. As such, like the Love that composes it, **The Way** can only be physically felt, never mentally understood – lived & exemplified bodily, never verbally communicated ... Jesus himself rediscovered this Truth at the end of his ministry, when he chose to orchestrate the sacrifice of himself – in part because his effort to communicate **The Way** with words (even cryptic parables soaked in selfless metaphor and in-Couraging riddles) obviously wasn’t working ... As far as this particular quote is concerned, desirelessness indeed resides in the “Dark” (i.e. mostly hidden) recesses of the human Heart, while desire resides in the open; is openly exhibited in the “darkness” of all deeds evil &/or manipulative. As such, the Darkness of the former actually resides underneath & within the darkened “sludge” of the latter. They do indeed “spring from the same source” (our conception – both our conscious awakening in the womb and our physical enlivenment at birth), and how we choose to deal with their interplay – how often and how completely we choose to let the inclinations of the Soul overtake the instinctual impulses of the ego – does indeed become our “gate to all Truth.” If we choose to remain self-centered and fearful, our lives will remain shrouded in dark & dreary meaninglessness. On the other hand, if we choose to let the Soul shine forth from its Darkness – if we choose to let it bur through the sludge that encases it and radiate a life of humble Peace & courageous Caring, then the petty darkness of our pervious lives will recede into the shadows, and the Soul that was for so long hidden from view will come out into the Light.

Vision extends far beyond “knowledge”.

“Those who drink of the Water I give them will never thirst. The Water I give them will become in them a spring of Water gushing up to eternal Living.” ~ Jesus (John 4:14)

First & foremost, note that the traditional translation of this verse reads “but those who drink of the water that I will give them will never thirst, but the water that I will give will become in them a spring of water gushing up to eternal **life**” (NRSV) – a very small difference of one word (“life” instead of “living”), and yet a very small difference with quite a significant consequence. For the traditional translation implies that Jesus is somehow talking about a blessing of infinite life post-mortem that one would receive as a reward for worshiping him, and yet such a translation contradicts not only everything Jesus said about himself (see [Mark 10:18](#), [John 5:41](#), [John 7:16](#), [John 8:50-54](#), [John 12:44](#) et al) and Heaven (see [Matthew 10:7](#), [Luke 17:20-21](#), [John 13:15-17](#) et al) and God (see [Matthew 5:48](#), [John 14:20-26](#), [John 15:26](#) et al), but also contradicts the meaning of the Greek text used in the ancient biblical manuscripts. Indeed, what this verse **actually** says is “those who drink of the water I give them will never thirst for the length of the age” (i.e. for their lifetime, or for the “seeming eternity” that such moments feel to be – see *aion*; Strong’s #165) and that “the water I give them will become a spring welling up into a life *seemingly eternal*” (or “age-long”, implying that the life in question has been stretched to its full potential – see *aionion*; Strong’s #166). And it is this latter textually accurate translation that harmonizes far more readily with the teachings and the recorded ministry of Jesus in the Gospels ... **Second**, note as well that “water” for Jesus was his preferred metaphor for the Holy Spirit (see [John 4:7-15](#) & [John 7:38-39](#) & [Thomas 108](#), just as “wine” was his symbolic reference of choice for the unconditional Love of his selfless Way -- see [John 2:1-11](#)) ... **Third**, note that Jesus does not say that those who drink once from his Wisdom will be forever quenched, but rather implies that those who drink will never thirst *while they are drinking* thereof (see Gospel of [Thomas](#) variant – “He who drinks from my mouth/from my words will become as I am, and I will become what he is, and all that is hidden will be revealed to him.” ~ [Thomas 108](#)) ... **Fourth**, note that the more one enlivens the “Water” of the selfless Spirit, the more that water washes away the sludge of sin & the tarnish of fear that coat the Soul, and thus the more readily one’s life does indeed become a life overflowing with Spirit – overflowing with acts of selfless Love & radical Kindness. And the more one’s life becomes such a tribute to The Way of Christ, the “longer” (i.e. the fuller) that life becomes and the more steadfastly its deeds ripple throughout the Universe ... Love only lives in the moment – a moment that is per se timeless; per se “eternal” – or “age long”. As such, a life soaked in deeds of selfless Love is a life strewn with hundreds of jewels of infinity. To the giver of that Love, life stretches towards eternity – and to those witnessing the same, their Wonderment thereof inspires a similar boldness of Loving -- and thereby a similar experience of the eternal.

“In the balance [between Solitude & Community], our lives are played out with serenity and power.” ~ Bill Alexander

First & foremost, note that Alexander does not specify in this quote that by “balance” he means the interplay between solitude and community – those words were added by myself in one of my earlier translations thereof. That having been said, I stand by those additions. For “balance” in the traditional New Age sense (i.e. striving for an equal experience of pleasure and suffering, or an equally distributed amount of work & play, or an equal investment in both service and selfishness) never brings true serenity and actually always engenders the *opposite* of empowerment ... For while many will claim that good times come and good times go, we need never accept bad times as inevitable or periods of suffering as a “fact of life.” Indeed, while pain will indeed inevitably find us all in one way or another, we are always free to use that discomfort to empower our Love – and thereby eradicate suffering and bring on deep-seated Peace ... Similarly, there is no spiritual law that demands that we pendulum between times of play and times of work – between times when our activities are pleasurable and times when they are more drudgeried. In truth, while moments of boredom and tedium will inevitably arrive in our lives, we are always free to use them to empower our Service for others – and thereby eradicate all monotony and bring on a profound sense of Amazement. ... Finally, it is also untrue that we are required to balance our acts of service to others with times of “service” to self, for while temptations to soak in fun and revelry will inevitably arrive in our lives, we are always free to decline the same, and use their enticements to empower us Caring for the downtrodden instead – and thereby eradicating all superficiality and bringing our moments a profound sense of Meaning & Purpose.

Love becomes Real when given, and yet only becomes potent when given to those “least deserving” of It.

“Now is the time to carry forward what your predecessors have handed down ... We leave you with a future to determine.” ~ unknown

This is true to the degree that we focus on the enlightenments handed down by those who came before us, not their foibles or their failings or their foistings ... Let us focus on the religious ignorance that has mellowed from aggression to mere condemnation – and let us be the Light that melts it further into mere myth & legend ... Let us focus on the political primitiveness that has morphed from tribalism to feudalism to various republics – and let us be the Light that sees nations-states melt away altogether (along with the myths of boundary & cultural uniqueness that keep us separate & at war) ... Let us focus on the bigotries that are no longer socially acceptable – on racism & sexism & homophobia – and let us strive to eradicate them fully, while awakening others to the fact that speciesism is a blight even more barbaric and far more destructive ... Let us focus on technological advancements that have brought harmony to home & workplace – and let us continue to denounce those discoveries still used for war and oppression ... Let us focus on the advancements we have made in regards to protecting the natural beauty & pristine sanctity of our planet – and let us realize that we still have quite a

The only lasting legacy is Love.

Image 404 (Page 148a) ... This picture shows a pensive penguin – symbolizing the Truth that we cannot transform the impurities of self without diving fully into the impurities of our surroundings – that we cannot know any semblance of “self-love” until we immerse ourselves into Loving others ...



“Certainty is the death of Truth.” ~ anonymous

Certainty is actually not the death of Truth, for Truth is that which cannot ever “die” ... No, certainty in that which is unproven &/or unprovable (e.g. that war can ever hope to bring peace, that punishment can ever hope to bring rehabilitation, that animals are “less worthy” of respect & dignity than human beings, that God is on high and looking down upon unbelievers with judgment, that being kind to evil people only enables their wickedness etc etc etc) is the death of the possibility to uncover that which is True – namely, that only peaceful means will ever bring Peace-full ends, that the only justice that is both practical & moral is interactive Forgiveness, that there can be no dignity until *all* sentient beings are respected as equals, that the only god worth worshiping is the God who Loves all and excludes none (and this regardless of whether or not He is worshipped), and that being Kind to those “least deserving” of the same is not only effective, but is actually the only way to ultimately ensure the continuation of the human race.

Truth is four-dimensional ...

“An ounce of doubt, when mixed with courage,
becomes the stuff of Faith’s Salvation.” ~ anonymous

Salvation only becomes viable during moments of real Faith – Faith only becomes viable during deeds of real Courage – Courage only becomes viable when we are steeped in doubt; when we are terrified of Loving and fully uncertain that doing so will bear anything but danger or pain, and yet choose to reach out through that fright and through that uncertainty to *Love anyway* – in essence, to have the Courage to pierce our doubt with active leaps of Faith-full Love – and thereby to repeatedly come to know the Bliss-full state of being that Jesus called “the Kingdom of God” (see [John 13:15-17](#))

***Without an acceptance of mystery
& a cherishing of the unknown,
choice falters.***

Image 405 (Page 148b) ... This picture shows an Ultimate Frisbee player diving (a.k.a. “going ho”) for a catch – symbolizing the Truth that it nothing is worth playing if we are not willing to play “all-out” ...



“Beware what you speak ... For indeed, the words we speak make shadows of what is to come.” ~ Marion Z. Bradley

We must beware what is thought, for our thoughts directly affect the way we treat those around us (and thereafter the way they treat those around them) – So **think Lovingly** ... And we must beware what is spoken, for our words are heard by many – and inspire others to react according to the intentions that underlie them – So **speak Lovingly** ... And most importantly of all – by *far* most importantly of all – we must beware what is done, for it is our actions that mold our world most potently, and it is our actions that rule the day – So please, my Friends **act Lovingly**.

***The act is your Word ...
is your Will ...
is your Truth.***

“My Soul magnifies the Lord and my spirit rejoices in God ... He has shown strength with his arm; He has scattered the proud in the thoughts of their Hearts. He has brought down the powerful from their thrones, and lifted up the lowly” ~ Luke (Luke 1:46-52)

First & foremost, **note** that this passage reflects “Mary’s song of praise” (reminiscent of [1 Samuel 2:1-11](#)) sung by Mary (pregnant with Jesus) while in the company of Elizabeth (also pregnant at the time, with John the Baptist) ... Note as well that the tone of this hymn is eerily similar to that of [Psalm 22](#), a “thank you anyway, God” Psalm -- the first verse of which Jesus recited from the cross (to indirectly inform those in attendance that he had pre-planned the entire event – see page 428 herein, as well as to let one of his assistants know that he was ready to take the drugged wine and voluntarily “give up us Spirit” – see [Matthew 27:46](#) & [Mark 15:34](#)) ... **Note** too the undercurrent of social justice here – a theme that served as one of the foundations for Jesus’ entire three-year ministry (see [Matthew 21](#), [Matthew 25:35-40](#), [Luke 4:18-19](#), [Matthew 16:28](#), [Mathew 19:21](#) et al) ... **Note** as well that the Greek manuscripts seem to show that it is not Mary’s Soul that magnifies the Lord here, but rather the Lord who magnifies Mary’s Soul ... **Note** in addition that it was God who the author claims to be Mary’s savior, **not** the unborn Jesus ... **Note** as well that the “mercy” shown to those who “fear” God was actually the “compassion” (*eleos* #1656) given to those we “revered” Him (*phoboumenois* #5399) ... And finally, **note** that the pro-humility theme of this passage is one that resonates perfectly with The Way of Christ (see [Matthew 18:3-4](#), [Matthew 18:21-22](#), [Matthew 23:12](#) et al) and one that directly opposes the hyper-conservative and ultra-judgmental “unway” of Paul (along with the similar “unway” of the modern-day Christian church founded upon Paul’s teachings). For we cannot “rejoice in the Lord” when we are worshipping Jesus Christ as God, a sentiment that Jesus himself shared quite definitively (see [Mark 10:18](#), [John 5:41](#), [John 7:16](#), [John 8:50-54](#), [John 12:44](#) et al), and we cannot “scatter the proud” with our Love when we ourselves are soaked in a theological arrogance similar to Paul’s (see [Romans 1:32](#), [Romans 11:13-14](#), [1 Corinthians 3:2](#), [1 Corinthians 16:22](#), [Galatians 1:7](#) et al).

“The world has dreamers and the world has doers. Of course, above all, the world needs Dreamers who Do.” ~ Sarah B. Breathnach

Actually, the world only needs Dreamers who Do if those Dreamers dream of Doing for Harmony and Doing with Love ... Some dream of wealth for them & theirs – others of a New World Order of deadening control & stifling regulation. Indeed, these are the doing-dreamers who are already sacking the world, and these are the doing dreamers who we most certainly do **not** need to see ... We need to see Dreamers Doing Justice ... We need to see Dreamers Doing Compassion ... We need to see Dreamers Doing Kindness ... We need to see Dreamers Doing Love.

Every dream is a Call to awaken that dream's potential.

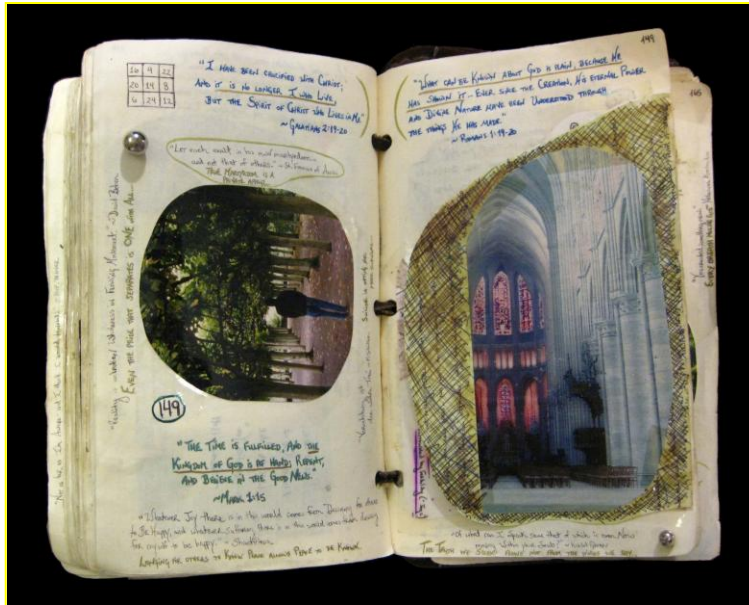
***“Live in peace, and the God of Love & Peace
will be with you.” ~ Paul (2 Corinthians 13:14)***

First of all, it is helpful to remember that for Paul, to “live in peace” meant to live in placidity and comfort and passive meekness (see his cowardly caving to the Romans when confronted by them – Acts 16:37-38 & Acts 22:22-29; unlike Jesus, who boldly stood before both the Sanhedrin, Pontius Pilate & Herod without backing down one bit – Matthew 26:59-68, Matthew 27:11-14, Luke 23:6-9, John 18:19-23, John 19:8-11 et al). Indeed, such fear-based living is not really Living at all ... No, we are actually all called to radically Live in Peace instead (see Matthew 5:9, John 13:15-17, Matthew 7:21-24 et al) – to Live in peace by being an active, courageous, selfless source of Peace for others – to stand between perpetrators and their victims, to stand between authoritarians and the oppressed, to liberate the imprisoned and the enslaved, to inspire the downtrodden to lives of fulfillment, to embrace the wicked and remind them of their True Selves (see Matthew 5:43-48, Matthew 25:35-40, John 8:1-12 et al) ... In addition, it must be clear to most that a God of perfect Love (a la Matthew 5:48; the Greek *agape*, meaning a Love centered on selfless Caring – see Strong’s #26) cannot be with those who are not living a similar Love (see Matthew 5:48 in conjunction with 1 John 4:18 & John 13:15-17) ... Clearly the God of Peace (here the Greek *eirene*, meaning inner calm – see Strong’s #1515) cannot be with those who are inspiring division with words of criticism or condemnation &/or acts of persecution or punishment ... Finally, note that 2 Corinthians is actually a compilation of at least four letters from Paul (see 1 Corinthians 5:9, 2 Corinthians 2:3-4, 2 Corinthians 7:5-16, 2 Corinthians 10-13, 2 Corinthians 12:8) – the originals of which (or even copies of those originals) have either not yet been found or longer exist. In addition, most scholars agree that several verses from 2 Corinthians were added by scribes long after his death (e.g. 1 Corinthians 14:34-35) – something worth keeping in mind when reading from this particular tome.

“Forgiveness is not an occasional act;
It is a permanent attitude.”
~ Martin Luther King, Jr.

Forgiveness is actually neither an occasional act nor a permanent attitude, but rather is only potent & real *in the moment* – made as a momentary choice; consciously chosen in response to a current event; and ever made anew with each occurrence subsequent.

We can only truly forgive our own transgressions.



“I have been crucified with Christ; and it is no longer I who live, but the Spirit of Christ who lives through me.” ~ Paul (Galatians 2:19-20)

Oh, if only this were true – if only this were more than mere hollow words from one of Christianity’s very first false prophets. For if this verse were indeed true – if Paul had truly been a vessel for “the Spirit of Christ”, then the fruit of that tree would be a Christian church and a Christian priesthood and a Christian dogma verrrrrry different from those we have today. And yet a “false prophet” is quite obviously exactly what Paul is – indeed the same “false teacher” of whom Jesus himself warned us (see [Matthew 15:13-14](#), [Mark 7:6-8](#), [Luke 12:1](#) in conjunction with [Acts 23:6](#), [Acts 26:5](#), [Galatians 1:14](#) & [Philippians 3:4-5](#), see [John 5:43](#) in conjunction with [Acts 13:9](#), & see [Matthew 24:26](#) in conjunction with [Acts 9](#) & [Galatians 1:11-12](#)) ... Indeed, where Paul thinks being “crucified with Christ” means to worship Jesus as a divine being (see [Romans 1:4](#), [Romans 3:21-24](#), [Romans 5:18](#), [Romans 10:9](#) et al), Jesus himself begged us all not to do so (see [Mark 10:18](#), [John 5:41](#), [John 7:16](#), [John 8:50-54](#), [John 12:44](#) et al) and encouraged us to follow his Way of Love instead (see [Matthew 7:21-24](#), [Matthew 16:28](#), [Matthew 19:21](#), [Matthew 24:12-14](#), [John 13:15-17](#) et al) ... And where Paul claims to have sacrificed himself to “the Spirit of Christ”, his obvious arrogance and flagrant self-interest betrays the opposing truth (see [Acts 20:26](#), [Romans 11:13-14](#), [1 Corinthians 3:2](#), [1 Corinthians 12:2](#), [2 Corinthians 9:10-11](#), [2 Corinthians 10:17-18](#), [Galatians 1:7](#), [Galatians 6:10-17](#), [Philippians 2:15](#), [Philippians 3:17](#) et al) ... And where Paul claims the “the Spirit of Christ” is living through him, his actions show that this is indeed **not** the case (see [Acts 16:37-39](#), [Acts 22:25-29](#), [Acts 23:1-10](#), [Acts 24:10-20](#), [Acts 25:8-12](#), [Romans 15:27](#), [1 Corinthians 9:4-14](#), [Galatians 6:6](#) et al) and his teachings reflect exactly the opposite (see [1 Corinthians 15:1-14](#) in contrast with [Matthew 10:7](#) & [Matthew 24:12-14](#) -- also [Romans 8:18](#) & [1 Corinthians 15:23-28](#) et al in contrast with [Matthew 22:32](#), [Luke 17:20-21](#) & [John 5:25](#) et al) ... On a brighter note, what *is* accurate about this verse is the fact that we all must do as Paul says herein – namely, that we indeed must “take up our cross” of self-sacrifice for others (see [Matthew 16:28](#)) and follow The Way of Christ by giving others active expressions of selfless Love (see [John 13:15-17](#)) – especially our enemies (see [Matthew 5:43-48](#), unlike Paul – see [Romans 1:32](#) & [1 Corinthians 5:4-5](#)) and especially the downtrodden (see [Matthew 25:35-40](#), also unlike Paul – [Colossians 3:22](#) et al) ... As such, when we read such self-laudatory verses from Paul, we are to think more on the *Elohim* – the fallen angel deceivers of [Genesis](#) – that we are of anyone saintly or prophetic (indeed, read [Acts 26:12-15](#) with [Luke 10:18](#) in mind to get a more accurate reflection of Paul’s true theological status).

“Let each exalt in his own martyrdom ... and not that of others.” ~ St. Francis of Assisi

Again, the “martyrdom” referred to here is not a literal loss of life, but rather a deep-seated sense of courageous self-sacrifice for others – facing fear to reach out to strangers, giving to the poor when lacking wealth, feeding the hungry when one’s own pantry is bare, forgiving a trespasser while they are raiding you ... Yes, we are to seek the most potent form of self-sacrifice in each moment, and yes, sometimes (very very very rarely) that most potent of sacrifices will be us giving our entire lives to save or help or inspire another, and yet we cannot force this issue ... The Universe loves all its agents of Harmony, and as such will present relatively few moments when such a Pure Servant is called to extinguish his own Life of Love.

True martyrdom is an anonymous affair.

Image 406 (Page 149a) ... This picture (which I call “The Solitude of Masters”) shows my Self traipsing through a city arbor in Köln (a.k.a. Cologne -- Germany); reminding me of the Truth that Peace comes not while walking through or sitting in or thinking about places peaceful, but rather comes full-fledged only while actively bringing Peace to another ...



“Reality is unbroken wholeness in flowing motion.” ~ David Bohm

We can only clearly See this patent Truth when we *act accordingly*, and we can only act accordingly when we immerse ourselves fully (i.e. in dramatic fashion) into our surroundings – when we calmly pro-act during times of emergency or crisis, when we generously Give during times of dearth or poverty, when we show great Gratitude during moments of deep despair or great loss, when we exude a heartfelt Compassion for evil doers, when we have the courage to answer accusation by smiling in silence, when we humble our selves before those flagrantly unjust &/or obviously unintelligent, when we exclaim wonderment over things “normal” or “boring” (or exclaim the Beauty of people otherwise deemed “ugly” or plain”), when we leap boldly into Caring for those “least deserving”, and when we have the dignity required to be Kind to strangers.

Even the pride that seems to separate us is ONE with the All.

“Inattention is the true death.” ~ F. Schiller
(*Verachtung ist der wahre Tod*)

A deep Truth, this is -- for even though we might be physically alive, as long as we are mentally “lost” in vacuous inattentiveness to what IS – via habit, routine, addiction, reacting emotionally, daydreaming, pondering “the meaning of life”, meditating on “inner silence” or “ultimate oneness” &/or striving to attain, accumulate or “succeed” – then we cannot be considered to be truly Alive. Indeed, it is only possible to be fully Alive when we are choosing to immerse ourselves in the moment by immersing ourselves into our surroundings; a state of Being that is only possible while behaving selflessly & consciously. The sub-conscious mind knows nothing of Love or Kindness or Service to others, and as such knows nothing of what it means to truly Live. And seeing as how the ego always responds automatically to every stimulus ¼ of a second before our consciousness can choose otherwise (i.e. before we can pause long enough to choose Love over fear; other over self), it remains quite true indeed that inattentiveness of this kind is indeed our deepest Death – the death not of our bodies, but rather the Death of our very lives.

The real suicide is opting for mere survival.

***“The Time is fulfilled and the Kingdom of God is at hand;
Repent & Believe in the Good News.” ~ Jesus (Mark 1:15)***

This verse (and all others like it – see [Matthew 3:2](#), [Matthew 4:17](#), [Matthew 10:7](#), [Mark 1:15](#), [Luke 10:9](#), [Luke 11:20](#), [John 3:3-9](#) et al) is an extremely important one, in that it makes it quite clear that when Jesus speaks of salvation or heaven, he is not speaking of a place that is elsewhere or a status that comes in the future, but rather is speaking of a state of being that is already “at hand” – a state of being that is already available; available to every sentient being in every moment of his or her life (see [Luke 17:20-21](#) – a passage which happens to be the only time in the entire Bible Jesus speaks directly to Heaven, which he also called “the Kingdom of God”; see also [Mark 21:28-34](#), [John 18:36](#) & the parables in [Matthew 13](#) et al) ... **Note** as well that “Repent” was a life-encompassing verb for Jesus, with the Greek words *metanoia* (Strong’s #3341) and *metanoeo* (Strong’s #3340) both meaning not to self-condemn or self-criticize one’s past actions, but rather to completely alter one’s entire present life; in Jesus’ case to fully shift from a self-centered life of sin to a selfless life of service ... **Note** too that to “Believe” was an action for Jesus as well, with the Greek word *pisteuete* (Strong’s #4100) meaning not to mentally align with a creed or intellectually adhere to a concept, but rather “to be entrusted with”, “to have faith in” &/or “to actualize” ... And **note** that the other Greek words from this verse support the aforementioned as well, with the Greek for “the Time” being *kairos* (Strong’s #2540) and meaning “an opportunity” or “a fitting season”, the Greek for “fulfilled” being *peplerotai* or *pleroo* (Strong’s #4137 – the same “fulfilled” found in [Matthew 5:17-18](#)) and meaning “honed”, “perfected” &/or “brought to completion”, and the Greek for “at hand” being *engiken* (Strong’s #1448) meaning “has been brought near” (i.e. having an immediate imminence) ... Finally, **note** that the “Good News” mentioned here was **not** Paul’s “gospel” – i.e. was **not** that Jesus was the *only* Son of God, and was **not** that Jesus must be worshipped as such (see [1 Corinthians 15:1-4](#) + [Romans 10:9](#)), but rather was the two-pronged Truth of The Gospel of Christ; the two-pronged Truth that resonates perfectly with this very verse – namely, **A**) that the Kingdom of Heaven was already at hand ([Matthew 10:7](#) et al), and **B**) that the only way to access the same was through persistent acts of selfless Love shown to others (see [Matthew 24:12-14](#) & [John 13:15-17](#) et al).

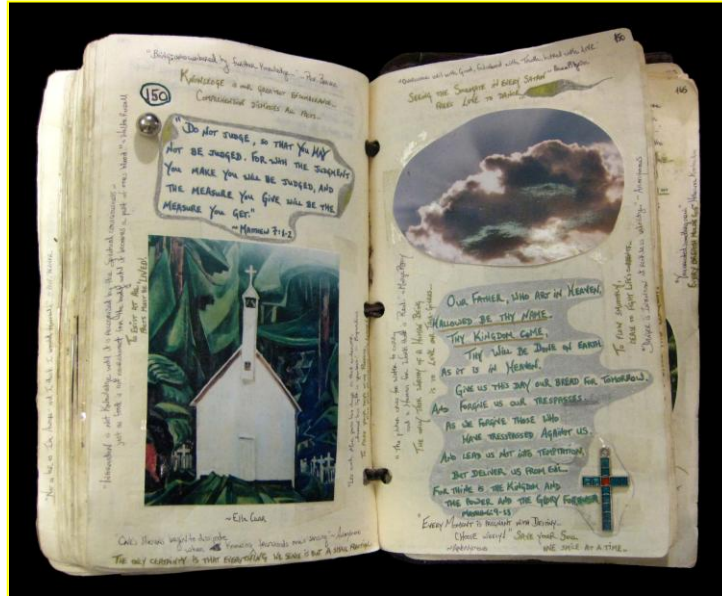
“Whatever Joy there is in this world comes from desiring for others to be Happy, and whatever suffering there is in this world comes from desiring for myself to be happy.” ~ Shantideva

Amen! ... Knowing this to be True, may each of you find true Happiness thereby – not the mere “happiness” brought on by physical sensations of pleasure or emotional feelings of euphoria, but rather real & profound Bliss; the perfect mixture of Joy & peace that only comes to those who have both the Humility & the Courage to set aside desires & directly confront fears in order to bring Peace &/or Joy to the lives of others.

***Longing for others to know Peace
allows that Peace to be truly Known.***

“What can be Known about God is plain, because He has shown it ... Ever since the Creation, His eternal power and Divine Nature have been understood through all the things He has made.” ~ Paul (Romans 1:19-20)

Even though this passage once again has Paul hollowly trying to “prove the unprovable” (i.e. exhort others to believe in his radically flawed faith in Jesus, the man, instead of encouraging them to emulate his teachings, The Way), a deeper Truth is available herein nonetheless. Namely, the Truth that – even though we cannot ever objectively *prove* God’s existence from “all that he has made” (and thank heavens for that, as a proven God means the destruction of all doubt – which means the castration of all acts of faith – which means the renouncement of all true human potency; as only the deeds that are difficult carry any real measure of Power, and no deed is difficult for a “true believer” of a certain God), we **can** tell what is in harmony with “God’s Will” by looking at how various deeds, beliefs, &/or interpretations of Scripture react to and interact with “all that he has made.” This is why Jesus exhorted all of us to test the validity of prophets, the interpretations of Scripture, and the Rightness of deeds via witnessing the quality of their Fruits (see [Matthew 7:15-20](#)), and this is why he told his listeners that “Wisdom is vindicated by all Her children” (see [Luke 7:35](#)) ... To make matters even more plain, we can simply remember another Truth of which Paul seemed to be ignorant – namely, the Truth that God is an all-Loving Essence for Jesus (see [Matthew 5:48](#)), and as such only the things that resonate with unconditional Love can be “of God” &/or in harmony with “God’s Will.”



“Being: unencumbered by further knowledge ...” ~ Prof. James Beaver

Professor Beaver was surprisingly important figure in my academic upbringing (see page 173 for additional comments related thereto) – surprising because I liked him so deeply even though his political views (and many of his ethical values) directly opposed many of my own (see page 272 for a small collection of additional “Beaverisms”), and surprising because what he taught me had nothing at all to do with what he actually taught. For he taught me Admiralty Law, but what I *learned* from him was -- **01**) that it is more important to be courageous than to be prepared – **02**) that it is more important to be Kind than to be “correct” – **03**) that it is more important to be honest than to be “polite” – **04**) that it is more important to make a life than it is to make a living – and **05**) that it is more important to stand up for something boldly while wrong, than it is to sit silently and passively by and say nothing while Right ... Indeed, in every moment of selfless Love, we are all “unencumbered by further knowledge”, and in every moment we are soaked in self-concerned or self-focus, we are weighted down with “sin” – and sink steadily into bringing pain to others and suffering to ourselves.

*Knowledge is our greatest encumbrance ...
True comprehension must first dismiss all “facts”.*

“Do not judge so that you may not be judged. For with the judgment you make you will be judged, and the measure you give will be the measure you get.” ~ Jesus (Matthew 7:1-2)

This is quite an important verse – probably more so in modern times than it was when Jesus presumably uttered it. For Jesus’ entire ministry hinged on what he called his “Gospel” (or “the Good News”) – a theology that stated **A**) that Heaven (or “the Kingdom of God”) was alive and well in every Here&Now (**Matthew 10:7**) and **B**) that every sentient being could fully access the same by simply choosing to persistently, selflessly, and actively extend Love to those nearby (**Matthew 24:12-14**) ... And the reason why this particular passage plays a role is because it is impossible to extend that level of pure Love to others while we are judging them as people in any way – that we can only do so when we “humble ourselves as very young children” (**Matthew 18:3-4**); when we refuse to criticize their being or their beliefs – especially when our own sins & misgivings have yet to be corrected (**John 8:7**) ... This is indeed why “all who exalt themselves will be humbled” (**Matthew 23:12**) – because to exalt one’s self (which is a prerequisite to judging another critically) automatically precludes us from wholeheartedly Loving them. And because this “perfect” Love was necessary to attain entrance into “the Kingdom of Heaven” (**Matthew 5:43-48, Matthew 7:21-24, Matthew 18:3-4, Matthew 24:12-14** et al), then the only remaining alternative for those engaging in such arrogance is to fall from that potential Grace. Yes, **John 7:24** does tell us that we are to condemn the *deeds* of others that cause others harm, and yet we are not to condemn the doers of those deeds while defending their would-be victims. After all, while it is impossible to Love a sinner while non-compassionately condemning his sin, it is also impossible to Love Life without having the courage to denounce the actions of others that cause injustice &/or pain.

“Information is not Knowledge until it is recognized by the Spiritual consciousness ... Just as food is not nourishment for the body until it becomes a part of one’s blood.” ~ Walter Russell

And information cannot be “recognized by the Spiritual consciousness” until actively setting that information into motion – until transforming that information into Wisdom thereby ... Note as well that just as we must test the effects of various foods on the body to see how nourishing they truly are, so too must we humbly and objectively examine the Fruits of our Kind Deeds upon others to note their actual effectiveness as well. Those acts of Kindness – no matter how perfect they might appear and how purely intended they might be – must be abandoned and replaced with alternatives if they are used by others to entrench dysfunction or further suffering. Similarly, even those Good Deeds that don’t appear to be exceptionally potent at their outset must be repeated ad infinitum once they are shown to sow the Good Fruits of Harmony &/or Joy &/or Contentment &/or Peace.

To exist at all, “facts” must be in-Livened.

Image 409 (Page 150a) ... This picture is portrait of a southern church painted by Ella Carr; reminding me of the Truth that the quality of a personage – just like the quality of a parsonage – hinges not on the pristinity of his or her exterior (i.e. the words uttered or the deeds done) as much on the level of brilliance radiating from his or her inner chapel (i.e. the selflessness of intention, the intensity of empathy, & the gentleness of thought) ...



“Let each man pass his days in that endeavor wherein his Gift is greatest.” ~ Propertius

Note here that this “endeavor” will probably shift over time – or even shift from day to day. One the other hand, it is possible that a person’s greatest Gift might very well remain the same for years on end. Either way, it is critical that we wake each morning thankful for having been given yet another day to Love, that we examine the alternatives to do so in front of us, that we head in the general direction of the service that seems to be the most potent (which is often **not** the service that the masses think is “most important”), and that we invest ourselves fully therein -- with an open Heart & an open Mind; a Heart open to *all* others (especially those “least deserving” of the same) and a Mind open to any & all subsequently spontaneous blossomings of unexpected opportunities to Care anew.

***To pass your days with Purpose,
fill your moments with Love.***

“One’s illusions begin to dissipate
when one’s Knowing transcends one’s sensing.”

~ anonymous

And all true Knowing can only transcend one’s senses when all sensations perceived are put into motion in deeds performed radically & Faithfully on the basis thereof.

***The only certainty is that everything we sense
is but a minuscule fraction of all we Know.***

Facta non Verba: Actions, not words.
Facientem non Cogitat: Doing, not thinking.

“Overcome evil with Good, falsehood with Truth & hatred with Love.” ~ Peace Pilgrim

Overcome evil with Good by extending unconditional & expectationless Kindness to evil ...
Overcome falsehood with Truth by showering the source of falsehood with actions that exhibit Truth ...
Overcome hatred with Love by courageously self-sacrificing for the sources of any & all hatred. The only way to conquer an enemy – be that enemy of self or others or Love itself – is to “blast” that enemy with the most irrational detached expression possible of the exact opposite of its own dysfunction ...
Being attacked by greed? Give to the source thereof past the point of comfort ...
Being attacked by negativity? Compliment the source thereof past the point of reason ...
Being attacked by callousness? Extend heartfelt Compassion to the source of that apathy ...
Being attacked by hatred or aggression or violence or condemnation? Reach out to the source thereof with a Kindness so pure that it defies rationality and prudence.

***Seeing the Soulmate in every “Satan” frees Love to dance;
transforming all our demons into angels.***

Image 410 (Page 150b - top) ... This picture shows a radiant “silver lining” over Alexzanna Farms (in Wildwood, Georgia) – reminding me of the Truth that no matter how dark & thick & foreboding our lives’ clouds might appear, nothing can stop the Light of Love from shining upon them – and nothing can prevent us from parting those clouds to allow that Light through to shine upon others as well ...



“The pitcher cries for water to carry
and a Human for Work that is Real.” ~ Marge Percy

The pitcher cries for water to carry because it requires that someone else put that water within it ... Human beings, on the other hand, need no such assistance. Our opportunities to Care & Love & Serve (the only Work that is indeed Real) are as omnipresent as Life itself. They need not be placed within us “from above”, nor do we need any earth-bound assistance to awaken them ... They are an innate facet of our Ultimate Being, and our own choosing is all that is required to awaken them anew.

***The only task worthy of a Human Being
is to Love all his/her task-givers.***

Image 411 (Page 150b - bottom right) ... This picture shows a turquoise cross with an orange center – symbolizing the Truth that real Healing only comes from actively unifying Heart, Mind & Soul via willing acts of Joy-full self-sacrifice for others ...



*“Our Father, who art in Heaven, hallowed is thy name.
 Thy Kingdom comes, thy Will is done on Earth as It is in Heaven.
 Thanks to You this moment for today's sustenance;
 For forgiving our trespasses just as we continue
 to forgive those who trespass against us;
 For leading us not into temptation
 but continuing to lead us away from evil –
 For thine is the Kingdom & the Power
 & the Glory in this eternal moment.”
 ~ Jesus (Matthew 6:9-13)*

As almost all Christians are already aware, this passage is known as “The Lord’s Prayer,” and as almost all Christians are already aware, it is normally read with a much different emphasis and it is normally translated with slightly different wording. With regards to the latter, most Bibles transpose the Greek manuscripts in a way that emphasizes the future tense – which has the text reading more along the lines of: “Our Father in heaven, hallowed be your name. Your kingdom come, let your will be done on earth as it is in heaven. Give us this day our bread for tomorrow. And forgive us our debts, as we also forgive our debtors. And bring us not to the time of trial, but rescue us from evil.” (compare to Luke 11:2-4) ... **Note** the emphasis here on worshipping an external God “above” whose Divine Plan will come to fruition on Earth at some point in the future – seemingly regardless of whether or not humanity chooses to help or hinder the same. **Note** as well that the prayer asks that sustenance be provided to the one doing the praying, begs for forgiveness in a sort of trade-off for choosing to forgive others in return, and closes by asking God to prevent difficulty from arriving in life at all. While all of these emphases harmonize splendidly with the teachings of Paul and the modern-day dogma of the Christian church (which was built on and has been sustained by those same teachings – see [Romans 3:21-25a](#) & [Romans 5:8-9](#); also [Acts 9:20-22](#)), they most certainly do *not* harmonize with the teachings of Jesus Christ in the Gospels – teachings that emphasized a Heaven that resides within us ([Luke 17:20-21](#)), a heavenly Father that resides therein as well ([John 14:20](#) et al), a Divine Will that wants us all to become active agents of perfect Love by Caring for our enemies (see [Matthew 43-48](#)) and the downtrodden in our midst ([Matthew 25:35-40](#)) in order to attain salvation in *this* lifetime ([Matthew 7:21-24](#), [Matthew 24:12-14](#) & [John 13:15-17](#) et al). Not only that, but Jesus noted quite plainly that prayer was meant to be a private expression of gratitude ([Matthew 6:5-6](#)) and definitely *not* meant to be a repetitive litany of droning dogma (like the Lord’s Prayer has ironically become today), much less a spiritual request for personal favors. Indeed, **note** that Jesus says as much directly in the two verses immediately preceding the Lord’s Prayer, when he states “When you are praying, do not heap up empty phrases as the Gentiles do; for they think that they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him” ([Matthew 6:7-8](#)) ... As such, especially in light of the verses just mentioned, it should be clear that Jesus was *not* encouraging us to quote the Lord’s Prayer repetitively every week in church, but rather was giving us a general model of the basic contents that every *spontaneous* prayer should evince – namely, **A**) honoring the *internal* Father humbly (see [John 14:20-26](#), [Matthew 18:3-4](#) & [Matthew 22:37-38](#)) ... **B**) noting the fact that Heaven is already potentially on Earth as it is in Heaven (see [Matthew 10:7](#) et al) ... **C**) stating that all necessary sustenance has already been provided (seeing as how “bread” for Jesus was the symbol of selfless service, and that selfless service was for him the greatest nourishment available – see [Matthew 4:4](#), [Matthew 16:5-12](#), [Matthew 26:26](#), [John 6:32-35](#) et al) ... **D**) reminding us that his Father has *already* forgiven our sins (see [Matthew 5:48](#) + [1 John 4:18](#), [Matthew 18:21-22](#), [John 5:22](#) et al) ... **E**) that each of us has the power on earth to forgive others their sins (see [Matthew 9:6](#) + [Matthew 16:28](#)) ... **F**) that the Father – as the essence of perfect Love – cannot lead anyone into temptation (see [Matthew 16:23](#), [James 1:13-17](#), [Mark 10:18](#) et al) and always encourages us to turn away from evil and indeed towards actively Caring for those perpetrating evil upon us ([Luke 6:27-36](#) et al) ... and **G**) that we are to use prayer to remind us that we are here to do God’s Will, *not* to have God do *ours* ([Matthew 26:39](#) et al) ... And that is why the interpretation I have provided above has been shifted to the present tense; to allow these verses to better harmonize with The Way of Christ by turning them into a series of Here&Now affirmations of fact, as opposed to a list of selfish requests – by making them an open recognition of what *is*, as opposed to a future based desiring for what could be. For true enough, we cannot Love others while desiring for self, and we cannot Faith-fully serve those in need while pining for future rewards or benefits. Indeed, we should “not worry about our life, what we will eat or what we will drink, or about our body, what we will wear,” ([Matthew 6:25](#)) for we have all been provided for, and thus all should pray to “be delivered from the wickedness” (the Greek *ponerou* in [Matthew 6:13](#) – see Strong’s #4190) of greed & fearful self-focus. We all have the ability to Live & Love, and we should all therefore focus on what we can do for others in our current moment of moments. For indeed, “today’s trouble is enough for today” ([Matthew 6:34](#)).

“Danger is intention at reckless velocity.” ~ anonymous

This is not to say that we must act slowly to avoid or minimize danger, only that we must move as quickly as is warranted after purposeful forethought ... That having been said, there are times when danger itself is warranted for the Highest Good – seeing as how one definition of “crisis” is “danger mixed with opportunity”; meaning that selfless actions are always most potent (and therefore most effective at bringing Harmony to situations, to self, & to others) when done despite danger – despite an actual high risk to personal life, health &/or well-being.

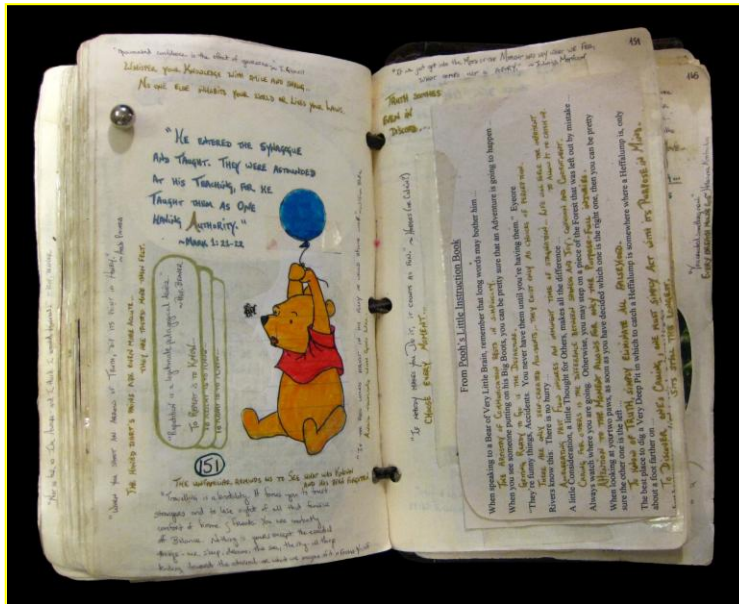
**To flow smoothly,
cease to struggle against life's currents.**

“Every moment is pregnant with destiny ... Choose wisely.” ~ anonymous

Actually, it is the multitude of possible *choices* within every moment that are full of potential destinies (i.e. potential consequences of our choices & the potential outcomes of those consequences & the potential consequences of those outcomes & the potential consequences of actions &/or reactions made in response to those outcomes etc etc etc). And those “destinies” only become “pregnant” (i.e. viable) when they are set into motion by the Faith-full enlivenment of a particular choice.

Save your own Soul – one smile at a time.

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“Opinionated confidence is always the result of ignorance.” ~ Jerry Glanville

Note that this quote does not state that confidence is always the result of ignorance. True confidence comes from experiencing trial & error – witnessing to action & consequences – examining the fruits of one’s deeds and developing flowing responses thereto based thereupon ... That having been said, *opinionated* confidence is not only the result of ignorance (the ignorance that thinks we can ever “learn enough” or ever “figure life out” or ever accurately predict the outcome of any chosen deed), but also the primary cause thereof.

**Whisper your Knowings with smile and shrug,
remembering that no one else can live your laws.**

“If the fool would persist in his folly, he would become wise.” ~ William Blake

This is a most interesting statement, for persisting in folly actually guarantees the reaping of enough consequence therefrom that one inevitably becomes wise thereto – and yet it is indeed by nature unwise (and fully unnecessary) to repeat a folly ... As such, the degree to which a person repeats the same mistake before finally registering its results is not the degree of their intelligence – but rather a measure of the degree of their self-loathing, and thus a measure of the degree to which we should shower them with Compassion, not scald them with ridicule.

Avoid trifling with God's Will.

“Traveling forces you both to have faith in strangers and to lose sight of all the familiar comfort of ‘home’ & ‘friends’ ... You are constantly off-balance, and nothing is truly yours except the essential things – air, sleep, the sea, the sky – all the things tending towards the eternal.” ~ Fatima Yousif

Traveling Faith-fully force us to have Faith in those we encounter – or (on a much higher plane of existence; on a much higher plane of Traveling) to have Faith in our ability to extend Service & Caring to the same ... Yes, traveling does remove one from the confines of the familiar, and thus steadily & steadfastly pry one’s eyes wide open to the existence of a far greater Reality – and yet unless we are traveling to be of service to others, we remain essentially just as blind as we were before leaving home .. P.S. By the Way, it is Love & love alone that brings us close to the Eternal. All else keeps us far removed therefrom.

***The unfamiliar re-minds us;
enabling us to See again what was previously Known
and yet has been forgotten.***

“When we get into the mood of the moment and say what we truly feel,
what comes out is Poetry.” ~ Jadwiga Morrison

More important than making poetry is the kind of poetry we choose to make ... There is poetry that reflects our rage or our sadness or our regret or our fear – poetries that magnify the same and thereby manifest more thereof for self & others. And then there is the poetry that reflects our happiness and our comfort and our pleasure and our euphoria – poetries that magnify the same and thereby manifest the ultimate despair that comes therefrom (a despair that flows incontrovertibly from the attachments we form to all self-serving states of being & to all selfishly cherished possessions &/or relationships) ... And then there is Poetry – the words that flow from one whose mood is immersed in the Peace of known Oneness; the meaning that flows from one whose Soul feels Gratitude to be alive; the Awe & the beauty that flow from one who exudes Love for all around him or her. These are the Poetries that speak to Great Meaning and inspire the same in all blessed to hear them &/or witness what inspired them.

Truth soothes even in discord.

Image 413 (Page 151b - overleaf top left) ... This picture shows Buddhist monks enjoying a roller-coaster – reminding me of the Truth that worship that demands a dampened Soul (i.e. reverence for dogma that demands seriousness or dourness or piousness of any kind) is worship not worth enacting; whereas worship that allows the Soul to shine forth (i.e. reverence for life that brings forth Joy & Wonderment & shouts of Gratitude & Glee) is worship worth enlivening in every moment ...



Sprinkle life liberally with innocent Wonder and unbridled Joy.

And remember to do so more with word than with thought, more with feeling (note: not emotional reaction, but rather conscious immersion) than with word, and more with acts than with feeling ... Just as importantly, regularly remember to do so especially when least able, while least desiring, and for those “least deserving.”

Image 414 (Page 51b - overleaf bottom left) ... This picture shows dolphin graffiti I witnessed while visiting Barcelona (Spain) in 1994. It reminds me of the Truth that self-sacrifice can only bring Beauty when Love & Joy are equal facets thereof – and that Love & Joy can both only be when self-sacrifice is fully in play ...

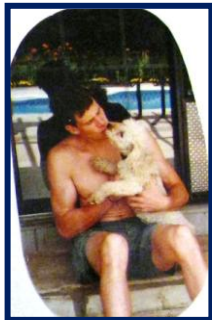


Image 415 (Page 151b - overleaf top right) ... This is a picture showing my Self with my dog-companion Billy in 2006 – reminding me of the Truth that Friendship grows and transforms and blossoms more in the times between each embrace than it does during the same ...

***“If you understand these things,
blessed are you while you Do them.”***

~ *Jesus* (John 13:17)

This is one of the most important verses in the entire Bible, seeing as how these words form the very Core of Jesus’ entire ministry ... Indeed, they are reflected in *every sermon* Jesus preached (see *Matthew 5:3* to *Matthew 7:29*, especially **Matthew 7:21-24** ... see *Matthew 11:7-19*, especially **Matthew 11:19** ... see *Matthew 12:9-12* ... see *Matthew 12:22-37*, especially **Matthew 12:33-35** ... see *Matthew 18:1-22*, especially **Matthew 18:3-4** ... see *Matthew 22:23-40*, especially **Matthew 22:37-40** .. see *Matthew 23*, especially **Matthew 23:12** & **Matthew 23:23** ... see *Matthew 24* & *25*, especially **Matthew 24:12-14** ... see *Luke 6*, especially **Luke 6:27-36** ... see *Luke 11:17-36*, especially **Luke 11:33-36** ... see *Luke 12:22-40*, especially **Luke 12:35-36** ... see *Luke 14:25-35*, especially **Luke 14:27** ... see *Luke 17:20-37*, especially **Luke 17:20-21** ... see *Luke 21*, especially **Luke 21:1-4** ... see *John 5:10-47*, especially **John 5:28-29** ... see *John 8:12-20*, especially **John 8:15** ... see *John 10*, especially **John 10:11** ... see *John 13-17*, especially **John 14:12-26** et al), they are reflected in *every parable* Jesus told (see *Matthew 7:24-27*, *Matthew 13*, *Matthew 21:28-46*, *Matthew 24:40-51*, *Matthew 25:1-46*, *Luke 10:29-37*, *Luke 14:16-32*, *Luke 15:8-32*, *Luke 16:1-31*, *Luke 17:3-10*, *Luke 18: 1-14* et al) and they are reflected in *every deed* Jesus performed (see *Matthew 12:1-8*, especially **Matthew 12:7** ... see *Matthew 26*, especially **Matthew 26:69** ... see *Matthew 27:11-14* ... see *Luke 7:36-50* ... see *John 6:15* ... see *John 17*, especially **John 17:13** et al) during his three-year ministry of “the Gospel” – a term he quite clearly defined as the Truth **A**) that his heavenly “Kingdom” was already “at hand” (see *Matthew 10:7*) and **B**) that the same could be accessed by anyone willing to self-sacrificially Love others (see *Matthew 24:12-14*) ...

P.S. It is not possible to truly understand the words of Christ until you *do* them.

“If nobody makes you do it, it counts as fun.”
~ Calvin (or maybe Hobbes)

And if you choose to do it, and you do it for the betterment of another, it counts as fun for self – *and* brings on Joy for others.

In every moment, choose every act.

“When speaking to a bear-of-little-brain,
remember that long words may bother him.” ~ A. A. Milne

Whatever can be said Truth-fully, can be said simply ... Remember as well that most “bears” (i.e. most humans) are of “little brain” (i.e. blinded by fear &/or deluded by propaganda & pre-conditioning). As such, remember that the best way to speak with them is gently and indirectly (avoid flagrantly “blasting” your Truth, and thereby activating the “fight or flight” defense mechanism of the other). Indeed, the best if not the only way to communicate with others is to *show them* what you mean ... **P.S.** Whatever is done Lovingly is done with great difficulty from the point of view of the ego, and thus powerfully and with perfect fluidity from the perspective of the Soul.

The artistry of Communication rests in simplicity.

“When you see someone putting on his Big-Boots,
you can be pretty sure that an adventure is going to happen.”
~ Winnie the Pooh (A. A. Milne)

And just what are those “Big Boots”? Well, some “Big Boots” are pretty obvious, with typical pilgrim gear (backpack, staff, and hat) evidencing that a pilgrimage is about to take place – typical protest gear (signs, goggles, and bandanas) showing that political activism is about to take place – and typical liberation gear (masks, dark clothing, spray paint, and bolt cutters) hinting that an animal liberation is about to take place. That having been said, there are other “boots” that are just as Big and yet more subtly so – bags of food to give to the poor; sheets of vegan stickers to place on animal products in grocery stores; blankets and socks and toiletries to give to the homeless; liberal literature to pass out at conservative churches; vegan pamphlets to leave on buses and in libraries; and a smile & an open heart to share with strangers & enemies alike.

Being willing to go IS the Departure.

“They’re funny things, accidents ...
You never have them until you’re having them.” ~ Eeyore (A. A. Milne)

It is impossible to have accidents while remaining fully focused in the moment, and it is impossible to truly Love without remaining fully focused in the moment ... Thus, it is impossible to have accidents while truly & fully immersed in acts of selfless Caring. If an “accident” comes your way, either you weren’t paying full attention -- or you weren’t truly attending to the needs of others nearby.

***There are only self-created incidents ...
“Accidents” exist only as choices of perception.***

“Rivers Know this: there is no hurry.” ~ A. A. Milne

Love knows the same ... Love has no hopes and expectations; it has no dreams and no needs and no desires and no goals. Love simply Loves who &/or what there is to Love, with whatever Loving means are available, wherever one already is. Love is always given powerfully and fully, and yet never hurriedly or hectically. The latter are steeped in delusion & cowardice, while the former require nothing more than focus & courage,.

***Accelerating past Life’s flow
ensures your imminent stagnation ...
In this manner, Life slows all impatient beings –
to allow themselves to catch Up.***

“A little consideration – a little thought for others –
makes all the difference.”
~ A. A. Milne

While it is true that thinking for others helps, mere thought for others is not nearly enough ... For our thoughts to make “all the difference”, they must be fully feeling; filled with forethought, fully felt with empathy, and intensely experienced while acting accordingly.

***Caring for others is the difference between sadness and Joy;
the space between confusion and Contentment.***

“Always watch where you are going. Otherwise you may step into a piece of the forest that was left out by mistake.” ~ Winnie the Pooh (A. A. Milne)

Holes and pits are only bad things when we fall into them blindly ... The one who is aware sees them as they arise, knows they are filled with those in need, and thus jumps willingly into the same ... Being aware of Life’s persistently repetitive pitfalls does not prevent them from occurring in our path – rather, it transforms them into empowering opportunities to enliven one’s truer, courageous Self.

***Attention to the moment
allows only your Purpose-full challenges to be engaged.***

“When looking at your two paws, as soon as you have decided which one is the right one, you can be pretty sure the other one is your left.” ~ Winnie the Pooh (A. A. Milne)

When looking closely & humbly at your life circumstances, as soon as you identify which are tempting you to take paths of selfishness or sloth, you can be pretty sure that all others are opportunities to Serve ... When looking closely & humbly at the people in your life, as soon as you identify which are agents of dysfunctional enablement &/or tempters to selfishness or cowardice, you can be pretty sure that all others will in some way lead you towards re-Membering real Love ... Of course, once you have awoken to the true nature of the circumstances & the people around you, it is possible to realize an even greater Truth – namely, that the circumstances calling you to ease are the very circumstances where your industriousness will be most potent, and that the people calling you to be most fearful are the very people most in need of your Courage ... Indeed, every circumstance provides opportunities to transcend into True Self, and every other is in some way calling out to be Loved ... To truly “conquer” Life, refuse to divide it!

***To Know of Truth,
simply set aside all falsehoods.***

“The best place to dig a very deep pit in which to catch a Heffalump is the place where a Heffalump is – only about a foot further along.” ~ Winnie the Pooh (A. A. Milne)

Just as there are no real Heffalumps, there are no real “enemies” ... Digging pits to “catch” others in any way (justifying self defense, participating in surreptitious spying, establishing “healthy boundaries”, engaging in gossip, passively supporting mobbing, meting out “a balance of give & take”) will *never* succeed in doing so (even if these methods occasionally “catch” their prey) ... In fact it is in digging such “pits” that one falls into the greatest trap for one’s self – it is in digging such “pits” that one imprisons one’s own ability to Care for the enemy – it is in digging such “pits” that one extinguishes the ability to Love.

***To re-discover your Calling,
simply act with Its purpose in mind.***

“Just because an animal is large,
doesn’t mean it doesn’t desire some Kindness.”
~ Winnie the Pooh (A. A. Milne)

Indeed it is always the “largest” of animals (i.e. those who are wealthiest, those who are most powerful, those who are most beautiful, those who are most revered, and even those who are most wicked) who need our Kindness the most ... This is especially true for the wealthy in your life who are denying you opulence, and the powerful in your life who are constraining you unjustly, and the beautiful in your life who are rejecting your affection, and the respected in your life who are withholding respect, and the wicked in your life who are inflicting you with pain.

***Except for those who have allReady found It within,
everything is searching for Love.***

“When going around a copse of trees tracking something, be sure it isn’t your own footprints you are following.” ~ Winnie the Pooh (A. A. Milne)

If you are tracking anything for self, you can know **A**) that you are essentially tracking a projected version of your own ego, and thus **B**) that you are essentially tracking that which will not help you attain any measure of Peace or Meaning in any substantial way. And yet if you are tracking an opportunity to Love others, you never need track at all – for opportunities to Care are always nearby and always available ...

In essence, if you want to continue to suffer, continue to seek – If you want to know a Life of Meaning & Joy, stop seeking and start Doing.

***The most talented of trackers
hunts for signs of his own recent passing.***

“We can’t all -- and some of us don’t.
That's all there is to It.” ~ Eeyore (A. A. Milne)

Actually, Eeyore (as was so often the case in his dramatically depressed existence) is wrong here. For all of us actually **can** – even though it is true that the vast majority of us still don’t. We can **all** see wonders in the “normal” and we can **all** find Beauty in the “everyday” ... We can **all** be grateful for life even during times of hardship or crisis, and we can **all** have compassion for the delusions & the ignorance of our enemies ... We can **all** Respect the equal worth of all sentient animals and we can **all** courageously protest the injustices & immoralities in our midst ... We can **all** free the wrongfully imprisoned and we can **all** loudly defend the oppressed ... We can **all** champion peace over war and we can **all** Care for others even when weak or ill or injured or exhausted ... In short, we **can** all choose to be agents of Goodness & Love, and that most of us don’t should not be an excuse – it should be a motivation.

***We can all do everything –
and it is good that none of us actually do so.***

“When you go after honey with a balloon, the critical thing is not to let the bees know you are coming.” ~ Winnie the Pooh (A. A. Milne)

Actually, the only thing to remember when going after honey is that we are not to take anything from others without their permission – that we are actually here to Give to those without the same – to give what little money we have to those with less (the poor & the downtrodden), to use what few possessions we have to bring Joy to those with less (the homeless & the destitute), to spend what little time we have to bring Peace to those with less (the chronically ill & terminally injured), to give what little freedom we still have to bring comfort to those with less (the imprisoned & the enslaved).

***When going after honey (or Truth),
always bring some of it with you.***

“When waking in the morning, remember that whether your first thought is ‘What’s for breakfast?’ or ‘I wonder what excitement will happen today’, it’s the same.” ~ Pooh (A. A. Milne)

Yes, and both of these statements are recipes for entrenched attachment, guaranteed sensations of loss, and the inevitable “disaster” of suffering ... Wanting pleasure or fun or amusement or enticement is just as dysfunctional (and ultimately just as counterproductive) as wanting one’s next fix of alcohol, cigarettes, dairy, or meat ... Desire always begets loss. Which always begets suffering, which always begets more desire ... Worst of all, striving to fulfill (or even to merely cherish) any desire automatically means that our true source of Peace & Meaning – which is actually Caring for others – is always shut out & shut down.

In Enlightenment, the simplest moments contain the greatest wonders – and the smallest favors the most Love.

“Brains first – and then hard work.” ~ Eeyore (A. A. Milne)

Brains bring nothing when not being used for work that is challenging – and the contents of those same brains are essentially useless (if not self-destructive) if not engendered from – and used for – Work that is Loving.

Inspiration mandates co-operation.

“If the person you are talking to doesn’t appear to be listening, be patient. It may simply be that he has a small piece of fluff in his ear.” ~ Winnie the Pooh (A. A. Milne)

If the person you are listening to doesn’t appear to be listening, choose to Listen to them yourself. And if that person doesn’t want to speak at all (or doesn’t want to be listened to), then simply gently turn and find another with whom to commune ... “Pushing the River” only succeeds in getting oneself soaked & sordid. This is as true for moments when we are being dismissed or ignored as it is when we are being attacked or oppressed ... Yes, it is Right & Good for us to want to communicate greater Truths to the ignorant and reawaken a sense of Justice in the wicked, and yet when the ignorant are not interested in Truth and the wicked are not interested in being Fair & Kind, our job shifts – to doing what we can to protect the victims thereof, while seeking others who might be amenable to our Way of Compassionate Love.

The Sage preaches The Word by listening to It being spoken to him.

“When searching for someone, it’s a good idea to determine whether the person is the sort who settles on one’s nose, or is the sort who might get trodden upon by mistake.” ~ Pooh (A. A. Milne)

The only way to find someone is to Care-fully look for them – to do so for *their* benefit, not our own. And the only way to be Care-full is to be attentively reckless in our looking – to deal with the downtrodden as friends, to deal with all strangers as family members, and to deal with all enemies as Soulmates.

We can only really look for that which we have allReady found.

“You can’t stay in your corner of the forest waiting for others to come to you. You’ve got to go to them sometimes.” ~ Winnie the Pooh (A. A. Milne)

Actually, if you can’t find someone to Love in your corner of the forest, you simply aren’t looking hard enough.

To be of the world guarantees isolation ... Be in the world and of your Self instead.

“The only reason to make a buzzing noise is if you’re a bee.”
~ Winnie the Pooh (A. A. Milne)

Speak with other Meaning-fully or be silent ... And remember that our motive for speaking (which should always be selfless) is as important as our content (which should always be Kind).

***Let your words reflect your actions –
and your actions, your Perfection.***

“Before joining a hunt, it is wise to ask someone what you are looking for before you begin looking for it.” ~ Winnie the Pooh (A. A. Milne)

The only way to appropriately join a hunt is to purposefully sabotage the same ... Hunts promote need and desire and cruelty – they ensure ignorance and yearning and loss. As such, whenever we hear that a hunt will be taking place, it is a moral imperative that we do what we can to sabotage the same ... And this goes for all kinds of hunts, not merely those designed to murder animals. This goes for the mental “hunts” perpetrated upon the masses by the propaganda of the powerful – “hunts” we can sabotage by exposing deception and outing corruption ... And this goes for the emotional “hunts” perpetrated upon the malleable by the negative & the jaded & the selfish – “hunts” we can sabotage by exuding gratitude in the face of complaining, by defending those who are being gossiped about behind their backs, and by exposing the hypocrisy of the mean-spirited & the arrogant ... And finally this goes for spiritual “hunts” perpetrated upon the fearful and the weak-minded by the power hungry and the zealous – “hunts” we can sabotage by loudly championing forgiveness in the face of condemnation, loudly championing humility in the face of arrogance, and loudly championing Love in the face of wrath or fear.

***Search most often for the wondrous Mystery
residing within all that is already “known”.***

“Even though eating honey is a very good thing to do, there is a moment just before you begin to eat it that is even better.” ~ Winnie the Pooh (A. A. Milne)

And focusing on either of these moments (i.e. the moment of personal enjoyment or the moment anticipating the same) guarantees **A**) that you will suffer loss and depression after the “honey” is gone, **B**) that you will not be Caring for others in any viable fashion while eating that “honey” or in desiring the same or in pining for more, and **C**) that yearning for or enjoying what essentially isn’t yours keeps you from realizing that --- it isn’t yours!

***Gratifying the True Self
requires delaying your own satisfaction.***

“Those who are clever, who have brain,
never Understand anything.” ~ Winnie the Pooh (A. A. Milne)

This statement is often true, for the primary reason that those who believe themselves to be clever only employ the methods that have already worked for them – methods often not nearly as efficient or productive as those not yet discovered. Another reason why this quote holds true is that those who believe they “have brain” rarely listen to others who they feel to have less than the same – preventing these “clever people” from learning from those deemed less than, and – far more importantly – preventing said “clever people” from ever truly Caring for them ... Caring requires a profound open-heartedness; an open-heartedness that is by nature soaked in humility – a humility that cannot exist as long as one believes one already knows.

***Cleverness is merely manipulative dishonesty ...
Understanding requires willful ignorance.***

“Sometimes, if you stand on the rail of a bridge and lean over to watch the river slipping slowly away beneath you, you will suddenly know everything there is to be Known.” ~ Pooh (A. A. Milne)

And it is precisely this renewed Awareness of our innate Interconnectedness that will prove to be vacuous & hollow – and thus essentially mean nothing – until you leave that bridge; until you cross to the other side and the others’ lives therein, and set your newfound Awareness in motion therein.

***The River is not a mere metaphor for Life –
It is a direct reflection of It.***

“In case of sudden immersion, the important thing is to keep one’s head above water.” ~ Pooh (A. A. Milne)

Actually, in case of sudden immersion, the truly important thing is to look around to see who else is drowning. Ironically, doing so is the only way to keep the “head” (which is actually the Heart) of one’s True Self “above water”.

***When drowning,
pause and drink deeply.***

“Tiggers can climb trees. Of course, there’s the coming down as well, which is difficult – unless one falls, in which case it is easy.” ~ Tigger (A. A. Milne)

Falling is easy, of course. It happens to us all, and is thus feeble & ultimately impotent ... Leaping, on the other hand, is extremely difficult. It is done by the very few, and is thus ever steadfast & ultimately empowering – both to the one leaping and, far more importantly, to the ones witnessing the same.

***When in doubt, choose the darkest path
and wear your thickest blindfold.***

“Poetry and hums aren’t things to get ... They are things which get you. And all you can do is to go where they can find you.” ~ Winnie the Pooh (A. A. Milne)

Hums that are harmonious and poeries that are beautiful can only be found in the Great Silence that comes while seeking to bring Harmony & Beauty to others.

Every sound is a verse – every interaction, a mirror.

“Avoid underestimating the value of Doing nothing; of just going along, listening to all the things you cannot hear, and not bothering.” ~ Winnie the Pooh (A. A. Milne)

The only time doing nothing becomes Doing nothing is when the alternative is doing something harmful to another. And as such – seeing as how Kindness is always available, and that Kindness is never nothing – there is as such never a good time to “Do nothing.”

The most industrious Sage sits the most deeply still.



“Though treated like an impostor, remain true; though unnamed, be well known; though dying, live; though punished and persecuted, remain loving; though compassionate, continue to rejoice; though poor, make many wealthy; though having nothing, possess the Universe.” ~ Paul (2 Corinthians 6:8-10)

In each of the pairings mentioned herein, Paul seems to selflessly focus on the former while actually passive-aggressively emphasizing the self-lauding of the latter ... Jesus, in direct contrast, focused his ministry on the former in order to use those discomforts to empower bringing the latter *to others* ... Still, this is remains of the handful of passages from Paul’s letters that relays some deeper Truths that he actually intended to imply – namely, the Truth that The Way wants its deeds to remain well known, not the doers thereof – and the Truth that the only way to truly Live is to “die” in self-sacrificial service to a cause greater than one’s self (whether for another person or for a cause or for an organization makes no difference) ...

Of course, there are many other Truths herein that Paul probably did **not** intend to relay and of which he probably was **not** at all aware – namely, **A**) the Truth that being treated as an impostor by members of a wicked establishment (be that establishment religious or political or financial in nature) is a sign indeed that one has found Truth (see [Matthew 5:10-11](#)) ... **B**) the Truth that it is only possible to become truly Loving while we are being punished &/or persecuted (along with the Truth that said power comes from extending that love to the sources of the same – see [Matthew 5:43-48](#)) ... **C**) the Truth that the only way to know Joy (or true rejoicing) is to choose to have compassionate empathy with the suffering, and then to do what one can to relieve them of the same (see [Matthew 25:35-40](#)) ... **D**) the Truth that we are not to know wealth from being poor, but to make others wealthy thereby – by giving them what little we have, and thereby reawakening them both to how much they actually have (life is enough) and how they too can choose to live a Life of Giving instead of a “life” of needing (see [Matthew 16:28](#)) ... **E**) the Truth that the only way to “possess the Universe” psychologically &/or spiritually (i.e. to feel one’s innate Interconnection with everything both within and all around) is to possess nothing physically &/or materially – no money, no objects, no relationships, no circumstances (see [Matthew 19:3-4](#)).

“Planning for the future is like going fishing in a dry gulch.” ~ Gyalse Rinpoche

Actually, both of these alternatives are essentially selfish endeavors. Both are essentially fruitless -- seeing as how one cannot gain life from death, much less joy from sorrow. Similarly, one cannot gain peace from striving, much less harmony from setting oneself apart. Indeed not only are both of these actions devoid of Good Fruit, they both inevitably produce the Bad fruit great pain and even greater suffering.

*To fish for men, remain in the moment
and bait them with forgiveness; remembering
that the best bait is your own self,
humbly on the hook.*

“If you give your life as a prayer you intensify that prayer beyond measure ... I do not think of myself as an individual, but rather as an embodiment of the Heart of the World.” ~ Peace Pilgrim

When we are but a megaphone for Truth, every word is Loving ... When we are but an agent of the Divine, every movement a dance with God and every choice and call to Unity therewith.

*In the inner stillness of solitude,
one finally finds a World of Brothers.*

Image 416 (Page 152a) ... This picture (which I call “A Pilgrim’s Bloom”) shows a rose resting on a step in the Valley of the Kings (Egypt) – reflecting the Truth that “growth” comes not inevitably, nor does it come while boldly heading out for mere fun or adventure. Rather, the True Self within us all becomes fully reborn in every moment we boldly venture into the lives of another, and boldly leave the largest portion of our own Soul therein ...



*“And let everyone who is thirsty come. Let anyone who wishes
take the Water of Life as a gift.” ~ unknown (Revelation 22:17)*

Oddly enough, the only way to “take the Water of Life” – at least as far as the *real* Jesus in the Bible was concerned (the Jesus found in the Gospels, not the faux-Jesus spoken for in Revelation*) – was to “drink from his mouth” – to heed his teachings, and thereby emulate his Way, and thereby end up doing exactly as he wished by giving “the Water of Living” (i.e. selfless LOVE) to others (see Isaiah 41:17-18, Isaiah 55:1-2, John 2:1-11 + John 19:34, John 4:10-14, John 7:38 & Thomas 108 et al). Indeed, the “Water of Life” mentioned in Revelation cannot be imbibed at all if it is imbibed for one’s own salvation, for Salvation – at least according to the real Jesus Christ – comes from Loving others (see Matthew 7:21-24, John 13:15-17, Matthew 24:12-14 et al), **not** from being loved by God – from serving others, not from being served by the Divine (see Matthew 16:28, Matthew 20:28 et al).

*NOTE the dramatic differences between Jesus in the Gospels and the “Jesus” mentioned by an “angel of the Lord” in Revelation – differences that cannot in any way be reconciled with one another – differences that are so stark that biblical enthusiasts & “devout believers” alike have no choice but to admit **A**) that we are speaking of two completely different men, **B**) that the “angel of the Lord” was lying in Revelation (as such fallen angels were indeed wont to do), or **C**) that Jesus of Nazareth had a full-on schizophrenic personality split after he ascended to Heaven – and as such none of what he has to say thereafter has any weight or bearing on the humble, moral, Loving Lives he called for us to live during his Gospel ministry ... As evidence of this Truth, I offer the following: Revelation 1:6 contrasted with John 15:11, Revelation 1:8 & Revelation 1:17 contrasted with Mark 10:18 & John 12:44 et al, Revelation 1:16 & Revelation 2:12 contrasted with Matthew 10:34, Revelation 1:18 contrasted with Matthew 19:17 & Matthew 22:32, Revelation 2:1+ contrasted with John 3:17 & John 12:47, Revelation 2:6 contrasted with Matthew 5:48, Revelation 2:7 contrasted with John 5:30 & Luke 22:42, Revelation 2:14 & Revelation 2:20 contrasted with Matthew 15:17-18 & Mark 7:14-20, Revelation 2:14 & Revelation 2:20 contrasted with Matthew 19:11-12, Revelation 2:16 contrasted with Matthew 5:43-48, Revelation 2:19 contrasted with Matthew 19:30 & Mark 9:35 et al, Revelation 2:22 contrasted with Mark 1:40-42 et al, Revelation 2:23 contrasted with Mark 9:37 & Mark 10:14 et al, Revelation 2:27 & Revelation 19:15 contrasted with Luke 6:35-36, Revelation 3:7 & Revelation 22:16 contrasted with Matthew 22:41-45, Revelation 4:3 contrasted with Luke 17:20-21, Revelation 11:18 contrasted with John 8:15 & John 12:47, Revelation 14:7 contrasted with Matthew 10:7 & Matthew 24:12-14, Revelation 14:10 contrasted with Matthew 5:48 & Luke 6:36 & John 5:22, Revelation 19:7 contrasted with Matthew 22:30, Revelation 19:9 contrasted with Matthew 22:2-9, Revelation 19:11 contrasted with Matthew 21:5-7, Revelation 21:21 contrasted with Matthew 13:45-46, Revelation 21:27 contrasted with Matthew 23:25-26 & Luke 11:39 et al.

“Believe in life before death.” ~ anonymous

It is only possible to truly believe in Life before death while acting accordingly – when Life becomes about Loving others – when Living becomes about being ready & willing to die for the greater causes of Harmony, Dignity, Justice & Freedom – when Believing becomes about having Faith in Love, *and* while Believing has become a verb.

Belief lives in the first step taken along any path.

“There is a great deal of difference between being willing to give your life and *actually* giving your life.” ~ Peace Pilgrim

Being willing to give our lives is Noble if sincere, and yet it is weak -- in that it is merely mental; requiring little to no risk (even coming with a small potential attachment of hope for reward -- at the very least “pats on the back” from others for wishing to Do such Good) ... Giving one’s entire Life, on the other hand, is almost impossibly potent and undeniably Right. Its sincerity is incontrovertible, in that it is being actually done -- not merely wished for or thought about or “manifested” ... Its potency is magnificent in that it – without saying a word or thinking a thought or entertaining a feeling – shakes the world around it with its mere enacting. Indeed, the material world is made up of impermanent structures & relationships that most cling to as if they were permanent. This always stifles Love and always leads to suffering ... Giving one’s life to The Way, on the other hand, is the bold embodiment of not only acknowledging impermanence, but openly embracing it – not only understanding Oneness, but enlivening it – not only wishing to Love, but in actually Loving. Maybe it takes the form of a long-distance faith-pilgrimage (walking until offered shelter and fasting until offered food) – maybe it involves simply sitting down next to a homeless beggar and offering him a hug. Either way, it is in such purposeful “dyings to self” that one gives one’s life to the Great Good – and it is in this Way that one finally starts to truly Live.

***Pure willingness,
when coupled with courageous desire,
is every Giving’s Gift.***

“Come to me, all you who are weary and carrying heavy burdens, and I will give you rest. Take my yoke upon you and learn from me; for I am gentle and humble in Heart, and you will find rest for your Souls. For my yoke is easy and my burden is light.” ~ Jesus (Matthew 11:28-30)

Note **first** of all that Jesus does not say that his presence is easy or light – that he does **not** imply that others will be saved by him or by coming to him. No, quite clearly – if one reads closely enough (and if one reads the rest of his Gospel teachings – and better still if one puts those teachings radically into everyday practice) – one will see that it by coming to him and **lifting his yoke**; by coming to him to **emulate his teachings**; by coming to him to do as he in-Courages us all to do, that Salvation becomes “at hand” (see [Matthew 10:7](#) + [Matthew 24:12-14](#) et al) ... **Second**, note as well that Jesus is not actually promising typical understandings of ease or rest – but rather the deep-seated **Inner Peace** that comes from Joy-full self-sacrifice (see [Matthew 16:28](#), [Matthew 5:48](#) + [Matthew 19:21](#), et al). Indeed, his Way requires an embodiment of infantile humility ([Matthew 18:3-4](#)), a humility which requires detaching from and indeed sacrificing everything comfortable and pleasurable in order to attain true Rest (not rest for the body, but Peace for the Soul) and true Ease (not ease for one’s actions or lifestyle or choices, but Calm & Joy while performing them) ... **Third**, note as well that Jesus makes it openly clear that he is “humble in heart” – meaning that he cannot be referring only to himself whenever he speaks of the “Son of Man” (see [Matthew 16:24](#)) or the “Son of God” (see [John 14:12](#)), but rather that he is speaking of those qualities of consciousness & free will & Divinity that reside fully in **all of us** – qualities that can be re-enlivened by following his Way (see [John 13:15-17](#) & [Matthew 7:21-14](#) et al).

“The search for one who shall receive is greater Joy greater than the giving ... For in Truth, it is Life that gives unto Life – while he who deems himself a giver is but a witness thereto.” ~ Kahlil Gibran

Giving is far greater than receiving – a Truth that most know only during holidays reserved as “holy.” And yet there are many measures of Giving, each with varying degrees of Joy attached thereto ... There is mere “holiday giving” – giving done out of a sense of obligation, and often linked to the hope or expectation of receiving a gift in return. This is the weakest form of giving ... Then there is giving openly to a friend – done solely to express gratitude for Kindnesses received in the past, and often linked subconsciously to receiving praise from others in return. This is a more positive form of giving, and yet a weak form nonetheless ... Then there is Giving anonymously to a Friend or a stranger – done with very little risk, and yet also done with very little likelihood of reward. This is the next most potent form of Giving ... Then there is Giving anonymously to an enemy – far more difficult to do, with an actual risk that the enemy will be strengthened thereby and cause one even greater harm. This is an even greater potency of Giving – probably effectuating relatively little in the relationship with the enemy, and yet probably transformative for all others witnessing the same ... Finally there is Giving silently & directly to an enemy; Giving in such a way as to awakening the other to Giving. This is the penultimate level of Giving (second only to the rare instance when a martyr is called to give his or her entire life for another or a cause or humanity in general). For all those witnessing such a bold & selfless display of Love have their Awareness inevitably expanded thereby. And this Awareness is the greatest of Gifts – the Awareness of the Truth that Life is about “we”, not “me” – the Awareness of the Truth that Giving is where Peace lies, not because it engenders the greatest peace in self (which it does – albeit only inadvertently) but because it brings Harmony to conflict and Calm to the suffering ... As a final **note**, realize that the latter sentence of this quote is also True, though a dampening Truth best left unrealized. Yes we are all part of The One -- and yes, the Universe is in a constant state of Giving to all – and yet to keep these Truths in focus downplays the significance of the Gifts that we can indeed make to others, and the Peace that we can indeed all bring to them thereby. Indeed, focusing on these Truths tempts us to sloth when action is needed and tempts us to callousness when empathy is called to the fore. For while we are inextricably linked to the whirlings of the Cosmos, we can be – and have all been Called to be – far more than mere witnesses thereto.

*We become Truth
the moment our giving becomes Life's gift.*

“The Word is near you; on your lips and in your Heart.” ~ Paul (Romans 10:8)

As Paul quite clearly rarely (if ever) knew, **The Word** of God is only on our lips when what flows from our lips comes from the Heart – untainted by need or fear, unblemished by want or manipulation, unmarred by passive-aggressive whining or aggressive critique, unstained by arrogance of belief or certainty of epiphany ... Indeed, far more often than not, words do not carry anything but the thinly veiled & thickly selfish pinings of the quivering ego. And indeed, far more often than not, it is deeds and deeds alone that most fully broadcast the Way of the Heart ... Jesus comes right out and says as much in **John 13** – comes right out and says that the only way to attain his version of Salvation is to put selfless Love into practice (see **John 13:15-17**, also **Matthew 7:21-24**, **Matthew 24:12-14**, along with almost every single one of his parables in the Gospels) ... And more evidence that Paul just “didn’t get it” is found in **Romans 10** – indeed in **Romans 10:9**; the very next verse – when he says that “if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved” – a theology that **directly contradicts** the “Good News” of Jesus Christ (see **Mark 10:18**, **John 5:41**, **John 12:44** et al); a “Gospel” that quite clearly noted **A**) that Heaven was not some post-mortem paradise, but was rather already right Here & right Now – already fully “at hand” in every moment of every sentient being’s life (see **Matthew 10:7** et al), and **B**) that attaining entrance into this glorious State of Being was possible only by persistently & actively & humbly giving selfless Love to others (see **Matthew 24:12-14**) – especially our enemies (see **Matthew 5:43-48**) &/or the downtrodden in our communities (see **Matthew 25:35-40**).

“And think not that you can direct the course of Love; for Love, when It finds you worthy, directs your course.” ~ Kahlil Gibran

While we cannot direct the overall course of Love – which is the same course as the over-arching flow of the Universe; flowing ever towards (though possibly never reaching) a harmonious Oneness, we most certainly *can* (and indeed inevitably must) direct our own rivulet thereof ... It is also a misconception to say that Love will only direct us when it finds us to be “worthy”, for – while this seems true when witnessed from without – Love is our very Essence, and as such *always* finds us worthy from within. Indeed, it is when we choose to *act accordingly* (especially in those moments when we least wish to do so) that Love is allowed to flow forth and “direct us” (via Peace-full consequence and emPowering providence) both therein & thereafter.

*Love cannot be found, nor can It be created ...
Indeed, we cannot find what we already/innately possess,
nor can we create that from which all is born.*

“EXPLORE
PERFORM
CREATE
EXCEL
ACHIEVE”

(~ Rebecca Jean Pittman)

We can only “explore” (i.e. humbly – and thereby fully – interact with) our surroundings when we choose to “perform” (i.e. leap boldly thereto) therein. And we can only “perform” in this manner while we are choosing to “create” (i.e. engender transformation via acts of) Love therein. And we can only “create” in this way when we choose to “excel” at (i.e. allow the fullness of Self to blossom into) Living. And we can only “excel” at Living when we choose to “achieve” interactive wholeness with all around us ... PEACE must be the end result of all worthwhile exploration – If PEACE is not the result thereof, keep exploring ... PEACE must be the end result of all wholehearted performances – If PEACE does not come therefrom, keep performing ... PEACE must be the end result of all selfless creation – If PEACE does not come therefrom, keep creating ... PEACE must be the end result of all effective attempts to excel at Living – If PEACE does not come therefrom, keep striving to excel ... PEACE must be the end result of and all achievements worth note or adulation – If PEACE is not does not come therefrom, keep enlivening to achieve.

*The excellence of PEACE can only be achieved
when one humbly explores the actual performance
of one's co-creations.*

Image 417 (Page 152b) ...

This picture shows Cassie, smiling in the rain ...

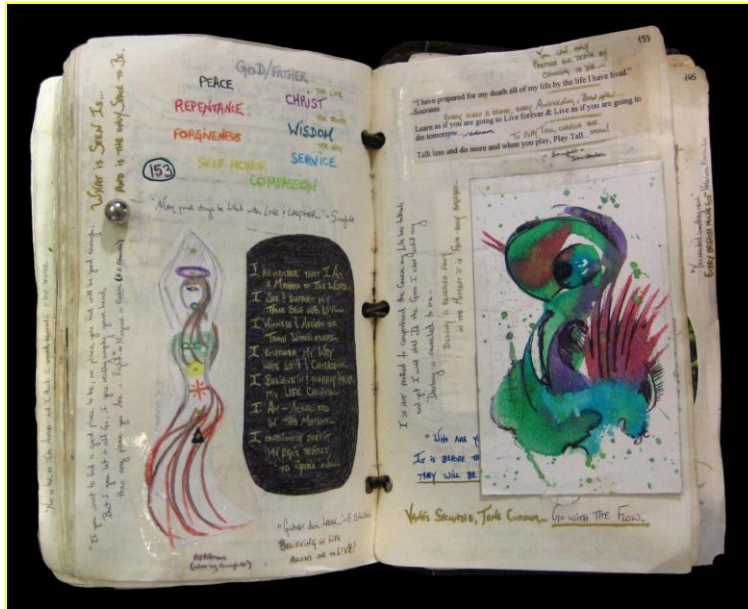


Image 418 (Page 152b – overleaf) ...

... and this picture shows Cassie in “gangster mode.”



These two pictures somehow represent a Great Truth for all of us – namely, the Truth that within our bodies & minds we have two divergent essences; two opposing “selves” – the angelically selfless True Self and the demoniacally self-centered ego-self. Both are fully viable and both are ever available. It is choice and choice alone that determines which of the two will surface in any given moment ... And these pictures also remind me of another Truth – namely, the Truth that the only potent Service we can render for another is to Care for them as though they are the former, especially while they are acting like the latter.



“If you want to find a good place to be, no place you find will be good enough. But if you let it all go – if you really empty your head – then any place you are is Right.” ~ A.A. Attanasio

Actually, while “emptying your head” (i.e. dismissing all fear and desire – along with any of the many manifestations thereof: namely, hope & doubt & worry & aggression & hatred & condemnation & sorrow & apathy & despair etc) will allow you to intellectually understand that every Here&Now is innately **Right** (i.e. ever filled with opportunities to transcend self by Loving others anyway), it is only when we humbly& courageously(i.e. *actively*) immerse ourselves into that present moment that our Here&Now blossoms into its full potential Goodness.

**What is seen simply IS –
and is the only place to truly Be.**

“May your days be filled with Love & laughter.” ~ Scaughtd

A day filled with Love is always a day filled with laughter ... A day filled with laughter without also being a day filled with Love is a day filled with superficiality, selfishness, & separateness -- and therefore a day brimming with inevitable “disaster” (i.e. the suffering that always imminently flows from all such self-focused living).

Image 419 (Page 153a) ... This picture (which I call “Smooth Dancer”) was sketched by Rebecca Jean Pittman (and colored by my Self) and reminds me of the Truth that there is no need for any of us to “meditate on inner calm” or “align ourselves with our purpose” or “cleanse our chakras” or “rediscover our inner child” or “mend the scars from past lives” – all that is needed to know real Peace is to live Peace-fully by bringing Peace to others; all that is needed to know real Meaning is to live Meaning-fully by giving others Love ...



***I re-member that I Am a Messiah of The Word ...
I See and support my True Self with Love.
I witness and affirm the Truth within others ...
I emPower my way with Love and Compassion.
I believe in and clearly hear my Purpose calling me ...
I Am – actualized in this and every moment.
I consciously submit my ego’s desires to God’s Will ...***

A Messiah of the Word is one who lifts others up instead of himself ...
... and as such knows that to Support the True Self with Love means to Love others.
To witness & affirm the Truth within others we must See them as our own True Selves ...
... and to emPower our lives with Love & Compassion we must treat them accordingly.
To believe in & hear our Purpose calling we must assume a purpose that is Loving...
... and to have our True Selves actualized in this & every moment we leap into the same.
And to submit our desires to the Will of God, we must quite simply set those desires aside ...
... in favor of Loving others anyway.

“Believe life.” ~ Friedrich Schiller
(*Glaubt dem Leben*)

The only way to truly “believe life” is to recognize calmly & objectively what comes to you in each moment, and the only way to recognize such happenings with any accuracy is to respond to them **A**) as if they are for the best, **B**) as if they contain great potential for true Greatness, and **C**) to then act accordingly with raw boldness.

Believing in life allows one to Live.

“I have prepared for my death by the life I have lived.” ~ Socrates

The only way to prepare for death is to live each day in such an explosively Loving manner that there would be not the slightest glimmer of shame or regret were life to end that evening.

***You can only prepare for death
by actually choosing to Die.***

“Learn as if you are going to live forever,
and live as if you are going to die tomorrow.” ~ unknown

I’m not so sure about this quote actually, for the simple reason that if we are merely learning, we are not Doing, and that if we then choose to learn as if we have all the time in the world, we will not at all be able to deeply LOVE as though we will die that night ... As such, while there is a place for learning, let the opportunities for the same come to you. There is no need to search knowledge out for knowledge’s sake ... When something needs to be learned in order to better serve another, then learn about that thing with great focus and intense concentration. Otherwise, choose to use the information you have already gathered to actively & effectively Care for others instead.

***Every sleep, a Death –
and every awakening, Born anew ...***

“Talk less and Do more and when you play, play tall.” ~ inspired by John Wooden

To “**play tall**” it is necessary to enter every encounter **A**) as though you are indeed the walking, breathing, Loving manifestation of your best True Self (a virtuous agent of Divine Love), ... **B**) as though others – especially those “least deserving” of acts of Kindness or Respect – are the only others in existence at that moment in time, ... **C**) as though those others are in need of Caring and ready to embrace the same, ... and **D**) as though your Love will indeed make a difference – for the others towards whom It is directed, for all those witnessing the same, and for the Universe in general who will rejoice therein ... No matter what happens thereafter (“win” or “lose”), such a Giving will always sow the seeds of future acts of Love, and always has more than a good chance of one day (if not right away) reaping the Good Fruits of Peace & Joy.

*To play Tall,
cherish the “insignificant”.*

“I do not pretend to comprehend the course my life has taken, and yet I will do the good I can until my destiny is revealed to me.” ~ anonymous

While it is true that this is a positive intention and a humble mindset that does indeed allow for Goodness to blossom, it is far more potent to remember that it matters not that one’s “destiny is revealed”; that it is actually a myth that we have one “primary purpose” or one main “life mission” available to us; that our lives are somehow not as potent or worthy until that one “super service” shows up ... For in fact, in every moment that we choose to set aside our own desires &/or directly confront our own fears in order to bring more Peace &/or more Joy into the world, our *Destiny has* been fulfilled, and the table becomes set for that Destiny to be re-fulfilled by choosing similarly in all encounters “next.”

*Destiny is revealed fully
in every moment it is Faith-fully engaged.*

Image 420 (Page 153b) ... This painting (which I call “Funky Turtle”) was rendered by Lori Cohen, and reminds me of the Truth that Home is not where we feel most comfortable or most happy or most at peace, but rather our true Home is always wherever we enhance the Comfort, the Happiness, &/or the Peace of others ...



Image 421 (Page 153b) ... This painting (which I call “The Sea”) was rendered by Ethan Justice Loevy (at age 5), and reminds me of the Truth that tumult is made beautiful whenever we choose to shine Beauty into its chaos – whenever we choose to Forgive those who are attacking us, to be grateful for the difficulties that are befalling us, to show Love to the strangers who are offending us, and to Give generously to those who are taking from us ...



*To Love is to Live is to Be –
... is to re-mind one’s self
of one’s true Nature.*

To the degree that the Love here referenced is an action, this statement is True ... To the degree that it refers to Love as a feeling or an emotion (ever-engendering selfish attachment and the spiritual castration & personal suffering the same always brings), it is not.

Image 422 (Page 153b) ... This picture (which I call “The Eye within the eye”) reminds me of the Truth that our Vision is not pure when looking solely for Reality in our surroundings, nor is it clear when gazing solely deeply within. Rather, our Vision becomes pure only in those moments when we use the Eye within to gaze tenderly upon our surroundings and all their inhabitants – when we let that Loving Eye guide our eyes ...



“When Love is purely given, It always arrives safely at Its intended destination:
... namely, the Soul of the beloved.” ~ anonymous

This statement is true, and it is true for the following reasons: Love purely given is Love selflessly given ... Love selflessly given is Love irrationally given ... Love irrationally given is Love beyond the ego’s ability to identify, categorize, or comprehend ... And it is because of this ultra-strangeness (from the ego’s perspective) that the ego cannot label or categorize or even begin to understand real Love ... And because the ego cannot label Love it cannot dismiss or explain it away or make excuses for it ... Love simply IS – it obviously functions – it is obviously anything but “dangerous” or “irresponsible” or “masochistic” – and therefore the “slime of familiarity” that the ego uses to ignore all other less radical acts of Goodness is pierced by such highly “spiritual” deeds of daring ... The ego sees the Lover Loving purely in times when he or she should not be doing so, and in that instant of the ego’s bedazzlement, the witnesser’s Soul is allowed to reach out and reconnect with the benevolence being witnessed ... That person is Awakened, so to say, in such moments. His or her True Self embraces the unconditional Love being given and the same Love is rekindled in its desire to have its witnesser act similarly ... Most of the time this doesn’t happen, of course. Most of the time the person receiving such pure Love slam his or her Heart’s newly opened “door” back shut by labeling the Love as “crazy” (even though it was obviously sane) or “dangerous” (even though it was obviously safe) or “reckless” (even though it was obviously thought-through) or “irresponsible” (even though it was obviously more than prudent & more than correct) ... And yet even though these rejections pour forth from the ego, it is too late -- the Love that has been witnessed has already been allowed to enter – it has already been allowed to rekindle its intended Beloved’s Soul – its energy already remains warm & viable within the freshly closed Heart of the other – that Love joins the Love that was already residing therein (the Love that has been there since birth) – and that newly conjoined Love will indeed one day blossom forth at a much earlier time & place than it otherwise would have as a result.

“Who are you to pass judgment on servants of another? It is before their own Lord that they stand or fall. And they will be upheld, for God is able to help them stand.” ~ Paul (Romans 14:4)

Paul’s flagrant hypocrisy here (he was an avid fan of condemning all who didn’t believe as he did – see 1 Corinthians 5:4-5, 1 Corinthians 10:20, 1 Corinthians 16:22, Galatians 5:12 et al) is reflective of his over-arching malleability (see 1 Corinthians 9:19-23, especially “I have become all things to all people, that I might by all means save some” ~ 1 Corinthians 9:22b) and is in stark contrast (once again) to Jesus unwavering professions about The Way and the Law (see Matthew 5:17-18, Matthew 5:40-48, Matthew 19:3-4, Matthew 19:21, Matthew 23, Matthew 24:12.14 et al) ... Paul also believes God is external and able to “help them stand” from above, whereas Jesus knew that his Father was within (John 14:20), and thus “helped them stand” every single morning – in every single moment when a difficult deed was done or a challenging sacrifice was made (John 13:15-17) ... Paul also assumes that there is a divine judgment of sorts – one that will be rectified by God-inspired proper behavior (in his case, agreeing with his self-made Doctrine of Atonement – see 1 Corinthians 15:1-4 & Romans 10:9 et al) – and yet one involving celestial judgment nonetheless (see Romans 2:16, Romans 12:19, Romans 14:10-12 et al). Jesus, in marked contrast, quite openly stated that God would not judge anyone (John 5:22); that God was an Essence of a perfect Love fully beyond punishment of any kid (Matthew 5:48 + 1 John 4:18); that God’s mercy was absolute (Luke 6:36) and that the Grace of his Forgiveness was equally so (Matthew 18:21-22) ... In addition, Paul diverged from Jesus in his acceptance of other gods whenever it served his manipulative purpose (an offshoot of his insanely low level of self-esteem – see Romans 3:23, Romans 7:18, Romans 8:21-23 et al), while Jesus noted the only divinity that anyone should focus upon was the One God who resided within every single sentient Soul (see Mark 10:18, John 5:41, John 7:16, John 8:50-54, John 12:44 et al) – on showing that Divine Essence honor by acting as a courageously Loving agent thereof for all nearby in need (see Matthew 22:37-40, Matthew 25:35-40 et al).

“Go with The Flow.” ~ Latin Saying

Love whatever is closest by, as fully as you can, with whatever you have on hand, wherever you already are.

Ventis secundis, tene cursum

PAGE 154



“Having loved his own who were in the world,
He loved them to the end.” ~ unknown (John 13:1)

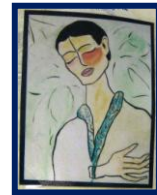
Note that “his own” – at least as far as Jesus himself was concerned – were **not** merely his disciples and **not** merely those who worshiped him (see Mark 10:18, Luke 18:19, John 5:41, John 12:44 et al), but rather those who *followed* him – those who emulated his selfless Way of Living (see John 14:21-23 – “They who have my commandments and abide by them are those who Love me; and those who so Love me will be Loved by my Father ... Those who love me will keep my Word, and my Father will Love them, and we will come to them and make our home within them.”) ... Note as well here that Jesus is once again focused on *this* world – a world that contains his followers, followers who happen to contain both his Father (John 14:20) and his Kingdom (Luke 17:20-21) ... For Jesus, Loving others “until the end” meant **A**) Loving others persistently (“But the one who endures [in Love] to the end will be saved” ~ Matthew 24:13), ... **B**) no matter what they did or were doing (see Matthew 18:3-4 & Luke 27:36 et al), ... and **C**) until “the end” of his own life (the Greek *telos* here meant not “the end of time” but rather “to the end of the current age” or “to the end of one’s life” or “to the conclusion of one’s purpose” -- see Strong’s #5056) ... And how did Jesus Love them – by being merely tactful or friendly or nice or polite? **No**, he Loved others by showing them The Way of willing self-sacrifice in a manner that was as firm as it was uncompromising (see Matthew 5:43-48, Matthew 7:21-24, Matthew 10:37, Matthew 16:23-28, Matthew 19:21 et al) – and he indeed did so all the way until his pre-arranged crucifixion; all the way until his purpose was fulfilled (see John 19:28-30) – all the way “to the end.”

“We are created to test the Waters.” ~ Cece McDermott

Regardless of the unknown intent of its author, “the Waters” here can be construed a number of different ways – **A**) as the Soul (which we “test” in every moment we set our fears aside and set our Love into motion) ... **B**) as the material world of conscious Life (from the waters of the womb to the waters of the body in a world seemingly made of water and sprinkled with life made viable by water) ... and **C**) as the “baptism” that is our potential re-awakening of True Self despite the ego’s parched resistance thereto ... Indeed, we have all been born with the potential to exude the waters of Love, and thereby purify the waters of greed, and thereby release the waters of compassion, and thereby create the waters of Love anew, and thereby fully embrace the waters of Living – fully embrace what it means to be Human.

Without the swimmer, there is no ocean.

Image 423 (Page 154a) ... This picture shows a painting of Frida Kahlo (famous Mexican surrealist painter) rendered by Heleana B. Theixos, and reminds me of the Truth that just as true Love has absolutely nothing to do with sexual desire, true artistic creativity has absolutely nothing to do with appreciation thereof or fame therefrom ...



“Indeed, the Word of God is living and active; sharper than any two-edged sword; piercing until It divides Soul from Spirit, joints from marrow. It is able to discern the thoughts and intentions of the Heart.” ~ unknown (Hebrews 4:12)

If Hebrews is read “mystically” (i.e. both metaphysically & metaphorically), it rivals the Gospel of John as the best representation of The Way of Christ in the entire New Testament (outside of the words of Jesus himself, of course). If it is not, then it doesn’t ... Indeed, this particular verse claims that “the Word of God is living and active” – a sentiment in harmony with Jesus’ belief that the Word of God is essentially perfect, selfless, unconditional Love (Matthew 5:48), and a sentiment also in harmony with Hebrews own view that the Gospel provided in the New Testament fully trumps the Law provided in the Old Testament (see Hebrews 8:8-13). It is worthwhile to **note** as well that Jesus fully agreed with this particular take on the “living and active” nature of the Scriptures (see Matthew 5:17-18 – where “fulfilled” is actually the Greek *pleroo*, a word which meant not “to follow blindly” or “to support”, but rather “to hone” or “to make complete” ... see Matthew 7:15-20 – where Jesus explained that the validity of Scripture &/or the prophets spouting the same was to be determined by “their Fruits” ... and see Matthew 22:37-40 – where Jesus essentially takes the ten “do not” Commandments of the Old Testament based in fear & judgment and transforms them into his two “Do” Commandments founded in Grace & Love) ... **Note** as well that it is the Word of God that is analogized with the “sword” here – just as Jesus made the same analogy when he mentioned a “sword” in the Gospels – not a sword of violence but a Sword of Truth (see Matthew 10:34 – also Matthew 26:52-55, Luke 22:36-38 & Isaiah 49:2) ... The phrase “dividing Soul from Spirit” (the Greek *psyches*, meaning “the breath of Life of the individual” – Strong’s #5590, and the Greek *pneumatōs*, meaning “the all-encompassing Spirit” – see Strong’s #4151) is quite unusual here, and seems to be a reference to the difference Jesus makes between “the Son of Man” (the ego-founded ability we all have to choose between fear & Love – see Matthew 16:24-28) and “the Son of God” (the innately Divine conscience residing within each & every sentient Heart – see John 14:20) within each & every human being ... **Note** in closing that “the intentions of the Heart” are mentioned here, alluding to the fact that it is not *what* we do that is salvational, but rather *why* (i.e. both the “for whom” – namely, *for others*, and the why of the “for whom” – namely, *for their benefit*) we do what we do that is the deciding factor (see Matthew 10:8, Luke 6:35-36, John 13:15-17 et al).

“Others may say your dreams are flights of fancy – Fly anyway!” ~ anonymous

Especially when others say your dreams are flights of fancy, **leap and fly anyway** ... Of course, there is an exception to this rule: namely, when your dreams are selfish or primarily self-serving ... Some might think that we should listen to naysayers if they are “wise” and themselves seemingly enlivening a Peace-filled life, and this is actually indeed the case – for even though those living a truly Peace-filled existence will rarely tell anyone to stop living a “flight of fancy,” they most certainly will do so when said “fanciful flight” is openly causing others direct harm ... As such, the rule of thumb (actually the Rule of Heart) is simple – Entertain all flights of fancy designed to bring others Peace and leap boldly into the same, while avoiding superficial flights of fancy designed to bring mere “fun” or “excitement” or “success” to self, for these latter flights always crash into bringing pain to others and thereby suffering to self.

Ridicule is the wind upon which our visions can soar.

“There is no fear in Love – and perfect Love casts our fear” ~ unknown (1 John 4:18)

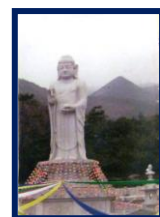
I think if I were forced to pick just a handful of verses from the entire Bible to share with folks (Christian & non-Christian alike), this verse would undoubtedly make that very short list ... Indeed, for anyone sincerely interested in coming to a fuller comprehension of the deeper meanings of the Scriptures (and certainly for all of those wishing to properly & fully worship the same) **1 John 4:18** is truly a crucial verse to know & understand ... And this is so for a number of reasons. **First**, it is so because **1 John 4:18** (like the over-arching Way of Christ taught & lived by Jesus himself in the Gospels) essentially mandates not only that we love others with our thoughts (i.e. our gratitude & our prayers for others' Peace & Joy), our words (i.e. our apologies for self & our encouragements of others), our emotions (i.e. our empathy for those in pain and our revelry for those in celebration), but that we first & foremost have the courage to dramatically & courageously LOVE others fully (i.e. humbly) with our actions (a la **Matthew 18:3-4** & **John 13:15-17** & **Matthew 7:21-14** & **Matthew 24:12-14** et al) ... **Second**, remember as well that God is composed of “perfect Love” (the Greek *agape* here – meaning unconditional regard & affection, and the same Greek *agape* in **Matthew 5:43-48**), and that such Love knows no fear whatsoever. As such, we cannot be called to ever fear God, as many traditional worshippers & preachers incorrectly advocate, but rather are to humbly “*revere*” Him – as the actual Old Testament Hebrew often advocates we do (see the Hebrew *yare* in **Exodus 34:30**, **Leviticus 19:14**, **Leviticus 19:32**, **Leviticus 25:17**, **Leviticus 25:36**, **Psalm 33:8**, **Ecclesiastes 3:14**, **Ecclesiastes 8:12-13** et al – Strong's #3372) ... Third, the latter half of this verse is crucial as well (the half that states “**for fear has to do with punishment, and thus whomever fears [and thus whomever punishes] has not reached perfection in Love**”) – specifically because it strongly implies that there is no Hell in the Universe of a God of perfect Love – seeing as how Hell is quite clearly a punishment, and that a God of perfect Love can express neither fear nor the punishment that ensues therefrom ... Yes, conservative Christians tend to respond by saying that it is the willing sinner who chooses to burn in Hell for eternity – that it is not God's fault that sinners decide to suffer forever, and yet this argument is patently ludicrous; if for no other reason than **A**) it presumes that sinners are objectively & fairly aware of that eternal consequence (which they are most certainly not), and **B**) that sinners thereby purposefully choose to burn forever rather than kiss the celestial bottom of their Divine Despot (which only the very few clinically diagnosed masochists would ever do) ... No, there is no easy out here for the non-Loving, conservative (a.k.a. evangelical) Christian. Their God either directly condemns the billions of “unworthy Souls” to an eternity of suffering (which Jesus very clearly notes He does not do – see **John 5:22** et al) **or** at the very least He is guilty by implication – having first & foremost Himself created this unjustly warped system, and at the very least thereafter passively allowed billions of mostly innocent Souls to burn forever as a patently unjust consequence thereof ... This latter conundrum should make conservative Christians (especially those who consider themselves to be “biblical literalists”) extremely thankful for **1 John 4:18**, seeing as how it alone provides them a scriptural “out” for their now suddenly not nearly so wicked God.

“When the Wheel of Love turns, there are no more rules ...
My Heart is open like the heavens.” ~ unknown

This is most true indeed, for Love – to truly BE – must be 100% volitional, neither constrained by rules nor shackled by promises; neither limited by obligations nor hampered by regulations or dampened by commitments ... When all of these hindrances to choice are dismissed, and Love thereafter blossoms unabated, the Heart that Loves with that pure magnitude is indeed “opened like the heavens” – fully able to Love all it encounters; fully able to Love without harming another, and as such fully able to Love without worry or shame or guilt or regret.

***To turn the Wheel of Love,
open the hand of courageous Faith.***

Image 424 (Page 154b) ... This picture (which I call “Abundance of Peace”) shows a statue of Buddha in South Korea, and reminds me of the Truth that Virtue becomes hollow & brittle when it is meekly worshipped more than boldly enlivened ...



“The most important experiences are those which explain the unexplainable.” ~ Dafina Faur

This statement is as true for the brain and as true for the ego as it is false for the Self and false for the Soul ... The brain seeks to know for knowledge’s sake and the ego seeks to understand in order to quell its fear and enhance its sense of personal security & individual longevity. And yet the only truly *Important* experiences in life are those that Love others despite uncertainty; are those that Love others despite confusion; are those that Love others despite worry; are those that Love others without explanation; are those that love others despite the pain & the discomfort; are those that Love others despite the danger & the calamity; are those that Love others despite the fatigue and the fear.

*Explanation is the mother of doubt;
and doubt in turn is the Father of Faith.*

Image 425 (Page 154b – overleaf) ... This picture (which I call “ALL Angel”) shows a collage created by yours truly, and representing what is truly yours – namely, the ability we all have to See strangers & enemies as angels, along with the ability to choose to act accordingly ...



“**I Am** a Spiritual Being, an essential and eternal part of the Soul of Humanity.
I Am a Human Being, whose rights depend upon ensuring the rights of all.
I Am a Child of the Earth, with the aware will to work for the benefit of all life.
I Am a Holy Healer, with the power to transform all forms of wound & conflict.
I Am a Peaceful Protector, with the knowledge to steward the Earth’s energies.
I Am an Ardent Activist, making a loving difference in every moment.” ~ unknown

To LOVE wholeheartedly is to become a Spiritual Being ... To become a Spiritual Being is to become a Child of the Earth ... To become a Child of the earth is to become a true Healer thereof ... To become a true Healer of the Earth and Her inhabitants is to become a noble Protector thereof ... To become a Protector of life and all things living (including the environments that sustain them) is to become a Moral Activist ... To become an Activist – both for the rights of others as well as for the health of the planet – is to fulfill the essence of all the others aforementioned; it is to fulfill the essence of LOVE.

*To truly believe is to Be ...
To courageously Do is to Become.*

Image 426 (Page 154b - bottom left) ... This picture shows a self-painted YinYang on a deep purple background – symbolizing the Truth that all apparent manifestations of “good” and “bad” are mythical; that the Soul only knows Joy and the opportunity to transcend sadness – Peace and the opportunity to transcend conflict – Love and the opportunity to transcend apathy or hatred ...



“The only time magic does *not* exist is when one tries to create it.” ~ God

Trying to create one’s own magic is either a manipulation of others &/or a building up of self – both of which preclude the “magician” from seeing the true Glory of Creation that is ever around & within him ... Indeed, the only Magic that is real & true is the “magic” that enables sentient beings to be self-aware, the “magic” that enables sentient beings to know that Love is Right and selfishness is wrong, and the “magic” that enables the willpower of all free beings to choose the former over the latter – especially in times when they are least willing or least desirous of doing so.

To manifest, allow ...

“For by Grace you have been saved through Faith, and this [Grace] is not of your own doing; It is the Gift of God ... For we are what He has made us; created in Christ for good works.” ~ unknown (Ephesians 2:8-10)

First & foremost, the book of **Ephesians** was almost certainly **not** written by Paul. Many important terms in **Ephesians** (e.g. “heavenly places”, a “dividing wall”, & “fellow citizen”) are not used by Paul at all in his authentic letters, and some of Paul’s more characteristic terms are either given new meanings in **Ephesians** (e.g. “mystery” & “church”) or are completely absent (e.g. “the Jews” & “justification”) ... In addition, the verbose Greek of **Ephesians** is not characteristic of Paul’s earlier writings, and there are significant theological divergences therein as well – especially **Ephesians’** emphasis on a believer’s Here&Now salvation (see **Ephesians 1:3-12** & **Ephesians 2:4-10**). While it is possible that this work was simply written at the very end of Paul’s life and that these theological discrepancies reflect an evolution in his spiritual understanding (though suddenly choosing to believe in a Christ-harmonized, Here&Now salvation would be a most radical departure indeed), it is far more likely that the author of **Ephesians** simply copied and amended **Colossians** sometime shortly after Paul’s death ... That having been said, **Ephesians 2:8-10** remains a prominent passage for those worshipping the unway of Paul – i.e. those who believe that mere mental faith and mere verbal professing of subservience to Jesus “as Lord” are all that is required for one to be saved (see **Acts 16:31** & **Romans 10:9** et al). And this, contrary both to at least one statement from Paul in his earlier letter to the Galatians (see **Galatians 5:6**) and to the teachings of Jesus himself (see **Matthew 7:21-24**, **Matthew 24:12-14**, **John 13:15-17** et al) ... As far as “Grace” is concerned, **note** that it (at least according to Jesus Christ) is actually a trinity of gifts given unconditionally to all humans by an all-Loving God (note that **John 1:1-9+16 = John 5:22 + Matthew 5:48 & 1 John 4:18 + Luke 6:36**); not a hollow conditional reward given only to the few by a celestial tyrant (see **Romans 2:16**, **Romans 3:24**, **Romans 5:21**, **Romans 9:27**, **Romans 14:10-12** et al) ... Grace is conscious awareness (see **Matthew 25:1-13**, **Luke 21:36** et al), plus an internal moral compass (see **John 14:20-26** & **John 15:26**) plus the ability to use that guidance to choose to Love anyway (see **Matthew 5:43-48**, **Matthew 25:35-40** et al) ... Also **note** that this passage indirectly references Paul’s gospel – a gospel that directly **contradicts** the Gospel offered by Jesus Christ (compare **Ephesians 2:8-10** with **1 Corinthians 15:1-4**, and contrast them both with **Matthew 10:7** & **Matthew 24:12-14**) ... Penultimately, please **note** that Paul (or in this case, a later adherent of Paulinism) believed that good works were a consequence of (and evidence for) being previously saved through faith, whereas for Jesus, good works were the *means* to a very different salvation (see **John 13:15-17** + every single parable uttered during his ministry + **John 14:12** + **Matthew 7:15-20** + **John 10:37-38** + **Matthew 16:28** etc etc etc) ... Finally, please **note** that for Paul, being “in Christ” meant “able to accept Jesus as God”, while for Jesus being “in Christ” meant actively enlivening his Way of Selfless Love (see **John 12:47-48** & **John 14:13-14** et al).

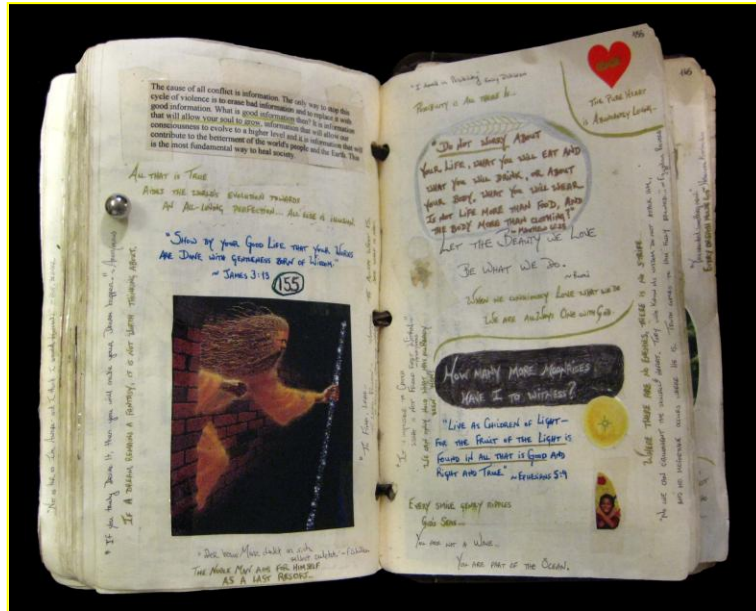
Image 427 (Page 154b - bottom right) ... This drawing (which I call “Dance of Destiny”) represents the apparent Truth that we are all ultimately compelled by the over-arching Flow of the Universe to set selfish desires & fears aside to courageously Care for others – essentially: Love happens, but only when we choose to leap boldly into Loving ...



“There is a liberating tension in the opposites of doubt and faith which makes gold ... So we need to know that we can only add; and can never diminish ... Our personal evidence of the results of faith reveals the hidden faith of others.” ~ Bill Alexander

Actually, doubt and faith are seen as opposites by the masses, and yet that view does not reflect the deeper Truth – namely, the Truth that doubt is a prerequisite to Faith; that Faith is dead unless we have doubt and yet act anyway ... And when we act through our doubt – and when we do so for others instead of for self, it is then & then alone that it is indeed true that we – as reawakened manifestations of our True Selves – can only add to the greatness & the harmony around us, and never diminish the same ... And when we act from this penumbra of real Faith – the selfless Faith enlivened in times of immense doubt (or worry or anxiety or even abject terror) – then & only then will we see in the fruits thereof the results that inspire others to enliven the same Faith – not because they see its success, but solely because they see that it brings Peace to the whole, and because they remember in their witnessing that Peace for the whole is Worthy & Right & Good.

***Words are allWays extraneous ...
It is your living that is your true testimony.***



“The cause of all conflict is information. The only way to stop the cycle of violence is to erase faulty information and replace it with good information. What is good information, then? It is information that allows the Soul to grow; that allows the consciousness to evolve to a more accepting level; that contributes to the betterment of both the Earth and all her peoples.” ~ anonymous

While it is true that the only way to stop conflict is to replace bad information (i.e. information &/or belief systems that encourage strife or conflict or aggression or violence) with good information (i.e. the opposite – namely, information that in-Courages acceptance and peace and harmony and kindness), the only way to obtain that information is through *experience* ... There is no way to potently spread Good Information solely through words written or spoken ... The Truths of Love & self-sacrifice & inner Peace can be relayed through typical communicative channels, of course, and yet they are essentially ineffable, with a large portion of their majesty remaining fully uncomprehended until *felt*; until leaping through moments of doubt &/or fear to *Love anyway*. Understanding is done primarily to attain security of situation or self ... Love can only be truly known when it is actualized in times of dramatic danger or abject uncertainty.

All that is true aids the world's evolution towards an all-Loving perfection ... Everything else is ultimately illusory.

“Show by your good life that your works are done with gentleness born of Wisdom.” ~ James (James 3:13)

First & foremost, realize that the writings of James – at least according to Jesus Christ – should take precedence over the beliefs & expositions of all the other disciples (“And the disciples said to Jesus, ‘We are aware that you will depart from us. So who will be our leader [once you are gone]?’ And Jesus said to them, ‘No matter where you come it is to James the Just that you shall go, for whose sake heaven and earth have come to exist.’” ~ Thomas 12) and they should especially take precedence over the competing theological delusions of the self-appointed “apostle” Paul (who Jesus clearly warned us all **not** to follow – see Matthew 15:13-14, Mark 7:6-8 & Luke 12:1 vs Acts 23:6, Acts 26:5, Galatians 1:14 & Philippians 3:4-5 ... see John 5:43 vs Acts 13:9 ... see Matthew 24:26 vs Acts 9 & Galatians 1:11-12 .. and see 2 Corinthians 11:13-15 in conjunction with 2 Corinthians 11:16-33, Romans 1:1 & 1 Corinthians 3:19 et al) ... Indeed, the entire Way of Christ is predicated not on mere mental thought or emotional belief or verbal worship, but rather upon radical, selfless, Caring **actions** ... Jesus’ teachings say so (see Matthew 5:3 – Matthew 7:27, especially Matthew 7:21-24 et al) – Jesus’ parables essentially say so (see Matthew 13, especially Matthew 13:18-23) – and even Jesus’ actions consistently said so (see Matthew 9:36, Luke 17:11-19 & John 8:1-11 et al) ... Finally, note that it is not mere “good works” that qualify, but rather “gentle” (humbly Kind – see Matthew 18:3-4) deeds “born of **Wisdom**” (the Greek *sophias*, a word that meant “Divine Intelligence” – or LOVE; see Matthew 5:48 et al) that do so.

“If you truly desire it, then you will make your dream happen.” ~ unknown

Fair enough, though if you deeply desire a selfish dream, then you will strive and strive until it is at least partially manifested -- and then you will suffer to the exact degree to which you strove to attain it ... Indeed, every moment striven for self is one moment less engaged for others, AND one more step along the path of attachment thereto – attachment which always leads to intensified suffering once the source thereof is either not acquired, lost after it is acquired, or taken by another ... On the other hand, if we choose to intensely desire to fill a dream for the Highest Good – for the betterment of others instead of self, then we are already aware of the fact that we cannot ever be certain that our dream will fulfill that desire. We head in its general direction in Faith, of course, and yet we are not attached to realizing our dream, and are ever prepared to spontaneously alter our course towards any greater needs that might arise along the way. This spontaneity allows our efforts to always assist in the manifestation of the far Greater Dream, will always end up serving more beings more intensely than any goal set in stone, and will never breed any marked degree of suffering – due to a repetitively reinforced lack of attachment to any particular outcome.

***If a dream remains a mere fantasy,
it is not worth thinking about.***

Image 428 (Page 155a) ... This picture shows a Sage walking smoothly through a solid wall – reminding me of the Truth that, just like any material obstacle or hindrance, we too are composed entirely of condensed light – that we can radiate the same into any encounter with purposefully selfless intention, and that as such, our life’s obstacles are ultimately as illusory as their perceived substance & form ...



“To find, lead ... To lead, follow ... To follow, set out while letting go.” ~ anonymous

This formula might indeed be helpful in finding what one feels is missing – and, as long as the one we choose to follow is a Good & Noble Master (i.e. one who comprehends and regularly practices The Selfless Way), the thing lacked that we seek might become even a relatively noble & worthwhile pursuit. And yet the Truth remains that all we truly Need is already in our possession (i.e. a conscious awareness of self & situation, the moral understanding that Kindness is as Right as cruelty is wrong, and the courage to set the latter in motion using the former). As such, to seek anything else is to delay noticing, to delay actualizing, and to delay enlivening these far greater Gifts. As such, it is far more advisable to set this formula aside for the most part – and replace it with the following alternative: To find what you truly need (which is ultimately the enlivenment of unadulterated, perfect, selfless LOVE), stop looking for the same – and start *becoming* the same instead.

***To accept what IS,
choose to See what is not.***

“The Noble Man fulfills his personal desires last.” ~ Friedrich Schiller
(*Der edle Mann denkt an sich selbst zuletzt.*)

Actually, if by “last” Schiller means “after every other being in existence”, then this statement is true ... Of course, these words are probably not construed in such a way, and as such it might be helpful to reword this quote as follows: The Noble Human fulfills his personal desires *never* – and thus her deeper Desires to serve others are always full-filled.

“I dwell in possibility.” ~ Emily Dickinson

To dwell in possibility is to waste priceless moments of a life made Meaning-less thereby ... To stride boldly forth, on the other hand, to engender & enliven even a portion of possibility is to remold those moments into the Treasures they innately are, and make Living Meaning-full once more.

Indeed, possibility is all there IS.

The pure heart is abundantly loving.

Note first & foremost here that the “pure heart” does not have an abundance of Love – but rather that the truly pure Heart is ever abundantly **Loving** ... Love is a verb or it is essentially nothing. Any breeze can whisper of Love, and any cloud can dream the same – but it is the thunderhead that explodes in torrents & gales that brings Life to the Earth, and it is only Love set in similarly thunderous motion that brings Meaning to our Living.

“Do not worry about your life; what you will eat and what you will drink, or about your body; what you will wear. Is not life more than food, and the body more than clothing?” ~ Jesus (Matthew 6:25)

This verse cannot be fully comprehended until we remember that Faith for Jesus was not about believing that we will be provided for or cared for or rewarded or loved ourselves, but rather was about us having Faith in our ability to Provide *for others* and Care *for others* and exude Love *to others* instead – rather was about us having Faith in the fact that the less we have and the more uncomfortable we might be, the more Power-full our ability to Provide & Care & Love becomes (see Luke 21:1-4 & Matthew 5:43-48 et al) – rather was about us having Faith in the fact that we are not here to be served or to be clothed or to be fed or to be pampered in any way (see Matthew 16:28 & Matthew 20:28 et al) – rather was about us having Faith that these things will be provided for us without struggle or strife as long as we are harmonizing with &/or expanding the flow of Highest Good in our surroundings – and most importantly of all, rather was about the fact that – even though the one serving selflessly needs astoundingly little of such things to thrive – it really doesn’t matter whether he or she is provided with any of them or not (see Matthew 19:21 & John 15:13 et al).

“Let the beauty we love Be what we Do.” ~ Rumi

An let the Beauty we Love be the Love **that we Give** – let the Doing become the Beloved, and let the lives of the Beloved (and all with whom the Beloved thereafter comes into contact) be deeply Beautified thereby.

***When we consciously love what we Do,
we are allWays One with GOD.***

“It is impossible to catch what is not first freed from within.” ~ anonymous

Whatever is “freed from within” is already within – and therefore is not something that needs to be caught (after all, we cannot catch that which has already been obtained, just as we cannot take that which has already been Given freely to us) ... Besides, striving to “catch” (or own, or possess, or have, or attain, or accumulate) anything for oneself actually prevents us from “catching” (i.e. appreciating) the only thing worth “having” (i.e. enlivening) ... Simply stated – strive to Give fully & freely of all you already have, and even more will rise from within you to cherish in subsequent acts of sharing.

We can only truly hold what has allReady been won.

***How many moonrises
have we yet to witness?***

If witnessed fully & deeply & lovingly – if witnessed so purely that one is overcome with Gratitude, and is thereby re-inspired to make his or her Life about Giving to the downtrodden & Sharing the beautiful with the despondent & Forgiving the mean-spirited & Embracing the hard-hearted, then one moonrise witnessed is more than enough.

Hint: To have such an overwhelming epiphany, witness your next moonrise as if it were your last.

“Live as Children of Light – for the fruit of the Light is found in all that is good and right and true.” ~ unknown (Ephesians 5:9)

Even though **Ephesians** was in all probability not written by Paul (but instead was in all likelihood was copied and amended from **Colossians** by a follower of Paul shortly after his death – see the first half of the 1st commentary at the top on page 541 herein), this verse still reflects a deep set of Truths, all of them hinging on its very first word: “**Live.**” For even though it was indeed good enough for Paul for *his* followers to think “**good**” thoughts and have “**right**” beliefs and speak “**true**” words, this was **not** enough for anyone desiring the follow The Way of Christ. For to enter Jesus’ “**Kingdom of God**” in this lifetime (**Luke 17:20-21**) requires bold, selfless **action** (see **Matthew 7:21-24**, **Matthew 13:18-23**, **Matthew 24:12-14**, **Luke 10:29-37**, **John 13:15-17** et al). It requires becoming “**humble as a toddler**” (**Matthew 18:3-4**), and the only way to do that was to “**Live as Children of Light**” – by Forgiving our trespassers without end (**Matthew 18:21-22**), by Loving our enemies without exception (**Matthew 5:43-48**), and by Serving the downtrodden without excuses (**Matthew 25:35-40**) ... These are the deeds that bear the Spiritual Fruit (see **Matthew 21:43** & **Galatians 5:22-23**) that will allow our Light to shine, and allow us to truly represent the Divine (“**While you have the light, believe in the light, so that you may become children of light ... The one who believes in me will also do the works that I do and, in fact, will do greater works [of Love] than these**” ~ Jesus in **John 12:36** & **John 14:12**) .

“No one can circumvent the skillful of Heart. They who know his wisdom do not attack him, and no misfortune occurs where he is. Truth comes to him fully brewed” ~ Egyptian Proverb

The Egyptians were indeed wise long before many other cultures, and yet this particular proverb is really not that complicated or clever. For it is a well-known Truth that humans are herd animals, and that herd animals never attack those they consider to be members of their own “herd.” And that is why this quote makes complete sense, for those who count as “**skilful of Heart**” are those who are aware of the aforementioned psychological Truth, and thus are those who are openly and radically and humbly and courageously Kind to others. As such, those who “**know [their] Wisdom**” (i.e. those who come to experience those potently selfless acts of Kindness) do not attack the ones giving the same. And because the one who is aware of this Truth knows that he is literally always surrounded by allies, he treats everyone around him accordingly – not waiting to be Kind to those who attack him, but rather reaching out to all nearby before they can even think of attacking. And quite logically, this is indeed why misfortune rarely befalls him ... And besides, even when painful events (what the unwise call “**misfortunes**”) do befall him, he knows full well that they are not misfortunes at all, but are rather the very source of his Love’s greatest empowerment – and the potential inspiration for his Love’s greatest manifestation. For it is the difficult act of Love that is felt most purely, and it is the irrational act of Kindness (e.g. repaying pain with gentleness) that receives the most notice and the greatest respect ... And it is in this way that “**Truth comes to him fully brewed**” – because he is always the source of that brewing.

***Where there are no enemies,
there can be no strife.***

Image 429 (Page 155b) ... This is a picture of Tyler Paclib (pictured at age 9), the young man with whom I worked one-on-one during much of the 2005 school year at Kealakehe Elementary School (in Kailua-Kona, Hawaii); a young man who taught me quite clearly that there is a Golden Core of Goodness within even though roughest of exteriors – that the greatest social pressures not only create the largest lumps of coal, but also the brightest diamonds within them; a diamond that can be witnessed and treasured – if those nearby but have the courage & the humility required to keep Loving anyway ...



“You are not a wave ... You are a part of the ocean.” ~ anonymous

And yet, just as every snowflake is a part of the ocean as well – and yet a part that is cold & separate from the sea until it melts and flows back thereto, so too are we all separate in all our moments of fear, and so too are we all separate in all our moments of criticism – and anger – and sorrow – and envy – and aggression ... And yet because we are innately a part of the same ocean (even when seemingly encapsulated in a self seemingly isolated therefrom), we can always become a part of the ocean again by re-immersing ourselves in humanity – by confronting our fear with courage; by greeting all criticism with gratitude; by facing all anger with humility; by embracing all sorrow with empathy; by reaching out to all envy with generosity; and by opening to all aggression in Peace.

Every smile gently ripples upon GOD’s seas.

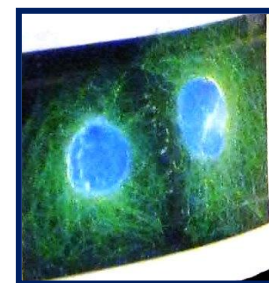


“The world is simply throbbing with treasures, beautiful Souls and interesting people.” ~ Henry Miller

This statement is true enough, and yet only if by “treasures” we mean the things we give away instead of the things we own or have acquired ... This statement is true enough, but only if by “beautiful Souls” we mean the Hearts of our vilest enemies instead of the smiles of our dearest friends ... And this statement is true enough, but only if we mean by “interesting people” the homeless beggars and starving children instead of those who merely catch our fancy or provide us with intrigue or entertainment. The world is filled with the latters, of course, and there is nothing wrong with cherished possessions or friendly people or people who keep us laughing or interested. It’s just that these are actually the merest distractions in Life; these are actually the things that actually prevent us from reaching out to Care – and thus these are the things that keep us from truly Living.

*Joy is fully reborn
when we choose to see the sparkle of specialness
within the dullness of the “regular”.*

Image 430 (Page 156a) ... This pictures shows two blue cells replicating on a green background – symbolizing the Truth that Lives imbued with Purpose are lives enlivened with Love – and that lives enlivened with Love smoothly & invariably spread their wonderments and invoke their inspirations seemingly without effort; Power-fully and of their own accord ...



“It is possible to decrease the suffering in the world by adding to the Joy. It is possible to add to the Light rather than try to destroy the darkness. Once you begin to acknowledge random acts of kindness – both the ones you have received and the ones you have given – you can no longer believe that what you do does not matter. It is as if you are dancing along a beach, making footprints on the edge where the shoreline meets the sea. No one is applauding. No one even sees your splendid gyrations of Joy. You know full well that the tide will come and wash away the marks your dance has left. Still, the dance lives on in your Heart, as does the simple, clean delight of being alive. As you are about to leave, you turn to face the shoreline one last time and you notice a small child, fitting his feet into your tacks – spinning and giggling. In that moment, you know there is less suffering in the world. You know that you do make a difference.” ~ Dawna Markova

Not only is it possible to decrease suffering by adding to Joy, it is actually quite necessary for us to do so. For any struggles we engage against things negative makes them more negative, any efforts we employ against things painful makes them more painful, any conflicts we enable against things we fear intensifies our fear, and any force we engender against those who are violent makes them more violent. Indeed any time we try to ameliorate our own suffering – regardless of what kind of suffering it is – our suffering intensifies ... For to strive to change anything for self is to focus on the self – and it is focus on self that gives rise to all things judged “negative” and all sufferings that come from pain or fear or violence ... For it is not pain that causes suffering, but resistance to pain; it is not fear that causes suffering, but resisting fear; it is not fear that causes suffering but our resistance to that which is feared, it is not violence that cause suffering but our hatred of that violence. And yet if we have the courage to do exactly the opposite in such encounters – to embrace that which is causing us to suffer; to strive to do something Good for another instead of make life more pleasant for ourselves – then the sources of our suffering become empowering agents for all actions taken thereafter, and great sources of Peace for ourselves as a result ... This is the magic of “random acts of Kindness” – not that they are done randomly in times of calm, but that they are done *purposefully* in times of significant distress & even great despair. For when we employ them in such darker moments, the Light that shines therefrom will shine all the Way to the horizon, and the warmth that emanates from the same will set the Hearts of all nearby ablaze. This is how we best “dance” with the Universe ... This is how we truly make a difference, and thus this is the only way we can ever know the same.

*Every act can change another
by lending them a renewed sense of Faith.
In this crucial sense, every act either enables the Reality
of Heaven ... or intensifies the illusion of Hell.*

“Ground that drinks up the rain falling on it repeatedly and that produces a crop useful to those for whom it is cultivated receives a blessing from the Lord.” ~ unknown (Hebrews 6:7)

First and foremost please **note** the obvious – namely, that it is those who “**produce a crop useful to [other]**” that receives the blessing from the Lord. Indeed, this is in completely harmony with all of the teachings spoken (and almost all of the actions taken) by Jesus in the Gospels – this is indeed an embodiment of his Way, his Truth, and his Life (the enlivenment of **John 14:6** per his request in **John 14:12**) ... That having been said, **note** as well that there is another prerequisite for this blessing – namely, to “**drink up the rain that falls on it repeatedly.**” For the soil in Nature, this metaphor is obvious, but how does it translate to us? How can we “**drink up the rain**” that continually falls upon us? Well, this is a pretty obvious reference to the Grace of God’s perfect Love (see **Matthew 5:45-48, Luke 6:36-37, John 5:22 & 1 John 4:8+18** et al), and yet we are left to wonder what this means for us in practical terms. It seems to be a riddle beyond solving, but not really. For Jesus provides several clues to the same in the Gospels ... He provided us a clue when he told us that “**the Advocate within**” will come upon us and live within us – continually “**raining**” the Wisdom of Love down upon our Hearts (see **John 14:20-26 & John 15:26**, along with **John 14:4** – “**You know the way to the place I am going**”) ... And he provided us a clue when he mentioned that our sole Purpose here was to Love our enemies (**Luke 6:27:36**) and to serve the downtrodden (**Matthew 25:35-40**) ... And he provided us a clue when he told his followers repeatedly “**if you pray for anything in my name, it will be done for you**” (see **John 14:13-14, John 15:7, John 15:16, John 16:23-24, Matthew 21:22, Luke 11:9** et al). For to pray “**in his name**” is to pray for the opportunity to powerfully serve others – an opportunity that is indeed ever present; that is indeed “**falling upon us repeatedly**”. And the greatest Treasure available to us is to recognize those opportunities and Love courageously in the moments when we recognize them (“**For where your Treasure is, there your Heart is also**” ~ **Matthew 6:21 & Luke 12:34** – see also **Matthew 24:42**’s “**Keep awake therefore, for you do not know on what day your Lord is coming**”) ... And what is the “**Blessing**” that will be received? Will it be a reward of eternal life in “heaven above” as Paul believed and preached)? **No**, of course not! For Jesus made it repeatedly clear that his “**blessing**” was an experience of pure Bliss – the perfect mixture of Joy & Peace; the Here&Now state of being he called “**the Kingdom of God**” (**Luke 17:20-21**); the state of being available to each & every one of us who honor the “**rains that repeatedly fall**” by Loving others with humility and with courage (see **Matthew 18:3-4 & John 13:15-17** et al) ... **Amen** – Let it be so!

“Nature speaks in signs and symbols.” ~ J. Greenleaf Whittier

This statement is actually a literal Truth, though not in the way many might imagine ... You see there is a way that sentient beings can directly communicate with Nature; or – better stated – there is a way that sentient beings can apply the archetypes in their surroundings to communicate with their True Selves – to communicate with the essence of the Cosmic Consciousness that interconnects us all – to communicate, for lack of a better term, with God. I rediscovered this Truth myself in the woods of southern Germany back in the early 2000’s, and I will now share with you how it functions and how you can employ it in your lives as well ... **First** and foremost, it is important to understand one of the fundamental ways in which the human brain functions – namely, that it gathers information around it en masse, that it mostly does so subconsciously, and that it then weeds out the vast majority of perceived stimuli to focus solely on the few bits of information it deems to be important to our immediate survival. This dynamic is at play in every waking moment of our lives, and it is functioning whether we are thinking about it doing so or not ... **Second**, while it is doing so, the brain processes information efficiently -- in large “chunks” of information; “chunks” we can call “archetypes” or “symbols” ... **Third**, while most of this information forms its own language that the subconscious uses to communicate with our consciousness minds (a language that evolves over time based on experiences we have had with similar entities or similar experiences in our past), it is possible to teach the subconscious a “new language”; possible to program it to recognize certain archetypes and bring them to our attention whenever they are perceived ... **Fourth**, making this “reprogramming” happen is a fluid & easy process, and using this new language once it has been “downloaded” is incredibly easy as well – **Step One** is making an Archetypal Dictionary, which involves researching the archetypal meanings for numbers, colors, the eight cardinal directions, local animals, local birds, local insects, and local plants – and then writing those meanings into a small notebook. You can organize it however you wish, and you can attach meanings therein that resonate with the personal experiences you have had with certain archetypes (instead of their more traditional meanings -- Indeed, this is actually preferable). For those interested in seeing what I mean firsthand, there is a sample Archetypal Dictionary in pages 20-33 of *The Brown Book* itself, found on pages 53-66 herein) ... **Step Two** is putting your Archetypal Dictionary on your bedside table and reading through it every night right before you go to sleep. Do this for at least two weeks straight (three weeks is preferable, but results start to become evident after only two – in even less time for those who have acute memories for the written word) ... **Step Three** is putting the Archetypal Dictionary to use – Go into the woods or a park, remember that you have read through the Dictionary repeatedly and think briefly on what it contains, calm yourself with a few deep breaths, and start slowly strolling through your surroundings. Do this for a number of minutes (15 or so should be enough). At that point you may begin to ask questions (the more specific the question the better). Most importantly, after posing any question, glance around immediately and jot down or remember all the archetypes you notice within the first few seconds – the trees, the birds, the animals, the insects, and which direction you glanced while asking your question. As far as the plants and the birds and the animals and the insects go, be sure to note what colors they are and how many of them you spotted as well. Then simply take out your Archetypal Dictionary and combine the meanings for all of the archetypes witnessed. It will take some time to get used to, and the more you do it the more proficient you will become, and yet the “answers” you receive will be astoundingly specific and ever spot-on. Indeed, it was so effective for me in the beginning that it was truly shocking, and I actually thought for awhile that I was possibly literally talking to God Himself (and this, even though I don’t personally believe in an external, personal “higher power” of that sort or nature) ... Of course, in all probability what I was accessing (and what I access still whenever I do this) was “the Advocate Within” us all – the far greater Awareness of the True Self; the Self that is intimately connected with everything around us, and the Self that thereby “understands” our immediate station in life far better than our relatively feeble conscious minds ever will.

Love is an open palm.

“The mark of ignorance is the depth of one’s belief in injustice and tragedy. What a caterpillar calls the end of the world, the Master calls a butterfly.” ~ Richard Bach

Well, at least Bach is half right with this statement, for tragedy is indeed a subjective state – a chosen judgment of a discordant occurrence – a labeling of a painful event in a way that intensifies suffering more than it adds to accuracy. For indeed, every Enlightened One knows that any crisis can either become a source of suffering (when we choose to label it as “awful” or “terrible” or “wrong” or “tragic”) or a source of empowerment (when we choose to step away from self-fixating upon our own dis-ease long enough to chose to Love others anyway; to Care for those who are hurt or in fear; to tend those who are injured or ill; to reach out to those who are in anger or despair). Truly, we are never more Power-full than in those times of “tragedy” – when we choose to Care or Love or Give *anyway*, and as such to label such times as “tragic” is indeed a sign of ignorance ... That having been said, injustice is an objective happening; a situation or happenstance when a weaker being is being oppressed by a stronger one; when an innocent being is being confined by a being less innocent; when a less intelligent being is being manipulated by a being with more knowledge. These are not matters of opinion and these are not judgments of degree. These are relationships that have left the realm of the harmonious and to varying degrees entered the darker regions of despotic abuse &/or coercive domination. How we respond to these situations and their outcomes (e.g. labeling them as “tragedies” or seeing them as opportunities to potentially add Harmony to Life by defending the downtrodden) is our choice, and yet injustice is injustice. It is anything but mythical, it is to be combated at every turn (simultaneously with courage & compassion), and it is actually the mark of ignorance to say otherwise.

*Goodness is the most patient of realities;
waiting Peace-fully for choice to release it anew.*

Image 431 (Page 156b) ... This picture (which I call “A Parting of the Ways”) shows graffiti seen on the inside of a Ft. Walton Beach elevator shaft during a visit there in 2004. It reminds me of the Truth that believing in Love or professing a verbal allegiance to Love is never enough – that Love must be humbly embraced and courageously (i.e. self-sacrificially) enlivened to Be ...



“If you don’t get what you want, along comes something better.” ~ Doris Kohrt

Actually, this belief is nothing more than an illusion – a bit of clever “slight of hand” pulled off by the human ego. For while it may indeed seem as though something “better” comes along after we let go of our desires & attachments to whatever we have been yearning for beforehand, the reality of the matter is that the “better” thing that seemingly “comes along” was right there next to us the entire time. Indeed, the Truth of the matter is not that “better things” keep coming to us ... The Truth of the matter is that the one who chooses the humility necessary to let go of his or her selfish wishes & self-centered hopes & self-fixated dreams will thereafter be able to See clearly – to See quite clearly the Truth that everything our Soul could ever wish for has been within arm’s reach of us the entire time. For it is in such moments of detachment that we finally See that there is always someone nearby in need of direct assistance -- or heartfelt empathy -- or compassionate service -- or selfless Love. And it is in such moment of Clarity that we finally See that we are the ones who can provide the same – and we finally See clearly that there is truly nothing in life any “better” than that.

*The more pain encountered,
the greater the opportunity to dismiss suffering.*

“Said Jesus: Which of these three, do you think, was a Neighbor to the man who fell into the hands of the robbers? ... He answered: The one who showed him kindness ... Jesus said to him: Go and do likewise.” ~ Luke (Luke 10:36-37)

The Parable of the Good Samaritan (in which these two verses are found) is one of the most important parables in the entire New Testament, if for no other reason than it of all the parables best illustrates Jesus’ Truth that we are to ***Love our enemies*** by showing them humble acts Compassion & Kindness. “But how is this so?” many might ask “This is merely a story about being kind to strangers in indeed, not about Loving our enemies.” Not so, my Friends -- Not so at all ... Consider **first** & foremost that the “neighbor” in this tale was not a normal neighbor, but rather was a **Samaritan**; a member of the main cultural enemies of the Jews in Jesus’ day (see Luke 10:33-34, in light of Matthew 10:5, John 4:4, Luke 9:52-56, Luke 17:11-19 et al) ... **Second**, consider as well that the word here translated as “kindness” is more often – and more accurately – translated as “**mercy**”; a translation that happens to harmonize with the passage’s corresponding text in the ancient manuscripts (where the Greek *eleos* is used, a word that indeed meant “mercy” first & foremost – see Strong’s #1656). And to whom do you we show mercy in our lives? That’s right – those who have wronged us – we show mercy to our **enemies** ... **Third**, considering that this is the only place in the entire Bible where Jesus defines the “neighbor”, and considering he does so here at the bequest of a “lawyer” who had directly asked him for that definition, this parable has profound implications for Jesus’ primary commandment for us all – namely, the Commandment to “**Love your neighbor as yourself**”(see **Matthew 22:39**); a Commandment which – after Jesus’ own definition has been inserted – now quite clearly reads “**Love your enemy as yourself**” ... Fourth, and most importantly of all, the end of this tale has Jesus not only commending the lawyer for discerning that **the Samaritan was the hero** of the tale – that the Samaritan was the “neighbor” therein, but that he, like the rest of us, was then to “**go and do likewise**”; that he – like the rest of us, was to go forth and actively & humbly Care for his enemies as well! ... **P.S.** As an important aside – note the obvious anti-religious undertone to this parable; with the “**Priest**” & the “**Levite**” playing the role of tale’s villains – no accident in all likelihood, remembering that Jesus spent a great deal of time during his ministry openly denouncing, amending &/or outright rejecting the majority of the 613 Old testament laws still in effect in his day (see page 427 herein for a few specific references thereto).

“The Cosmos in every blossom ...
In every grain of sand, a Friend.”
~ anonymous

Indeed, we can all truly See the Cosmos in everything around us when we **act accordingly** – when we treat everything with reverence steeped in Gratitude ... We can truly see the Friend in every other when we **act accordingly** – when we treat every single person encountered as a long-lost Soulmate; when we treat them all – each every one – as if we haven’t seen them in ages at the beginning of every encounter, and as though we will never see them again during the entirety of the same.

***We choose to See our own limitations
in the reflections of others ... Likewise, when we pray,
we worship our own Divinity.***



“I will write Peace on your wings ...
and you will fly all over the world.”
~ Sadako Sasaki

This is a wonderful description of the “chain of happenstance” that is created with every act of selfless Love – and is indeed what happens every time any one of us is mired in fear or sadness or anger, and yet reaches out with humility and courage to Love another anyway (especially when that Love is extended directly to the source of that fear or that sadness or that anger) ... For these are the moments when our mere friendliness becomes Kindness, when our mere niceness becomes Generosity, when our mere politeness becomes Love. For when we are being merely friendly or nice or polite, we are still mired in self. The other feels these highly limited expressions of Love, and as such remains unmoved (if not depressed) thereby ... And yet when we are soaked in discomfort of any kind and yet choose to humble ourselves enough to reach out to **Love anyway**, then not only is the Soul of the one to whom our Love is given immediately re-awakened, but all those witnessing the same are shocked into remembering their own rue Selves as well – shocked into remembering what it means to truly Love – shocked into remembering that they too can do the same for strangers & enemies alike as well. And *this* is what it means to “write Peace on [another’s] wings” – *this* is what it means to “Love the enemy” – *this* is what it means to enter the “Kingdom of God” – *this* is what it means to “do God’s Will” – *this* is what it means to “be saved” – *this* is what it means to “be Reborn” – and *this* is what it means to “find the Meaning of Life” ... And most importantly of all, every single one of these potent acts of real Love transforms not only the one to whom that Love is given and the one Giving that Love, but it inspires all those nearby to almost involuntarily go on in their lives and do likewise for others ... And it is in this way that love ripples outward through the entirety of Creation ... It is in this way that Love takes wing to “fly all over the world.”

**To journey the world over,
choose to deeply remain where you allReady Are.**

“Whoever undertakes to set himself up as a judge of Truth & Knowledge is shipwrecked by the laughter of the gods.” ~ Abraham Lincoln

I know there is the common saying “Make plans, God laughs” – and maybe this is what Lincoln meant here; that those who think they “have it all figured out” are inevitably bound to be surprised by a series of factors & happenstances for which they could never have planned ... That having been said, I like to think that Lincoln was onto something even bigger with this quote. I like to think that what Lincoln meant by “the laughter of the gods” was the tendency of one’s surroundings to make a fool of those who think they know better than the Whole – those who think that they have not only been called to announce their experienced Wisdoms, but also feel as though they have been called to pronounce their personal Truths as strict moral judgments upon the worth of others. The former is always a worthwhile Giving (especially in instances where one does so in order to lessen the suffering of victims or mitigate the harm being inflicted by perpetrators) – and yet the latter is always discordant and thus not to be engaged. For while it is Good & True to denounce those who abuse the innocent, it is actually both incorrect & counterproductive to label those inflicting that abuse as people who are inherently “bad” or “wicked” or “evil” ... Yes, what they are doing in such instances *is* bad, and yes what they are doing *is* wicked, and yes – if what they are doing *is* intentionally causing another pain for personal benefit or pleasure – what they are doing *is* often evil as well. And yet *they* are not bad – *they* are not wicked – and *they* are not evil. They are actually Good Souls who have simply forgotten that they are Good – forgotten that they are here to serve instead of be served. And as such, the Awakened Ones realize that these perpetrators are suffering just as much as their victims – both before their abusive acts are committed, and while they are being carried out. To attack such people with aggression & condemnation & insult & violence is not to effectuate Justice and it is certainly not to uphold Truth. Indeed, to do so is to indirectly encourage them to behave even more wickedly in the present and then – if defeated by those imbued with “Truth and Knowledge” – to go elsewhere and inflict even worse harm on a fresh set of victims. No, there can be little doubt that the only way to bring Peace in any moment of discord is to bring Peace thereto – not to set one’s self up as judge & jury of those guilty of violence or persecution, but rather to sail smoothly into those harbors; to stand boldly between perpetrators and their victims with forgiveness on our lips and Compassion in our Hearts. This is the only way to bring Peace back to calamity, this is the only way to bring Oneness back to discord, and this is the only way to avoid reaping “the laughter of the gods.”

There is an odd proportional correlation between intelligence, analysis, certainty, arrogance and ignorance.

Image 432 (Page 157a - top) ... This picture shows Jackson, Emily Williams' cat companion; a feline Friend I chose to “Love anyway” in 2006. Indeed, despite being highly allergic to his presence, I chose to Love on him anyway – a Love that eventually dampened & then ultimately alleviated that allergy ...



“If I do not go away, the Advocate cannot come to you; but if I go, I will send It to you.” ~ Jesus (John 16:7)

First of all, it is important to realize here that both the Spirit that Jesus calls “the Advocate” (and what secular folks call “the conscience”) and the essence that he refers to as **himself** are both energetic, “spiritual” entities that reside within the Hearts of each every one of us (see [John 14:20-26](#)). In this sense, “the Advocate” doesn’t come to us from elsewhere or “from above”, but rather wells up into our Awareness when summoned **from within** – specifically in every moment we choose to set aside our “sins” of fear-inspired cowardice or greed-instilled selfishness and choose to Love another anyway (see [John 15:26](#) & [John 3:1-8](#) et al) ... Similarly, Jesus is not saying here that he personally will come to us from elsewhere or even that his personal spirit will “come into our Hearts” from some external location, but rather he is saying that the Christ Essence that is within us all will simply rise up within us – that our Divine Essence, which is the same Divine Essence as his – will blossom and become viable in every moment we **choose to act accordingly**. (see [John 13:15-17](#) & [John 12:47-48](#)) ... **Second**, note that it is equally true that we cannot ever come to the aforementioned realizations until we let all of the “masters”, teachers, gurus, &/or “spiritual leaders” in our lives depart – until we are free of their direct supervision &/or guidance – and thereby free to make our own choices unshackled by subconscious hopes of receiving their approval &/or subconscious fears of reaping their reprimands. We must set forth ourselves onto our own strange journey in order to reap the Good Fruits therefrom. Indeed, real Love is only purely reaped when it is purely effectuated, and it is only purely effectuated when it is effectuated despite great fear, great uncertainty, &/or great dis-ease – none of which can be truly known while sheltering under the protective wings of any spiritual icon or religious lordship. As such it is true indeed that we must send these men & women away from us as soon as we have essentially comprehended what they have to teach us – that we must set forth alone and put their teachings courageously into motion before we can hope to truly understand them, much less fully reap what they have to offer.

Image 433 (Page 157a - top overleaf) ... This picture represents sharing a toast of mutual Respect with my enemies – not only the usual enemies who hate & slander & denigrate (yes, I have collected a handful of those over the years; a small handful, and yet a handful nonetheless), but also the less-traditional “enemies” in life – those who ignore us and those who ridicule us; those who avidly disagree with us and those who champion principles that violate our Moral Core; those who choose not to care and those who indirectly cause great harm by “caring too much.” To all of these “enemies” I raise my glass in humble Respect and profound Gratitude as well – for without them all my life would border upon the easy if not the comfortable, and Love cannot be powerfully given in states of ease or comfort ...



“God has shown me that I should not call anyone profane or unclean.” ~ Paul (Acts 10:28)

First of all, let’s remember a few things about the “apostle” Paul – **A**) Paul himself had passive-aggressively manipulative (and therefore “unclean”) motives behind his ministry (see [2 Corinthians 2:1-4](#), [2 Corinthians 2:9](#), [2 Corinthians 7:2-4](#), [2 Corinthians 8:2-8](#), [2 Corinthians 8:24](#), [2 Corinthians 11:7](#), [2 Corinthians 12:19-21](#) et al) ... **B**) Paul believed that God showed him authoritatively “from above” as opposed to Lovingly from within (see [Romans 7:4](#), [1 Corinthians 2:11](#), [2 Corinthians 1:10](#), [1 Corinthians 15:23-25](#), [2 Corinthians 9:10-11](#), [Philippians 4:6](#) & [Philippians 4:19](#) et al) ... and **C**) Paul believed that only he had been shown “the Truth,” and that it was therefore necessary for him to aggressively condemn & then convert others of unlike mind (see [Acts 13:10](#), [Romans 16:17-18](#), [1 Corinthians 5:9-13](#), [1 Corinthians 9:24](#), [1 Corinthians 10:21](#), [1 Corinthians 11:19](#), [2 Corinthians 11:4-5](#), [Galatians 1:9](#), [Philippians 1:28](#) & [Philippians 3:2](#)) ... **Second**, note that Jesus Christ disagreed with Paul on all three of these fronts, even though Jesus did agree in principle on not calling anyone else “profane or unclean” (see [Luke 10:27](#) & [John 14:20](#)). Indeed Paul was a full blown hypocrite in this regard, as we often see him insulting or berating or belittling others in his letters (see [1 Corinthians 16:22](#), [1 Corinthians 5:4-5](#), [1 Corinthians 10:20](#), [2 Corinthians 10:6](#), [Galatians 2:11](#), [Galatians 3:1](#), [Galatians 5:12](#), [Philippians 3:18-19](#) & [1 Thessalonians 2:15-16](#)) ... Jesus really couldn’t stand hypocrites of any sort (see [Matthew 6:5](#), [Matthew 7:1-5](#), [Matthew 7:15](#), [Matthew 7:21-23](#), [Matthew 23](#), [Luke 6:46](#), [Luke 12:2](#), [Luke 16:15](#), [Luke 20:46-47](#), [John 8:4-9](#) et al) – which is probably why he warned us quite clearly of preachers like Paul ahead of time (see [Matthew 15:13-14](#), [Mark 7:6-8](#) & [Luke 12:1](#) vs [Acts 23:6](#), [Acts 26:5](#), [Galatians 1:14](#) & [Philippians 3:4-5](#) ... see [John 5:43](#) vs [Acts 13:9](#) ... and see [Matthew 24:26](#) vs [Acts 9](#) & [Galatians 1:11-12](#)) ... In closing, when judging the quality of your “prophet,” always do so **facta non verba** (looking to his or her actions, not his or her words – see Jesus’ “Fruit of the Tree” test in [Matthew 7:15-20](#)).

***Your enemies are your greatest blessings ...
Only they enable you to Love anyway.***

And who are our enemies? Those attacking us physically, to be sure, but also: those who gossip about us &/or slander us (Love them anyway; Love them especially) – those who annoy us &/or frustrate us (Love them anyway; Love them especially) – those who oppose us &/or compete against (Love them anyway; Love them especially) – our bosses &/or teachers &/or coaches who seek to belittle &/or control us (Love them anyway; Love them especially) – conservative preachers & their exclusivist followers who judge us &/or condemn our beliefs (Love them anyway; Love them especially) – the politicians & other “civic leaders” who lie to us &/or extort from us (Love them anyway; Love them especially) – our friends who criticize &/or cajole “in our best interest” (Love them anyway; Love them especially) – and our family members &/or Soulmates who try and dissuade us from walking The Way “for our safety” (Love them anyway; Love them especially).

“If you show partiality, you commit sin” ~ James (James 2:9)

First & foremost, we cannot fully understand this verse unless we fully understand its two primary terms – with “to show partiality” actually being the Greek *prosolempteite*, a word that is just as appropriately translated as “to show unjust preference for one over another” (see Strong’s #4380), and “sin” actually being the Greek *hamartian*, a word that actually meant “to miss the mark” or “to fail to reflect one’s True Self” (see Strong’s #266). As such, what this verse actually has James saying is the profound Truth that “If one shows an unjust preference for some over others, he or she neglects to reflect the deeper Loving Essence of their Soul” (see Matthew 5:43-48 – the logic of “Loving the enemy”, and John 14:20 – the Truth that “the Christ”, or the conscient Soul that Loves without limit, resides within us all) ... And so keeping this all in mind, how is it that we “show partiality”? How is it that we “commit sin” in this manner? Well, judging others based on their race or their gender or their sexual preference or their creed “shows partiality” (see Matthew 7:1-2) – **and** refusing to forgive those who trespass against us “shows partiality” (see Matthew 18:21-22) – **and** refusing to Care for our enemies “shows partiality” (see Matthew 5:43-48) – **and** believing that our personal interpretations of theology &/or preferred beliefs of the Scriptures are the only ones that are correct “shows partiality” (see Matthew 18:3-4) – **and** avoiding strangers (especially the downtrodden) because it could prove to be uncomfortable or because they could be dangerous “shows partiality” (see Matthew 25:35-40) – **and** harboring an attachment to our own possessions instead of sharing them with those in greater need “shows partiality” as well (see Matthew 16:28 & Matthew 19:21).

Image 434 (Page 157a – bottom) ... This picture shows two orcas leaping in harmony, symbolizing the Yin & the Yang of *YinYang*: the stain of jealousy that taints true Love and the Light of LOVE that resides in every enemy; the shadow of manipulation that hides within every non-anonymous act of service and the Light of LOVE that faintly shines from the Heart of every calloused passerby; the dark kernel of arrogance that rests near the core of every Awakened Heart and the Light of LOVE that rests within every judgmental zealot ...



“A man without ‘enemies’ is nothing more than a moral coward.” ~ unknown

Considering that the vast majority of humanity is stuck in the immoral morass of self-centeredness, the truly Moral man does indeed invariably make enemies ... For the Moral man or woman feels compelled to speak out against the injustices of war to those who would defend themselves against their enemies – and the Moral Woman speaks out against animal cruelty to those who would “humanely slaughter” – and the Moral Woman speaks out against callousness to those who would establish “healthy boundaries” – and the Moral Man speaks out against greed to those who have “saved their fair share” – and the Moral Man speaks out against the cowardly who believe that self-sacrifice is masochistic & irresponsible – and the Moral Woman speaks out against political investment (instead of community immersion) to those who believe in being “good citizens” ... There are dozens of additional ways that the Good speak out against the capricious & the unfair & the cruel & the unjust. How or why we do so is not that important – *that* we do so is absolutely critical.

***Persecution always attacks Love;
thereby perfectly illuminating the unWay.***

“Triumph and disaster are both impostors.” ~ Rudyard Kipling

This is actually not necessarily true – at least in a few cases. For while all self-beneficial & all self-centered “triumphs” are indeed defeats of the Soul-Self, triumphs do ensue in life ... And whereas all “disasters” of pain & loss are actually opportunities of empowerment & detachment-liberation, disasters do ensue in life as well ... Indeed, every time we set aside our selfish instincts in favor of offering ourselves to another in need, real Triumph blossoms – and every time another is in need but we make excuses for helping them and shy away; back into the shady shell of rationalized self-care, spiritual disaster is the result ... It is important for us all to remember that each moment is not merely “only one moment.” Indeed, each & every instant encapsulates a lifetime – each & every moment is priceless. And this is why each moment wasted is disastrous, and this is why each moment enlivened with Love is the greatest of all Victories.

*The only discernment that is allWays correct
is that judgment is allWays misplaced.*

“For the judgment following one trespass brought condemnation, but the free gift following many trespasses brings [true] Freedom.” ~ Paul (Romans 5:16)

First of all, it is helpful to note that the over-arching context of [Romans 5](#) has Paul effusively reminding his listeners of his gospel – namely, the anti-Christian belief that worshiping Jesus Christ is necessary for human redemption, and that Jesus himself will inevitably rescue the Souls of those who do so with the appropriate subservience (see [Romans 5:1-11](#) – in comparison with [Romans 10:9](#), and in stark contrast with the Gospel of Christ as presented in [Matthew 10:7](#) & [Matthew 24:12-14](#)) ... Thereafter, Paul goes on at some length about the innate sinfulness of humankind ([Romans 5:12-14](#)) before then exclaiming that there is no need for worry, as Jesus would provide salvation for all those who chose to “receive the abundance of [his] grace” ([Romans 5:15-17](#)) ... **Second**, now that the context of [Romans 5](#) is clear, it is incredibly important to realize that this chapter perfectly harmonizes with Paul’s patently dysfunctional belief that the “free gift” of the ascended spirit of Jesus Christ must be accepted by humans in order to count as being received by them – when in actuality (as Jesus’ ministry clearly showed) the Divine Gift of Grace is constantly given to all sentient beings in every moment of our lives – from the first moment of Awakening in the womb all the way through our last conscious breath. This is the “grace upon grace” of “the Word” mentioned in the very beginning of the Gospel of [John](#) (see [John 1:1-8+16](#), also [John 14:20-26](#) & [John 15:26](#) et al) and this is the Grace that becomes full-fledged and real the moment any Follower of The Way of Christ extends selfless Love to another – and this, regardless of what happens immediately thereafter (see [Matthew 10:13-14](#) – “If the house is **harmonious** [to your message – see the Greek *axia*, Strong’s #514], then let your peace come upon it; but if it is not **accepting** [of your message – also *axia*], then let your peace return to you. If anyone will not welcome you or **attend** [the Greek *akouse*, meaning “to comprehend by respectfully listening” – see Strong’s #191] to your words, shake off the dust from your feet as you leave that house or town”) ... **Third**, note as well that Paul believed in Divine “condemnation” for unrepentant sins and that freedom therefrom must be obtained “on one’s knees” as an “undeserved gift from above” (see [Romans 7:4](#), [1 Corinthians 2:11](#), [2 Corinthians 1:10](#), [1 Corinthians 15:23-25](#), [2 Corinthians 9:10-11](#), [Philippians 4:6](#) & [Philippians 4:19](#) et al), whereas Jesus expressed a diametrically opposed view – noting quite clearly & quite vehemently that neither God ([John 5:22](#)) nor himself ([John 8:15](#) & [John 12:47](#)) would *ever* judge anyone; and that neither are we to do so ([Matthew 7:1-2](#)) ... **Fourth**, note here that Paul speaks quite arrogantly about his supposed knowledge (“I thank you, Father, because you have hidden these things from the wise and the intelligent and have revealed them instead to infants. Yes, Father, for such was your gracious will” ~ Jesus in [Luke 10:21](#)) – an arrogance he exhibited quite frequently (see [Acts 13:10](#), [Romans 16:17-18](#), [1 Corinthians 5:9-13](#), [1 Corinthians 9:24](#), [1 Corinthians 10:21](#), [1 Corinthians 11:19](#), [2 Corinthians 11:4-5](#), [Galatians 1:9](#), [Philippians 1:28](#) & [Philippians 3:2](#)) – and an arrogance that actually kept him out of Jesus’ “Kingdom of Heaven” for as long as he remained determined to cherish the same (see [Matthew 18:3-4](#) & [Matthew 23:12](#) et al) ... **Fifth**, contrast this verse with Jesus’ belief that every sin was its own condemnation in the moment it was committed (i.e. a lost moment when Love could have otherwise been enlivened), and that every act of selfless Love was its own rebirth ([John 3:3-8](#)) into his “Kingdom of God” ([Luke 17:20-21](#)) – namely, that every act of selfless Love was a renewed freeing of the Soul from the confines of dogmatic arrogance & instinctual selfishness – that every act of Love was indeed itself a “free gift” that did indeed “bring true Freedom” (see [John 13:15-17](#), along with [Matthew 13:18:23](#), [Matthew 24:12-14](#), and – quite ironically – [Galatians 5:1](#) – “For freedom Christ has set us free. Stand firm, therefore, and submit never again to any yoke of slavery”).

Image 435 (Page 157b - top right) ... This drawing (which I call “YinYang Vision”) represents the Truth that what happens to us is essentially irrelevant – rather that it is what we choose to *do* with what happens to us that is all important, and that it is how we choose to See what happens to us that allows us to Do Great Things therewith ...



“There is a certain stability which becomes stagnant and uncomfortable in chaos ... But in this darkness, when we cannot face anyone else, we are forced to face ourselves. What must be remembered is very simple: **YES!**” ~ Rebecca Jean Pittman

YES! ... When there is an opportunity to smile – **YES!** ... When there is an opportunity to Give anonymously – **YES!** ... When there is an opportunity to encourage enthusiastically – **YES!** ... When there is an opportunity to forgive wholeheartedly – **YES!** ... When there is an opportunity to assume the best humbly – **YES!** ... When there is an opportunity to be grateful unconditionally – **YES!** ... When life gives us the chance to See Beauty – **YES!** ... When we come across an enemy or a stranger or a friend or a lover in need – **YES!**

Love needs only the raw freedom of “anarchy” to thrive.

“And I say to you, Love your enemies and pray for those who persecute you ... For if you love only those who love you, what reward do you have? ... Be perfect, therefore, as your heavenly Father is perfect.”~ Jesus (Matthew 5:44-48)

First & foremost, it is absolutely critical for those desiring to truly understand this all-important passage that “Love” for Jesus was not an amenable thought or a warm emotion or even friendly words. No, Jesus Christ was incredibly consistent throughout his entire Gospel ministry – and one of the things he was consistent about was professing the Truth that real LOVE – the perfect LOVE of his heavenly Father (**Matthew 5:48**) – **is a verb**. He makes LOVE a verb when he defines “neighbor” as the enemy (i.e. the Samaritan) who actively showed “mercy” to the Jew lying in the gutter in the parable of the Good Samaritan (in **Luke 10:29-37**), he makes LOVE a verb when he replaces the ten “do not” Commandments of the Old Testament Law with his two-in-one “Do Love” Commandments (see **Matthew 22:37-40**), he makes LOVE a verb in his “Parable of Parables” (the Parable of the Sower – see **Matthew 13:18-23**), where he notes that “**But as for what was sown on good soil, this is the one who not only hears the word and understands it, but who indeed bears fruit and yields**”, and he makes LOVE a verb when he states quite succinctly that the only ones who will ever be Blessed are those who do not only comprehend the perfectly selfless LOVE he was preaching, but who put that LOVE into practice (see **Matthew 7:21-24, Matthew 16:28 & John 13:15-17** et al) – especially by actively Caring for the downtrodden in their communities (**Matthew 25:35-40**), and especially – as the passage above quite clearly attests – by actively Caring for their enemies as well ... **Second**, please note that the phrase “pray for those who persecute you” means that we are to **A**) openly & unconditionally forgive them (**not** that we are to arrogantly “pray for their salvation”), and **B**) cherish the empowerment that they have provided us – by activating the same – by choosing to Love them anyway (see **Matthew 5:10-11**). Indeed, LOVE must be difficult to give to become potent once given, and this is why “perfect LOVE” – the LOVE that would willingly give our lives for our greatest enemy – is the most potent LOVE of all; a LOVE that awakens that enemy and transforms him or her into an ally; a LOVE that re-unifies the Soul of the Giver with “the Father” within (**John 14:20**); a LOVE that awakens all who witness it being given; a LOVE that grants both the Lover & the Beloved simultaneous & instantaneous entrance into the “Kingdom of Heaven” (see **Matthew 7:13-14, Matthew 18:3-4, Mark 8:35, Luke 23:43, John 10:10** et al).

“Divine Communications are as follows: big thoughts of Truth, caring words of Love, passionate encouragements of support – and silent smiles.” ~ anonymous

“**Big Thoughts of Truth**” see past the veils of “other”, “less than”, “enemy”, & “evil” to Perceive the brother or Sister behind the same. They see past the circumstances of “tragedy” or “crisis” or “difficulty” to Perceive the opportunity beneath the same. They see past the behaviors of slander, manipulation, & aggression to Perceive the Child of God at every deed’s helm ... “**Caring Words of Love**” make sure that the other knows we are there for them – and Hear them – and Respect them – and have Compassion for them ... “**Passionate Encouragements of Support**” cheer the other on in their times of greatest need – often when they don’t even know they desire the same; when they are in doubt as much as when they are in despair, when they are discouraged as much as when they feel defeated ... And in the end, of course, it is deeds more than words that convey the greatest Affection (and thereby have the greatest effect) – and one of the greatest of all these deeds is the Silent Smile both heartfelt & humble (especially potent when given during times of confrontation, accusation, insult, or attack); communicating that LOVE is there without saying a word – booming that Compassion without thinking a single thought.

**The deepest Truths can only be revealed
in the deepest silence.**

“The Son of Man has authority on Earth to forgive sins”~ Jesus (Luke 5:24)

First & foremost, it is extremely important for all earnest students of the Scriptures to realize that Jesus was almost never referring to himself alone whenever he mentioned “the Son of Man.” In other words, he is not telling his listeners here that he alone “has the authority on Earth to forgive sins”. Indeed, to do so would not only have dramatically diminished the ultimate authority he openly & vehemently vested in his heavenly Father (see [Mark 10:18](#) & [John 8:50-54](#) et al), but it would have also been the epitome of arrogance (see also [Matthew 26:64](#), [Mark 14:62](#), [Luke 22:69](#)), and this when humility was for Jesus the most staunchly encouraged of all virtues (see [Matthew 8:20](#), [Matthew 18:3-4](#), [Matthew 23:12](#) et al), which would have made him a blatant hypocrite – and hypocrisy he clearly abhorred over all other human failings (see [Matthew 6:5](#), [Matthew 7:1-5](#), [Matthew 7:15](#), [Matthew 7:21-23](#), [Matthew 23](#), [Luke 6:46](#), [Luke 12:2](#), [Luke 16:15](#), [Luke 20:46-47](#), [John 8:4-9](#) et al)... No, when Jesus used the term “the Son of Man” he was almost always referring to all of his listeners – and indeed, to all of us as well. In truth, how else could he be taken seriously when he said “Truly I tell you, there are some standing here who will not taste death before they see the Son of Man coming in his kingdom” ([Matthew 16:28](#)), for if Jesus was speaking of himself as “the Son of Man” at this time, then he quite obviously misspoke (something *the* Messiah could never do). And yet that is **not** who he spoke of when using this term, and he had even come right out and said as much to his disciples a few verses prior (“Now when Jesus came into the district of Caesarea Philippi, he asked his disciples, “Who do people say that the Son of Man is?” And they said, “Some say John the Baptist, but others Elijah, and still others Jeremiah or one of the prophets.” And so he asked them, “But who do *you* say that I am?” And Simon Peter answered, “You are the Messiah, the Son of the living God.” at which point Jesus seemed to congratulate Peter for noting that Jesus was indeed *an* embodiment of “the living God” a la [John 14:20-26](#), and yet immediately thereafter he “sternly ordered the disciples not to tell anyone that he was *the* Messiah” ~ [Matthew 16:13-20](#)) ... Just as importantly, this interpretation (namely, reading “the Son of Man” as relating to all of humanity, not only Jesus Christ) happens to reconcile dozens of other seeming contradictions and apparent theological inconsistencies in the Scriptures – for one, how Jesus could tell us all to forgive *everyone* (the “seventy” of [Matthew 18:21-22](#), referencing the 70 nations of humanity found in [Genesis 10](#)) *without limit* and without exception (the “times seven” of that same passage, referencing the “completeness” with which we are to forgive them all) while seemingly claiming in [Luke 5](#) that he alone had the ability to do the same ... This interpretation also explains his claim that we *all* have the power to forgive the sins of others, and thereby rectify the sins of ourselves (see “if you forgive others their trespasses, your Heavenly Father [who resides within you – see [John 14:20](#)] will also forgive you yours” ~ [Matthew 6:14](#)), and it also harmonizes with him telling others that “the Son of Man did not come to be served, but to serve” ([Matthew 20:28](#)), a phrase that resonates in perfect harmony with the primary message of his entire ministry – namely, his Gospel; that the Kingdom of Heaven was already “at hand” ([Matthew 10:7](#)), and that anyone could enter the same by persistently & selflessly serving others ([Matthew 24:12-14](#)) – especially one’s enemies (i.e. those who obviously needed *forgiveness* more than most; see [Matthew 5:43-49](#) & [Luke 10:29-37](#)) ... Yes, Jesus did want to be followed (i.e. for us all to *emulate* his teachings and *enliven* his Way of selfless LOVE – see [Matthew 7:21-24](#), [Matthew 16:24](#) & [John 13:15-17](#) et al) and yet he also made it extremely clear that he did **not** want to be worshipped in any way, shape or form (see [Luke 18:19](#), [John 5:41](#), [John 7:16](#), [John 12:44](#) et al) ... And this all actually makes perfect sense – after all, if neither Jesus nor his heavenly Father would ever condemn sinners (see [John 5:22](#), [John 8:15](#) & [John 12:47-48](#)), why would they be the only ones with the ability to forgive the same?

Image 436 (Page 157b - bottom right) ... This drawing of a “rainbow dragonfly” symbolizes the Truth that any substantive re-awakening to True Self comes not from sitting idly by and waiting for opportunity to easily come our way, but rather from us being willing to courageously (i.e. unconventionally) and boldly (i.e. selflessly) enter into situations where the fearful ego would never dare tread ...

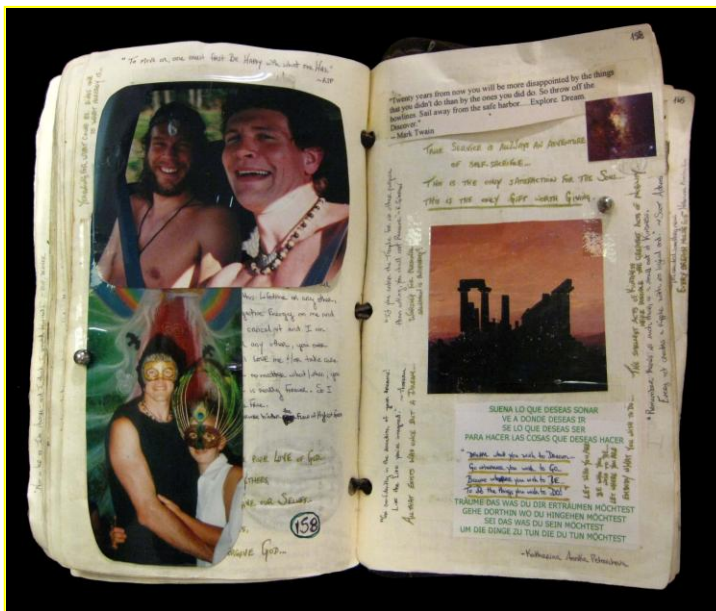


“Shadow is an element of Light; Light an essential element of shadow ... Even form is lost without Light ... Light is more than merely any particular thing ... And, while It may not reside in complete darkness, Light IS in every shade of shadow.” ~ Rebecca Jean Pittman

Note here that Darkness is an absence of Light – while Hatred (which is crystallized anger, which is crystallized fear) is naught but the absence of Love ... And note that Shadow is the blocking of Light – while Annoyance is but the absence of Love ... And note as well that Light is indeed “more than any particular thing” for the simple reason that all things are essentially composed of varying densities of Light ... As such, Light is more than any one thing because Light is literally everything ... To See fittingly is to act accordingly; and to act accordingly is to LOVE fully.

*In every hatred rests a loving Soul;
in every confusion lives perfect Clarity.*

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“To move on, one must first be Happy with what one already has.” ~ Rebecca Jean Pittman

Actually, to truly “move on” we must awaken the True Self (all other “progress”, “growth” or “success” is ultimately illusory), and actually, to truly “move on” we must fully immerse ourselves in the person nearest by in the location we already inhabit ... As such, to truly Move On, we must be completely devoid of a desire to merely move on, for this is the only way to realize that all we truly possess in this Life is the ability to **Love anyway** – and thus that this is the only Way to then be truly Happy (which is more Peace than comfort or euphoria) with what we already have – by using it all to bring Happiness to others.

*Yearning for what could be
blinds one to what allReady IS ...*

Image 437 (Page 158a1 - top) ... This picture shows my Self & brother Todd on the road together, travelling to go visit our father in the summer of 2000. Obviously, it is a picture that reminds me of my brother, who reminds me of the Truth that it is impossible to truly Care for another while criticizing them in any way (especially unsolicited criticisms given “for their own good”) – just as it is impossible to truly Care for another without totally immersing yourself without hope or condition in actively Caring for them ...



Image 438 (Page 158a - top overleaf) ... This pictures shows what I called “The Green Room”, the ruins of the abandoned mill-house which houses the age-old Cretan Labyrinth carving of Rocky Valley (near Tintagel, England – see [page 19b](#)). It reminds me of the Truth that the deeds we do today – especially those deeds that we do Lovingly & self-sacrificially – will not only ripple outward to inspire Goodness in never-ending chain reaction of inspired Kindness, but they will also “inhabit” the places they were originally enlivened; remaining inspirationally “energetically tangible” for all who visit those locations thereafter ...



“I will put my laws in their minds and write them on their Hearts ... For they shall all Know Me ... and I will remember their sins no more.” ~ unknown (Hebrews 8:10-13)

This is actually an Old Testament reference (see [Jeremiah 31:31-34](#)), evidencing the Truth that we are not to abandon the older Wisdoms & Laws found therein but rather – as Jesus noted – are to “**fulfill**” them; to hone them, to perfect them, to amplify their essence to such a degree that we bring them to completion (see [Matthew 5:17-18](#)’s “Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to **fulfill**. For truly I tell you, until heaven and earth pass away, not one letter will pass from the Law until **all** has been accomplished”, noting that “fulfill” here is actually the Greek *plerosai*, a word which means just that: “to bring to absolute completion” – see Strong’s #4137, and noting as well that “accomplished” here is actually the Greek *genetai*, a word which means just that: “to come into full being” – see Strong’s #1096). As such this verse – a verse that directly references the Old Testament – not only speaks to what is specifically stated, but also generally speaks to the fact that we are neither to blandly accept the traditional interpretations of Scripture, nor are we to reject them outright as being outdated, but rather are to **test them all**, and thereafter adopt the versions thereof that bear the Fruit of the Spirit (see [Matthew 7:15-20](#) & [Matthew 21:43](#), along with [Galatians 5:22-23](#)) ... As far as the specific wording of this passage is concerned, there are several important Truths hereby illuminated – namely, **A**) that God is indeed the essence of perfect, unconditional Love (see [Matthew 5:48](#) & [1 John 4:8](#) et al) ... **B**) that God “**the Father**” does indeed have a perfect, unconditionally limitless expression of Mercy & Forgiveness (see [Luke 6:36](#), [Matthew 18:21-22](#), [John 5:22](#) et al) ... **C**) that all sins and all sinners will be ultimately forgiven (see [Isaiah 25:6-8](#), [Zephaniah 3:9](#), [Mark 9:49](#), [Luke 3:6](#), [Luke 14:15-24](#), [John 6:45](#), [John 12:32](#) et al) ... **D**) that we are not to try and convert or inform or instruct or cajole others into adopting our own unique beliefs about God or Jesus or Scripture or Salvation – that we are only to do as Jesus told us to do; namely to actively Love those around us (see [Matthew 7:21-24](#), [John 13:15-17](#) et al) – especially our enemies (a la [Matthew 5:43-48](#)) &/or the downtrodden in our communities (a la [Matthew 25:35-40](#)) – and that we are to humbly share with others only what **he** taught us to share – namely, pure unadulterated, selfless LOVE (see [Matthew 28:16-20](#) + [Matthew 18:3-4](#) et al) ... and **E**) that all will ultimately know Salvation – that all will ultimately reunify with The One and know perfect Peace thereby (see [Matthew 5:48](#) in conjunction with [1 John 4:18](#), along with [John 5:22](#), [John 8:15](#) & [John 12:47-48](#) et al).

Image 439 (Page 158a - bottom) ... This picture shows Katharina & my Self attending the Goddess Conference's farewell ball in 2001 (in Glastonbury, England). It reminds me of the Truth that Love either shows its True Colors (via mutual expressions of selfless Caring and willing self-sacrifice) or it remains at least partially veiled, and at least partially Power-less ...



Image 440 (Page 158a – bottom overleaf) ... This picture shows Sandra & Duncan shortly before Duncan's birth in 1999. It reminds me of the Truth that true Beauty has nothing to do with the radiance of one's face or the symmetry of her body. Rather, true Beauty is something glorious that resides within every single sentient Soul – and in every one of them to the very same, brilliant degree. There is nothing more beautiful than one who offers his or her self up for another – nothing even close to being as Beauty-full as the one who fully & completely offers his or her Self up for Love ...



“Mercy triumphs over judgment.” ~ James (James 2:13)

This verse is – especially as far as conservative Christians are concerned – one of the more important verses in the entire Bible; for it reminds us *all* that we have *all* been called by Jesus to attain our Salvation not by criticizing or condemning the beliefs of others (or via trying to convert them to our own beliefs – see [Jeremiah 31:31-34](#) & [Hebrews 8:8-13](#)), but rather by actively & selflessly Loving others (see [Matthew 7:21-24](#), [Matthew 24:12-14](#), [John 13:15-17](#) et al) – especially one's enemies ([Matthew 5:43-48](#)) &/or the downtrodden in one's neighborhood ([Matthew 25:35-40](#)). Indeed, it is impossible to truly Love others from a place of pride; it is impossible to truly Love others without first becoming “humble as a very young child” (see [Matthew 18:3-4](#), also [Matthew 23:12](#)) – a sacred state of being that we cannot enliven while judging others or criticizing their chosen spiritual beliefs in any way (see [Matthew 7:1-2](#) & [John 8:7](#)) ... Indeed, although it is important to condemn actions that are unjust or directly harmful to others ([John 7:24](#)), when we condemn those who are perpetrating the same we are actually encouraging them to re-commit those same sins in the future. On the other hand, when we have the compassionate humility needed to truly Love others anyway – especially while we are condemning their selfish, pain-inducing choices (while standing between them and their victims with forgiveness on our lips and compassion for them in our Hearts) , we free them to recant & atone – we enable them to “repent” (the Greek *metanoeo* in [Matthew 4:17](#)'s “Repent, for the Kingdom of Heaven is already at hand”, a word meaning not “to self-criticize” or “to admit fault”, but rather “to completely alter one's behaviors” – see Strong's #3340) and thereby find their Salvation (a la [Matthew 9:6](#) – “the Son of Man has the authority on Earth to forgive sins” [also [John 20:23](#)] – better stated, we all have the power during our conscious lives to be Kind to trespassers, and thereby inspire them to do similarly – and thereby allow them to work out their own forgiveness – and thereby free themselves to attain their own Salvation, a la [Matthew 6:14-15](#) “For if you forgive others their trespasses, your heavenly Father will also forgive you; and yet if you do not forgive others, neither will your Father forgive your trespasses”) ... And interestingly enough, it comes as no surprise that the ancient Greek of this very verse supports the aforementioned contentions. For “mercy” here is actually the Greek word *eleos*, a word that indeed means “mercy” (or alternatively, “compassion”); especially shown towards one who has wronged us (see Strong's #1656). Also, “triumphs” here is actually the Greek word *katakauchatai*, a word that means “to exult over”; especially the exultation shown by a victor over the one he has *soundly defeated* (see Strong's #2620). Thirdly, “judgment” here is actually the Greek word *krisis*, a word that means “to give a negative verdict” or “to criticize” (see Strong's #2920). So we can see that what this verse is actually saying is “Showing compassion to the enemy who is criticizing or condemning completely & fully defeats them.”

“If I have in this lifetime emanated negative energy to you, I cancel it and release you from it. If I have in this lifetime made a promise to you like “I'll stay with you forever”, I did not understand that ‘forever’ really is forever and I cancel these promises – along with any other commitments that otherwise hinder the flow of the Highest Good ... As such, I am now free ... In addition, I forgive you & release you from all your past negative actions, thoughts or intentions. Any negative energy you may have directed at me is thereby canceled. If you ever made me any untenable promises like “I'll help you forever”, they also are canceled – along with any other commitments that otherwise hinder the flow of the Highest Good ... As such, you are now free.” ~ unknown

Note that – in more than mere principle – all commitments, all vows, all promises, all accepted duties, and all vouched-for obligations limit the ways that Love can be given, limit the magnitude of Love that is given, and limit the purity of Love that is given ... As such, we are all called to have the courage to openly dismiss all such constraints, and then LOVE all out thereafter ... Our LOVE must be fully volitional. Otherwise, it will never fully BE ... Important to remember: **A)** keep all promises & uphold all vows & fulfill all commitments unless freed from the same, ... **B)** openly ask to be freed from all of the same, ... and **C)** when it becomes clear that said restrictions either another pain &/or shackle our own ability to give the Love we are here to Give, it is crucial that we have the courage to openly & firmly (& humbly) free ourselves from the same shackles ... **P.S.** As with all other decisions related to freeing dysfunctional relations, make sure that the disengagement is done not to enhance personal comfort or ease, but rather solely to free *the other* to live a Life of unshackled LOVE as well.

*Forgiveness is raw Love; the pure Love of God.
To be able to forgive others, we must first forgive ourselves ...
& in order to forgive ourselves,
we must first prove able to forgive God.*

“Twenty years from now you will be more disappointed by the things that you didn’t do than by the ones that you did. So throw off the bowlines and sail away from your safe harbor ... Explore -- Dream -- Discover.” ~ Mark Twain

First & foremost, it is important for us to distinguish the difference between fulfilling a “Bucket List” (what this quote seems to encourage – namely, the fulfilling of as many personal dreams and lifelong desires as possible before one dies) and FULL-filling one’s “Oh Shit List” (namely, atoning for all past harms caused, apologizing for all past wrongs done, and at least initiating all the acts of service that are at least partially renderable) ... The former is selfish & hollow & provides nothing more than the weakest form of solace on one’s deathbed, while the latter is selfless & challenging & provides a full-fledged sense of meaning-full Contentment during one’s last reflective moment of consciousness ... The former expresses gratitude for past blessings of abundance or ease or pleasure, while the latter feels a profound Gratitude for all those who guided us toward Kindness with their annoyances and all those who enabled our Love with their enmity ... The former expresses regret for all adventures uncommenced and all excitements not yet experienced, while the latter expresses humble repentance for all friends ignored & all enemies condemned ... The former boldly leaps into the lives of loved ones & admirers, while the latter boldly leaps into the lives of strangers & passersby ... The former perform acts of open Kindness for friends & family members, while the latter enlivens anonymous acts of Kindness for friends & enemies alike ... The former seeks the presence of the famous, the beautiful, and the powerful, while the latter immerses fully into the lives of one’s neighborhood downtrodden.

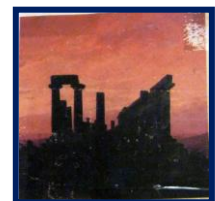
*True silence is allWays an adventure of self-sacrifice.
This is the only satisfaction for the Soul ...
This is the only Gift worth Giving.*

“If you enter the Temple for no other purpose than asking, you shall not receive anything.” ~ Kahlil Gibran

Entering Temples to sightsee is a complete waste of time (You could have been looking for those nearby in various states of despair) ... Entering Temples to tell others you entered them is an entrenchment of current pain & hardship (You could have been leaving gifts for the down trodden &/or doing anonymous deeds of Kindness for friends) ... Entering Temples to pray for yourself is a guaranteed escalation of suffering (You could have been praying to be of service to those in need – and you could have been uttering that prayer with “moving feet”) ... Entering Temples to pray your deepest Gratitude, on the other hand, to enter Temples while asking God (or the Universe, or the Source) for more opportunities to serve others, to beautify said Temple, &/or to assist those worshipping therein – is the very Liberation your Soul has always sought ... And what are these Temples? Are they always religious in nature – always places of spiritual repose? Far from it ... They are political conventions and workplace meetings; they are sitting in the coffee shop with a close friend and they are hanging out with associates at the local pub; they are asking a bank teller for a withdrawal of “hard earned cash” and they are waiting in line at the local supermarket; they are checking your watch to make sure you are “on time” and they are worrying over keeping promises to a loved one; they are judging your worth based on social norms and they are judging others based on your own self-esteem (or lack thereof) ... Temples are everywhere in our lives; everywhere we choose to set aside spontaneous Caring in favor of conforming to convention; everywhere we choose to follow the whips of fear & the whims of desire instead of having the courage to BE the Loving “Child of God” we have always been.

*Regardless of the religion,
praying for your personal “salvation”
is the ultimate blasphemy.*

Image 441 (Page 158b - main image) ... This picture shows a Greek ruin – the Temple of Juno in Agrigento Valley (Sicily, Italy). It reminds me of the Truth that Love perishes violently as soon as it is turned into a complex concept or an arduous journey of “personal growth” or “spiritual development” – self-focused choices that allow the ego to weaken Love’s walls and tear its temple apart pillar by pillar. Enlivening (and thereby sustaining) real Love is remarkably simple: Don’t think about Love, LOVE ...



“Remember there’s no such thing as a small act of kindness. Every act creates a ripple with no logical end.” ~ Scott Adams

This is quite true – not only in the metaphysical/frequency-based sense (where each & every Good Deed literally beams a harmonious frequency out into the Universe – a ripple of “warmth” that almost imperceptibly yet quite significantly inspires all with whom it comes into contact to engage their next encounter with a similar act of Kindness), but also in the psychological action & consequence, perpetual-string-of-happenstance sense as well (where one Good Deed almost invisibly inspires another – which inspires another – which inspires another – and another – and another --- and another etc) ... Yes, there are degrees of Love that are contingent upon how difficult any act of Kindness is to give (with the more difficult acts of Kindness logically becoming the most powerful acts once engaged anyway) – and yes, certain acts are more inherently potent than others; beaming a stronger & faster blast of energy into the Universe, &/or inspiring a larger number of witnesses to engage their own acts of selfless Caring ... That having all been said, by definition an act of Kindness goes against the grain of cowardly self-interest, and as such every act of Kindness – even the tiniest version thereof – is guaranteed to be an act of significant potency, and thus emit a frequency-blast that will indeed ripple outward into eternity – inspiring every other it touches as it does so.

*The smallest acts of kindness
make possible the greatest deeds of courage.*

“Go confidently in the direction of your dreams.
Live the life you’ve imagined.” ~ H. D. Thoreau

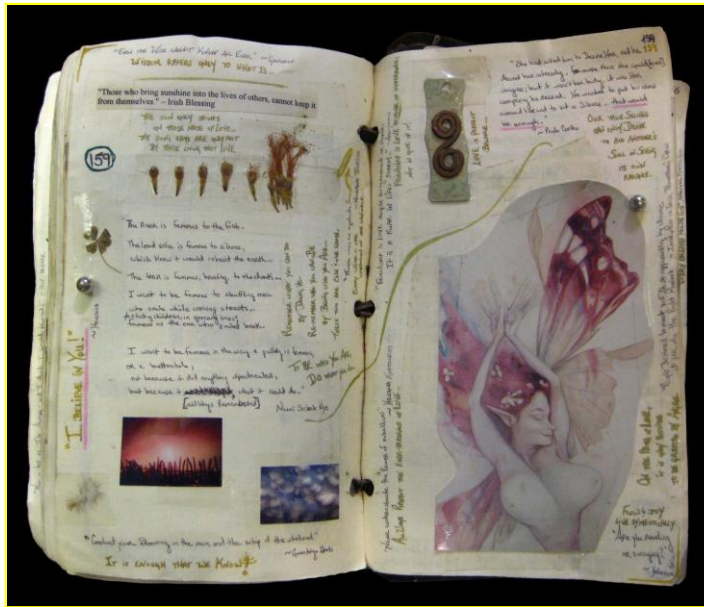
Going confidently in the direction of your personal desires or individual wants or selfish yearnings guarantees a life filled with frustration, loss, suffering, and ultimately – meaningless despair ... On the other hand, living a life that flows spontaneously in the detached direction of Kindness & Caring (the only direction in which the Soul truly wants to travel) ensures that you will arrive wholeheartedly at a most pristine destination in every moment so traveled ... The ego can only positively imagine material wealth, emotional rapture, intellectual ease & psychological comfort – all states of being that have no hope of being attained (certainly not for any sustained period of time), and the limited attainable versions thereof that have no hope of being persistently appreciated. The Universe is dynamic, and as such is literally filled with loss and conflict ... We attain Harmony therein not by futilely striving for some semblance of constancy or ease or stability therein, but rather by Purposefully doing powerful things with all moments of uncertain change or frustrating difficulty or painful chaos ... As such, true Contentment comes not to those who stride confidently in the direction of their hopes or dreams, but rather to those who intentionally abandon the same in favor of humbly immersing themselves into the lives of those nearby who are inhabiting where they already are ... Yes, it is wise to have an over-arching “Beacon on the Horizon” to which one can ever orient oneself anew – a general Vision related to the Goodness one would like to enliven &/or the Harmony one would like to co-create. That having been said, this Beacon is not limited by any specific parameters of hope or expectation – it is not tied to attaining anything specific for self or even arriving at any place for others. It is not there to provide Life’s Journey with a concrete goal, but rather is remembered to keep one flowing smoothly onward to the next act of service waiting around the next corner, and the next stranger in need waiting around the very next bend.

All that exists was once but a dream.

“Dream what you wish to dream ... Go wherever you wish to go ... Become whoever you wish to become, to do the things you wish to Do.” ~ Katharina Petras

Dream whatever you dream, and yet please remember to remain awake once you waken ... We cannot stop ourselves from falling asleep at the end of each day, and we cannot stop ourselves from dreaming while we sleep. And yet we most certainly *can* set all dreaming aside once we awaken the next morning – we most certainly *can* choose to immerse ourselves fully in what is, as opposed to hoping for what could be ... The ego wishes many things for itself – an infinite array of fantasies & hopes for pleasure &/or comfort &/or longevity &/or ease. The Soul, however, knows that such desires bring only suffering – they depart once attained, and the seeking thereof robs the seeker of the ability to know its only true Joy; robs him or her of the only chance he or she has to seek and thereby find the Soul’s one true desire – the only desire that brings real Contentment if fulfilled – namely, the desire to make each day about *Loving anyway*.

*Let who you allReady Are be who you wish to Be –
and let where you already Are
embody what you wish to Do.*



“Even the wise cannot know all ends.” ~ Gandalf (J. R. R. Tolkien)

Interestingly enough, one of the characteristics of those who are truly Wise is that they know quite well that they cannot know anything concrete about *any* ends, not merely very little about most of them ... Yes, it is true that it is possible to juxtapose current circumstances with past occurrences and get a solid *feel* for the potential flow of the present moment, and yet the theory that comes therefrom remains only that in the mind of the Wise – a mere theory; useful for general guidance, and yet fully worthless in relation to being certain about the specific responses to real-time stimuli ... Oddly enough, even if it were possible to objectively read our intuitive hunches or the “energy flow dynamics” of our environment (e.g. Feng Shui) or our internal moral guidance (a.k.a. the conscience) with any fool-proof clarity, the truly Wise One would always look at least partially away from such certainty when making his or her decisions – knowing that the only deeds of any consequence are the deeds done with Power, and that the only deeds done with any Power are the deeds done “anyway” – the deeds done with courage while at least partially submerged in fear or doubt or wonderment.

Wisdom can only refer to what actually IS.

“Those who bring sunshine into the lives of others, cannot keep it from themselves.” ~ Irish Blessing

Important: a common misperception has it that we receive “sunshine” as a subsequent consequence of giving “sunshine” to others – that the Goodness we give tends to somehow come back to us as some sort of “karmic reward” thereafter. Even to the limited degree that this might indeed seem to come to pass, this kind of thinking precludes a far great Awareness of a far greater Truth – namely, the Truth that it is not that “sunshine” comes to us as a consequence of us giving “sunshine” to another, but rather that giving “sunshine” to another *is* in & of itself the brightest “sunshine” we could ever receive.

**The Sun only shines on those made of Love ...
The Sun's rays are only felt by those living the same.**

Image 442 (Page 159a - top middle) ... This picture shows a progressive series of flower buds from the “Synchronicity Tree” located near the public tennis courts in Kailua-Kona (Hawaii), near to where Heleana & I would often philosophize on the nature of Love; a nature we cannot fully comprehend until we stop learning about it and start enlivening it ...



Image 443 (Page 159a - center left) ... This is a four-leaf clover given to Heleana by one of the “special needs” children with whom we worked at Kealakehe Elementary School (Kailua-Kona, Hawaii) – a child who seemed to have no trouble finding these “good luck bringers” on a regular basis; reminding me of the Truth that the only “luck” worth finding is the good fortune that always accompanies acts of selfless Love, and that the only way for us to know such Love (and thereby know such Luck) is to “become again as a child” – ever-filled with wonderment for life; ever-overflowing with affection for others...



“The River is famous to the fish. The loud voice is famous to Silence, which knew it would inherit the Earth. The tear is famous, briefly, to the cheek ... I want to be famous to shuffling men who smile while crossing streets, to sticky children in grocery lines; famous as the one who smiled back. I want to be famous in the way a pulley is famous, or a buttonhole; not because it did anything spectacular, but because it always re-membered what it could Do.” ~ Naomi S. Nye

It is not enough for us to merely remember what we can do; we must also set that deeper memory into motion. And we can all be so “famous” (especially in a society so steeped in fear and callousness and rationalized greed) – we can smile at strangers and offer them a Kind word ... we can give to those who beg and give even more to those who don’t ... we can loudly defend those about whom others are gossiping and openly forgive those who have trespassed against us ... we can set aside our “more important” tasks to help another with their everyday chores ... we can beautify the darker corners of our neighborhoods with color &/or cleanliness and we can brighten the darker corners of our minds with wonderment &/or gratitude ... we can be heroes to the homeless as well as the honored; we can be heroes to foreigners as well as family; we can be heroes to enemies as well as allies; we can be heroes to strangers as well as Soulmates.

*To Be who you Are, choose to DO what you do.
Re-member what you can DO by choosing to Do it.
Re-member who you can BE by choosing to Be
who you truly Are ... And re-member that these
are actually one & the same.*

Image 444 (Page 159a - top right) ... This is one of my own fallen eyelashes that I have yet to blow away – reminding me of the Truth that exponentially more Peace comes from letting wishes remain unwished than comes from having them come true ...



Every blink is the co-creation of the invisible.

There is no nothingness unless we choose to close our eyes ...
There is no emptiness unless we choose to close our Hearts.

Image 445 (Page 159a - bottom left) ... This is a feather left by one of my many sparrow Friends who visited me regularly while I “lived” on the balcony of Borders Books (in Kailua-Kona, Hawaii) from late 2003 to early 2005. It reminds me of the Truth that even the “lesser beings” can Love and deserve Love – that even the “least important” sentient being is just as Important as the “most important” one ...



Image 446 (Page 159a - bottom middle) ... This picture (which I call “Whale Graveyard”) shows a ribcage of a long-since beached whale – reminding me of the Truth that it is a complete waste of time to “listen to your inner voice” if you are not going to go forth to boldly in motion set what it tells you to do ...



Image 447 (Page 159a - bottom right) ... This picture shows an array of mammatus clouds – dramatically symbolizing the Truth that there is Great Beauty (i.e. the ability to Love anyway) to be found in every Storm (i.e. times of disappointment, frustration, injustice, or pain), along with the Truth that any similar Great Beauty arriving in times of Great Calm often portends the next imminent challenge of strife or calamity...



“Conduct your blooming in the noise and the whip of the whirlwind.” ~ Gwendolyn Brooks

Any flower can bloom on warm days after gentle showers, and yet the most gorgeous of blossoms – those whose Beauty causes even the most powerful of Kings to pause in wonder, and whose aroma binds the spells of even the greatest of Necromancers – always burst forth through feet of snow &/or the hardest concrete; and always bloom thereafter in the middle of the wildest thunderstorms.

It is enough that we know – and walk – our own Way.

“Friendship is Love despite disagreement or shame ...
It is a pillar in Life’s Storm.” ~ unknown

Since real Friendship requires real Love and real Love is a deed much more than it is a feeling, real Friendship becomes a verb as well ... It is not sharing common interests or a resonating sense of humor; it is not living through the same trials of pain or terror, nor is it worshipping at the same altars of God or state. No, real & true Friendship is as thick between Caring strangers as it is between brothers blood-bound. It exists full-fledged in every moment given, and it disappears completely in every moment denied ... As such, it is behooved to call *everyone* Friend – especially those often labeled as enemies – for that is indeed what everyone truly is (at least whenever you are the one who chooses to act accordingly). It matters not whether your Friendship is resonated, accepted, cherished, or returned ... Friendship exists fully in the moment it is fully given. What happens thereafter is of no concern to the true Friend – he or she simply keeps giving Friendship regardless.

***Friendship is Love because of differences;
not in spite of them.***

Image 448 (Page 159b - top left) ... This picture shows a Celtic “Eternity Pendant” (from Ireland – given to me by a dear Friend in 2004), reminding me of the Truth that it is not successfully traversing times of trouble and “coming out the other side” that brings the deepest Peace, but rather choosing to Care for others *during* those times of turbulence that does so ...



Love is the only state of being that is truly Balanced.

This statement is true to the degree that by “Love” here we mean a Caring that is purely selfless, fully unconditional, and courageously active ... For all other forms of “love” are but feeble imposters; tainting their giving with hopes for “fair reciprocity” and smearing their caring with expectations of an eventual “balance of give & take” ... There is no taking or receiving or hoping or expecting with true Love, for true Love gives to the other solely for the benefit of the other – true Love chooses to remember that all are equal parts of The One – and true Love then chooses to act accordingly. Love removes all separation and Love disregards all illusions of weighing or comparison or fairness or equality ... And thus this version of Love – truly the only version of real & perfect LOVE – is the only real “Balance” that a true Human Being can ever know.

“She had asked him to desire her, but it wasn’t her body he desired, it was her company. He simply wanted to put his arms around her and to sit in silence ...
... That would be more than enough.” ~ Paulo Coelho

It is crucial to repeatedly remember that lusting is not Love – and that even the most unenlightened of “barbarians” understands the same. That having been said, even the “gentle harmlessness” of desiring another’s company is just as Love-barren ... For it is not the degree of selfishness that determines the lack of Love’s presence; it is the presence of selfishness at all that does so. As such, wanting to “only” put our arms around another creates the same stranglehold on the way of the Heart, just as “merely” wanting to sit with another in silence screams so loud of desire that no true Love or Kindness can be heard thereafter.

Our True Selves can only desire to aid another’s Soul in seeing Its own radiance.

“People destined to meet will do so apparently by chance – at precisely the right moment.” ~ Irish Traveler’s Cross

This statement is false to the degree one believes that there exists some independent, external force (that many call “fate”) that determines how & when & with whom we meet. For in reality this is not the case at all, for we are all intimately interconnected, and as such nothing can come to us fully unsummoned ... That having been said, this statement is also True – at least to the degree that it implies that every choice we make creates a conglomerate frequency that we “beam forth” into our surroundings (a frequency composed of how we are feeling, what we are choosing to do, and the underlying founding -intentions thereof in any given moment) ... As such, seeing as how “like attracts like” on one level (i.e. entities who resonate harmoniously with one another gravitate towards each other’s life-spheres) and “opposites attract” on another (i.e. those whose particular dysfunctions “fit” neatly into the personality-gaps that need provoking – and thereby potentially resolving – in others nearby), it is true indeed that people “destined to meet” in one of these two senses will indeed do so. What is not so well known is that it is *we* who create our own “destinies” in this regard – that it is *we* who do the summoning of those with whom we thereafter meet ... In closing, regardless of whether or not the aforementioned beliefs are patently True or not, on a practical level, it is Wise to assume that everyone encountered has in fact been summoned – summoned from whom to learn if annoying or painful, summoned with whom to revel in gratitude &/or wonderment if pleasurable or comforting, and summoned to whom service is to be rendered if alone &/or downtrodden.

On the Path of Love, it is only possible to be greeted by angels.

“Never underestimate the power of rebellion.” ~ Heleana Basilia Kontoudios

And never underestimate the raw futility of rebelling with force. For the only methods of rebellion that hold any chance for lasting positive change are those that impose their will with gentleness and enforce their agenda with Compassion -- silent civil disobedience, forgiveness-ladled protest, the anonymous en masse withdrawal of resources, even non-traditional ways of living & behaving – these are some examples of rebellions destined for Success. These & only those like these are the ways of rebellion that will bring Justice back to the fore.

AllWays respect the omnipresence of Love.

Image 449 (Page 159b - main image) ... This picture shows another one of Terry Jones' “pressed fairies” (see [page 55a&b](#)); with this particular fairy seemingly at complete Peace during her “transition” – reminding me of the Truth that death need only be a negative when extinguishing a life lived without Purpose ...



“Are you reveling or swaying?” ~ Heleana

Reveling must be conscious and Purpose-full **and** adamant to truly BE ... To merely “sway” with circumstance and thereby only celebrate traditional “victories” of pleasure, wealth, comfort, or fellowship is to live a life as hollow as it is fleeting. To revel, on the other hand, is to know how priceless life is, to know that we have been given the power to ease suffering and add to Joy in the few moments we have been given, and then to go forth to act accordingly.

Flow and Joy live symbiotically.

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“The future and its way belongs to those who believe in the beauty of realizing their dreams now. Fulfill your dreams by daring to risk it all for them ...” ~ anonymous

First of all, any dream that can be realized on the very short term is per se a selfish dream, and any dream fulfilled primarily for self is always a dream that leads to either frustration (which enhances the desire to fulfill one’s next dream) or suffering (if what is longed for does indeed materialize, only to inevitably die, shift, be destroyed, be stolen, be dismantled, &/or fade away at some point thereafter) ... The Soul, on the other hand, dreams only one **Dream** – namely, to leap into Loving others, and thereby to become a potent source of Peace & Joy ... Such selfless dreams normally take longer to manifest (alone for the reason that they require “assistance” from the ones subsequently Cared for), and yet there are times when they manifest just as quickly as their self-centered cousins – namely, when the giver thereof is in pain (or exhausted – or ill – or angry – or saddened – or terrified) and yet chooses to **Love anyway** ...

These are the times when the Dream of the Soul blossoms fully; these are the times when we can truly full-fill our Dreams.

***If you cannot risk it all for a dream,
then your fear becomes what others see,
and then it is that fear then becomes both your dream –
... and your reality.***

Image 450 (Page 160a) ... This picture (which I call “Madonna with Child”) shows a computer-generated image (created by David Law) that reminds me of the Truth that every “Sacred Tome” is filled with much more of The Word than it is filled with mere words ...



“Go; let it be done for you according to your Faith.” ~ Jesus (Matthew 8:13)

While most readers (and almost all theologians) focus on the last word of this verse, the most important word therein is actually its first – “Go.” For Jesus did not say that all would be done according to the centurion’s mere mental “faith” (or intellectual belief or even verbal exclamations) in this scene from the Gospel of [Matthew](#), but rather that he must “Go” and *thereby* manifest the same – that he must act in order to be truly Faith-full – that he must (as the Quakers are so fond of saying) “pray with moving feet.” There can be no doubt that “Go” is a command that requires action; and when we look closely & humbly upon the teachings & the ministry of Jesus Christ, there can be no doubt that both “Faith” & “Belief” for Jesus were active verbs much more than they were passive states of being ... Indeed (in deed!), when we look to the many “healings” & “miracles” that Jesus performed throughout the Gospels, we can see a pattern steadily developing – a pattern that had him proclaiming over & over & over again that mere mental “faith” was not enough; that *action* was required in order to bring real Faith to life (and bring any subsequent healings to bear – see [Matthew 8:10-13](#), [Matthew 9:2](#), [Matthew 9:22](#), [Matthew 9:28-30](#), [Matthew 13:58](#), [Matthew 14:31](#), [Matthew 15:28](#), [Matthew 17:20](#), [Matthew 21:21](#), [Mark 2:5](#), [Mark 5:34](#), [Mark 9:23](#), [Mark 10:52](#), [Mark 11:22](#), [Luke 5:20](#), [Luke 7:9](#), [Luke 7:50](#), [Luke 8:48](#), [Luke 17:6](#), [Luke 17:18-19](#), & [Luke 18:42](#) et al) *and* that “Belief” for Jesus was an act as well (see [John 14:12](#) & [John 14:23-26](#) in direct conjunction [Mark 10:18](#), [John 5:41](#), [Matthew 18:3-4](#), [John 3:36](#), [John 3:18](#), [John 6:29](#), [John 7:38](#), [Mark 16:16](#) & [John 13:15-17](#) et al) ... And when we apply this Truth to this particular verse, the following extremely important implications come to light – namely, **A**) that Jesus did not heal or save anyone – that we are all capable of healing ourselves by actively & humbly bringing Peace &/or Joy to others (see [Matthew 20:28](#) + [John 13:15-17](#) et al) ... **B**) that we all carry God & Heaven both within us, and as such are the source of our own salvation (see [John 14:20](#) & [Luke 17:20-21](#) et al) ... **C**) that we can all Love just as purely as Jesus did (see [Matthew 22:37-40](#) & [John 14:12](#) et al) ... and **D**) that Loving perfectly (i.e. Loving the shunned, Loving the downtrodden, Loving the stranger, and Loving the enemy -- all as though they were members of one’s own Family) heals completely & manifests fully ... **Bonus Note:** Due to Emperor Augustus’ ban on heterosexual marriage for his centurions (a ban that lasted until 197 A.D.), it was probably not at all uncommon for homosexual partnerships to develop among Roman soldiers. And indeed, in this very passage ([Matthew 8:5-13](#), and also in [Luke 7:1-10](#)), we see Jesus actually being openly & non-judgmentally Kind to a Roman centurion while co-healing his *pais*, a Greek term (see Strong’s #3816) commonly understood in Jesus’ day to mean not “servant” but rather “younger, same-sex lover.” Indeed, the “servant” in question must have been more than the mere attendant that many conservative &/or homophobic Christians believe him to be, otherwise the far more prevalent Greek terms for that status (*diakoneo*, *diakonos* or *doulos* – Strong’s #1401 ... a la [Matthew 8:9](#)) would have been used to describe him herein. And it was just this type of Faith-full Kindness that Jesus was preaching throughout his three year ministry – a Kindness that was more done than said, a Kindness that was done openly & courageously, and a Kindness that was bold enough to challenge even the unjust religious conventions (in this case the staunch anti-homosexual Old Testament laws) of the day in order to *Love anyway*.

“And she wrote to him of Beauty – not the ‘beauty’ of a portrait or a flower, but the Beauty of knowing that, in this whirlwind we call life, our dreams never need hunger.” ~ anonymous

It is important to remember that we can only feed dreams with our actions, and that all actions automatically feed commensurate dreams ... As such, we are called not only to focus on dreams that are worthy (i.e. dreams that enhance Peace or intensify Joy), but that we are also called to engage actions that summon the same ... So how can we feed such worthy Dreams? Well, while the standard approach is to either “manifest” the same by mentally visualizing them or to “starve” our unworthy dreams (e.g. strive to defeat our addictions, strive to rediscover the past wounds causing current selfish behaviors, strive to re-connect with “past lives” and the “karmic retribution” tainting one’s present lifetime etc etc etc) until only worthy Dreams remain. Of course, as anyone with any honest sense of self-reflection will attest, both of these methods are ultimately destined for failure ... What does work – what does “feed” worthy Dreams and bring them ultimately into our reality, is to take one solid Faith-full leap towards the same every single morning. Follow through with that leap every afternoon & then again every evening. Then go to bed after giving thanks for being given yet another chance to leap boldly into yet another day ... Then rest well, after loudly & sincerely intending to leap again if allowed to wake to another day.

To long for a dream is to relegate it to mist.

“Just as every flower wilts and every youth bends to old age, every life-phase, every wisdom and even every virtue blooms in it's own time, and cannot last forever. At each fresh Life-Calling, the heart must be prepared to part ways with the old, in order to give that new beginning a fresh interconnection – one with resolution, one without sadness. Every such renewal has a pristine core that protects us and helps us to live. We should therefore give ample space to all that is new, and cling to nothing like we do to our home. The Divine Source of the Universe will never bind or constrict us, but rather always lifts us up, step by step, and ever widens our ways. Only the person who is ready to break ties and depart a time & place can break the paralyzing grasp of comfort & habit. It might even be that our final hours of life will allow us to live in youthful innocence once again. Either way, the Call to Life will never cease. Whereto then, my heart? Take leave of this place and be whole.” ~ Hermann Hesse

This quote is spot on in general, and yet is not necessarily fully True in regards more than a few of its specific components – Consider the following: **A)** The Heart is always steeped in the moment and always looking for fresh opportunities to spread radical Kindness. As such, it is **not** the Heart that must be prepared to part ways with the old, but rather the *mind* that must do so ... **B)** The “pristine core” of the Heart mentioned herein actually does not protect us at all – Indeed, the Heart knows that it is the times when we are suffering the most that its Love has the most potential for transformative Power. As such, while it cannot by its very nature seek out suffering, it most certainly does not selfishly look to protect its harbinger therefrom ... **C)** While it is true enough that “we should cling to nothing like we do to our home”, it is just as true that we should avoid clinging to home as well – that it is clinging to the familiarity and comfort of “home” that actually breeds our attachments to all other comforts and lends intensity to all other desires ... **D)** While it is also true that “only the person who is ready to break ties and depart a time & place can break the paralyzing grasp of comfort & habit”, it is just as true that we are not to abandon any place or person or situation until our service there has fully run its course. If there is Good to be done and Peace to be brought, it serves no one to leave that place of potential doing or bringing merely to preserve the pristinity of our personal detachment. If there is Good to be done or Peace to be brought, simply choose to remain fully detached while remaining fully present ... and **E)** While it is also true that “our final hours of life will allow us to live in youthful innocence once again”, it is just as true – and *far* more important – to realize that waiting for that penultimate moment to enliven that innocence is to suffer what many Masters have called “the wrath of God” – namely, the deathbed moment where we each realize with great clarity the failures we have wrought and the suffering we have engendered in the years before. And because the perception of time stretches towards the infinite during one’s final, conscious breath, it is Wise indeed to waste no time in commencing a Life of Love & Service as opposed to “living” one soaked in greed & fear.

Image 451 (Page 160a) ... These are six leaves from the “Synchronicity Tree” (mentioned at the bottom of page 563 herein) – symbolizing the Truth that it is ludicrous to believe that Love has anything to do with coincidence or fate or happenstance, for the simple reason that Love is one of the few constants in any conscious Life. Love is always there and Love is always available – We might not see it or we might choose to avoid enlivening it, and yet if we lack Love, it is always on us, not on luck or Love ...



“The story was about a tree giving its trunk for a boat and its branches for a house. At the end, the tree got something too. The boy gave her the opportunity to Love.” ~ Alexis (age 9)

Giving become Receiving when the Giver is Awake ...
 Receiving is Gift to the Giver when the Receiver is Awake ...
 Receiving & Giving become each other when both are Awake.

Love is the truly caring man’s only gift.

“Material things are not gifts, but rather apologies for gifts. The only true Gift is a portion of thyself ... One of the beautiful compensations of life is that no man can sincerely give to another without simultaneously helping to free his Self ... There is nothing stronger than such gentleness.” ~ unknown

This statement is not exactly true – for material things are indeed Gifts when they are difficult to give &/or when they are given from a place of lack (i.e. when self-sacrifice is a requisite to their giving) ... If we see the innate reciprocity that comes from Giving selflessly as a “compensation” for our Giving then we are not really Giving selflessly at all -- and as such cannot receive said reciprocity. And as a final aside, gentleness in & of itself is not the strongest of human responses – for in reality there is nothing stronger than gentleness that is boldly yet humbly *given to the non-gentle*. That is the gentleness that requires the greatest of all human Strength, and it is this gentleness & this gentleness alone that transforms enemy into ally, and brings harmony from the depths of discord.

*Laughter is pure reverie –
and humility the greatest offering.*

“You don't want to approach Nirvana too rapidly.” ~ Barry DeVine
“Well, you always see it coming in time to slow down.” ~ Scaughdt

Actually, upon deeper reflection, both of these statements are false, and dramatically so – the former for assuming that Nirvana is a destination that requires a journey thereto (when entrance into the same is always an instantaneous awakening into the Here&Now, never a drawn out trek to somewhere elsewhere), and the latter for intimating that one must attain enlightenment smoothly and deliberately, when in fact Enlightenment can only come from an act selfless Love that can only be accurately described as wholeheartedly “reckless” ... In this sense, we cannot “approach” Nirvana (or Heaven, or Paradise, or Olympus, any other form of Bliss – spiritual or psychological or otherwise). Indeed, to merely approach it – to merely ease in its general direction – is never to arrive there at all. Even better, if you are ever in a position when you can “see” Nirvana (i.e. if you are ever aware of the selfless deeds that form the gateway thereto in any given moment) then you are inherently only one small choice (and then one bold leap) away from immersing yourself therein.

It is impossible to die in this moment.

Image 452 (Page 160b - top right) ... This is a picture of a black bat on an orange background – symbolizing the Truth that profound Peace can only come to those who are able to fully embrace change – can only come to those who choose to Faith-fully abandon all want & desire in order to freely & spontaneously immerse themselves in whatever opportunities arise to serve one’s community, to bring Peace to one’s surroundings, &/or to bring Joy to those nearest by ...



*“A Harvest of Righteousness is sown in peace
for those who make Peace.” ~ James (James 3:18)*

Essentially – and most importantly – this verse **first** & foremost reminds us all of the Truth that peaceful ends require Peace-full means; that we cannot ever attain Peace using force or violence, and that we cannot ever attain Harmony using conflict or condemnation ... **Second**, in full alignment with the over-arching theology of its author, **James 3:18** reminds us that Peace – like Love & Faith & Belief – is a verb; that it must be actively & courageously effectuated in order to BE at all ... **Third**, the phrase “**for those who make Peace**” implies another important Truth – namely, the Truth that while Peace cannot come from using violence means, Peace can only profoundly arrive when manifested during times of violence or conflict ... **Fourth**, the Greek language of the ancient manuscripts provide a measure of intrigue as well – with “**peace**” actually being the Greek word *eirene*, a word which means “peace of mind” or “contentment of being” (not the absence of war or strife – see Strong’s #1515), “**righteousness**” actually being the Greek word *dikaiosynes*, a word which means “justice” (not piousness or holiness – see Strong’s #1343), and with “**harvest**” actually being the Greek word *karpos*, a word which means “fruit” (see Strong’s #2590). As such, what this verse is actually telling us is that “those whose gentle actions bring contentment to their enemies will bear the fruit of justice and reap the fruit of peace.” For in Truth, the making of Peace *is* the sowing of Peace, and the sowing of Peace *is* the harvesting thereof. All are One & all come to fruition in the moment of their making.

“If I never met you, I would have dreamed you into Being.” ~ Sebastian Chantoix

If speaking of a Soulmate, then this statement is the height of ignorance – for everyone we meet contains the essence of the same, and dreaming the same into being means soaking in a selfishness that precludes the manifestation thereof ... Indeed, we can only attract &/or manifest in accordance with our underlying intentions. Manifesting wealth for ourselves will only succeed in bringing forth an abundance as superficial as it is fleeting. Likewise, manifesting “love” for self can only call one with the same selfish yearnings ... In Truth, we can only perceive the people, places, beings & happenstances that resonate with our current desires &/or states of mind. This means that we can indeed “dream another into being”, and that we will indeed perceive him or her once our focus has turned thereto – *and yet* in doing so we preclude ourselves from noticing all the Beauty-full Ones nearby who have been with us all along.

*Everyone we meet is summoned from within our Selves –
and cradles our own Way in their Hearts.*

*Reality is allWays
much more than we “know”,
and allWays
exactly what we Feel.*

Actually, the perception of our Reality is never what we “know” (this is mere arrogance) and always partially what we feel (an offshoot of innate humility) ... Focusing on the latter more than the former allows for the gentleness required to realize that we will never ever concretely know anything about the full majesty of Reality – and that this is quite the very Good Thing; for not knowing the same with certainty means that every conscious deed done in life requires at least a small leap into the unknown – at least a small step into the face of fear – at least a small measure of Faith. And each measure of such Faith imbues its subsequently correlated act with a commensurate amount of potency.

Image 453 (Page 160b - bottom middle) ... This picture (which I call “A Child’s Angel”) shows a small statue found in the western corner of the Alexzanna Labyrinth’s “Gift Garden,” reminding me of the Truth that gifts of well-wishings & prayers for safety & abundance are all fine & good, and yet the only Gift truly worth Giving – the only Gift that always brings far more than it hopes or promises – is the Giving of our Peace-full Presence ...



“When there is silence, one finds Peace ... When there is silence, one finds the anchor of the Universe within his self.” ~ Lao Tsu (*Tao Te Ching* #37)

Silence comes either from passive meditation (a form of premature death, and essentially a wasted moment of living), *or* Silence comes like Zen satori; doing so fully &/or serving so selflessly that all thought melts into the doing &/or the serving ... The former is the trap of all those well-intended; the latter is their liberation therefrom ... Note as well that we cannot find or know or even feel “the Anchor of the Universe” – we can only actualize the same, and experience the same during the same.

*GOD booms Its Truth
in every silence, smile and whisper.*

“The absolute Integrity of an artist’s life lifts a man above the level of the world without delivering him from it.” ~ Thomas Merton

This might very well be true for an artist, and yet it is most certainly **NOT** true for a Human Being. For the absolute Integrity of the Human Being’s living must lift him or her above the ego’s desires for safety & comfort – and it must do so by immersing him or herself fully into the level of that most banal and those most mundane.

**Integrity is choosing
to immerse one's Self in the world
by pro-Acting “above” it.**

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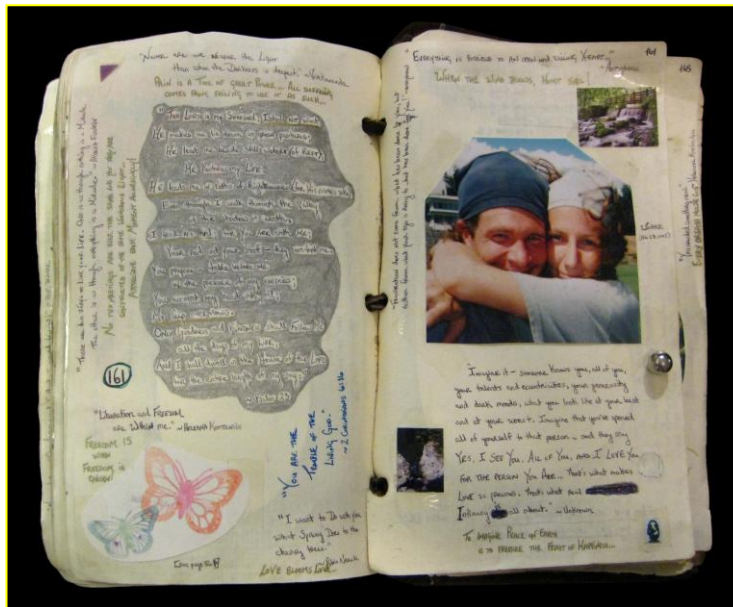


Image 454 (Page 161a - top left) ... This is a corner cut from a Gift card received while traveling, important because of its color – a combination of orange & magenta, representing the Power-full union of active creativity with the Highest Good; integrating the Truth of unconditional Love with deeds of self-sacrificial Kindness ...



“Never are we nearer to the Light than when the darkness is deepest.” ~ Vivekananda

It is important to remember that – while we are closest to the Light when mired in deepest darkness – we cannot attain that closeness by purposefully generating shadow in our lives, and we most certainly cannot help others to get closer to the Light by purposefully bringing darkness into their lives either. To do either of these things is not to get closer to the Edge of Darkness or to get closer to crossing into the Light of Liberation, but rather is to actually expand the size of one’s darkness while remaining exactly as lost as before. When the darkness of pain or frustration (or abuse or oppression or poverty or anger or sadness or despair or fatigue) comes to us of its own accord, then in those moments we are literally on the cusp of Freedom – for in those moments all it takes is one act of selfless Love for another to shed all shadow and enter the Bliss of the Light. And yet, if we are the ones choosing to generate any of those aforementioned discomforts – if we are the ones purposefully generating the Darkness in our lives or the lives of others – if we are the ones creating the Shadow in order to use the same for our own potential Bliss, then we will never know the same. For to create Darkness for purposeful benefit &/or even to create Darkness in the lives of others that they might use the same to liberate themselves is wrong action through & through ... Darkness is always expanded by such selfishness & such hubris, and Illumination always recedes into the distance as a result.

**Pain is a tool of great power ...
All suffering comes from failing to use it as such.**

“There are two ways to live your life: One is as though nothing is a Miracle ...
The other is as though everything is a Miracle.” ~ Albert Einstein

The key word in this quote is “live” – for it is not enough for us to merely notice the miracles that surround us, we must immerse ourselves accordingly therein; it is not enough for us to see Life itself as the wondrous miracle it indeed is, we must actively & reverently & humbly & blatantly & crazily cherish every moment of that Life in alignment with that realization ... In a similar sense, science is a bane to us – at least to the degree that science leads us to believe that everything in life is explainable or has already been explained; that everything is ultimately able to be dissected and labeled and categorized and “understood,” and thus that everything ultimately is destined to become rational or dry or cold or black&white -- either therein or at the latest thereafter. On the other hand, science is a blessing – at least to the degree that it helps us be amazed at Life; helps us to See the fact that everything is indeed a Miracle (not a “miracle” as in “divinely ordained” or “celestially pre-conceived”, but rather a Miracle as in ineffable – beyond explanation & beyond clarification & beyond comparison & beyond any full knowing thereof). Indeed, it is science that raises more questions than it answers; science that shows us that everything is indeed a Miracle – imbued with an overwhelming sense of Wonderment, and inspiring an overwhelming sense of Gratitude.

*No two meetings are ever the same,
and yet all represent identical, equally wondrous Light ...
Appreciate each moment accordingly.*

“The Lord is my shepherd; I shall not want. He makes me lie down in green pastures; He leads me beside still waters (of rest); He restores my life. He leads me in Paths of Righteousness (for His name’s sake). Even though I walk through the Valley of the Shadow of Death, I fear no evil -- for He is with me ... His rod and staff – they comfort me. He prepares a table before me in the presence of my enemies; He anoints my head with oil ... My cup [of service] overflows. Only goodness and kindness shall follow me all the days of my life, and I shall dwell in the House of the Lord forever.” ~ unknown (Psalm 23)

First & foremost, realize that there are two primary perspectives from which to choose whenever reading Old Testament scripture – the **first** being the “unway” of the Pharisees (the traditional, conservative, highly judgmental lens used by the hyper-critical and ostensibly arrogant religions leaders of Jesus’ day – and the way used by the vast majority of Christians to this very day) and the **second** being The Way of Jesus Christ (the blatantly heretical, highly revolutionary lens applied to the Scriptures by Jesus himself during his ministry – and the Way devoutly followed by all those abiding in his teachings today) ... Using the former, this Psalm speaks of a personal godhead who resides somewhere “up above;” one who “looks down” upon our failings with an air of condescension & upon our frustrations with an air of capriciousness. Even though this particular Psalm speaks kindly of this “Divine Despot”, a celestial tyrant He remains – guiding us and controlling us and judging us while He does so. He is an arrogant God who demands subservience, and He is a petty God who demands worshipful reverence; not in any way like the “heavenly Father” of Jesus Christ – a Father who as the reflection of perfect Love (Matthew 5:48), the purveyor of limitless Grace (Luke 6:36), and a Father who knows nothing of either judgment (John 5:22) or condemnation (Matthew 18:21-22 + 1 John 4:18) ... **Note** that Jesus agreed that his Father was a “shepherd” of sorts – and yet the moral guidance provided by His essence came *from within* us (John 14:20-26). ... **Note** as well that Jesus too knew that we need “not want” for anything, but not because God would provide for our petty needs, but rather because those who chose to embody the Truth of his Life no longer needed such things. The Way is a Life lived *for others* – a life of intentional self-sacrifice – a life that only desires for others to have *their* burdens lessened and *their* Joys magnified. And this is why those who “follow” him (i.e. those who emulate his Way of selfless Love – see John 14:12) want for nothing – this is why they receive everything they desire when praying “in his name” (John 14:13-14 et al); for the simple reason that to pray in Jesus’ name means to pray for opportunities to serve *others*, and such opportunities are always available to those seeking the same ... **Note** too that – for Jesus at least – God leads us to “green pastures” not that we might rest there, but rather that we might feed others therewith; leads us “beside still waters” not to refresh ourselves, but rather to give sustenance to others thirsting nearby (Matthew 25:35-40). For this is the only way to walk a “path of righteousness” – this is the only way to earnestly live “for His name’s sake” – this is why there is no more fear, even though we might “walk through the valley of the shadow of death” (Hebrews 2:14-15 + John 14:1-6). For the life lived for others is the life lived from Love, and there can be no fear in Love’s presence. For where Love is enlivened with purpose, fear has no choice but to recede (1 John 4:18). Indeed, this is why “He prepares a table for me in the presence of my enemies” – for the simple reason that *we* are the ones setting that table; for the simple reason that *we* are the ones who have been called to feed our enemies therewith (Matthew 5:43-48). And this is why He “anoints our heads with oil” – not to be rewarded in the Hereafter (John 6:15 + Matthew 4:1:10 + Matthew 20:23), but rather to call us to a life of self-sacrifice; to call us to “die daily” for others (Matthew 16:24) and thereby have a “cup that overflows” with the wine of unconditional Love (John 2:3-10). This is why “Goodness and kindness follow us all the days of our lives” – because our lives consist of bringing goodness and kindness to everyone we encounter.

“Liberation and freedom are both found within.” ~ Heleana B. Kontoudios

Actually, liberation is *felt* within while it is being enlivened without. In other words, it is not possible to *find* liberation or freedom while searching within for the same. Indeed, it is searching for self that is always our deepest confinement, and as such searching for our own liberation therefrom only makes the walls of our ego-prison that much thicker; its bars that much more difficult to bend, and its door that much harder to pry open ... What *is* found within is the impetus to **stop searching** there; what *is* found within is the will to stop searching for self and to start Caring for others ... And this is – quite ironically – the only key that fits in the lock on the ego’s terrible tower of selfish isolation & superficial despair; this is the only way to know liberation from self-centeredness, and thereby rediscover the true freedom of the Soul – a Soul that only knows Love for others.

Freedom IS when Freedom is chosen.

Image 455 (Page 161a - bottom left) ... This picture shows two butterflies, their colors & their flight paths eerily resembling those of the dragonflies in Heleana's tattoo (see [pages 56a & 138a](#)) – reminding me of the Truth that there are millions of ways to Serve others: that it is not necessary to be courageously creative in order to be Purpose-fully honest – and vice versa ...



“You are the Temple of the Living God.” ~ Paul (2 Corinthians 6:16)

This verse is short in word and yet long in Meaning, for Paul did indeed believe that we were but the vessels that carried the Divine Essence – vessels that were & remain inherently sinful (see [Romans 3:23](#), [Romans 8:8](#), [1 Corinthians 6:9-10](#), [1 Corinthians 15:56](#) et al), and bodily vessels that are so impure they need liberation from an external, celestial source (see [Romans 7:4](#), [1 Corinthians 2:11](#), [2 Corinthians 1:10](#), [1 Corinthians 15:23-25](#), [2 Corinthians 9:10-11](#), [Philippians 4:6](#) & [Philippians 4:19](#) et al) ... Jesus, of course, had a very different take on humans & humanity – an opposite take, no less. For Jesus believed that our True Selves were not the crude vessels that carried us (our bodies) or the crude identities that keep us shackled by lust &/or fear, but rather that we are all innately Children of God – that our selflessly Loving Souls are who we truly are (see [John 14:20-26](#), [Matthew 18:3-4](#), [John 15:26](#), [John 14:12](#) et al) and that our mission in this lifetime is to re-enliven the same (see [Matthew 22:37-40](#), [Matthew 7:21-24](#), [Matthew 24:12-14](#), [John 13:15-17](#) et al) ... So Jesus would read this verse from Paul and say not that we are the Temple of God, but rather that our “Temples” encapsulate who we truly *are* – namely, Children of God – directly interconnected facets of the Divine – agents of The One – actual Sons & Daughters of the heavenly Father who resides simultaneously within and all around us ([Luke 17:20-21](#)).

“I want to do with you what Spring does to the cherry trees.” ~ Pablo Neruda

We are here to inspire others to bloom – not to judge them for not blooming or to force them to bloom differently than they have been Called to bloom ... We are here first & foremost to reawaken to the selfless notions of our own True Selves, and then with that awakening – to go forth and Care & Love % Tend & Serve others; without fear and without judgment and without thought or wish for recompense. And this is how we inspire others – this is how we call to them – this is how we literally re-mind them of who they truly are as well – this is how can we do with them what Spring does to cherry trees. We Love them openly & we Love them humbly & we Love them actively & we Love them unconditionally ... We Love them while they are being Kind to us and we Love them while they are attacking us ... We Love them while they are happy and we especially Love them when they are angry or downtrodden or afraid or in despair. After all, Nature inspires cherry trees to blossom not in the summer when all is warm and comfortable, but rather in the wild and still cold vestiges of early Spring – when all is still in doubt, and Winter still threatens to remain.

Love blooms Love.

“Everything is possible to an open and willing Heart.” ~ anonymous

It is not clear whether *everything* is actually possible to an open Heart, and yet it *is* indeed True that everything of any real Worth (i.e. any deed that can in any way bring Peace or enhance Joy) is indeed made possible only when one’s Heart is humbly & courageously open – **and** he or she is acting accordingly.

When the wind blows, hoist sail.

Image 456 (Page 161b - top right) ... This picture shows a bridge over a waterfall – symbolizing the Truth that the most Peace-full Path is often over & away from turbulence – especially rapids that clearly refuse to be soothed ...



“Frustration does not come from what has been done *to* you, but rather from what your own ego is doing to what has been done *for* you.” ~ anonymous

This statement is indeed on its face quite true. And ironically, the times when we are most frustrated (or most afraid, or most angered, or most saddened) are actually the times when Life is actually blessing us with by far the greatest potential emPowerment – remembering the Reality that the most difficult deeds to do are indeed always the most potent once done. And choosing to accept this Truth in & of itself instantly destroys all frustration and instantly replaces the same with Gratitude coupled with an almost insatiably compelling desire to reach out into one’s surroundings to Love anyway ... So choose to See fatigue for what it is – a sign not that we have “overextended ourselves”, but rather a sign that we are over-focusing *on* ourselves ... And choose to See annoyance for what it is – not as a sign that others are “leeching our energy”, but rather as a sign that we are giving those same people far too little of the same ... And choose to See sadness for what it is – a sign not that there are things amiss in our lives that need improving or correcting, but rather as sign that we are overlooking the many omnipresent Blessings in Life that are beyond improvement or correction ... And choose to See anger for what it is as well – a sign not that defenses need to be raised against an enemy, but rather as sign that an “enemy” is indeed nearby, in dramatic need of our Love.

Image 457 (Page 161b - main image) ... This picture shows Heleana & my Self during our trip to Maui in February of 2005; a picture that reminds me of the Truth that as long as we do not desire for Love to return to us, it returns to us even when it is not being returned ...



Image 458 (Page 161b - bottom left) ... This picture shows one of my favorite spots in the whole world; overlooking the white waters cascading through the canyon below Christine Falls (Mt. Rainier National Park, Washington) – reminding me of the Truth that even though we need no Peace-full places to come to a sense of real Peace, a sense of real Peace is indeed readily found in Peace-full places...



“Imagine it – someone Knows you, all of you; your talents and eccentricities, your generosity and dark moods, what you look like at your best and at your worst. Imagine that you’ve opened all of your Self to that person ... and they say, ‘Yes, I See you – all of you – and I Love you for the person you Are.’ That’s what makes Love so precious. That’s what real Intimacy is all about.” ~ unknown

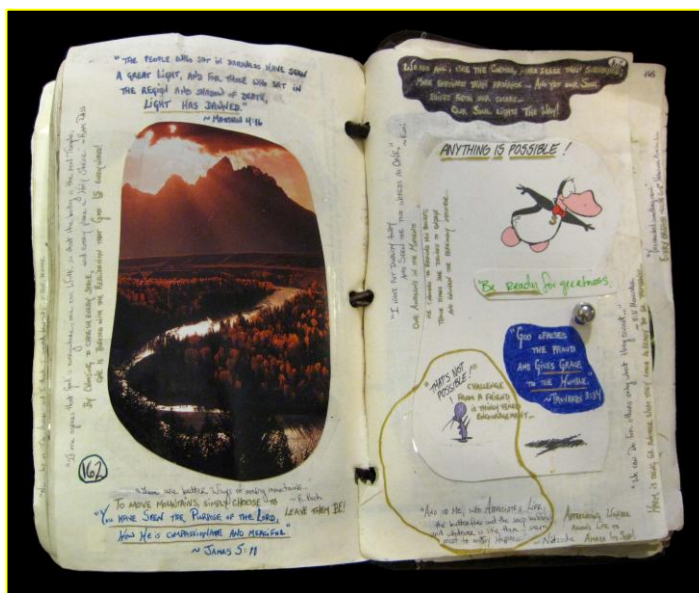
Actually, it is not for us to imagine such a person in our lives, much less seek out or manifest the same ... Rather, it is for us to *become* this person in the life of every other person we encounter – especially those strangers who frighten us, and especially those associates who annoy us, and especially those friends &/or family members who abandon us, and especially those enemies who attack us or denigrate us or slander us ... We have been Called – nay, we have been blessed with the privilege – to See past their words and their beliefs and their behaviors; to See who they truly are; to Care for them without want or worry; to Love them without hope or expectation ... For *that*, my dear Friends, is what real Intimacy is all about.

***To imagine Peace on Earth
is to prepare a feast of Happiness ...
To act accordingly
is to sit with friends and partake.***

Image 459 (Page 161b - bottom right) ... This picture shows an African “Unity” sculpture – symbolizing the Truth that we are One with all others regardless of whether they are acting accordingly, and regardless of whether we have chosen to See the same ...



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“The people who sat in darkness have Seen a great Light. And for those who sat in the region of death, Light has also dawned.”~ Jesus (Matthew 4:16)

First of all, as is so often the case with the Gospel of Matthew, this verse is a direct allusion to (and almost a direct quote from) the Old Testament Scriptures – in this case Isaiah 9:2 (“The people who walked in darkness have seen a great light. Those who lived in a land of deep darkness -- on them light has shined.”) This is important for the reason that the Gospels – and especially the Gospel of Matthew – show Jesus repeatedly and flagrantly amending (and in many cases actually abolishing – see page 427 herein) the Old Testament laws that were still in effect in his day ... And this Truth is made even more clear when we look to the very next verse; a verse which reads “From that time Jesus began to proclaim, ‘Repent, for the Kingdom of Heaven is already at hand’” (Matthew 4:17) – a verse which laid the groundwork for his entire ministry, with “repent” actually being the Greek word *metanoeo*, a word that meant not “self-criticize” or “admit fault” but rather “completely alter one’s lifestyle” (see Strong’s #3340), in this case moving away from self-centered behaviors (behaviors easily justified by strict applications of an outdated & hyper-critical religious law) and towards a selfless Way of Being that chose to humbly seek out and actively Care for everyone – especially enemies & outcasts (see Matthew 5:17-18 -- where “fulfill” was actually the Hebrew word *pleroo*, a word that meant not “blindly support” but rather “to make complete”, and Matthew 7:21-24, Matthew 18:3-4, John 13:15-17, Matthew 5:43-48, Matthew 21:35-40 et al) ... Note as well that “Light” for Jesus was actually a symbolic reference to the mental awakening to the correctness of his Way, coupled with a spiritual awakening to the practical Truth of selfless Love (see Matthew 5:16, Luke 11:34-35, John 1:4-5, John 12:35-37, John 14:12, John 8:12 + John 14:20-26 et al). “Light” is also the liberation from darkness; the darkness that was composed of lust inspired by fear – especially the fear of death (see Hebrews 2:14-15) ... True, the Christian church (founded upon the theological inanities of Paul) tried to combat this fear by combating death – by creating an eternal Heaven in the Hereafter for those who proved themselves worthy of the same (see Romans 5:21, Romans 11:21-22, Romans 14:10-12, 1 Corinthians 4:4, 1 Corinthians 5:13, 1 Corinthians 11:32, 2 Corinthians 4:4, 1 Thessalonians 1:10 et al); a theology that always will bear the Bad Fruit of sadness, division, oppression, condemnation, despair, and – worst of all – an intensification of the very fear that caused such trouble in the first place. And all of this exists to this day in direct opposition to The Way of Christ (see Mark 10:18, John 5:22, Luke 17:20-21, John 14:20 et al); a Way of Living that combats fear in this lifetime, by usurping that fear via radical acts of selfless Love (see Matthew 5:48 + 1 John 4:18 + John 13:15-17 et al) ... And this is why those “who sat in the region of death” are specifically mentioned, for it is these people (those who are in great pain, or great fear, or great despair, or very near their actual demise) who are most susceptible to awakening to the Truth of The Way. And this is why we have been Called to “repent” – to turn from our arrogance & our selfishness in order that we might Love others fully, and thereby “give light to those who sit in darkness and in the shadow of death, to guide their feet into the Way of Peace” (Luke 1:79).

Image 460 (Page 162a) ... This picture shows the Snake River meandering past the Grand Tetons mountain range – symbolizing the Truth that the greatest amount of Peace always comes from the least amount of strife; that water carves the deepest canyons without struggle or discord – just as Love opens the most hardened of Hearts without needing to force or fight ...



“When one agrees that God is everywhere, one can walk so that the body is the real Temple, and every place a Holy Shrine.” ~ Ram Dass

Actually, this is true not so much when we see that God is everywhere around us, but rather when we choose to remember that God is always alive *within us* (or better stated, that we have the capability to act as fully viable *agents* of God’s perfectly selfless Love) – in all those moments we choose to remember the same while noticing the places where God no longer resides (i.e. wherever there is sadness or anger or fear), and in all those moments we choose to remember the same while going forth to actively bring God’s Love back to those who are suffering from a lack thereof ... And this is how we “tend the Temple” – not by eating right or getting good sleep or receiving massages or getting regular medical checkups or routinely exercising – but rather by using our Temple to enliven its primary Purpose: namely, *to Care* for those in need of Caring, *to Love* those in need of Love, *to Inspire* those in need of inspiration, *to Give* to those have little and *to Serve* those who have less.

***By choosing to cherish every space,
one is blessed with the realization
that God IS (literally) everywhere.***

“There are better ways of moving mountains.” ~ Richard Bach

Actually, the only Good Way to move a mountain is to leave it exactly where it has already decided to be ... The Serenity Prayer is right in relation to our everyday choices and it is right in our dealings with others, and it is Right in the way we choose to Love. We are to change the manifestations of pain &/or discord in our lives that we can change, we are to detach from the manifestations of pain &/or discord in our lives that we cannot change, and we are to regularly refresh our inner Clarity -- that we might know the difference between the two ... When confronted by a “mountain” in our path, the solution is not to move it according to our own will (i.e. for our own ease or benefit), but rather the solution is to immerse ourselves *in* the mountain – to find the smoothest path to its summit – to walk that path and beautify it along the way – to then return to show others the same and accompany them on their climb upon the same trail ... Indeed, the only way to effectively “move” the “mountains” in our lives is to realize that they are not blocking our way; they *are* our Way ... As such, don’t move them – *embrace them!*

***To move mountains,
simply choose to leave them where they are –
After all, it is you who put them there in the first place.***

***“You have seen the Purpose of the Lord;
how He is compassionate and merciful.” ~ James (James 5:11)***

“James the Just” (one of Jesus’ most trusted disciples – see Gospel of Thomas 12) knew what Jesus knew and preached what Jesus preached – namely, that it was works steeped in courage that formed the essence of any Faith; that we were not to engage Good Deeds because we were certain of receiving any reward therefrom, but rather were to Care for others solely because they were suffering and needed their burdens eased. And James knew that it was this same purity of intention that gave Love its purity and its Power – healing those to whom it was given, inspiring those who were blessed to witness it being giving, and granting access to “the Kingdom of Heaven” to all those humble enough to do that self-sacrificial Giving (see Matthew 18:3-4, John 13:15-17, Matthew 16:24 et al) ... Those who wish to fully comprehend The Way of Christ would do well to remember that God is the perfect enlivenment of a perfect Love (Matthew 5:48) – a Love that knows neither fear nor punishment (1 John 4:18) – a God of limitless Mercy (Luke 6:36), endless Grace (John 5:22), and perpetual Forgiveness (Matthew 18:21-22) ... And as such it is not that God’s mercy is his primary Purpose, but rather that Compassion & Mercy are his innate characteristics – that they are in essence His *only* Purpose; to bless others with them “from above” (actually “from within” – see John 14:20-26) and to inspire us all to go forth and *act accordingly* (see Matthew 5:43-48, Matthew 7:21-24, Matthew 25:35-40 & Matthew 28:20 et al).

***We are all, just like the Cosmos,
more space than substance; more emptiness than radiance –
And yet our Soul shines forth our true colors ...
It is our Soul that lights the Way.***

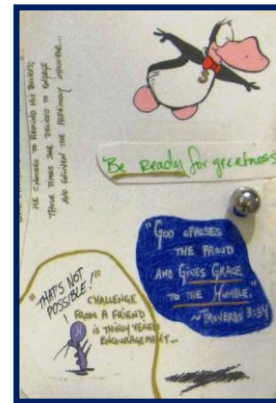
What little actual substance we are is all that matters ... Our form might indeed be mostly illusory – we might indeed be composed primarily of nothingness. And the majority of Reality might well be far beyond our ability to objectively perceive – and yet *we can* know that we live, and *we can* feel that reaching out to those in need is Good & Right, and *we can* choose to do that reaching out – especially when our illusory bodies least wish to do so, and especially towards the members of our mostly unseen surroundings deemed “least deserving” of the same.

“I have put duality away and Seen my two worlds as One.” ~ Rumi

We are taught that there is good and there is bad, and yet there is really only the IS – and what we choose to do with the same; whether we choose to make the “bad” worse (by reacting to it out of fearful self-defense or fearful flight) – or whether we choose to make the “bad” empowering (by choosing to reach out to others in those moments we are least inclined to do so – when we are tired or in pain or ill or injured or frightened or sad or angry or in despair); whether we choose to make the “good” meaningless (by “living it up” with hollow pleasures &/or tempting others around us to do the same) – or whether we choose to make the Good more than better (by sharing our good fortune with all nearby in need).

***One awakens in those moments
he chooses to rescind his beliefs;
in those times she decides to engage & enLive
the previously deemed “impossible”.***

Image 461 (Page 162b) ... This portion of *The Brown Book* shows Opus flying over Milquetoast (the cockroach) – two characters from my favorite cartoon, “Bloom County” – symbolically demonstrating that the combination of willpower, courage, & determination always leads to Success; always and in all Ways ...



“Be ready for greatness” ~ Heleana B. Kontoudios

We can only ever realize our true Greatness in those moments we realize that we are all already truly Great – for we can always give to those in need, especially in those times when we lack or feel poor ... and we can always be kind to strangers, especially in those moments when we are fearful of them &/or have “more important things to do” ... and we can always openly forgive those who are trespassing against us, more with deed than with word, and especially those “enemies” who are least likely to reciprocate the same. For these and these alone are the choices that show our innate Goodness of Self; these and these alone are the choices that being real Success, these and these alone are the decisions that allow us to reawaken to who we really are – that allows us to be reborn as true Human(e) Beings. Indeed, these and these alone are the our only acts of real & true Greatness.

Everything is possible ...

“God opposes the proud and gives Grace to the humble.” ~ unknown (Proverbs 3:34)

First & foremost, it is important to remember that God – or at least the essence of God (at least as far as Jesus himself is concerned) – resides *within* each & every sentient being (see [John 14:20-26](#)), and that this is the only place where any judgment ever does or ever will take place (a Truth that reconciles the otherwise problematic juxtaposition of [John 5:22 + John 8:15 + John 12:47-48](#)) ... **Second**, note as well that Grace is not a gift given only to those who choose humility, but rather is a given (see [John 1:1-8+16](#)) – one that only those choosing to be humble can appreciate (see [Matthew 18:3-4](#) & [Matthew 23:12](#) et al) ... And how does God “oppose the proud” – how does God humble those who exalt themselves? Well, He (or better stated – “It”) starts with the inevitable destruction or loss of all to which they cling (see [Matthew 24:2](#) – “Truly I tell you, not one stone will be left here upon another; all will be thrown down”), and then moves to the entrenchment of all yearning and thus the entrenchment of the suffering that comes therefrom (see [Matthew 10:39](#), [Matthew 16:24](#) et al), moves on to the abject loss of all ability for selfish sinners to Love & thereby know the Bliss that comes from enlivening The Way of Christ (see [Matthew 19:11](#), [John 13:15-17](#), [Matthew 24:12-14](#) et al), and ends with the “wrath of God” that will indeed visit all those self-centered & superficial on their deathbeds (see [Matthew 24:36-44](#), [Matthew 25:1-13](#), [Luke 21:34-3](#), & [John 3:36 + John 14:12](#) et al) ... And how do we set this pure humility in motion? How do we preclude the internal Father from ensuring that we reap the painful consequences of our arrogance & our greed? Simply enough, by actively and boldly and repeatedly “becoming again as a very young child” (the Greek *paidion* in [Matthew 18:3-4](#), a word that means not “adolescent” or even “child” but rather means “very young child” – namely, the “infant” who appreciates the miracle of everything he see as though seeing it for the first time, and the “toddler” who cherishes everyone she encounters as though they were her long-lost Soulmates – se Strong’s #3813).

“That’s impossible!” ~ Paul of Tarsus (to the Spirit of Jesus)

Paul never saw Jesus in the flesh, he never heard Jesus preach, and as such he never even faintly comprehend Jesus’ Way of his Truth or his Life (contrast Paul’s highly erroneous self-made “gospel” about Jesus in [1 Corinthians 15:1-4](#) & [Romans 10:9](#) et al with Jesus’ own Gospel about The Way of selfless Love in [Matthew 10:7](#) & [Matthew 24:12-14](#) – also [Matthew 7:21-24](#), [Matthew 18:3-4](#), [Mark 10:18](#), [John 13:15-17](#), [Matthew 5:43-48](#), [Matthew 25:35-40](#) et al) ... And that is why Paul is the ego looking at acts of self-sacrificial Love and calling them “irresponsible” (when they are the only true Responsibility we have), and Paul is the ego looking at acts of self-sacrificial Love and calling them “dangerous” (when they are our only hope for anything resembling real Security of Self), and Paul is the ego looking at acts of self-sacrificial Love and calling them “masochistic” (when they are the only way to Care, and thus the only way to honor and enliven one’s True Self) ... And yet like the ego, Paul simply didn’t understand – he didn’t understand The Way of Christ because he refused to embolden the courage required to leap onto its willingly self-sacrificial Path. And what is never experienced cannot ever be truly understood. And as long as we choose self over other, and as long as we choose safety over service, and as long as we choose selfishness over self-sacrifice, then we too will go through life falsely believing the true LOVE is impossible – and it is we who will never know the sheer Bliss of Jesus’ “Kingdom of God” ([Luke 17:20-21](#)) or the sheer Joy of his “Kingdom of Heaven” ([Matthew 18:3-4](#)) as a result ... Paul tells us to be prudent and “give what we can” to those who have earned it, while Jesus’ tells us to Give even our last two pennies to those in need (see [Luke 21:1-4](#)) to those “least deserving” of the same (see [Luke 10:29-37](#)) ... Paul tells us to respect governmental authorities and obey the ruling elite, while Jesus tells us to subject ourselves only to the Will of God (see [Matthew 5:17-18](#) – where the Greek *pleroo* did not encourage us to obey the law but rather told us to transcend the same, [Matthew 8:22](#), [Matthew 12:8](#), [Matthew 15:11](#), [Matthew 17:27](#), [Matthew 22:21](#) et al) ... Paul tells us to “love” those who love us and to be kind to those who treat us with respect, whereas Jesus tells us to “Love the enemy”, to “turn the other cheek”, and to “pray for those who persecute” us (see [Matthew 5:38-48](#) et al) ... For *that* is what is truly possible for any Human being, and *that* is what we have all been Called to make real.

***Rejection from a friend
is merely encouragement from GOD, thinly veiled.***

“And to me, who appreciates life, the butterflies and the soap bubbles and whatever is like them seem most to enjoy happiness.” ~ Nietzsche

Seeking fulfillment in mere “happiness” is a path destined for despair ... Seeking fulfillment via the Bliss of acts Meaning-fully transcendent – acts that are seldom warm or fizzy or pleasurable or comfortable – is The Way to real & lasting Contentment. For butterflies enjoying the sunshine is pleasurable to witness, and yet it is butterflies struggling and persisting in leaving the cocoon that inspires; and soap bubbles floating on the calm are a soothing sight to see, and yet it is soap bubbles emerging twisted & warped from the soap dish – and then becoming perfectly round & whole – that inspires us to fulfill a similar resolve.

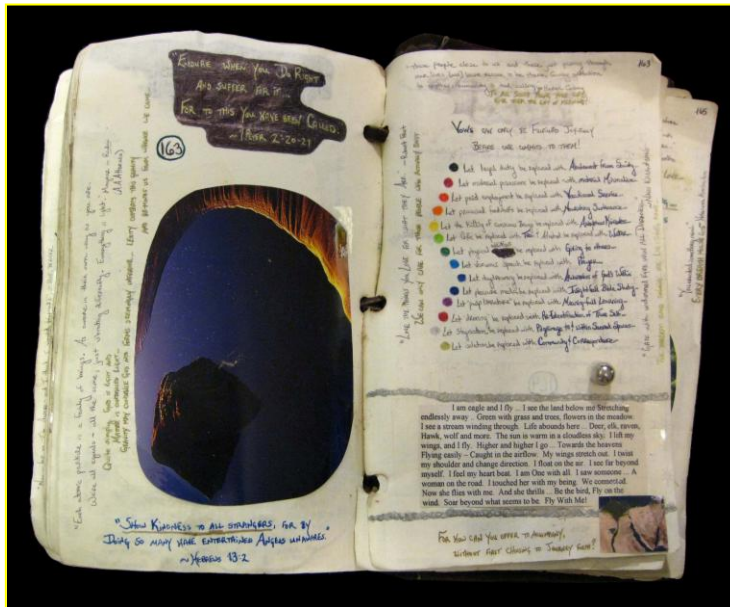
Appreciating wonder allows Life to amaze ItSelf.

“We can do for others only what they cannot Do for their selves.” ~ Bill Alexander

Yes, I admit that it is true that we can indeed often do for others what they could have done for themselves, and yet that is not what this quote is about. This quote is about **Doing** more than mere doing; about full-filling our lives as opposed to merely fulfilling certain tasks therein ... When we perform a seemingly important task for another – a task that would have been ground-breaking or transcendent had they done the same themselves, then we do them no favors. And this is true even when the other is seemingly struggling with the completion of the same – if for no other reason than to rob others of life’s difficult tasks it so rob them of the only tasks that can ever give their lives any real Meaning ... Yes, if we see another who is suffering mightily, it is always Right Action to lend assistance; always Right Action to seek to lessen their burdens and ease their pain. And yet if it even slightly appears as if the other has the means to transcend his or her current difficulties, it is Right Action to actually step back a bit and **not** fulfill the same for them, but rather to let them know we are there for them – while encouraging them to transcend their challenges themselves.

Harm is doing for another what they could already do themselves.

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“Endure when you do Right and yet suffer for it ... For to this you have been Called.” ~ unknown (1 Peter 2:20-21)

A few important points related to this verse – **First** of all, while it is indeed important to *persist* in Doing Right (i.e. Caring for others – especially when we feel least able to do so – see [Matthew 24:12-14](#); and especially for those “least deserving” of the same – see [Matthew 5:38-48](#)) the very selfless nature of Kindness means that we never need to emotionally “endure” while doing so. Indeed, enduring something traditionally implies that there is a degree of suffering involved – and suffering, as we now, can only exist when one is focusing on self as opposed to the other. Fortunately, the Greek word for “endure” here is *hypomeneite*, a word that does not imply said suffering at all, but rather simply means “to remain” or “to persist” (see Strong’s #5278). Accordingly, seeing as how truly Right Action is 100% focused on the other and 0% focused on the self, it is literally impossible to suffer while “Doing Right.” We can experience pain while doing so, of course, and yet we cannot *suffer* from the same. Indeed whatever pain or discomfort is felt during acts Rightness (i.e. selfless Caring &/or self-sacrificial Love) are actually seen as allies to the one engaged in the same; knowing as he or she does that acts of Kindness extended while in pain are exponentially more powerful (and therefore exponentially more Peace-enlivening) than acts of Love given in times of ease or pleasure ... And it is indeed to such bold acts of selfless Love that we have all been Called (see [Matthew 5:43-48](#) + [John 13:15-17](#) et al), for what Power is there in merely Caring for others who are being Kind to us? What transformation comes from being merely nice or friendly or polite or tactful to strangers? What transcendence is available when ignoring enemies or defending ourselves from them?

“Each atomic particle is a family of Beings; as aware in their own way as you are. We’re all equals – all the same; just vibrating differently. Everything is Light.” ~ A. A. Attanasio

The First Step is Seeing everything as Light, but that Seeing remains essentially meaningless in the grand scheme of things ... The Second Step is actually the all-important step for us humans – it is actually the only step worth taking and the only step that will bring Peace & Meaning to our Living ... And that Final Step is Seeing that everything & everyone is composed of the same Light – and then boldly *acting accordingly*.

Quite simply, GOD is radiant Light while matter is condensed Light. Gravity seems to condense GOD into varied forms seemingly “inferior”. It is levity that combats this gravity; re-minding us from whence we are born.

Image 462 (Page 163a) ... This picture shows a tidal pool composed of overlapping crescents amidst various hubs of light & shadow – symbolizing the Truth that no matter how often or how gravely we have sinned in the past – that no matter how many others we might have harmed or how deeply we might have harmed them – we can always Return to the Light; we can always choose to be Reborn anew; we can always choose to enliven who we have been since birth – can always choose to make Love our reason for Being, and to make Love the center of our lives ...



“Show kindness to all strangers, for by doing so many have entertained angels unawares.”

~ *unknown* (Hebrews 13:2)

While this verse does illuminate the Truth that there is Divinity innate to every sentient being -- and that there is Divinity at the Heart of every human interaction (even encounters as innocuous as passing stranger on the street, and even those as harsh as being attacked by a supposed “enemy”), this emphasis actually hinders its potency ... For we are not to treat strangers with Kindness because they are angels in disguise (a focus which implies that we are to treat them lovingly because **A**) they might do something Kind for us in return, or **B**) they are innately Good and thereby worthy of being conditionally “loved” as a result) ... No, we are actually Called to treat strangers as if they were angels while they are behaving otherwise and as if they are anything but (see [Matthew 5:43-48](#)). Indeed, our Kindness is most potent in those moments we are convinced that strangers are “dangerous” or “mean” or “dishonest” or even “evil”, and yet reach out to them with Caring Kindness anyway (see [Luke 6:27-36](#)) – not because they are potentially “angels in disguise”, but because they are probably *not* angels in drag; because they are simply human beings in obvious pain; because they are others just like us – albeit possibly more confused by greed and probably more befuddled by fear. In essence, we are to be Kind to them not because of their innate Divinity – but simply because they have obviously lost touch with the same, and we are the only ones in that moment who can bring them back thereto.

“Those people close to us and those just passing through our lives all have reason to be there. Giving attention to another’s Humanity is our common Calling.” ~ Karen Casey

This is not a call to predestination ... This is a call to honoring the privilege we have all been given since birth; the privilege – indeed the honor – of reaching out to others with willing acts of self-sacrificial Love; especially when “too tired” or “too busy” or “too weak” or “too ill or injured” to do so – and especially for those seemingly “least deserving” of the same.

To all Souls along your way, give them the gift of meaning – ... by choosing to See them.

“Love the things you Love for what they are.” ~ Robert Frost

Actually, it is far more important for us to Love others simply to Love them – not to Love them for what they innately are, or to Love them for what they are choosing to be, or to Love them for what they could become. We are to simply Love them – to remove all hope & all judgment & all motive & all expectation & all analysis – to remove everything that thinks about the other or wants (even for the other), and simply reach out to Love the same – as is, as was, and as very well might be.

***We can only care for those beings who actually exist –
for those who already Are.***

“Gaze with undimmed eyes upon all darkness.” ~ Nikos Kazantzakis

It is an all-important metaphor to realize that we must open our eyes wider when immersed in the shadows – that we must open our eyes wider when confronted by wickedness to see the Good man within; ... that we must open our eyes wider when confronted with manipulation to See the Good Women underneath the same; ... that we must open our eyes wider when confronted by corruption to See the Public Servant yearning to break free of the political ties that bind him; ... that we must open our eyes wider when confronted by aggression &/or violence to See the frightened child wishing above all else to stop killing for self or state and start Loving strangers like she did as a young child ... And indeed, it is the most important task of all for us to realize that we must open our Hearts just as wide to those most in need of the same – to understand that those living in darkness (and thus those exuding the same) are those we have been called to Love – and that we must purposefully open our eyes to both their needs and their latent majesty before we can leap boldly into Loving them; and thereby fully open our Hearts thereto.

The darkest cloud contains the same Life-giving rains.

“I am eagle and I fly ... I See the land below me stretching endlessly away; green with grass and tress and flowers in the meadow ... I see a stream ... Life abounds here. The Sun is warm in a cloudless sky as I lift my wings and fly. Higher and higher I soar – towards the heavens, flying easily ... I See far beyond myself. I am One with All ... I see someone – a woman on the road. I touch her with my being – We connect. Now she flies with me ...

Be the eagle – Fly on the wind – Soar beyond what seems to be.” ~ unknown

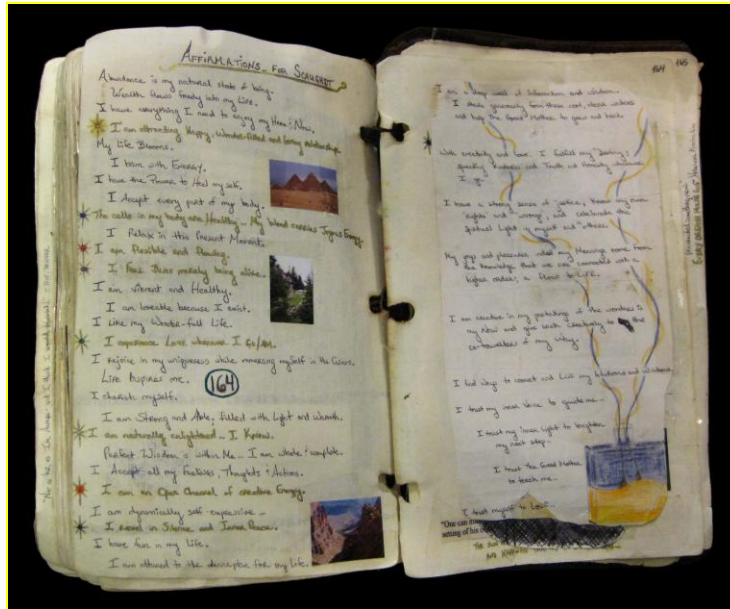
Whether we travel into the world abroad or remain closer to home, all encountered are worthy of Kindness; all met are worthy of Love ... And when we have the humility to realize this Truth – and the courage required to Love accordingly, then the LOVE we give thereafter awakens the Love of others when given – awakens those others to the exact same degree of purity it is offered them; and awakens

witnesses thereto in a radius directly proportionate to the difficulty – and thereby the Power – of that Giving.

***For how can you offer to accompany,
without first choosing to journey forth?***

Image 463 (Page 163b - bottom right) ... This picture shows the Sinai Peninsula as seen from space – reminding me of the Truth that there is life thriving in every desert, just as there is Love living on even the coldest of Hearts ...





“One can make a day of any size – and regulate the rising and the setting of his own Sun – and the brightness of Its shining.” ~ John Muir

Each day becomes large & full whenever we fill it with tasks designed to “enlarge” that day for others, the Sun rises upon such a day anew in each & every moment we set forth to Care at the expense of personal safety or comfort, and we shine the brightest therein when we let our Soul glow forth to warm the fears of those around us – we shine the brightest when we let our Love shine forth to brighten the darkest days of those nearby.

*The Sun is always shining,
and true Happiness thrives within every Heart.*

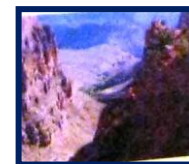
Image 464 (Page 164a - top right) ... This picture shows the Great Pyramids (Egypt) – reminding me of the Truth that reveling in the majesty of Life’s mysteries is far more important than deciphering the same – just as appreciating the Courage displayed by selfless acts of heroism is far more important than analyzing the motives behind the same...



Image 465 (Page 164a - center) ... This picture shows an alpine meadow in Mt. Rainier National Park (Washington) – reminding me of the Truth that just as visions of great Beauty need not be witnessed in order to BE, acts of selfless Love need not be accredited (i.e. can remain fully anonymous) in order to awaken or soothe ...



Image 466 (Page 164a - bottom right) ... This picture shows the Grand Canyon (Arizona) – reminding me of the Truth that it is far more important to clearly assess the “what” of our Here&Now than it is to analyze the “how” or the “why” that allowed the same to come into Being ...



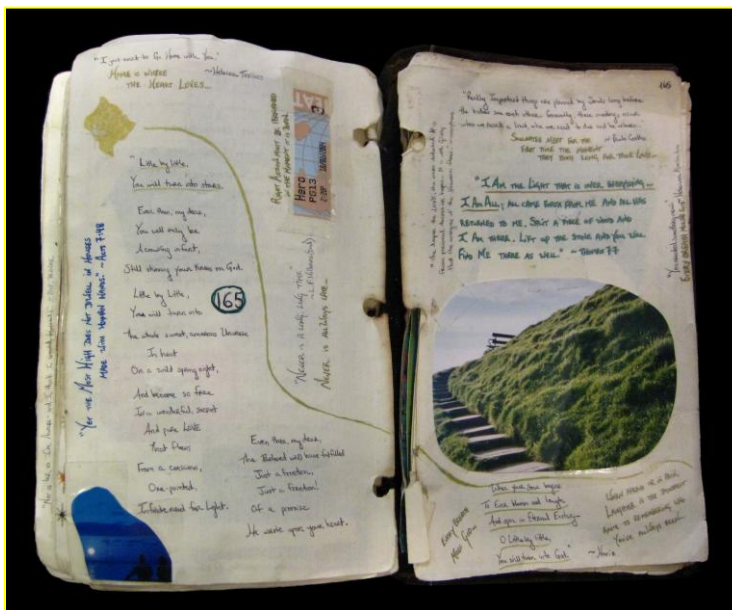
“I am a deep well of wisdom. I share generously from its cool, clear waters and help the Earth to grow and heal ... With creativity and Love, I fulfill my destiny: to spread the Truth of Kindness wherever I go ... I have a strong sense of Justice, know my personal 'rights' and 'wrongs', and celebrate the Spiritual Light in mySelf and others ... My joys and pleasures, indeed my life's many meanings, come from the deeper Knowledge that we are all connected with a Higher Order; a Flow of Life that is ultimately harmonious ... I am creative in my partaking of the wonders in my Here&Now and give back creatively to all co-travelers upon my way ... I find ways to live the Wisdoms embodied in my intuitions ... I trust my True Self to guide me, I trust my inner Light to brighten my next step, I trust God to steer me ever true – and I trust mySelf to allWays Love anyWay.” ~ anonymous

Sharing is the ultimate Wisdom ... Love is our only Destiny ... Kindness is our only Truth ... Justice comes only when we celebrate the Freedom of others ... Joy is only known while deeply interconnected with all and with everyone ... Creativity means little until we choose to Give creatively (i.e. anonymously, cryptically, surprisingly, and self-sacrificially) ... Intuition is as Wise (i.e. as selfless) as instinct is foolish (i.e. rationalized self-attending) ... Trusting the guidance of True Self and the illumination of Inner Light mean nothing until we Faith-fully set them both in motion – and the only way we can set them in motion is in a manner that harmonizes with their only Call – namely, the summons to inspire the many to return to The One. In essence, the only way we can set any of them in motion – Sharing or Kindness or Justice or Joy or Creativity or Intuition or the Soul of the True Self – is to Love.

Image 467 (Page 164b - bottom right) ... This picture shows Stonehenge (in southern England) – reminding me of the Truth that the “center of the world” (indeed the Center of the entire Universe) is different for each and every one of us, for the “center of the world” is always found at the center of each human Heart ...



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**Home is where the Heart loves ...
Right Action must be performed
in the moment It is re-born.**

a family member, and until we treat every enemy as a true Soulmate. And this is why Right Action must be performed to be re-Born – for until it is performed (as opposed to merely thought about or “understood” or discussed or even intended) we cannot know what it is to Love; until it is done, we cannot know what it is to Live; until it is enlivened, we cannot ever know that we are Home.

Whether we realize it or not, Home is wherever we happen to be ... That being said, we will not know that we are Home until we *act accordingly* – until we treat every passerby as a long-lost Friend, until we treat every stranger as

Image 468 (Page 165a - top right) ... This is my ticket stub from the first time I ever saw the movie “*Hero*” (see [page 50b](#)) – reminding me of the Truth that there is no real Love without selflessness, there is no real Right Action without serving the Greater Good, and there is no real Heroism without willing self-sacrifice ...



“Little by little, you will turn into stars. Even then, my dear, you will only be a crawling infant, still skinning your knees on God. Little by little, you will turn into the whole, sweet, amorous Universe – in heat on a wild Spring night – and become so free ... In a wonderful, secret, and pure Love that flows from a conscious, one-pointed, infinite need for Light. Even then, my dear, the Beloved will have fulfilled just a fraction of a promise He wrote upon your Heart. When your Soul begins to bloom and laugh and spin in eternal ecstasy, oh little by little, you will turn into God.” ~ Hafiz

Hafiz is speaking here of the common delusion that has been hoisted upon the consciousness of all humankind – namely, the delusion that awakening takes time; that enlightenment is “a process”; that we must invest in “personal growth” in order to one day “get better”, become better people, and “more fully understand” ... This is hogwash, of course; every last bit of it. For we do not turn into stars little by little – we are innately stars; made fully of stardust from start to finish; innately Aware of what it means to truly Love, and fully able from our very first self-aware breath to fully embody the same – without any time taken, without any process engaged, without any personal growth instigated, without learning anything new, and without even partially understanding what our Soul-Self is or that it indeed resides ever within us ... Will we “crawl again as an infant”? Yes, we will – not in the sense that we become mewling and clueless, but rather in the sense that we choose to fully awaken to the raw beauty that perpetually surrounds us – and the Joy that it is to be alive at all – and the Power we all have to make a significant difference in the lives of so many others; to relieve so much suffering and to add so much Joy ... For *this* is what allows us to instantaneously and fully meld into the Wholeness of the Universe that encapsulates us; *this* is what allows us to remember that we were never separate from its Glory in the first place; *this* is what allows us to blossom into the full embodiment of the very promise for which our idiotic ego seeks so needlessly – and so futilely ... For the ego seeks that which has always been there – and it seeks for its self, and thus cannot see what is already right there to be seen: namely, the Truth that our mission is not to “turn into God”, but rather to know that we are already an agent thereof; a Truth that can only be fully comprehended when we stop seeking to learn or to know or to understand or to get better – a Truth we can only truly understand when we *experience it* firsthand – a Truth that we can only deeply know while not knowing, and yet *acting accordingly* anyway.

***Every breath molds God ... When afraid or in pain,
a smile is the smoothest route to re-membering
who you've allWays been.***

“Yet the Most High does not dwell in houses made with human hands.” ~ Paul (Acts 7:48)

Actually, this verse receives a “Yes” and a “No” from me – a “No” in the sense that “the Most High” is the seemingly celestial Essence of Oneness that permeates everything around us; *including* everything that happens to be found within any holy houses made by human hands. And yet it also gets a smiling “Yes” in the sense that the one “house” where the Most High actually dwells is the human body (see [John 14:20-26](#) & [John 15:26](#) & [Luke 17:20-21](#) & [Hebrews 3:16](#) & [1 Corinthians 3:16](#) et al), a “house” most certainly not “made by human hands” (at least not in the sense that Paul is implying here) ... Of course, far more importantly than where we might find this Holy Essence – this “Most High” – is the fact that Paul misunderstood what it was; that for him God was a celestial overlord who looked down upon us all from “on high” (see [Romans 7:4](#), [1 Corinthians 2:11](#), [2 Corinthians 1:10](#), [1 Corinthians 15:23-25](#), [2 Corinthians 9:10-11](#), [Philippians 4:6](#) & [Philippians 4:19](#) et al), while Jesus continually reminded us of a very differently godhead – a “heavenly Father” composed of perfect Love (see [Matthew 5:48](#) & [1 John 4:8](#) et al), a heavenly Father who embodied the essence of the Holy Spirit within us (see [Matthew 12:31-33](#), [John 3:3-8](#), [John 14:20-26](#) et al), a heavenly Father who never judged from “on high” (see [Matthew 18:21-22](#), [John 5:22](#), [John 8:15](#) & [John 12:47](#) et al) but who rather perpetually extended “grace upon grace” to all from within (see [Luke 6:36](#) & [John 1:1-8+16](#) et al) ... **Note** as well Paul is being hypocritical again here – seemingly denigrating Jewish religious authorities, even though he almost exclusively preached to the Jews during his missions (see [Acts 9:20](#), [Acts 13](#), [Acts 15:21](#), [Acts 17:2](#), [Acts 19:8](#) et al); and this despite the fact that he had apparently been Called to preach to the Gentiles (see [Acts 9:15](#) & [Acts 22:21](#) et al).

“Never is a long, long time.” ~ L. F. Hilbers

Of course, in the literal (and thus somewhat obtuse) sense, “never” is actually not a long time at all, for the simple reason that “never” never truly exists. And yet that is not what is being shared here ... What is being relayed here is the more practical Truth that – with enough patience & enough persistence – everything is ultimately possible. Everything might not be directly manifestable, and yet with enough courageous effort and enough humble diligence, everything is *possible*. As such, those who say something will “never happen” are actually not speaking to the Truth of the thing’s impossibility, but rather are only speaking to their own lack of humility and their own lack of selflessness and their own lack of courage and their own lack of diligence ... Of course, there is a conjunctive Truth at play here as well, and that is the Truth that – whether a goal is possible or not – it is unwise to “push the river”; that if the Flow of the Universe is making a particular aim or goal or dream extremely difficult to obtain, then it is wise to harmonize with the Universe and seek an equally worthy aim or goal or dream that is not being so strongly resisted ... Of course, as long as LOVE is ones ultimate objective, one’s surroundings will not resist ... As such, if we are experiencing stress-inducing resistance in any way, shape, or form, we can know that at least a portion of our motives are impure – that at least a portion of our current actions are not being grounded in selfless Love.

Never is allWays late.

“Really important things are planned by Souls long before their bodies see each other. Generally, such meetings occur when we reach a limit; when we need to die and be re-born.” ~ Paulo Coelho

These are intriguingly romantic notions of Love and Destiny and Soulmates to be sure, and it is possible that they are to a degree True – possible that certain beings do in a sense “plan” to meet each other by making a string of choices beforehand that end up creating two independent frequencies of being that cannot help but be irresistibly drawn to one another – cannot help but “seek each other out” and inevitably meet ... Of course that they meet has no bearing on what they each will choose to do once that meeting takes place ... Yes, they have created base-frequencies over time that have certain proclivities – certain tendencies to not only meet but to join paths in some way at some point. And yet *how* they do so remains ever a matter of free will – ever a matter of liberated choice. Will they do so merely sexually, and thereby become lost in lust and its subsequent drone of meaninglessness that will destroy whatever potential for Greatness originally lay therein? Or will they do so merely romantically, and thereby shackle that same Greatness to a firm-yet-lesser degree? Or will they come together to “adventure” or “have fun” or “be friends” – and thereby explore only the smallest fraction of their innate & ineffable Wonderment? Or will they come together to LOVE? Will they come together to maximize the Gift they have been given (i.e. their conscious, conscient lives) and fully enliven the Gift they have co-created – namely a Union focused on detaching from each other while focusing on a common goal of serving the diseased &/or the downtrodden?

For *this* is the only Purpose that any Soul considers to be “really important” – *this* is the only task that brings true be-Birth.

***Soulmates meet for the first time
the moment they both long to truly Love.***

“The deeper the Love, the more detached It is from any personal desires or hopes ... It is with pure Giving that the energies of the heavens flow freely.” ~ anonymous

This quote is essentially True – and yet, on a far more practical level, the foci of its two statements can be inverted to become even more potent. Namely, that it is by detaching from personal desires and individual hopes and intimate fears that Love is freed to be given deeply & profoundly; and that it is when we are no longer concerned with any rewards for self – even the energies of the heavens showering radiantly upon us – that our Giving finally becomes whole & complete.

“I am the Light that is within everything ... I am All; All came from me and All has returned to me. Split a piece of wood and I Am there. Lift up a stone and you will find me there as well.” ~ Jesus (Thomas 77)

First & Foremost, it can be quite enlightening to juxtapose this verse from Thomas with the opening passage of John – realizing that “the Word” in the latter passage is not a reference to Jesus Christ specifically, but rather the Greek *Logos* – a term used at the time to refer to the Inner Divinity – or the Life Essence (or “the Soul”, or “the Holy Spirit”, or “the Spirit of Truth”, or “the Advocate Within” etc) that resides within all sentient beings (see John 1:1-16 – “In the beginning was the *Logos*, and the *Logos* was with God, and the *Logos* was God. It was in the beginning with God. All things came into being through the *Logos*, and without it not one thing came into being. What has come into being through the *Logos* was life, and the life was the light *of all people* ... This true light, *which lights up everyone*, was coming into the world ... Indeed, from the *Logos*’ fullness *we have all received*, grace upon grace”) ... And when we keep this in mind, the other statements that Jesus makes about “the Light” become far less arrogant (see Matthew 18:3-4 & Matthew 23:12) and become far more profound (see Matthew 4:16, Matthew 5:16, Luke 11:34-35, John 8:12 + John 14:12, John 12:35-37 et al) ... **Second**, note as well that “the Light is *within everything*” – the same way as “the Kingdom of God” is within each of us (see Luke 17:20-21), and the same way God Himself resides within us (see John 14:20-26), and the same way that the ability to choose Love – the ultimate key to any & all Salvation – rests ever within us as well (see Matthew 7:21-24, Matthew 18:3-4, Matthew 24:12-14, John 13:15-17 et al) ... **Third**, it is also interesting to juxtapose the phrase “split a piece of wood and I Am there; lift up a stone and I Am there as well” with Luke 17:20-21, where the translation of the Greek can very well be rendered as “The Kingdom of God is not coming [in the future] with things that can be observed; nor will they be able to say, ‘Look, here it is!’ or ‘Look, there it is!’ For, in fact, the Kingdom of God is already *both within and all around* [the Greek *entos*, often translated errantly as “among” or less errantly as “within” – see Strong’s #1787] you” ... Indeed, while the Light might indeed be within everything, this Truth means nothing until our own Light is set in motion with Love – a Love that then releases the Light within all things and all beings nearby.

“You created something new.” ~ Heleana B. Kontoudios

There is indeed an objective Reality that surrounds us – most of which we cannot objectively witness (our primary sensory organs are simply not equipped to do anything other than register the smallest fraction thereof) ... And there is indeed also an ability to “manifest” within us – an ability to influence our surroundings to the degree that our thoughts become simultaneously pure & intense (and, of course, to the degree that their aims happen to harmonize with the millions of other thoughts “manifesting” at the same moment in the same vicinity) ... This having been noted, understand that even if we are able to beam our thoughts so clearly & so intensely that we were to truly “create something new” therewith, doing so selfishly (i.e. for our own benefit &/or for the detriment of another’s) always violates the over-arching Frequency of the Universe; an over-arching frequency that only “understands” Oneness, and thus an over-arching frequency resonates harmoniously only with thoughts that seek to further the Whole instead of merely the self (the latter of which thus always leads to an ultimate manifestation of some form of suffering) ... This is why Jesus could so boldly promises his followers that “**Whatever you ask of me in my name, I will do it for you**” (John 14:14 et al), for the simple reason that only way to ask “**in his name**” was to ask for something that resonates with his Way of selfless Love – and that the only thing that resonated with the same was asking for additional opportunities to serve others; opportunities that are per se always present – and thus opportunities that can be easily promised ... Indeed, in every moment of our lives we are “creating something new” – for we create whenever something happens to us and we choose to respond consciously and mold it into something that happens for others, and we create whenever we reach out to those least deserving &/or those most repulsive to others, and we create whenever we dedicate our very being to increasing the Harmony of the Flow of The All – where even the smallest deed – even our mere presence – becomes enough to do so.

***Every conscious breath
remolds everything that God has created.***

Image 469 (Page 165b) ... This picture shows a place I call “Serenity Point” – a place of rest on the path up the Glastonbury Tor (England). It reminds me of the Truth that while resting to recuperate for self actually entrenches a self-focus that ensures additional fatigue, Resting to humbly & gratefully appreciate the Beauty of Life & the Majesty of Living always bears the Good Fruit of Peace & Joy...





“Sometimes you cannot believe what you see, you have to believe what you Feel. And if others are ever going to have faith in you, then you must Feel that you have faith in them too – even when you are in the dark ... even when you are falling.” ~ unknown

This statement indeed contains a large measure of Truth, and yet possibly not in the way its utterer intended, for we cannot have any real Faith in others is we are exuding that “faith” in order to receive Faith in return. Indeed, we cannot do anything of importance with anything resembling real Power if we are doing so in order to be liked -- or to be respected -- or to be believed -- or to be followed -- or to be loved in any way ... Power comes from Giving, and Giving is dampened by hope for reward &/or expectation of results ... So Power can only come from Giving without thinking about what might return to one’s self as a result – and this especially when we are in the dark; especially when we are falling.

To trust in another’s Way of Goodness requires that you never rely upon It.

“Beside a well, one does not thirst.
Beside a sister, one does not despair.”
~ Chinese Proverb

Actually, it is beside a well while quenching one’s own thirst that the Soul’s feels most completely parched, just as it is the one who comes to the well dying of thirst but chooses to bring water therefrom to others thirsting nearby whose heart no longer needs long for the “Water of Life” – the Water for which it has been pining since birth, and the only Water that can quench its thirst ... Likewise, it is sidling up beside a sister or brother to receive comfort that the Soul’s sadness becomes most acute, just as it is the one who is mired in despair -- while brother & sister are approaching on the horizon - - but chooses to run out to them and direct them to others in need whose Heart no longer longs for the LOVE for which it has been searching since birth.

**Every being is a Child of God –
Every friend, a Sister ... every “enemy”, a Son.**

“We feasted on Love ... every atom of It – solemn and merry, romantic and realistic, sometimes as dramatic as a thunderstorm, sometimes as comfortable and unemphatic as putting on your soft slippers.” ~ C. S. Lewis

The Soul cannot feast on LOVE; the Soul can only be sated & content *while Giving* LOVE away. Indeed, anyone who feasts fully on LOVE has fooled themselves into a life of chosen suffering – for LOVE knows nothing of need or want or solemnity or merriment, and LOVE knows nothing of romance or realism or drama or comfort ... LOVE knows only Loving the other – simply, plainly, courageously, spontaneously, unconventionally, persistently, boldly, selflessly, feelingly, and self-sacrificially ... For LOVE, the more one Gives away, the more Bliss one knows. As such, the only banquet table at which LOVE will ever sit is the one where the spoons have such long handles that they can only be used to feed the ones sitting across the way. For LOVE cares not whether its own stomach is filled – LOVE only wants to bring Joy to those who hunger.

***Love is neither bound by Its means,
nor constructed solely from Its ends.***

Image 470 (Page 166a) ... This picture (which I jokingly call “The Prophet is IN”) shows Heleana & my Self sitting in my “office” on the Borders Books balcony in Kailua-Kona (Hawaii). It reminds me of the Truth that it matters not whether others see you as a charlatan or as a Master – it only matters that you remain steadfast in your preaching The Way of Selfless Love ...



***There is no conflict between time’s passing and the growth of Love ...
They bloom together whenever we laugh.***

Love only blooms when time stands still; and Time can only bloom when filled with LOVE -- and it is not the laughing that does the blooming, but rather it is the laughing that comes as a result. Giving selflessly is not only the blooming, but also the blossom – not only the bringer of Meaning, but the weight & the worth of Life itself.

“As children bring their broken toys with tears for us to mend, I too my broken dreams to Life because She was my friend. But then instead of leaving Her in Peace to work alone, I hung around and tried to help with ways that were my own. At last I snatched them back and cried, ‘How could You be so slow?’ ‘My child,’ she said, ‘what could I do? You never did let go.’” ~ unknown

The Wisdom of “thy will not mine” is absolute – not in the sense that we are to cease trying to enhance Harmony or bring Peace or show Love or ease suffering or give Joy, but in the sense that we are to repeatedly & boldly do these very things without attaching to their ensuing consequences and without hoping for any certain outcomes. Passiveness is not “getting out of Life’s way” or “Letting go to let God” ... Passiveness is actually an arrogant & open refusal to Do what we are here to Do, which is to **Faith-fully Do** whatever we can to help the Flow of the Moment lend Harmony to conflict – to do whatever we can to let God’s Will shower fear with Love – to do whatever we can to let the River of the Cosmos inspire others to lives of selfless Service & courageous Caring – to do whatever we can to ease enmity into Love and to do whatever we can do to turn strangers into Friends ... Faith is not directing the Will of the Divine, and Flow is not sitting back and letting God do all the work. Rather, real Faith is immersing yourself in the Stream of Life that already surrounds you, letting go of your hold upon jagged boulder or mossy bank, discarding all goals of destination and comfort during travel, and gently rowing Big Love into every rapid, every wave, & every ripple you encounter while you sail smoothly downstream.

***Faith is not in the “loving” of GOD ...
Faith rests only in leaping blindly into GOD’s arms.***

“A child’s Love is like a whisper; given in little ways we do not often hear ... They do not say it loudly but rather in how they come to you -- the many ways they tell you changes as they grow ... It is never ending; a blessing from Above.” ~ S. E. Chan

First & foremost, this quote harkens to the Wisdom of “become again as a child” – and yet not in the way traditionally considered. For we are most certainly **not** to mimic the neediness of elementary-age children or the harshness of teen-age adolescents. For these are the youths still searching to find their way amidst the fear & the chaos – these are the “children” still searching to find themselves – these are the pre-adults still searching for the very same things most adults still search for to this very day. And those things are found not in mere “children”, but rather – as Jesus says in [Matthew 18:3-4](#) – “*very young children*,” the infants whose lives are effortlessly soaked in wonderment and awe (who continually see everything witnessed as if for the first time), and the toddlers thereafter whose every encounter is ladled with a Love innocent & full & humble & true (who treat every stranger & every passerby as though they were a long-lost Soulmate) ... For like every infant – even though we have temporarily forgotten – we too still know that everything witnessed is a miracle filled with Beauty – indeed, that conscious witnessing itself is miraculous & Beauty-full. And like toddler – even though we have temporarily forgotten this as well – we too still know that every sentient being (human or otherwise) encountered is a member of our Greater Family – that every being encountered merits Love & Caring & Kindness, and that it is our privilege & indeed our honor to give them the same openly & freely – especially in those times when we least wish to do so, and especially for those seemingly “least deserving” of the same.

***To thrive, Love needs no conduit ...
It is the Essence of every Child;
the Child in us all who cannot perish.***

Image 471 (Page 166b) ... This picture shows Duncan & Opus in the “Steeb Street Sanctuary” (Feuerbach, Germany). It reminds me of the Truth that being a Good Family requires none of what is traditionally mandated – neither “stability” nor “abundance” nor “safety” nor “normalcy.” A Family only needs one thing to be truly Good – and that thing is LOVE ...



“Only men can make men.” ~ Margaret Mead

Actually, when men try to make men (and when women try to make women, for that matter) what is lost in the instruction is how to Be Human – how to appreciate women if male, how to appreciate men if female, how to appreciate all other genders if merely male or female, how to appreciate & cherish all other non-human beings if merely human ... If men are going to make men, then they need to **make Humane Men** – for all other versions of mankind are destroyers of Peace & Justice & Compassion. And if women are going to make women, they need to **make Humane Women** – for all other versions of womankind are the bane of Freedom & Harmony & Love.

Only Humans can awaken Humans.

***“Let your adornment be the Inner Self;
the lasting beauty of a gentle and quiet Spirit.”***

~ *unknown* (1 Peter 3:4)

First & foremost, even though most scholars agree that this letter was probably written by one of Peter’s disciples well after his death (due to its sophisticated use of the Greek language, due to it being addressed primarily to Gentile Christians who would have been religiously established after Peter’s life had passed, and due to its lack of references to the life and teachings of Jesus), this remains a verse that resonates well with The Way of Christ as shared in the Gospels – a “Gospel” (see [Matthew 24:12-14](#) et al) that did indeed call for us all to “adorn” our bodies & minds with “the Inner Self” (what Jesus called “the Advocate Within”, and what non-Christians might call “the Spirit” or “the conscience” – see [John 3:3-8](#), [John 14:20-26](#), [John 16:13](#) et al) ... **Second**, it is intriguing to see how the Greek words used in the ancient texts support this contention as well. Especially of interest is the apparent fact that the word “adornment” is not found in this verse at all – meaning that this particular translation is either referring to the Greek word *kosmos* (of [1 Peter 3:3](#) -- a word which means “adornment” or “of the entire world”, a la Strong’s #2889) **or** the Greek word *ekosmoun* (of [1 Peter 3:5](#) -- a word which means “outer appearance” or “to decorate”, a la Strong’s #2885) ... “Inner Self” here is actually a Greek phrase that reads *kryptos tes kardias anthropos*, which essentially means “the hidden Heart of the Human” or “the True Self” (see Strong’s #2927, #3588, #2588 & #444) ... “Lasting beauty” is represented by the Greek word *aphtharto*, a word which means “imperishable” or “incorruptible” (and does not necessarily relate only to beauty – which is not specifically mentioned in this verse at all – see Strong’s #682) ... “Gentle & quiet” come from the Greek words *praeos* & *hesychiou*, words which mean “mild” & “peaceful” respectively (see Strong’s #4239 & #2272) ... And “Spirit” is actually the Greek word *pneumatos*, a word which means “breath” or “life essence” (see Strong’s #4151) ... **As such**, when these meanings are plugged back into our initial English translation, we get the following: “Let your outer appearance (that which is visible to the world) harmonize with the True Self that resides in your Heart -- the True Self that is eternal and completely incorruptible; exuding a mild and peaceful essence (to others)” ... This new translation not only melds seamlessly with the ancient Greek, but harmonizes just as well with the teachings and indeed the entire ministry of Jesus Christ as read in the Gospels (see [Matthew 5:43-48](#), [Matthew 18:3-4](#), [Matthew 25:35-40](#), [John 13:15-17](#), [John 14:20-26](#), [John 15:26](#) et al).

“Here at the frontier, there are falling leaves. Although my neighbors are all barbarians and you, you are a thousand miles away, there are always two cups on my table.” ~ unknown

It is all fine & good to honor those of similar Purpose and likened Soul when they are away – **and** the two cups left on the table here will actually destroy all real Love & Purpose until they are used to quench the thirst of even the most brutal of our surroundings’ barbarians ... Indeed, LOVE knows what the Soul knows, and that is that we are here to give the Water of Life (our unconditional Love) to all our life’s “barbarians” before giving the same to friends and family ... Otherwise it is we who will die of the far greater thirst.

*I keep three cups on my table;
my second for mankind and my third for God ...
And these cups only become true Gifts
when my own cup is both allReady full –
and pouring freely into the other two.*

*God is the feather on each wing that allows birds to fly ...
God is the stone in my side reminding me to Walk my Way.*

Remember, my dear Friends – God is the last vestige of courage required to Love **anyway** ... God is the contentment that inspires us to expressions of humble Gratitude, and God also the annoyance that pushes us to be Kind **anyway** ... God is the Friend always there for us in time of need or worry, and God is also those unjust who open the door for us to Forgive **anyway** ... God is the abundance of Peace that comes to us in times of calm, and God is also the disappointment that allows us to be grateful **anyway** ... God is the majestic visions of splendor the regularly frequent our days, and God is also all things “boring” or “normal” or “ugly” that remind us to See the Beauty in the everywhere **anyway** ... God is the Joy that comes in times of celebration & fellowship, and God is even the anxiety that empowers us when we choose to Care for our enemies **anyway**.



Image 472 (Page 167a) ... This picture shows Duncan & my Self sliding down “the big slide” at the Rosenstein Park playground (Stuttgart, Germany), reminding me of the Truth that fun becomes Fun when ladled with LOVE ...



Image 473 (Page 167a - overleaf) ... This picture shows Duncan & my Self posing “Very Strong” in the “Steeb Street Sanctuary” (where we hung out together regularly from 2001 to 2003), reminding me of the Truth that real Strength has nothing to do with physical endurance and even less to do with one’s muscle mass ...

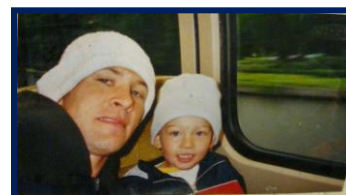


“What I most want is to jump out of this personality,
and then to sit apart from that leaping.” ~ Rumi

The only way to sit apart from one’s personality is to invest in soothing the personalities of others – awakening them to the fact that their personality is just as illusory as your own; awakening them to the fact that they way to truly comprehending this Truth (and thereby finally knowing Peace) is found not in ponderous thoughts or enlightening discussions, but rather during one’s performance of selfless deeds ...

Striving for Self-Acceptance guarantees self-condemnation.

Image 474 (Page 167a) ... This picture shows Duncan & my Self on our last ride on the U6 Stadtbahn (at the Pfostenwäldle stop) before my 2003 departure. It reminds me of the Truth that Loving another person – like Caring for them or Serving them – is only that which brings them Peace or Joy, and that it is never what other people think it is or think that it should be, but rather solely what it is ...



“Received with Wonder -- raised lovingly -- released peacefully.” ~ Rudolph Steiner
(*In Ehrfurcht empfangen; in Liebe erziehen; in Freiheit entlassen*)

This is not only a brilliant recipe for Great Parenting (as long as it speaks to interacting lovingly with one’s child each & every day, as opposed to trying to be a “good parent” over the course of his or her entire life), this is also a brilliant recipe for Meaning-full Living – for Loving all those we encounter; greeting all of them with sheer Joy interacting with all of them with pure Love, and releasing all hope or desire for receiving anything from any of them in return.

***To want “the best” for another,
want nothing for them at all.***

“The father who gives up his life for his children does them no kindness, but rather burdens them with the legacy of a life unLived.” ~ Janet Falldron

First & foremost, the only way for any of us to truly Live is to willingly give up our lives for others – for our children, for our lovers, for friends, for our strangers, and even for our enemies (especially for our enemies) ... That having been said, willingly giving up our lives does not mean “helping” other people; it means Serving them – something we cannot do while helping them if our assistance is enabling their suffering; something we cannot do while present if our presence is causing them pain.

***The only Gift worth Giving is the courageous honoring
of the preciousness of a Life lived Purpose-fully.***

***“If we Love one another, God lives in us,
and His Love is perfected in us.” ~ unknown (1 John 4:12)***

Actually, God (or “the Divine”, or “the Source”, or “the Prime Mover”, or even “the Logos” a la John 1:1-8+16) lives in us whether we choose to Love others or not (see John 10:34, John 14:20-26, John 15:26, Acts 17:28, 1 Corinthians 3:16, Ephesians 2:22, Hebrews 3:6, 2 Timothy 1:4 et al) ... And actually, God’s Love (which is actually *our* Love) is only perfected in us when we exude that perfect Love perfectly to others outside of us (see Matthew 7:21-24, Matthew 13:1-23, Matthew 16:24, Luke 10:29-37, John 13:15-17, 1 John 3:18 et al) ... And actually, truly “perfect Love” is always the Love most difficult to give – the Love that gives when we are poor (see Luke 21:1-4) and the Love that detaches from all possessions & all ease & all comfort when we are wealthy (see Matthew 19:11). It is the Love that gives to others even when sad or persecuted or lonely (see Matthew 5:3-11), and it is the Love that gives to our direst enemies (see Matthew 5:43-48) as freely as to the downtrodden in our midst (see Matthew 25:35-40).

Image 475 (Page 167b - top) ... This picture shows Duncan at age four. It reminds me of the Truth that the vessel in which we travel through life (the physical body) might very well change and that the way we express ourselves (the mental mind) might evolve over time, and yet who we truly Are – namely, the gloriously Kind Being we were all born to be (and who we will never stop striving to re-member), remains the same throughout ...



Image 476 (Page 167b – bottom) ... This picture shows Duncan & my Self at the top of the “Aussichtsturm” in Killesberg Park (Stuttgart, Germany). It reminds me that Adventure is waiting to happen for us all at every turn in life; glowing within every encounter and ripe within every happenstance. Embracing the same with courageous acts of Love & open deeds of Caring is all that remains for us to realize the same ...





***“And the Spirit is the one who testifies,
for the Spirit is the Truth.” ~ unknown (1 John 5:6)***

First of all, it is crucial to remember that “the Spirit” referenced here is not an external entity, but rather an internal Essence (what some call “the Holy Spirit” or “the Spirit of Truth”, what others call “the Soul” or “the True Self” or “the conscience”, and what Jesus called “the Advocate” – see [John 14:20-26](#) & [John 15:26](#) et al) ... Of course, the question remains as to how we can know whether the “voice” (or the “feeling” or the “intuition” or the “hunch”) that is speaking to us is actually from this Spirit – whether we are receiving internal guidance from a Divine source that resides in the Heart (see [Matthew 21:43](#)) or an ego-based source that resides in the more primitive regions of the human brain. Fortunately, there is an easy test that we can use to make this determination – the “Fruit of the Tree” (see [Matthew 7:15-20](#) et al); essentially engaging in Caring deeds that are earnestly intended to bring Peace &/or Joy to others, and then “listening” within to see what feelings arise as a result. If we focus on the other(s) to whom we are extending said acts of Love and feel Peace-full while giving them, then they are “of the Spirit” – if we do not, then they are not. Note that the only deeds that can engender such Peace-full experiences are those sincerely engendered in humble Love and those earnestly designed to bring Love to others (see [Galatians 5:22-23](#)), ad note as well that the consequences that come from such a selfless act are not necessarily a determinant as to whether or not the deed was “right” or “spiritual” or “holy”. Yes, if we engage an action that inadvertently causes pain and inadvertently leads to another’s suffering, we logically choose to abandon that method of Loving with them in the future, and yet that does not mean that it was “wrong” to have Loved in that way, or even that the Love given did not come from “the Spirit” ... Indeed there will be those who use our acts of Goodness to further their own feelings of annoyance or frustration or fear or even anger – to entrench their own choice to suffer. And yet them doing so does not make our Love “wrong action.” Their suffering is their choice, and has no bearing on whether our Love came from “the Spirit” or not. We honor their choice if they choose to respond to our Love with aggression or callousness or ridicule or fear, and we choose to Love them differently thereafter (or even turn to give our Love to another if they persist in using our Love as an enhancer of internal discord), and yet Love given purely & selflessly & earnestly is always Right Action – always “of the Spirit” – in the moment it is being given.

Image 477 (Page 168a1 - top) ... This picture shows Suzanna & Lawrence Alexander (my mother & stepfather). It reminds me of the Truth that often those who “know” the most about us are those who will choose to See the least, and that the most powerful Love is the Love given humbly & willingly to precisely these same “enemies” ...



“Though my view is as spacious as the sky, my actions and reverence for their consequences are as fine as grains of flour.” ~ Padmasambhava

To choose the Great View we must *choose to See* – to *See* the “Golden Core” of Goodness & Love & Compassion & Justice that resides beneath the external behaviors of the other that might be reflecting something different; ... to *See* the emPowerment that resides at the core of every tragedy, every challenge, ever frustration, & every crisis; ... to *See* the Beauty in everything judged to be “ugly”, the Wonderment in everything labeled as “normal”, and the Miraculous in everything deemed to be “familiar” ... And to choose the Finer Response we must then *act accordingly* – we must openly treat all enemies as Soulmates, we must openly be Kind when soaked in pain or fatigue or illness or fear – we must choose to be Kind when least inclined, and we must openly embrace the usual as the amazing.

***To See the vastness of Eternity,
attend to the moment’s minutiae.***

“They, too, are heirs of the Gracious Gift.” ~ unknown (1 Peter 3:7)

This verse reflects a deep Truth, namely, that “*grace upon grace*” is given to every single sentient being – continually & unconditionally for the entirety of his or her life; and this, whether the same is recognized or enlivened or appreciated or not (see [John 1:1-9+16](#), where “the Word” is actually the Greek *Logos*, a term that was not specifically tied to Jesus Christ here, but rather was a reference to the general Life Essence that brings motion and awareness and a vibrance to all living beings – see also [Acts 17:28](#), [Luke 17:20-21](#), & [John 14:20-26](#) et al) ... And this Grace is actually a threefold Gift; a trinity as it were – the Gift of consciousness (i.e. our self-awareness), the Gift of conscience (i.e. our internal moral guidance), and the Gift of the power to set the latter into motion via the former (i.e. the free will to choose ethics over instinct; Love over fear) ... As a closing corollary, Grace can also be seen as the “Kindness of God” – in that no matter what is thought or said or done, we each receive three times more Peace than we deserve when choosing Love, and three times less pain than we merit when we fail to do so (hence the immense depth of Truth that resides in verses such as [John 5:22](#), [Matthew 5:48](#), & [1 John 4:18](#) et al).

“By consciously renouncing all attachment to our relationships, we rise above apparent complexities and can appreciate them as the simple, priceless opportunities to truly Care that they allWays are.” ~ anonymous

Caring is the essence of all real Peace & all true emPowerment in Life ... And to truly Care for others, we must choose to not care at all about them – we must refuse to care about what they might think about us or our Caring, we must refuse to care about what they might say about us or our Caring, and we must refuse to care about what they might do to us in response to our Caring ... To be truly Care-full, we must completely abdicate being careful.

Image 478 (Page 168a - bottom) ... This is a picture of Anne, Margaret & Fred Hilbers (my stepmother, my paternal grandmother, and my father). It reminds me of the Truth that Love is as Love does, not as Love says it does ...



Image 479a-c (Page 168b) ... These pictures are of various moments shared with Todd Hilbers (a.k.a. Thor Evergreen, my brother). They remind me of the Truth that sometimes others can “die” long before their death, and that it is a privilege and an honor to Love them fully even then ...



“Serve one another with whatever Gift each of you has Received.”
~ *unknown* (1 Peter 4:10)

While we each have scintillatingly unique Gifts that only we can use to serve others, this verse communicates the general Truth that we are simply to Give whatever we have to Give, wherever we already are, for whom is already nearest by ... We are never to “wait for a better time” to Give, nor are we ever to “learn more” before Giving or “search for true Purpose” before Giving either. We never ever have anything “more important to do” than to reach out boldly into the lives of those around us – to bring them Kindness; to bring them Peace; to bring them Joy; to bring them Love ... And indeed, in society as screwed up (i.e. as founded on – and as appreciative of – fear) as ours currently is, even the smallest deed of Goodness is perceived as something amazing – and thus has an amazing effect on others; both on the one to whom it is given, as well as to all those blessed to witness the same.

“May Mercy, Peace and Love be yours in abundance.”
~ *unknown* (Jude 1:2)

Even though the author of this biblical epistle was obviously quite worried about his theological opponents (i.e. others who “pervert the grace of our God”, something which is actually impossible to accomplish – see [Jude 1:3-4](#)), the Wisdom of this particular verse still shines brightly through that emotional, ego-tainted haze. For deep-seated Mercy, Peace & Love are always ours in abundance – for real Peace comes from giving true Love, true Love comes from showing pure Mercy, and pure Mercy is always nothing more than a choice we can all always make; the choice to bravely Love those nearest by who seem “least deserving” of the same ([Matthew 5:43-48](#) et al).

“Need nothing ... Desire everything ... Choose what shows up.”
~ Neale Donald Walsch

This is actually the perfect sentence for New Age guru like Walsch to spew forth (He, of the “if you don’t have my latest book you need to buy it and keep it by your bedside” fame – God bless him!), as the Fruit of this Tree is nasty stuff indeed. For it is impossible to need nothing while desiring anything (much less desiring everything) -- for as soon as we desire, we subconsciously begin to feel need – and focusing on that need allows that sense of need to fester – and allowing that need to fester means losing the only thing worth desiring and the only thing the Soul actually needs – namely, the opportunity to boldly sacrifice all our own needs and all our own desires to bring Peace to another.

It is only possible to co-create in harmony with God’s Will.



“The best mirror is an old friend.” ~ English Proverb

An old friend is actually the best mirror for who you *were*, not who you have become.

Friends re-mind us that all analyses are self-reflective.

Image 480 (Page 169a1 - top) ... This picture shows Billy (see [page 107a](#) in *The Brown Book* – or page 333 herein) & my Self standing in the Alexzanna Farms Labyrinth (Wildwood, Georgia). It reminds me of the Truth that real Friendship exists independently of like-mindedness or mutual affection; that real Friendship always has been, ever is, and always will be a verb ...



“And this is Love ... You must walk in It.” ~ unknown (2 John 1:6)

YES! This statement is a patent and absolute Truth – one of the most important Truths in existence; and indeed the very same Truth that formed the primary foundation for Jesus’ entire ministry (see [Matthew 5:43-48](#), [Matthew 7:21-23](#), [Matthew 25:35-40](#), [John 1:1-8+16](#), [John 3:3-8](#), [John 3:21](#), [John 5:29](#), [John 13:15-17](#), [John 14:12](#), [John 14:20-26](#) et al), that was the essential basis for his entire Gospel (see [Matthew 24:12-14](#) – also [Matthew 22:37-40](#) & [Luke 10:29-37](#)), and that is consistently (though often subtly) reflected throughout the rest of the New Testament as well (see [Acts 10:34-35](#), [Acts 17:28](#), [1 Corinthians 4:20](#), [Galatians 5:6](#), [Galatians 6:2](#), [Ephesians 2:10](#), [James 1:22-25](#), [1 John 2:6](#), [1 John 2:29](#), [1 John 3:7](#), [1 John 3:18](#) et al).

“And The Song, from beginning to end,
I found in the Heart of a friend.” ~ H.W. Longfellow

Most importantly, “The Song” here mentioned is what rests within our Hearts – from our first awakening in the womb to our last, dying breath ... It is our Good & Kind & courageously Caring Self, and no matter what we have done in the past, what we are doing in the present, or what we will ever do in the future, It resides ever within us and It ever remains *who we truly are* ... And it is indeed true that we can rediscover this Self in the Heart of a Friend, but not because that Friend provides support or encouragement or solace in times of frustration or doubt or despair – but rather because we can always more readily See the Heart of another – we are not as blinded to its existence as we are to the dealings & the manifestations of our own. And the Heart of the other -- the Heart of the Friend -- reflects exactly the same Goodness, exactly the same Integrity, exactly the same Courage, and exactly the same Love in its best moments as our own Heart quietly yet persistently beats within each & every moment of our own.

Friendship is the Cornerstone of Love.

Image 481 (Page 169a - bottom) ... This picture shows my dear Friend, Rebecca Jean Pittman (now Nelson), and reminds me of the Truth that it is indeed possible for men and women to get past the limitations of lust and the shackles of attraction – that Friendship is always an available choice, and that it is indeed possible for men & women to be Friends ...



“Let the Soul speak with the silent articulation of a face.” ~ Rumi

Note here that the more dramatically & the more selflessly we communicate, the more likely we are to be Heard – the more likely we are to awaken the Self of the other – and thereby the more likely we are to enliven the Soul of both our Selves & all others nearby ... And to communicate dramatically, it is important to communicate flagrantly & lucidly – with word more than thought, with gesture more than word, and with action more than gesture -- doing so with ways that enable the other to rediscover his or her own Truth, not to “understand” or agree with our own ... So when you think (which is a subtle form of communication in its own right), choose to think positively & humbly. And when you speak, choose to speak gently and cryptically. And when you gesture, choose to gesture lovingly & silently. And when you act, choose to act with boldness in anonymity.

Communicate with words only when necessary.

Image 482 (Page 169b) ... This picture shows a place I call “Point **BE**ing” – one of my favorite locations in the world; a canyon overlook just below Christine Falls in Mt. Rainier National Park (Washington). It reminds me of the Truth that, while are indeed always Interconnected with The One no matter where we happen to be, the only place more accessible than Nature to the same is in the Heart of an enemy ...



“And the Earth mother came to me through my moccasins. I could feel Her push and swell here, and sway and give there ... And the roots that veined Her body and the life of the water-blood deep inside Her. She was warm and springy and bounced me on her breast.” ~ Forest Carter

Walk upon the world as if hugging Her with every step.
Speak with every other as if imparting Life-Awakening Truth.
Be in every moment intending to save the world –
with one act of Respect-full Kindness at a time.

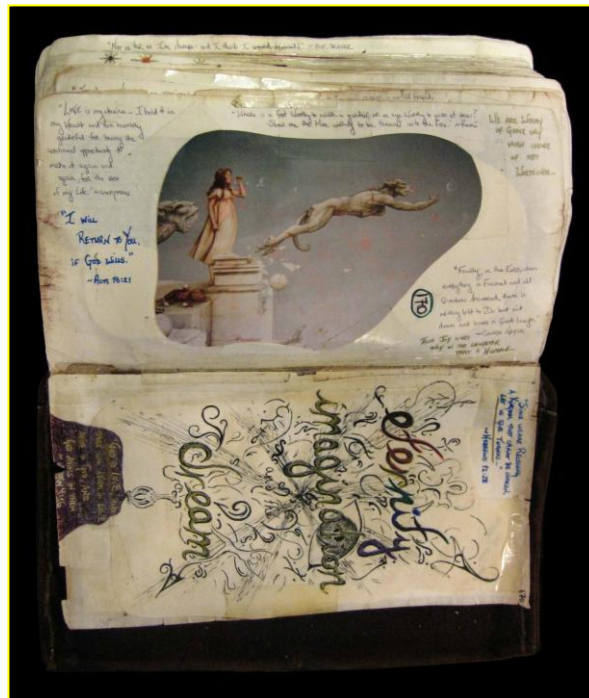
Let Gaia nourish you with Her wonders.

“There is no Way to Peace ... Peace IS The Way.” ~ M. Gandhi

There is no Way to Truth ... Truth is The Way (and Love is the only Truth).
There is no Way to Clarity ... Clarity is The Way (and Love is the only Clarity).
There is no Way to Peace ... Peace is The Way (and Love the only walking thereof).

Only Love brings Peace.

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“Where is a foot worthy to walk a Garden, or an eye worthy to gaze at trees? Show me the man willing to be thrown into the Fire.” ~ Rumi

There is no sense I walking in a Garden if you do not wish to enrich its soil & tend its inhabitants ...
There is no sense in gazing at trees if you are not willing to protect their entire forest from harm ...
There is no sense in caring for the animals if you are not willing to Cherish & Respect them all ...
There is no sense in being Kind to others if you are not willing to embrace friend & enemy as One.

***We are worthy of Grace
only when unsure of our worthiness.***

Image 483 (Page 170a) ... This print is “Gargoyles” by Michael Parkes, reminding me of the Truth that even the most vile of Life’s “demons” is chasing after Beauty – that even the most wicked of Life’s enemies just wants to Love & be Loved ...



“Finally, in the end, when everything is finished and all questions answered, there is nothing left to do but sit down and have a good laugh.” ~ Chinese Saying

This saying is true if speaking about one’s deathbed, and it is fully false if speaking of any moment other than our final one ... For we are not here to “sit back and observe” – *We are here* to interact and Care ... We are not here to “sit up and learn” – *We are here* to stand up and Serve ... We are not here to “sit down and rest” – *We are here* to go forth to Love.

True Joy lives only in the laughter that is humble & hearty.

“Love is my choice ... I hold It in my Heart and am grateful for the continual opportunity to make that choice again and again – to be able to do so for the rest of my life.” ~ anonymous

We do not only have a lifetime – we only have today ... We do not only have today – we only have the next hour ... We do not only have even the next hour – we only have this one moment ... It is wise to remember this Truth in each hour of every day for our entire lifetimes – and it is Wise to repeatedly & wholeheartedly act accordingly.

“I will return to you, if God wills.” ~ Paul (Acts 18:21)

Whereas Paul made this and similar statements to emotionally manipulate his listeners (see Acts 20:20-21, Romans 11:13-14 + Romans 15:17, 1 Corinthians 15:10 + 1 Corinthians 9:15, 2 Corinthians 2:9, 2 Corinthians 2:1-4, 2 Corinthians 6:6-10, 2 Corinthians 7:2-10, 2 Corinthians 8:2-8, 2 Corinthians 8:24, 2 Corinthians 9:5, 2 Corinthians 11:7, 2 Corinthians 12:19-21, Galatians 1:24 & 1 Thessalonians 2:2+10 et al), Jesus made such statements in full sincerity – saying “Thy will, not mine, Lord” not to cajole God into showering him with enhanced ease or subsequent reward, but as a simple statement of fact – a simple reminder to self & others that he had already chosen; that he had chosen to live for others; that he had chosen the Way of Joy-full sacrifice; that he had chosen The Way of Love (see Matthew 20:22, Matthew 26:39, Mark 14:36 & Luke 22:42 – also Matthew 5:43-48, Matthew 19:11, Matthew 16:24, Matthew 24:12-14, Matthew 25:35-40) ... Similarly, neither are we to melodramatically tell others that we might one day return (implying, of course, that we very well might not), but rather are to offer our farewells filled with Gratitude for having been able to share time & space with the other at all – while leaving the door completely & consciously open for a Joy-full reunion in the future, should such a meeting in any way serve the Life’s Greater Good.

“Since we are receiving a Kingdom that cannot be shaken, let us give thanks.” ~ unknown (Hebrews 12:28)

We cannot give appropriate thanks while receiving anything or while hoping for the same ... Indeed, true & heartfelt thanks is given *before* gifts are possibly offered, and without any hope for the same (see Matthew 26:26, Mark 14:23, & Luke 22:19 – also Colossians 4:2 & 1 Thessalonians 5:18) ... And this is especially true of the Kingdom here mentioned – a Kingdom that is always an innate facet of every sentient life; a Kingdom that is always *a given* and never a mere gift; a Kingdom always residing within us – from our very first moment of Awakening in the womb to the very last breath we are blessed to inhale (see John 1:1-8+16, John 3:3-8, Luke 17:20-21 et al) ... It is a Kingdom that we can only enter and appreciate while humbling ourselves in service to others (see Matthew 18:3-4 & John 13:15-17) and yet it is a Kingdom that is ever by our sides – ever leading our Way – and ever guiding our Hearts & Souls. It is our Birthright of birthrights – it is what makes us Human and it is what gives our lives permanent, potential Meaning and ever-possible Great Purpose ... All that remains is for us to go forth and act accordingly – all that remains (in each & every moment of our lives) is to go forth to set our Gratitude in motion..

***“God is Love, and those who abide in Love abide in God,
and God abides in them.” ~ unknown (1 John 4:16)***

First & foremost, **note** that “Love” in this verse is the Greek *agape*, a word that means not emotional need or philosophical romance or sexual desire or psychological partnership, but rather a word that meant **active** Caring (see Strong’s #26); the kind of Love that Jesus considered to be “perfect” (Matthew 5:48) – the kind of Love that was more thought than emotion & more word than thought & more deed than word – the kind of Love that is only reborn into Being during acts of courageously humble self-sacrifice (Matthew 16:24) – the kind of Love that comes alive when caring for downtrodden strangers (Matthew 25:35-40) and enemies (Matthew 5:43-48) as if they were long-lost Friends ... And just as importantly, **note** that “abide(s)” in this verse is the Greek word *menoi*, a word that means “to consistently remain” or “to persistently fulfill” (see Strong’s #3306) ... Finally, please **note** that God is always within us (John 14:20) – and that He only chooses to **abide** in us only when we act accordingly; only when we act as direct agents of his unconditional Love (John 14:23) ... Love is courageous -- and Love is humble -- and Love is a verb. Indeed, Love is either all of these things, or Love is nothing.





*Home is where one's Heart
is alive in its Love
& vibrant in its Peace.*

Home is always reborn where there is Peace,
& Peace is always reborn where there is Love, &
Love is always reborn when Love is put into motion.

Image 484 (Page 171a) ... This picture shows a view overlooking Ruby Beach (Washington), one of my most Sacred of Spaces, reminding me of the Truth that where we come from will always remain a portion of who we have become ...



“Misty(c) Pilgrim”

A longer stroll winding down the Way of Ways;
to the shore we flow into waves' translucence thunderous.

We come to receive her gifts: infinity, presence & wonder
a pensive meander amongst pebbles smooth and driftwood mossy;
groves of yesteryear – boulders a bit older.

Sit in peace & prayer; thanks given for Journeys & their arrivals,
Safe on this our harmony landing.

Horizon's deep-blue meaning, lending hints of Treks next
And, alongside the next wave rolling, my smile breaks gently
upon a sun-soaked Soul.



*“And I will take one from a thousand
and two from ten thousand, and
they shall Become a single One.”
~ Jesus Christ (Thomas 23)*

