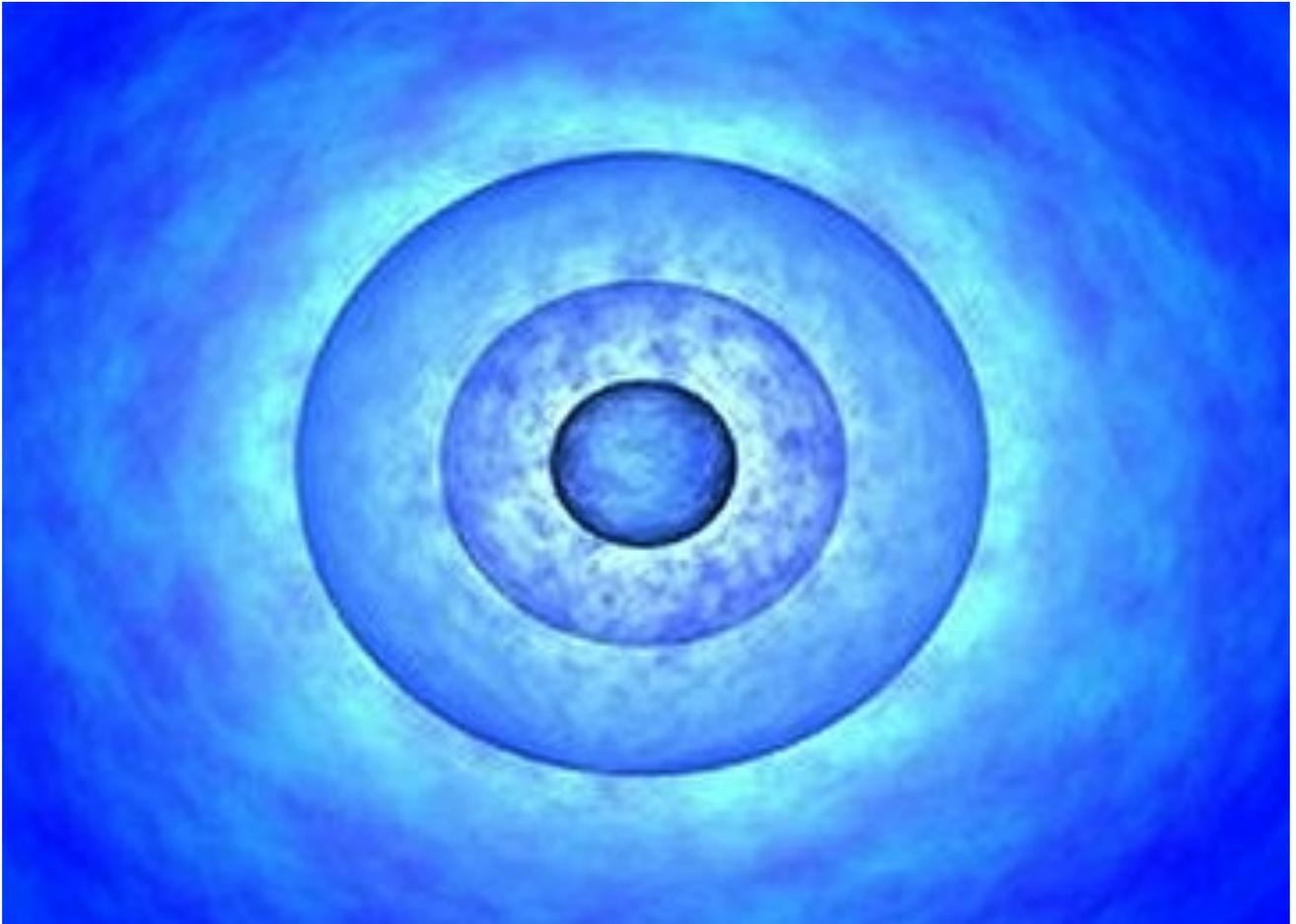


# *Re-Discovering Peace*

(i)am multi-day Workshop Workbook

Version XV ... Revised: October 10, 2013



Activities, Wisdoms & Exercises that allow our "divine talk" to be divinely walked; empowering a transition from the dis-ease of self-centered *surviving* to the inner Peace of selfless *thriving*.

an Inspiring the Altruistic Moment publication  
([www.InspiringtheAltruisticMoment.com](http://www.InspiringtheAltruisticMoment.com))

# *An introduction to (i)am*

Welcome to “Re-Discovering Peace”, a presentation of re-Awakening!

Inspiring the Altruistic Moment, the co-sponsor of this workshop, is devoted to enabling a reawakening of your True Self. There is no doubt that all our lives can be more Meaning-filled. Despite the temptation to be superficially “productive”, ***we can choose*** to appreciate those things with which we have already been blessed. Despite the yearning to plan for &/or worry about the future, ***we can choose*** to repeatedly celebrate the joys and wonders of our Here&Now. Despite the desire to extend kindness only to our friends and family members, ***we can choose*** to be a powerful Force for Peace by choosing to intimately care for strangers and even our enemies.

Webster’s 3<sup>rd</sup> New International Dictionary (unabridged, 1986), defines ***Inspiring*** as “infusing with life”, “awakening”, “stimulating to creative activity” & “having an exalting effect upon”. In that same tome, ***Altruistic*** is explained as “an uncalculated devotion to others’ interests,” often at the expense of one’s own desires. And also therein, ***Moment*** is clarified to be “an instant in the present time”, “an essential element”, “the tendency to produce motion about a [central hub]”, & “a timeless point of decision when a person freely enacts his or her relationship to eternity.”

Inspiring the Altruistic Moment attempts to make these definitions your Reality by offering workshops, seminars & presentations filled with information, activities and exercises designed to facilitate a personal resurrection of your True Self.

A sense of deep Inner Peace can be experienced by everyone, and this awakening can be one that is both relaxed and joyous. Indeed, every page herein is dedicated to making such a personal transcendence both practical and effective for you ...

Some of this information will inspire joy, while some of it will encourage you to confront your fears. Either way, the level of Peace you attain will be determined by you and you alone. The degree of your success will be directly proportional to how intensely you engage these practices. After all, you are your own Master; you allReady know everything that is required to live in complete & lasting Peace.

All that remains is for you to remember these Truths with your mind –  
& then to re-member them in your everyday living ...  
It is with this in mind that I wish you all a Meaning-full workshop,  
and thereby a joyous reunion with your True Self!

Peace-fully yours,

***Scaughdt*** (“scot”)  
(i)am’s principle founder  
[a.k.a. the Numinous Nomad]

Note: While this workbook can be used independently as a means of Self-Reactualization, it is encouraged that you approach these exercises first within the framework of an (i)am seminar, workshop or retreat ... The group dynamic, led by an individual well-versed in these experiences, will greatly deepen both your appreciation and your comprehension of this material.



*The only way to become Response-Able,  
is to first become dis-illusioned ...*

Workshop: "Re-Discovering Peace"

Dates:

Location:

## *Personal Information*

Birth-name: \_\_\_\_\_

Birthplace: \_\_\_\_\_

Age: \_\_\_\_\_

Profession: \_\_\_\_\_  
(where you are currently employed)

What I want from this workshop:  
(&/or the main reason you came)

.....

True Name: \_\_\_\_\_

HOME: \_\_\_\_\_  
(where you feel at Peace)

Life Purpose: \_\_\_\_\_  
(your Vocation or "dream job")

What I am thank-full for today/right Now:

*What do we want?*  
(ego-based, "reptile-brain" desires)

vs.

*Why are we Here?*  
(Soul-based, "Heart-Brain" yearnings)

**Happiness**  
.....

survival & safety  
(psychological comfort)

health  
(physical comfort)

pleasure  
(emotional comfort)

wealth & success  
(sociological comfort)

"truth" & understanding  
(intellectual comfort)

moral righteousness  
(ethical comfort -- certainty)

**BLISS**  
.....

**emPowerment**  
(psychological Harmony with Selves)

**Wholeness**  
(physiological Harmony with environment)

**Joy**  
(emotional Harmony with circumstances)

**Contentment**  
(sociological Harmony with others)

**Wisdom**  
(intellectual Harmony – Truths that are practical)

**Peace**  
(ethical Harmony – humility & gentleness)

- .....
- \*creed: "become all you could one day be"
  - \*depend upon external circumstances
  - \*desire to benefit one's self
  - \*are fear-based
  - \*are future-oriented
  - \*require effort & cost energy
  - \*take time to "fulfill"
  - \*are fleeting once attained

- \*motto: "BE who you already Are"
- \*depend solely on internal choice
- \*yearn to benefit others
- \*are Love-based
- \*are Here&Now focused
- \*are smooth & give energy
- \*are instantaneously received
- \*are deep-seated & lasting

### *The Great Human Conundrum(s)*

**F**inding personal Purpose ... transcending meaninglessness

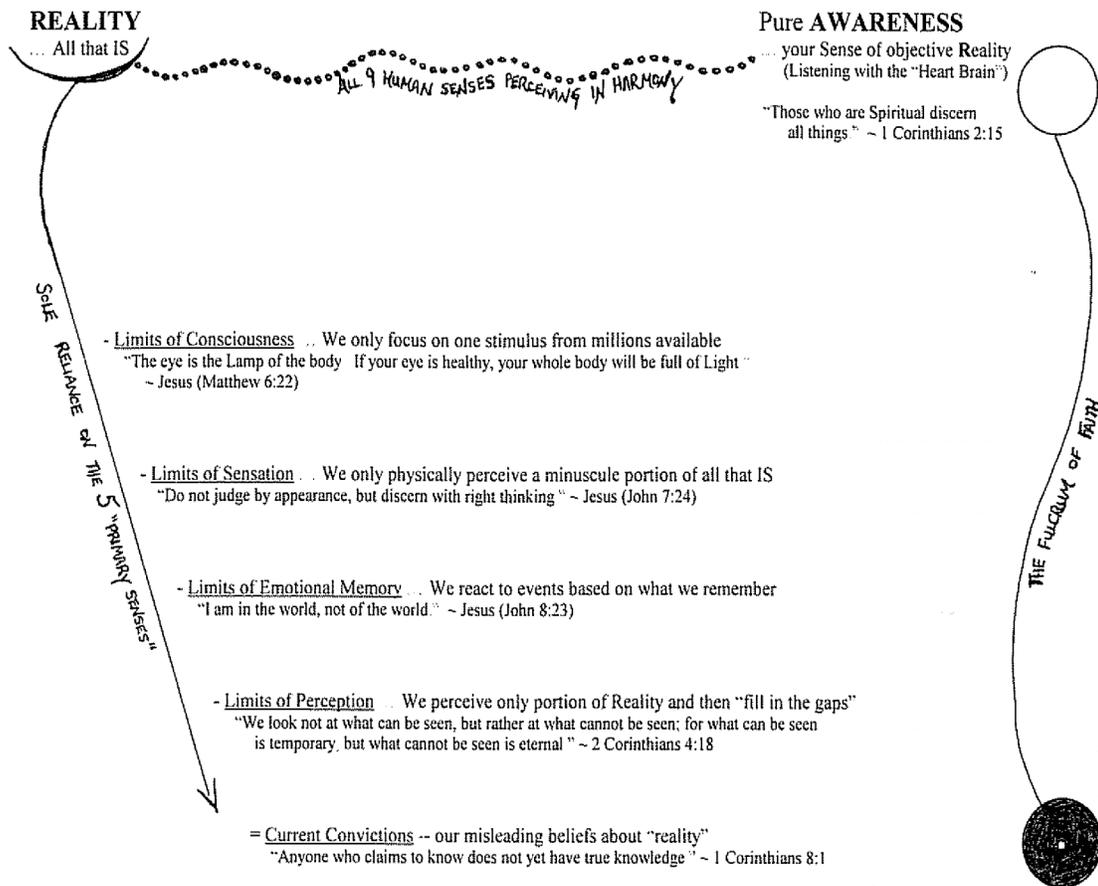
**E**xperiencing true **LOVE** ... transcending loneliness

**A**ccepting constant change ... transcending mortality

**R**eleasing primal desires ... transcending past pains & future pleasures

# The Illusion of Reality ...

While our five “primary senses” may be useful in keeping us from harm during our everyday lives, the scope of their perceptions is extremely limited and do **not** give us an accurate vision of the objective Reality that surrounds us ... Our consciousness can only focus on one of the thousands of stimuli of which we are fundamentally Aware. Our “primary senses”, while miraculous gifts, can only perceive an infinitesimal portion of the stimuli present to be perceived in any given moment. Our “reptile brain” then uses our emotional memories to interpret these perceptions through filters of “friend or foe” and often “fight or flight”. Finally, our brain is hard-wired to take this very limited input and “fill in the blanks”; using any knowledge that we have previously acquired to in effect co-create the very “reality” we believe to be so objective ...



Only when we release our attachments to the convictions we have formulated using the more primitive “primary senses” – by simultaneously incorporating the **Knowings** of these other four “secondary senses” -- can we attain a “re-Awakening” and use these “higher sensations” to make choices in our lives that maximize our potential for experiencing Contentment.

# ... Discerning the Truth within the Illusion

Fortunately, all conscious beings have four additional senses at their disposal – four senses that, when used in conjunction with our five “primary” ones, allow us to accurately **Feel** our state of being in relation to the objective Reality that surrounds us ... These four senses are intuitive resonance (our innate Perception of the flow of energy in our immediate environment), limbic resonance (our innate Understanding of both our own and others’ emotional States of Being in any given moment), electro-magnetic resonance (our innate Knowledge of the level of harmony or discord we are experiencing in the immediate area we are inhabiting), and conscient resonance (our innate sense of the Right Actions available to us) ...

**Intuitive Resonance** (the 6<sup>th</sup> Sense) ... The “hunch” Felt in your “gut” when the overall Flow of Life-Energy around you re-Minds you of the blossoming of a probability more distinct than usual ...

**Limbic Resonance** (the 7<sup>th</sup> Sense) ... The innate ability to Know the emotional State of Being of any other conscious entity (primarily mammals) with which one comes into immediate contact ...

**Electro-Magnetic Resonance** (the 8<sup>th</sup> Sense) ... The inherent awareness of every conscious entity to Feel the relative Harmony or discord of its physical proximity with every other entity in its immediate surroundings ...

**Moral Resonance** (the 9<sup>th</sup> Sense) ... The “internal” Guidance of conscience (whose Source is, of course, both internal and external) that constantly informs all conscious entities as to the “correctness” or “incorrectness” of any thought, word or deed (i.e. the propensity said thoughts, words &/or deeds have to engender Harmony [Peace] or discord [pain]) ...

When these non-tactile senses are combined with the information gathered with our other five tactile (a.k.a. “primary”) senses, we can make choices much more likely to be Right (or “correct”). The more a decision harmonizes with the Guidance of all 9 of our senses, the more likely it is to engender Harmony and Peace for self and others. When this occurs, true Balance is attained.

In such moments, criticism becomes humble Acceptance, frustration becomes Patience, self-centeredness becomes Generosity, yearning becomes Gratitude, apathy becomes Compassion, manipulation becomes Honesty, arrogance becomes Humility, boredom becomes Wonderment and doubt becomes Faith. Blame is replaced by self-responsibility, embarrassment is becomes amusement & confusion leads to clarity ...

Note: There is a “hierarchy” of sorts among the 9 senses, with the least powerful being sight (the most self-centered sense) and the most Power-full being Moral Resonance (the most selfless, interactive sense).



Taste ... Smell ... Hearing ... Sight ... **Touch\*** ... Intuition ... Limbic Res. ... EMR ... Conscience

\*Touch, as the sense most intimately related both to movement & to interaction with one's environment, is appropriately the “Fulcrum of Faith” ... To truly Know, we must physically experience.

*“You’ve got to look for GOD  
like a man with his head on fire  
looks for water.”  
~ unknown*

# *The Simple Truth*

People regularly ask me to set aside my diagrams and re-definitions and simply “tell it to them straight”. After all, if there is a harmonious version of “Ultimate Truth”, it makes sense that it would be an uncomplicated one. And this is indeed the case. The seemingly complex nature of (i)am material is not a direct reflection of the simple truth it illuminates. Rather, its diagrams and text are primarily designed to “peel away” the many complicated falsehoods we have been collectively taught and/or have individually chosen to believe. These older convictions must be released before you can intimately comprehend the simple yet profound principle that rests “within”. And yet, before we commence cleansing these misconceptions using the activities herein, I offer the following simple phrase that perfectly reflects the “Way to Happiness”:

**“To enter the Kingdom of Heaven, Love your Neighbor as your Self.”**

As our western culture is founded in Judeo-Christian ethics, it is appropriate that we begin our examination of Ultimate Truth here. This verse from the Hebrew Bible (Leviticus 19:18 -- referenced frequently by Jesus in the New Testament), has been traditionally defined to mean: “To enter Heaven after you die, be just as nice to your friends and family as you would want them to be to you.” Indeed, this definition harmonizes nicely with “the golden rule” and other tenants of conventional Christian dogma. And yet, to experience the deeper power of this wisdom, we can look at it more closely by examining how Jesus himself defined its terms ...

**Heaven** – Jesus’ only *specific* reference to Heaven in the New Testament is found in Luke 17:20-21, where he notes that Salvation is not to be found “elsewhere” or at any time in the future at all. Rather, “it is already among you” – with the Greek word translated as “among” actually meaning *simultaneously* “within” and “all around”! ... Thus, according to Jesus, the Kingdom of God is always right here, right now.

**LOVE** – Jesus’ entire ministry repeatedly evidenced the concept that love was neither an emotional possession nor a mental state of mind, but was rather reflected by our selfless actions (“If you understand these things, blessed are you *while you Do them.*” ~ John 13:17, see also John 13:15, John 13:34 & John 14:22). Thus, according to Jesus, it is not enough for us to engage others with compassionate emotions, kind thoughts or even friendly words ... The pure bliss of Inner Peace is only known in those moments when our love is grounded in active service for others.

**Neighbor** – Conventionally defined as “friend” or “tribesman”, Jesus again specifically defined this term on only one occasion, and he did so using the Parable of the Good Samaritan (see Luke 10:29-37). Note in this tale that the parable’s “neighbor” is “the one who showed *mercy*” (something done only to another who has wronged us). Also realize that this “neighbor” was a Samaritan – at that time a bitter cultural enemy of the Jews! ... Thus, according to Jesus, a phrase that appears to encourage us to simply be kind to our friends, is actually telling us to exhibit compassion for those treating us most unfairly.

**as** – not the traditional “in like manner”, here “as” means “as though he/she is ...”

**your Self** – As opposed to being a reference to one’s own separate identity and its independent desires, Jesus makes it repeatedly clear that the “Self” to which he refers is the conscience; that facet of Divinity residing within each of us (“I am in the Father, and the Father in Me, and I in You.” ~ Jesus in John 14:20 -- see also John 10:34, John 14:26, Acts 17:28 & 1 Corinthians 6:19) ... Thus, according to Jesus, we are not to treat others like we wish to be treated. Rather, we are to treat others with the same kindness we would extend to G□D Him/Her/Itself!

Once these “divine retranslations” are inserted, our Truth takes on a new, much deeper meaning:

***“To attain Bliss in any given moment,  
actively serve your enemies as if they were GOD.”***

## *The Universal Nature of this Great Truth*

As shown below, there are tenants of every major world religion that directly reflect the Truth: that the “Way to Peace” is attained through active, selfless compassion given willingly to one’s enemies ... In other words, ***Peace comes while being kind when least inclined.***

***Buddhism*** – “Hatreds never cease through hatred in this world; through love alone they cease. This eternal law conquers anger with love. Conquer evil with goodness.”

~ Buddha (in the Dhammapada 5 & 223)

***Christianity*** – “Do not be overcome by evil, but overcome evil with good.”

~ Paul (in Romans 12:21)

***Confucianism*** – “He whose heart is in the smallest degree set upon goodness will dislike no one.” ~ Confucius (in Analects 4:3-4)

***Hinduism*** – “One should never harm the wicked ... or even criminals traditionally meriting death. A noble soul will ever exercise compassion, even towards those who enjoy injuring others ... even to those of cruel deeds while they are actually committing them.”

~ Ramayana (in Yuddha Kanda 115)

***Islam*** – “God will ordain love between you and those whom you hold as enemies. For God has power over all things; and God is most merciful.”

~ Muhammad (in the Qur’an 60:7)

***Jainism*** – “Have benevolence towards all living beings, joy at the sight of the virtuous, compassion for the afflicted, and kindness towards the indolent and ill-behaved.”

~ unknown (in Tattvarthasutra 7:11)

***Judaism*** – “Aid an enemy before you aid a friend.”

~ Tosefta (in Baba Metzia 2:26)

***Mormonism*** – “They had rather sacrifice their lives than even to take the life of their enemy; and they have buried their weapons of war deep in the earth, because of their love towards their brethren.” ~ Joseph Smith (Book of Mormon in Alma 26:32)

***Sikhism*** – “Those who beat you with fists, do not pay them in the same coin. But go to their houses and kiss their feet.” ~ unknown (in Adi Granth, Shalok Farid pg. 1378)

***Taoism*** – “I treat those who are good with goodness, and I also treat those who are not good with goodness. Thus goodness is attained ... Do good to him who has done you an injury.” ~ Lao Tzu (in the Tao Te Ching verse 49 & 63)

***Zoroastrianism*** – “May love triumph over contempt.”

~ unknown (in Yasna 60:5)

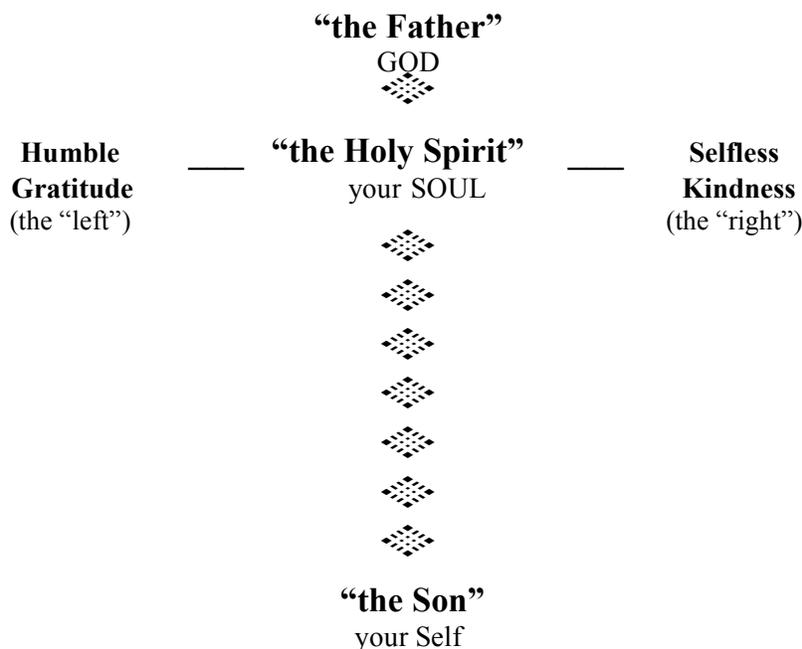
# Re-Divining the Cross



What does the image above mean to you? For many Christians, it symbolizes “eternal salvation”; forever residing in Heaven after one dies, due to an active worship of Jesus Christ as the “one and only Son of God.” Consequently, for many non-Christians, the cross has become a symbol of condemnation; a judgment of unworthiness placed upon them by “believers” ...

And yet the truly Good News is this: the cross means so much more, both for Christians and non-Christians alike. Indeed, when the Bible’s own archetypal language is applied to this symbol, a more potent meaning becomes clear ... At the risk of oversimplifying the Bible's complex metaphorical brilliance, its references to “above” generally symbolize the Universal Godhead, its references to the “body” generally relate to our fleshly human form, and its mentioning of the “heart” generally refers to our human soul (or conscience) ... Just as important, any mention of the “left” refers to taking, receiving and/or appreciating, while any mention of the “right” relates to generosity, giving and/or service ... Thus, when these archetypal meanings are applied to the sign of the cross, we see that it can also be retranslated to mean:

“The most powerful way to harmonize the flow of Universal Will with both the actions of our body and the inclinations of our conscience is to express gratitude for our lives through acts of selfless service.”



# *Re-enVisioning Paradise*



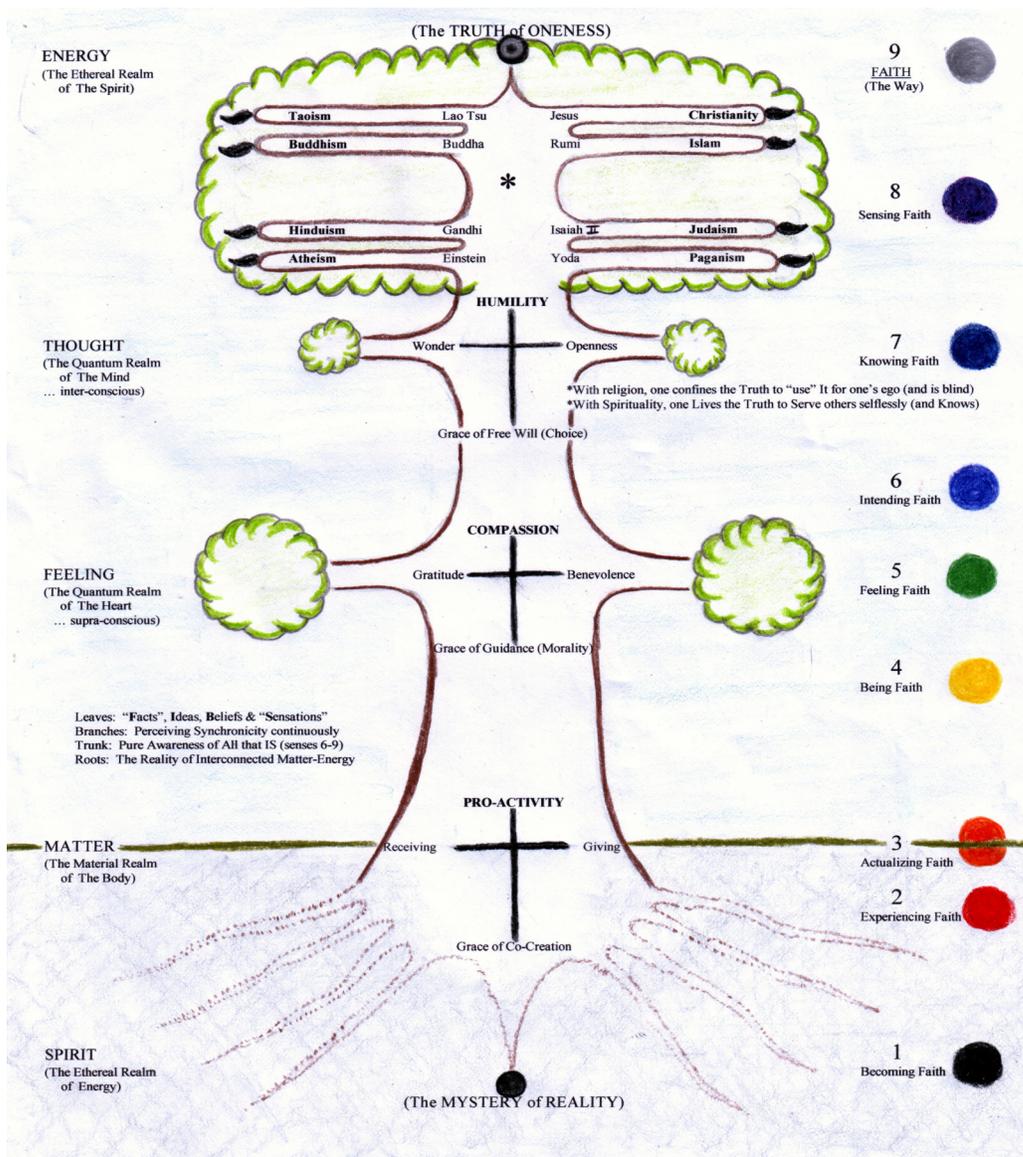
What does this image\* mean to You?

What does it say about Heaven/Paradise?

What do you make of the positions of the doves in the image? the stairwell? the clouds?

What is the most Wonder-full (i.e. positive) way you can currently interpret it?

\*image by Jim Warren



To aid in the Understanding of this workbook's contents, it can be useful to see the human search for Meaning (a.k.a. Happiness, Enlightenment, Salvation, etc.) symbolized in the form of a tree – not “the Tree of Life”, but rather “The Tree of Living” shown in the diagram above ... This tree symbolizes one Human Being, with each section representing a different facet of our search for Contentment. The leaves and branches symbolize our beliefs (incl. religious dogmas), the uppermost portion of the trunk represents our thoughts, the middle portion of the trunk reflects our emotions, the base of the trunk represents our physical body and its actions, and the roots illustrates our ever-mysterious interconnection with the rest of the material Universe.

In essence, our Mission in this lifetime is to unify these five Ways of Being into one harmonious Whole ... Every belief of which we are certain (e.g. “my idea is **the** correct one”) acts like a “dead leaf”; keeping us from opening to the Light around and within us -- blinding us to deeper, more inclusive ways of perceiving an issue or situation. These “dead leaves” tend to clump together, forming convictions &/or religious doctrines of inflexible, often judgmental beliefs. These are symbolized by the religions represented in the diagram’s eight upper branches. In essence, the more certain you are that your belief system is “**the** right one”, the farther out on a “limb” you go, and the less you can be open to receiving the Light of Oneness that is constantly shining upon us – a Light that was intimately understood by the founders of each of those religions. Indeed, the core teachings of these Masters reside in harmony together at the “Star of Truth” seen near the pinnacle of the tree’s trunk.

To “be Whole” (& thereby truly content), we must first choose to be Humble (see the uppermost cross in the tree's trunk). This does not mean adopting another’s beliefs, but rather keeping an open mind with regards to our own convictions. Once this is done, your “dead leaves” are shaken off & you can see your personal Truths more clearly. The upper portion of our “tree” can then let Love’s Light shine more purely upon us; enabling us to care more deeply for others (see the middle cross). Once this Compassion is felt, we can act powerfully; harmonizing our deeds with the selfless inclinations of our conscience. This allows us to become “grounded” in selfless service for others. At this point all the portions of the “tree” function in harmony with one another; feeding the roots of our Being with the nourishment of Inner Calm -- doing so without needing to unearth those roots in order to “know the truth” or “understand life” ... It is in these moments that we experience the true Peace of Wholeness.

# *Re-Discovering your personal “Tree”*

Looking at/into “The Tree of Living” diagram, answer the following questions:

1. Where on the “Tree” do you engage the majority of your moments?
2. Which religious “branch” is Home to you & yours?  
And how far “out on a limb” are you? (i.e. how certain are you that you are “right”?)
3. List some of your current “dark leaves” (beliefs you consider “unshakable”).
4. If you ruled the world, what would you “fix”?
5. When in the past have you felt Whole (completely at Peace)?  
Do you still feel that way on occasion ? When?

Complete the following statements related to your life’s “dark leaves” of discord –

6. I become sad/depressed when ...

**[Detach!]**  
Don't let go – Let BE!

7. I become angry when ...

**[Forgive!]**  
Don't give in – GIVE!

8. I become confused when ...

**[Accept!]**  
Don't tolerate – Cherish!

9. I become frightened when ...

**[Courage!]**  
Don't dismiss your fears –  
Do Good when afraid!

# ***On Becoming Human: the Dynamics of a Conscious Life***

The basics of emPOWERment: the primary paths of mental, emotional & spiritual development

Fulfilling our potential as conscious & conscient Human Beings requires an encounter with a challenging yet simple set of choices; choices which are reflected in the following statements and illustrated in the diagram on the following page:

A) There are two “programs” at work within every conscious being; two very different “guides” persuading each of us in every moment to engage in actions that are either self-serving (primarily designed to benefit one's self) or selfless (primarily intended to benefit another).

B) Despite our primal instincts that would have us enliven only those activities that ensure our own survival &/or prosperity (Zone “1” in the diagram), we sentient beings also have the ability to consciously set aside such selfish impulses and actualize choices that serve others' needs instead – often at the expense of our own well-being (Zone “3” in the diagram).

C) Making this choice a more challenging one is our brains' “ego” – a self-aware psychological construct (a.k.a. the identity) whose sole purpose is to persuade us to “water down” our more virtuous inclinations and turn them into merely “moral” ones (Zone “2” in the diagram). This clever bundle of beliefs & behaviors encourages us to replace unconditional support with “constructive criticism”, to replace forgiveness with “righteous indignation” (or “effectuating justice”), to replace generosity with prudence & “self-respect”, to replace gratitude with “prosperity”, to replace kindness with mere friendliness, to replace humility with “enlightenment”, to replace wonderment with “entertainment”, to replace Kindness with “healthy boundaries”, and to replace acts of service with mere thoughts or discussions about them.

D) Each choice we make falls into one of these three “zones”, and each emits a very specific frequency that corresponds to its underlying intention. These frequencies are “beamed” into our surroundings, interact with everything around us, and thereby stimulate responses that returns to us as consequences.

E) The Universe as a whole also has its own base frequency; a “tone” that underlies every interaction of every entity in every moment of its existence (see the “**Universal Flow**” line at the top of the diagram on the following page). This Cosmic Foundation is steeped in Oneness; the innate interconnection that binds and unifies all of its parts, regardless of how those parts happen to interact with one another. We sentient beings sense this base frequency in our moments of harmony, peace, calm, kindness, awe &/or Love.

F) To the degree that we engage choices that are self-gratifying, we emit a frequency that resonates with a perceived sense of competition with others/the All – and we reap commensurately discordant consequences therefrom (see the jagged line in Zone “1” at the bottom of diagram).

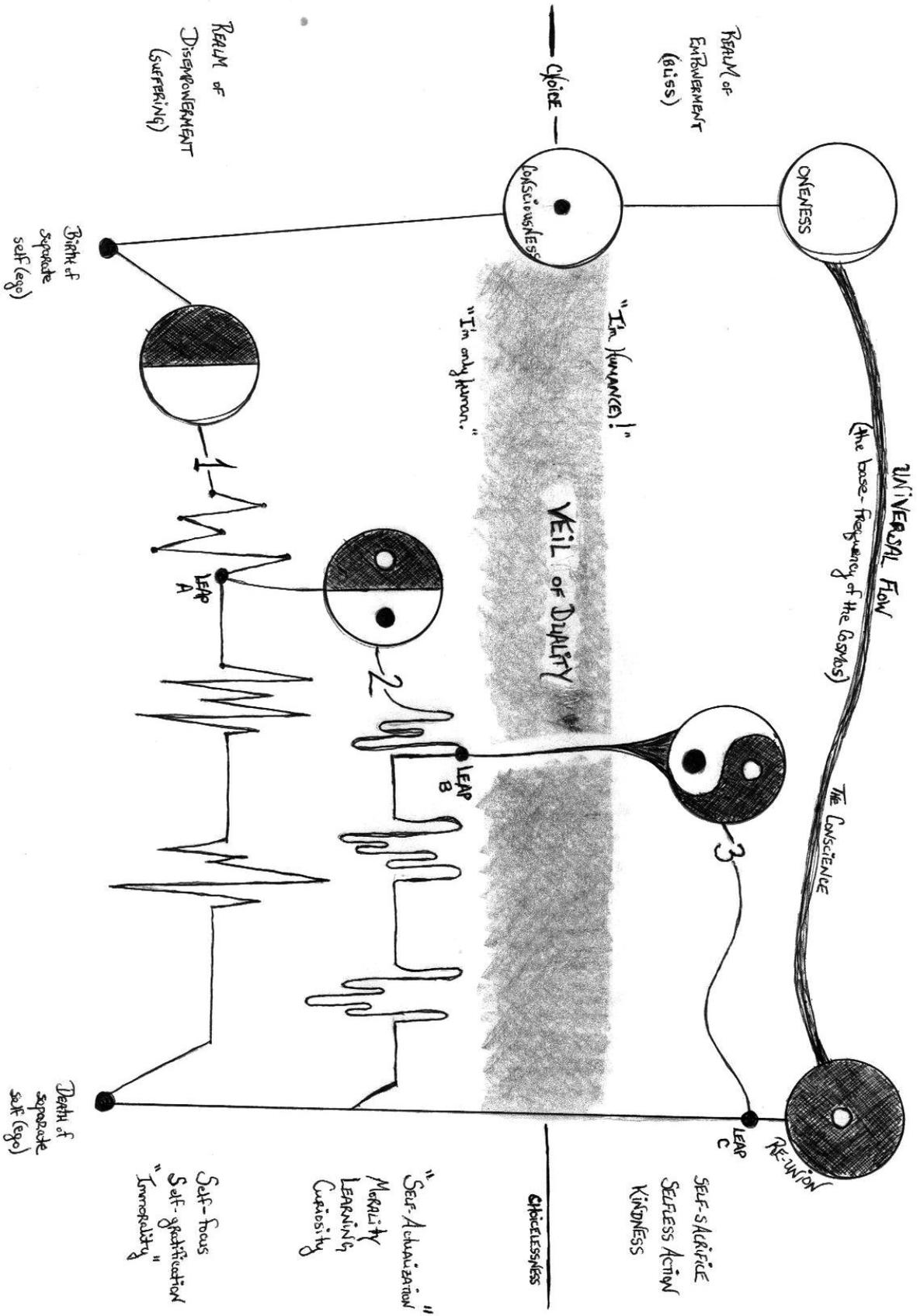
G) To the degree that we engage choices that are merely “moral” (performed from a sense of obligation) or “healthy” (performed in order to ensure personal growth), we emit a frequency that resonates with a perceived sense of self-importance relative to others/the All – and we reap commensurately discordant consequences therefrom (see the smoother line in Zone “2” in the middle section of the diagram).

H) And to the degree that we engage choices that are truly Virtuous (performed solely for the benefit of another), we emit a frequency that resonates with a perceived sense of Oneness with others/the All – and we reap commensurately harmonious consequences therefrom (see the gentle wave-line in Zone “3” near the top of the diagram).

I) These three zones are accessible to *every* sentient being, in *every* moment of *every* situation – and this is true ***regardless of external circumstances.***

**Note 01:** Enlightenment is not a “merit badge.” It can only be experienced *during the moment* that selfless choices are being affirmed ... Afterwards, there is no lingering bliss, unless a person repeatedly chooses to be selflessly virtuous.

**Note 02:** Enlightenment is not a “growth process” ... Rather, it becomes instantaneously complete *during the moment* it is courageously engaged, and then completely disappears until chosen again.



# Life's "Lesser Virtues"

some of the more common pitfalls along the Road to "Enlightenment"

"The Noble 9"	The "shadows" of Virtue (Zone II)	Re-Turning to the Light (Zone III)
<b>Acceptance</b> Forgiveness	tolerance compromise ("giving in" or "win/win") quitting/retreating ("giving up")	Be Kind to enemies Fulfill others' desires Persevere through "defeat"
<b>Patience</b> Detachment	productivity (efficiency, busyness) learning & the myth of process rest & recuperation	Just DO – anything (kind)! Serve others when tired/ill Embrace innate Power
<b>Generosity</b>	persuasion ("loving provocation") prosperity ("wealth" & comfort) reciprocity (obligation & "giving" from excess)	Give anonymously Give in times of "lack" Give by openly Receiving
<b>Gratitude</b>	victory ("fellowship") silliness ("fun" or entertainment) grief & grieving	Rejoice in others' victories Be grateful for life's difficulties Have faith in others' Strength
<b>Compassion</b> Kindness	friendliness (being "nice") freedom ("healthy boundaries") pity, sympathy & worry ("mercy killing") vows & commitments	Care for strangers Love life's "leeches" Empathy for tragedy
<b>Honesty</b>	cleverness (incl. analysis) politeness (incl. "tact") judgment (incl. "constructive criticism")	Be silent & smile Encourage others Flagrant Honesty
<b>Humility</b>	indignation ("righteous anger") regret & shame (incl. "getting better") self-criticism & subservience (incl. religion, therapy & "self-help")	Harmonize with whatever IS See yourSelf as power-full Forgive (the verb)
<b>Wonderment</b> Awe	maturity (incl. "common sense") clarity (objectivity) sanity (incl. "normalcy")	Be Joy-filled (i.e. uninhibited) See the ever-present Miracle Celebrate the "normal"
<b>Faith</b> Courage	exuberance (passion, zeal & "apocalyptic") hope & trust in others (incl. God) justice & equality (incl. fairness)	Relax your views/beliefs Become an agent of The ONE (i.e. Be Good anyWay!)

# *Becoming Human(e) Again*

After decadence comes your despondency ...

After despondency comes your inspiration ...

After inspiration comes your awakening...

After awakening comes your doubt ...

After doubt comes your fear ...

After fear comes your Courage ...

After Courage comes your Faith-full action ...

After Faith-full action comes your Peace ...

And with that Peace comes your Bliss.

Where are you on this “ladder” in this moment? in your life in general?

What can you Do to “go deeper” into True Self?

## **Seeing your Selves --**

List some of the traits you dislike in others (these are the facets of your own ego-self) ...

List some of the traits you admire in others (these are the facets of your own True-Self) ...

# *Cleaning **UP**: Facing Fears Fearlessly*

## Cleansing Consciousness

Releasing fears (noting as well where you think they might have originated) ...

Now be creative and list some ways that you can courageously face each of these anxieties. There is no method or idea here that is too “ridiculous” or too “impractical” ... It is especially effective to close your eyes, smile and visualize each “fear facing” as though it were actually taking place in this moment and as though your encounters with them are completely successful.

It is also important to visualize as though “the worst has happened” -- only let your vision be a selfless one. Realize that even if such a “tragedy” were to occur, life & Love would be enlivened because of your caring act; that even your death does not have to be cause for sadness or anxiety.

Pause a few moments and deeply feel how Power-full and Peace-full it is to be immersed in such “dangerous” situations without fear ... Welcome to Freedom of Self!

"There is only one cure for fear. That cure is Love." ~ Julia Cameron

# *Cleaning UP: Freedom from Addiction*

## Cleansing Desire

Releasing personal addictions. Note that, for this exercise, an “addiction” is any routine activity (thought or performed) that hinders your ability to be directly kind to others; they are impulses that provoke deeds that are both “automatic” and primarily self-focused. For some, an addiction might take on a more typical form (e.g. cigarette smoking, overeating or alcohol abuse). For others, it might be reading the New York Times every morning during breakfast, daydreaming about the future or arguing about politics. Be honest with yourself and list some of your behavioral addictions in the space below.

After listing them, note some ways in which you can “healthily” replace them (e.g. when tempted to sate a coffee addiction, pause and choose instead to drink green tea; when tempted to gossip about another, choose instead to actively and gently defend them; etc.) ...

A note on “breaking free” of your addictions: Regardless of whether your addictions are physiological or emotional, freeing your True Self from their clutches will prove to be quite challenging. All addictions reside within the body-mind’s “realm of reaction” – either reaction to emotional memories (primarily coming from your limbic system) &/or reaction to primal fears (primarily sent from your reptile brain).

Fortunately, these systems can be re-programmed! Emotional memories can be “written over” and replaced. Fears can be “soothed” and replaced as well ... And yet, to do so efficiently, it is crucial that you avoid striving against them. Criticizing or condemning yourself for succumbing to temptations only makes them stronger, as does “fighting” (i.e. vowing) to get rid of them.

Instead, every time such a “sin” (i.e. Self-centered Impulse-Need) rears its tempting head, choose to pause and recognize it for what it is – a survival mechanism from your past. Then, choose to thank the ego that spawned it – both for keeping you alive in your childhood and for making your current life challenging (and therefore potentially powerful!) ... Explain to it that fear-based guidance is no longer necessary for your survival, and that you are choosing not to follow its urge. Finally, choose to engage a selfless alternative behavior or thought.

Repeat this process often. The more you consciously acknowledge, thank and dismiss your ego’s desires and fears, the sooner it will get “tired” and allow your True Self to blossom forth.

"I wish that every human life might be pure transparent freedom." ~Simone de Beauvoir

# *Cleaning **UP**: Freedom from Convention*

## *Cleansing Behaviors*

Releasing habits and routines. Examine your “normal everyday routine,” listing all the activities that normally fill your days and how you typically fulfill those tasks ... Then, next to each of them, note a way(s) that you could easily alter them ...

Releasing the desire for social acceptance. List some of the behaviors your culture deems to be “normal” (e.g. “stylish” clothes, 40-hour work weeks, “tactful” speech, etc.). Next to each of these, note in parentheses who advocates them (e.g. advertising, family members, the news media, etc.). Finally, write down ways that you can purposefully “bend” these norms without harming anyone (e.g. wearing funky clothes, turning off your television, being regularly silent, being kind to strangers, etc.). Such conscious, unconventional behaviors serve to radically reawaken your sense of True Self.

Now get out there and be “strange”! Instead of striving to be “normal”, simply BE!

Note: This section does not advocate the breaking of laws (unless they are patently unjust laws, of course) ... It does, however, encourage you to follow legal guidelines because you *choose* to, not because you fear the consequences for “getting caught.”

"Live your own Destiny imperfectly, rather than another's with brilliance." ~ Bhagavad Gita

# *Cleaning UP: Freedom from Vows & Oaths*

## Cleansing Relationships

Releasing personal vows & commitments. These include both those things you “definitely must do” and those that you absolutely refuse to do. Then, next to each of these obligations, co-create ways that you can “bend them.” Note that this is not meant to alter your personal code of ethics; but is rather designed to free you from being obligated to the same. Indeed, what good is a moral code that must be followed “or else”? The only Right Action is the one that is engaged voluntarily ...

**Some of the things you currently feel obligated to do ...**

[Now, as long as no one is harmed in the process, choose to cease doing them for 3 days.]

**Some of the things you currently feel obligated to not do ...**

[Now, as long as no one is harmed in the process, choose to begin doing them for 3 days.]

"Morality is only moral when it is voluntary" ~ Lincoln Steffens

# *Cleaning UP: Freedom from Busyness*

(Keeping Calm amidst the Chaos)  
Cleansing Purpose

Releasing the need to be “productive.” Modern-day living is primarily geared towards unconsciously doing, as opposed to consciously Being (a.k.a. “efficient productivity” at work and/or “mindless entertainment” at play). Here are few techniques that can make your Present Moment more readily accessible, and thus your life more Peace-filled ...

1. An easy way to re-immense yourself in the moment is to heighten your “primary” senses by utilizing them in unconventional ways ...

- Pause to consciously taste your next meal – chew slowly & notice texture as well as flavor.
- Pause with your eyes closed and simply smell your surroundings.
- Pause to “see peripherally”; notice everything in your environment moving in harmony as one.
- Pause with your eyes closed and consciously LISTEN to your Life.
- Pause to feel the breeze on your skin (or even notice the lack thereof).

2. Another potent way to attend to the moment is focusing on “Point of Contact”, that place where any action truly takes place – where the pen meets the paper while writing, where a knife meets food while cutting, where your hands meet whatever they are touching &/or where your feet touch the ground while walking ...

3. A third way to immerse your Awareness into your current space-time is through chanting. Certain mantras have potent meanings that activate cellular, consciousness-altering responses while they are uttered. The repetitive sounding of words with reverence tends to “turn off” the busy, superficial thought-noise that keeps us from attending to the Now.

Note: How you chant is not as important as the sincerity with which you do so. What you chant is somewhat irrelevant as well, though it is more potent to intone words that have a love-based meaning ... For starters, try intoning **Om Mani Padme Hum** (pronounced “Ohm Manee Pahdmay Hoom”), which roughly translates to: “The Oneness of God rests within the jeweled lotus of my Heart.”

"The real moment of success is not the moment apparent to the crowd." ~ George B. Shaw

# *Cleaning UP: Freedom from Convictions*

## Cleansing Thought

List a few of your convictions – those ideas and beliefs that you consider to be “absolutely true.” Next to each, have the courage and the creativity to note at least one possible alternative “truth” that contradicts your own.

Now, note a difficulty or “tragedy” that is current in your life ... This can be either personal (e.g. a good friend has lied to you) or international (e.g. the U.S. has an overabundance of food while the 3<sup>rd</sup> World starves). Now, without denying the pain of this event, re-describe it in a way that allows it to affirm a more Wonder-full world-view (e.g. the good friend did not lie on purpose, but was merely honestly mistaken; the U.S. is stock-piling its food purposefully in order to allow its citizenry the opportunity to gain a sense of True Peace by feeding the 3<sup>rd</sup> World themselves).

When frequently employed, this exercise serves to re-Awaken you to the constant opportunities you have every day to Do Good ... It also re-empowers your ability to serve others selflessly once those opportunities are engaged.

The only way to be response-able is to first choose to be dis-illusioned.

"Every man is encompassed by a cloud of comforting convictions which move with him like flies on a summer day." ~ Bertrand Russell

# *Cleaning UP: Freedom from Shame*

## Cleansing Attitude

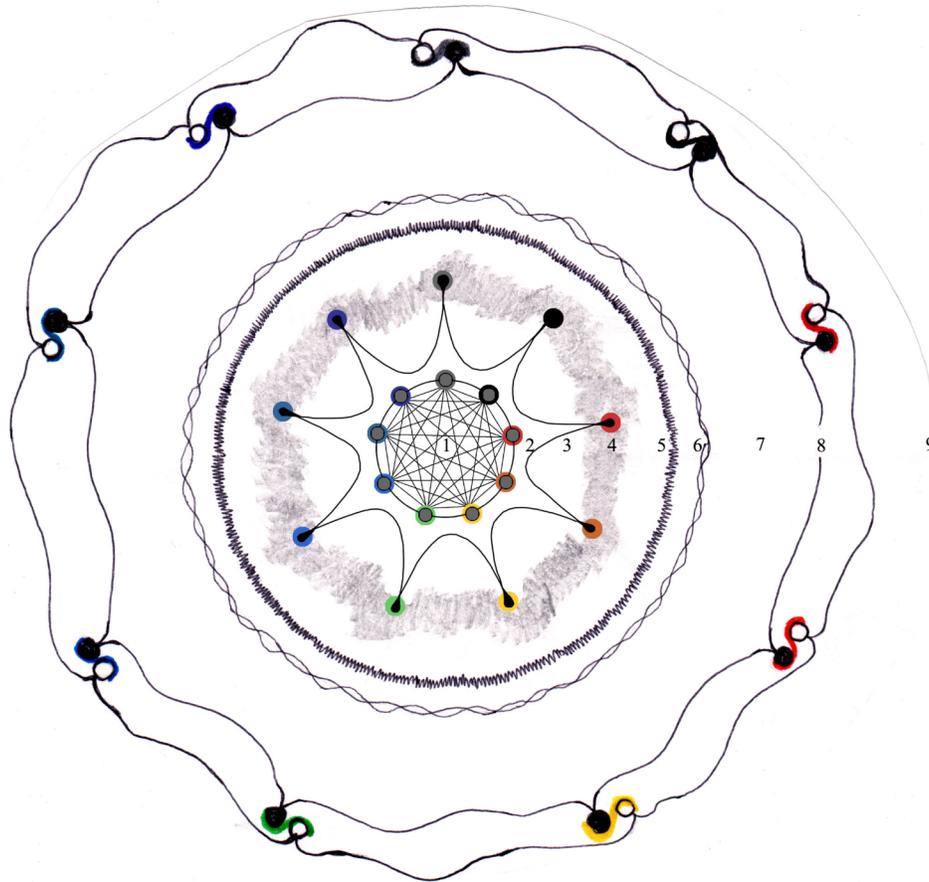
Releasing past “failures.” These include all past situations that inspire(d) you to feel ashamed or embarrassed. Choose to re-envision each of them so that you realize that something wonderful resulted from each of them. Be creative with your “happenstances” (e.g. getting fired from your job encouraged your ex-boss to leave a quarter in the coffee tip jar; an exceptionally valuable quarter that was minted during WWII; a quarter that fell out of the tip jar and was found by a homeless woman who happened to have collected quarters in her “previous life”; a quarter that was then pawned by the woman to fund her purchase of your ex-boss’ company!). Finally, and most importantly, next to each “mistake”, write the phrase “I forgive you!” ... Read that phrase aloud to yourself and *mean it* while doing so!

"When you are deeply involved with the simplest aspects of your life,  
you see every aspect of your life as spectacular." ~ Sadhguru Jaggi Vasudev

# Power-full thoughts from other followers of The Way

- “What you do for money makes a living; what you Do for others makes a life.” ~ Arthur Ashe
- “Perform every act of your life as if it were your last.” ~ Marcus Aurelius
- “Here’s a test to know whether or not your life is finished: If you’re alive, It’s not!” ~ Richard Bach
- “It is not what’s inside you that matters. It is what you Do that defines you.” ~ Batman
- “Every selfless act is born from the infinite Godhead. He is present in every act of service”. ~ Bhagavad-Gita
- “The world is saved one, small act of kindness at a time.” ~ Patti Brown
- “Better than 1000 useless words is the single word that gives another Peace.” ~ Buddha
- “If no one makes you do it, it counts as fun.” ~ Calvin (of “Calvin& Hobbes”)
- “It is not our abilities that define who we are ... It is our choices.” ~ Albus Dumbledore
- “Most people see only what is, and rarely see what can Be.” ~ Albert Einstein
- “Give Light, and the darkness will disappear of itself.” ~ Erasmus
- “Oh Lord, make me a channel of thy Peace ... “ ~ St. Francis of Assisi
- “The only decision we have to make is what to Do with the time we have been given.” ~ Gandalf
- “Be the change you wish to see in the world ... There is no way to Peace. Peace is the Way!” ~ M. Gandhi
- “When you are born, your Work is placed in your Heart.” ~ Kahlil Gibran
- “Let everyone sweep in front of his own door, and the whole world will be clean.” ~ J. Goethe
- “The Son of Man came not to be served but to Serve ...” ~ Jesus (Mark 10:45)
- “The grandfather tree grows from but a seed ... A journey of a 1000 miles begins with but a single step.” ~ Lao Tsu
- “Everyone has an opportunity to be great, because everyone has opportunities to Serve others.” ~ MLK Jr.
- “Avoid assuming that it’s too late to get involved.” ~ Morrie Schwartz
- “It’s not the results that are important ... It’s that we participate in the process.” ~ Opus (of “Bloom County”)
- “We’re all here to Do what we’re all here to Do ... Everything begins with choice.” ~ The Oracle & Morpheus (of “The Matrix”)
- “Overcome evil with Good, falsehood with Truth, and hatred with Love.” ~ Peace Pilgrim
- “See beyond phenomena ... Be Source, not result.” ~ J. Rumi
- “True giving entails doing more than is expected, for those ‘least deserving’, without personal benefit.” ~ Scaughdt
- “One thing I do know: the only ones who will be truly happy are those who discover how to Serve.” ~ A. Schweitzer
- “My life belongs to the community & it is my privilege to do for it whatever I can. For the more I serve, the more I live.” ~ G.B. Shaw
- “Spread your Love everywhere you go.” ~ Mother Teresa
- “The vocation of every man and woman is to Serve other people.” ~ L. Tolstoy
- “Just because an animal is [threatening], doesn’t mean he doesn’t also want kindness.” ~ Winnie the Pooh
- “Do or Do not ... There is no try.” ~ Yoda

# Your Human Life's "Soul-Are System"



- 1 the Soul (Grace III: internal Co-Creative Power ... **The Holy Spirit/God** ... Universal Order)
- ☯ 2 the True Self (The Child of God ... Selfless Service ... the Observer Within)
- ☯ 3 the Conscience (Grace II: internal Moral Guidance ... the Advocate Within... Virtues)
- ☯ 4 the Ego-mind (Faith ... "Knowledge" & Awareness ... the Sense of Separateness ... "sins")
- 5 Consciousness (Grace I: The Fulcrum of Choice ... **The Son of Man** ... Attachment vs. Acceptance)
- ☯ 6 the Body (Works ... The Flesh/Temple ... Sensations & Instincts)
- ☯ 7 Synchronicity (Grace II: external Moral Guidance ... The non-familiar + Action & Consequence)
- ☯ 8 the World (The Earth ... Impermanence/Change ... interaction with environment ... Reality)
- 9 the Cosmos (Grace III: external Co-Creative Power ... **The Father/God** ... Light, Heat & Life)

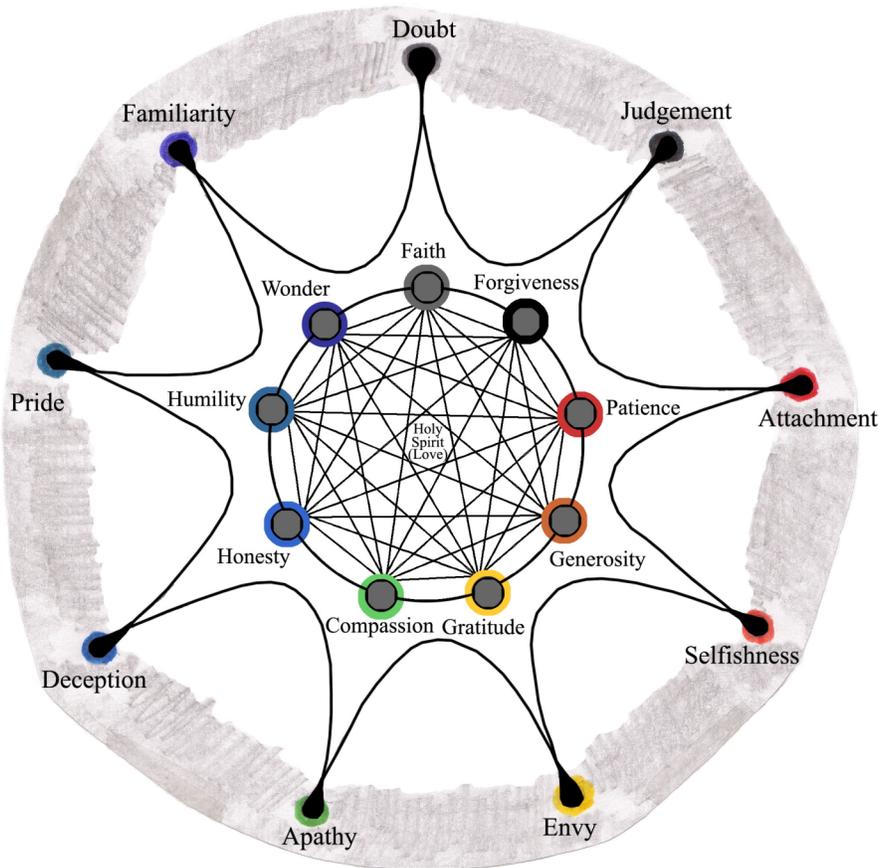
**Note:** Levels 1-4 in the diagram above are internal interactions, showing how we relate to ourselves ... Levels 6-9 represent the external dynamics of our lives, illustrating how we interact with our environment ... Consciousness rests between these two realms, where our consciousness (i.e. awareness of personal identity) resides at the "Fulcrum of Choice" (Level 5). Here is where all the gifts of conscious living (a.k.a. "Grace") meet and are either enabled by proactive (i.e. aware and focused) choices or devalued by emotional, reactive "decisions" ... This "balance-point" represents where conscious choice can be used to reconcile the forces of all 9 levels at once; by choosing actions that harmonize the elements of our immediate environment (what IS) with our deeper Awareness (what we Feel), via our actions (how we choose to respond).

**Note as well:** 1+9 – "as above, so below" ... 2+8 – "in, yet not of"  
3+7 – "intuition is intelligence" ... 4+6 – "mind is *IN* matter"

System “layers”	Christian Terms	Tangible Evidence	Buddhist Terms
<b>1 The Soul</b> the Spirit	<b>The Holy Spirit</b> GOD within	the dynamic Universal Order YinYang	Right Perspective
<p>“For in Him we Live and move and have our Being ... We ought not to think that God is like gold, or silver, or stone; a mere image formed by the imagination of man.” ... <i>Acts 17:28-29</i>  “Eyes look but cannot see It ... Ears listen but cannot hear It ... Hands grasp but cannot touch It ... Beyond the senses lies the Great Unity.” ... <i>Tao Te Ching 14:1-4</i></p>			
<b>2 The True Self</b> consciousness	Child of God the Son of God	the Observer Within (“I Am”) our sense of Love & Wonder	Right Diligence
<p>“For all who are led by the Spirit of God are Children of God.” ... <i>Romans 8:14</i>  “This is why the ancient Masters honored the inward path ... Did they not say ‘Seek and you will Find?’ and ‘Err and you will be Forgiven?’ ... Within, within -- that is where the world’s Treasure has always been.” ... <i>Tao Te Ching 62:18-23</i></p>			
<b>3 The Conscience</b> Wisdom & Morality	the Advocate	our sense of Oneness & Mercy our sense of “fairness”	Right Mindfulness
<p>“But the Advocate, the Holy Spirit ... will teach you everything, and remind you of all that I have said to you.” ... <i>John 14:26</i>  “As your Wisdom reaches to the four corners of the world, can you keep the innocence of a Beginner?” ... <i>Tao Te Ching 10:6</i></p>			
<b>4 The Ego-Mind</b> familiarity (“knowledge”) emotional memories (fear) selfishness (temptation, desire)	the Truth (“faith”)	knowledge (information/facts) behavior patterns (“codependence”) the law (judgment & punishment) “evil” acts & intentions	Right Thought (i.e. Right Speech)
<p>“All of us possess knowledge. Knowledge puffs up, but Love builds up. Anyone who claims to know something does not yet have the necessary Knowledge ...” ... <i>1 Corinthians 8:1</i>  “A mind filled with thought, identified with its own perception, beholds the mere forms of this world. The mind free of thought, merged within itself, beholds the essence of [the Way].” ... <i>Tao Te Ching 1:6-7</i></p>			
<b>5 The Character</b> the Fulcrum of Choice separateness (“identity”)	<b>The Son of Man</b> Satan & demons	our attachments & addictions our beliefs (conviction vs. “mystery”) 5 primary senses (illusion vs. “reality”)	Right Manifestation (i.e. Right Intention)
<p>“Jesus answered them, ‘Very truly, I tell you, everyone who commits sin is a slave to sin. The slave does not have a place in the household; the Son has a place there forever. So if the Son makes you free, you will be free indeed.’” ... <i>John 8:34+36</i>  “Do not use force against the world – for that which is forced is likely to return. Where armies settle, nature offers nothing but briars &amp; thorns, Things that gain a place by force will flourish for a time and then fade away.” ... <i>Tao Te Ching 30:1-3+</i></p>			
<b>6 The Body</b> sensations instincts	the Flesh the Temple Works	“friend vs. foe” pleasure vs. pain “fight vs. flight”	Right Action
<p>“Or do you not Know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own?” ... <i>1 Corinthians 6:19</i>  “The best way to Live is be like water, for water benefits all things and goes against none of them ... One who lives in accordance with Nature does not go against the way of things . He moves in harmony with the present moment.” ... <i>Tao Te Ching 8:1-14</i></p>			
<b>7 Synchronicity</b> conscious choice “divine guidance”	Grace	“good” & “evil” challenge & blessing (“karma”) the Law of Attraction	Right Livelihood
<p>“From His fullness we have all received, Grace upon Grace.” ... <i>John 1:16</i>  “The age-old lesson that others teach, I also teach: As you plant, so you reap. As you live, so you die.” ... <i>Tao Te Ching 42:15-17</i></p>			
<b>8 The World</b> material reality (immediate)	the Earth	interconnected Oneness impermanence / change	Right Concentration
<p>“... because we look not at what can be seen but at what cannot be seen; for what can be seen is temporary, but what cannot be seen is eternal.” ... <i>2 Corinthians 4:18</i>  “30 spokes of a wheel all join at a common hub, yet only the hole at the Center allows the wheel to spin ... Clay is molded to form a cup, yet only the space within allows the cup to hold water ... Walls are joined to make a room, yet only by cutting out a door can one enter the room and Live there.” ... <i>Tao Te Ching 11:2-4</i></p>			
<b>9 The Cosmos</b> the flow of energy (“chi”)	<b>The Father</b> GOD	the forces of heat & light the frequency of actualized Love	Nirvana
<p>“Every generous act of giving, with every perfect Gift, is from Above, coming down from the Father of Lights, with whom there is no variation or shadow due to change.” ... <i>James 1:17</i>  “The Tao is limitless. Without fail it reveals its presence ... [and] brings us to our own perfection.” ... <i>Tao Te Ching 6:12-18</i></p>			

# Interacting with yourself: Conscience vs. Ego

While advice abounds related to your "personal growth", what is missing in everyday knowledge is the understanding of who you actually ARE. Much more than your body or your thoughts or your behaviors, your True Self is embodied by your "Heart Brain" – what some call the conscience; an innate internal Presence embodied by the pure manifestations of nine "Noble Virtues" (inner circle of diagram). Opposing these Virtues are the self-centered desires & fears of your ego (what some call the "deadly sins" – the outer circle of the diagram). Every moment you have choice as to which of these levels of being you will actualize – for self or for other; for fear or for Love. And every time you do so, the purity of your interconnection with the Universe is affected proportionately – act selfishly and the "fog" of ego will thicken & have you feeling that much more separate from the "Love of God". Act with courageous Kindness, on the other hand, and your "veil of duality" will be lifted and you will experience the Bliss of Oneness with the Divine.



Arch.	Noble Virtue	"deadly sin"	cleansing activity
○◆	Acceptance	... is emPowered by <b>Condemnation</b>	forgiving God/Life, releasing goals ●
○♦	Patience	... is emPowered by <b>Attachment</b>	doing miniscule acts of service ●
○◇	Generosity	... is emPowered by <b>Selfishness</b>	saying "Thank You" while giving ●
○◼	Gratitude	... is emPowered by <b>Envy</b>	begratitude, posigossip, nonocalypse ●
○◇	Compassion	... is emPowered by <b>Apathy</b>	kindness to strangers & enemies ●
○◆	Honesty	... is emPowered by <b>Deception</b>	answer in silence, Purpose-full positivity ●
○◆	Humility	... is emPowered by <b>Pride</b>	making grand entrances, See God in Self ●
○◆	Wonder	... is emPowered by <b>Familiarity</b>	see Beauty in "ugly"; wonder in "normal" ●
○◆	Faith	... is emPowered by <b>Doubt</b>	offer your entire Life to the Universe ●

**Note:** Purely actualizing any one of these 9 Virtues automatically actualizes the rest of them. One Virtue cannot purely exist without the simultaneous co-existence of the other eight ... In addition, the "sins" listed here need no longer be viewed as "evil" or even "bad." "Sin" simply means "to miss the mark" – to fail to act as an agent of True Self.

# The dynamic of Conscience: our inner Guidance

<p>9 Noble Virtues (pro-active, Love-based “Right Actions”)</p>	<p><b><i>Universal Truths</i></b> (all related to Revering Life)</p>	<p>9 deadly sins (reactive, fear-based “wrong actions”)</p>
---	--	---

**Acceptance**  
(Forgiveness)

***Love your enemies***  
(Justice IS Forgiveness)

Condemnation  
(Judgment)

Re-member: true Forgiveness is neither condoning nor forgetting ...

**Patience/Flow**  
(Freedom)

***Courage is as courage does***  
(Choose to enliven your Freedom)

**Attachment**  
(Frustration)

Re-member: true Patience is not inactive or future-oriented ...

**Generosity**  
(Right Action)

***Better to give than to receive***  
(Receiving is the Giving is the Receiving)

**Selfishness**  
(Greed)

Re-member: true Generosity is neither draining nor material ...

**Gratitude**  
(Acceptance)

***Give thanks allWays***  
(Be Grateful for your pain)

**Envy**  
(Lust & Coveting)

Re-member: true Gratitude is neither actively reciprocal nor verbally expressed ...

**Compassion**  
(Kindness)

***Love is eternal***

**Apathy**  
(Callousness)

Re-member: true Compassion is neither intellectual pity nor emotional sympathy ...

**Honesty**  
(Silence)

***Be truth-full allWays***  
(Actions are louder than words)

**Deception**  
(Persuasion)

Re-member: true Honesty is not mere verbal disclosure ...

**Humility**  
(Gentleness)

***Be Humble like a Child***  
(Accept all that IS)

**Pride**  
(Certainty)

Re-member: true Humility is neither self-degradation nor obedience ...

**Wonder**  
(Awe, Beauty, etc.)

***Life is allWays amazing***  
(... Live in the Moment)

**Familiarity**  
(Boredom)

Re-member: true Wonder is not only found in the grandiose or the unusual ...

**Faith**  
(Belief)

***Faith moves Mountains***  
(Believe and it IS so)

**Doubt**  
(Hesitancy)

Re-member: true Faith is not a future-related certainty of belief ...

In each moment, you have the opportunity to actualize either one of these Virtues or one of their opposing “sins.” There is always a choice between alternatives that are either selfless or self-centered, and choose between the two you must in each moment of your life. All self-centered actions inherently cause you dis-ease, while all selfless choices invariably bring you Peace ... And every moment of your life brings you a fresh opportunity to choose anew just Who we will Be in this regard.

# *Actualizing the 9 Noble Virtues*

Write the major life-challenges that keep you from more regularly practicing the “Noble 9” –

What keeps you from unconditionally Accepting what IS?

What keeps you from simply doing the good there is to be done (why do you “plan” &/or wait)?

What keeps you from giving to others selflessly?

What keeps you from being grateful for your life?

What keeps you from being kind to strangers?

What keeps you from being flagrantly honest (e.g. uttering “white lies”, sarcastic remarks, etc.)?

What keeps you from being unconditionally accepting of others (e.g. gossip, “constructive criticism”, etc.)?

What keeps you from being amazed everyday?

What keeps you from believing that the Universe cares for You (e.g. savings accounts, self-defense, etc.)?

Next, list a few creative ways that you can actualize those same Virtues –

I can powerfully actualize pure **Acceptance** by ...

I can powerfully actualize pure **Patience** by ...

I can powerfully actualize pure **Generosity** by ...

I can powerfully actualize pure **Gratitude** by ...

I can powerfully actualize pure **Compassion** by ...

I can powerfully actualize pure **Honesty** by ...

I can powerfully actualize pure **Humility** by ...

I can powerfully actualize pure **Wonderment** by ...

I can powerfully actualize pure **Faith** by ...

\*Note that the traditional definitions of the 9 Virtues tend to negate each other ...

If **acceptance** means “giving in” to the unideal, then you can’t be patient with the same.

If **patience** means waiting for “something better”, then you can’t be generous Here&Now.

If **generosity** means giving only when comfortable, then you can’t be grateful for life’s challenges.

If **gratitude** means being thankful only for your blessings, then you can’t have compassion for others’ pain.

If **compassion** means thinking nice thoughts only for those like you, then you can’t be honest with those who are not.

If **honesty** means speaking with certainty, then you can’t be open-minded and humble.

If **humility** means humiliation or subservience, then you can’t feel wonderment over your conscious Soul.

If **wonderment** means being amazed at only the miraculous, then you can’t have faith in life’s “normal” moments.

And if **faith** means certain salvation in the future, then you can’t have acceptance for the Heaven that already IS!

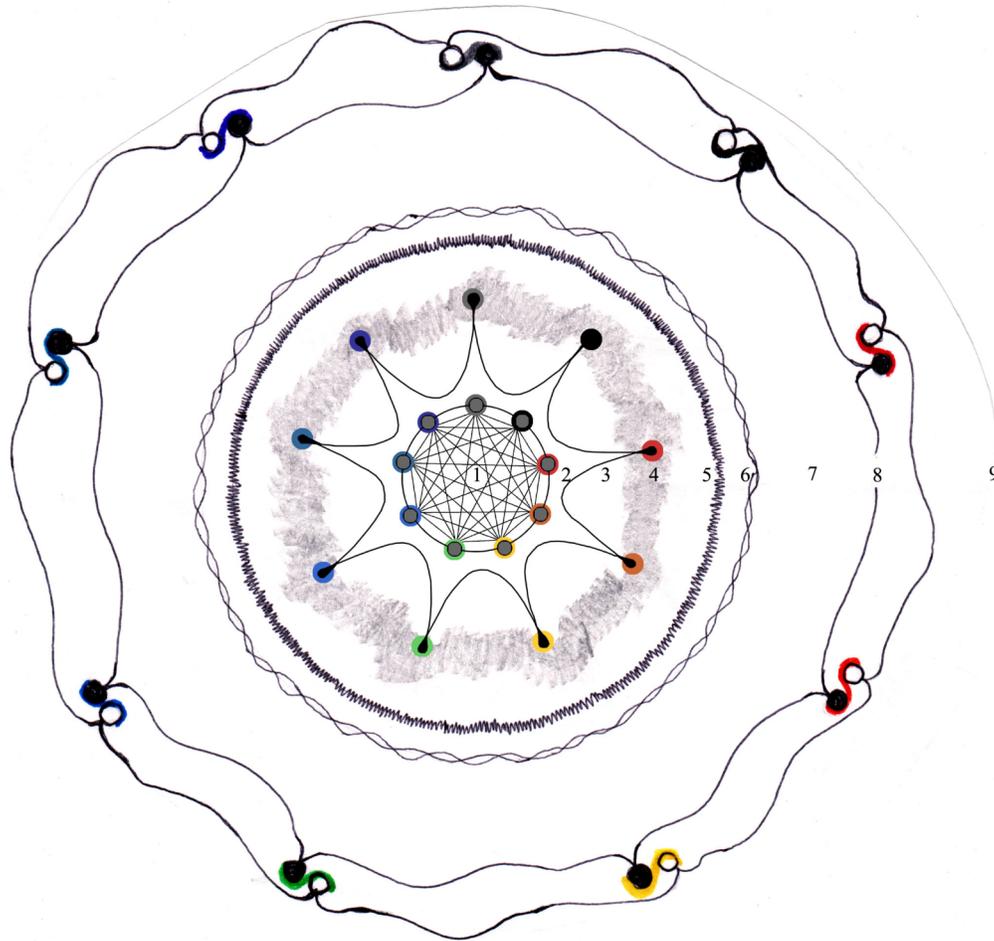
# *Re-Discovering your True Self*

(acknowledging your current Self's primary Traits)

<u>NUMBER</u>	<u>COLOR</u>	<u>TRAIT</u>
one (1)	black ●	Accepting
two (2)	red ●	Patient
three (3)	orange ●	Generous
four (4)	yellow ■	Grateful
five (5)	green ●	Kind
six (6)	blue ●	Honest
seven (7)	indigo ●	Humble
eight (8)	violet ●	Amazed
nine (9)	white ■	Faithful

"Waste no more time debating what a good person should be. Be one." ~ Marcus Aurelius

# Interacting with your environment: Good vs. Evil



In every moment of life, you are exposed to stimuli from your environment. Most of these interactions are perceived by your five “primary senses.” Afterwards, they are processed by your brain; and most often labeled as either “normal” or “familiar” -- with “normal” experiences harmonizing with the beliefs of your particular culture, and “familiar” stimuli reflecting experiences that you have judged to be “non threatening” in the past. Despite your almost constant bombardment with situations that can be readily labeled in this manner, you are also regularly exposed to people, things and/or situations that are extraordinary (i.e. either unusually wonderful or shockingly repugnant\*). When these unfamiliar manifestations of either “good” or “evil” are perceived, you have no filter in place with which to interpret them. There is nothing in your experience to compare them with, and you are forced to take notice and experience their amazingness. When you see your first double rainbow, you can only gasp in astonishment at its beauty. And when you witness extraordinary suffering, your stomach involuntarily twists and you are repulsed by that tragedy.

Fortunately, life is so amazingly varied that no amount of categorization can ever remove your ability to experience these constantly re-occurring amazements. Every time you see something that transcends your understanding of “good”, you are reminded of the Good within you; you are re-minded to Do Good yourself ... Every time you witness an extreme act of cruelty or immorality, you are reminded of your own potential failings; you are re-minded not to behave selfishly when next tempted to do so. In this way, you are “guided” to continually readjust your life – you are repeatedly encouraged to act as a Human Being instead of merely striving to survive as a self-centered “human” ... This interactive dynamic is illustrated by region seven (7) in the diagram above – the area that represents the interaction between your physical body and its environment.

\*Note: In the chart on the following page, the startlingly “good” moments we perceive are labeled in the left-hand column as “Noble Beacons”, while the right-hand column contains “Ignoble Warnings,” those surprisingly “evil” acts we witness.

# Synchronicity: your external “Divine Guidance”

Love-based “Noble Beacons” (the wonderment of all things “good”)	<b><i>Universal Truths</i></b> (all related to Revering Life)	fear-based “ignoble warnings” (the repugnance of all things “evil”)
---	--	--

Kindness to enemies (Justice IS Forgiveness)	<b><i>Love your enemies</i></b>	Zealotry (Condemning the “meek”)
---	---------------------------------	-------------------------------------

Remember: our temptations to anger & criticism allow our Forgiveness to be Power-full ...

.....

Calm despite “danger” (unconventional acts)	<b><i>Courage is as courage does</i></b> (Choose to enliven your Freedom)	Confinement (Manipulation)
--	--	-------------------------------

Remember: our temptations of hope & frustration allow our Patience to be Power-full ...

.....

Giving despite poverty (self-sacrificial service)	<b><i>Better to give than to receive</i></b>	Selfishness of the “wealthy”
--	--	---------------------------------

Remember: our temptations of lust & greed allow our Service to be Power-full ...

.....

Thankfulness for Life’s Challenges	<b><i>Give thanks allWays</i></b> (Be Grateful for your life)	Whining over minor mishaps
---------------------------------------	--	-------------------------------

Remember: our temptations of envy & sadness allow our Gratitude to be Power-full ...

.....

Kindness to strangers	<b><i>Love is eternal</i></b>	Hate Crimes
-----------------------	-------------------------------	-------------

Remember: our temptations to callousness & apathy allow our Compassion to be Power-full ...

.....

Flagrant Truth-telling (silence when pressured)	<b><i>Be Truth-full allWays</i></b> (Actions are louder than words)	Manipulative betrayal
--	--	-----------------------

Remember: our temptations to deception & abandonment allow our Honesty to be Power-full ...

.....

Humility during accomplishment	<b><i>Be Humble like a Child</i></b> (Accept all that IS)	Arrogance without accomplishment
-----------------------------------	--	-------------------------------------

Remember: our temptations of pride & arrogance allow our Humility to be Power-full

.....

Power of Discernment (harmony vs. discord)	<b><i>Life is allWays amazing</i></b> ... Live in the Moment	Boredom in face of the Wondrous
---	---	------------------------------------

Remember: our temptations of boredom & familiarity allow our Wonder to be Power-full ...

.....

Seeing the Highest Good (pilgrimage & loyalty)	<b><i>Faith moves Mountains</i></b> (Believe and it IS so)	Paranoia (striving for “security”)
---	---	---------------------------------------

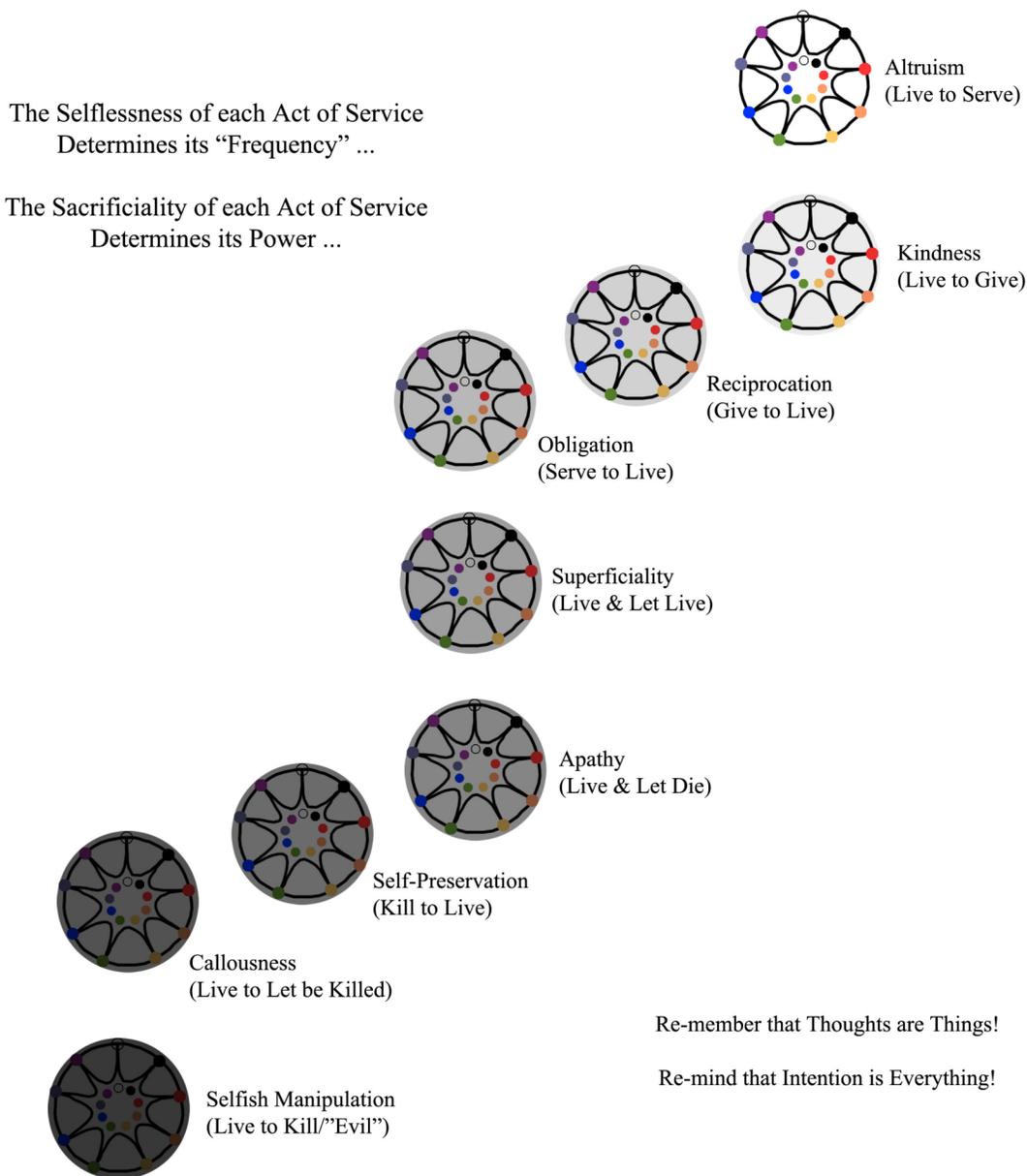
Remember: our temptations to mourn & doubt allow our Faith to be Power-full ...

.....

In each & every moment of your life, it is you & you alone who choose the “reality” of the circumstances that surround you and the happenstances that impact you. Wonder & Meaning are allWays a part of your life – it is simply up to you to choose to See them; especially in those times when it is difficult to do so. You can also use the “bad” things you witness to inspire you to Goodness (as opposed to reacting to them with sadness or anger). Every situation is either imbued with Beauty or Opportunity. All “Ignoble Warnings” re-mind you to act selflessly, while lending you the additional opportunity to have Compassion for those “perpetrating evil” ... All “Noble Beacons” invariably re-mind you to appreciate the miracle that is your conscious life. Every moment affords the opportunity to choose anew what kind of life you are living. Both “boring” & “adventurousome” are choices that can be made in every moment, regardless of their related circumstances ...

*... so choose wisely, by choosing the more wondrous interpretation!*

# How you interact with your Universe: The Soul's "Service-Beacon"



Re-member that Thoughts are Things!

Re-mind that Intention is Everything!

The human body oscillates interactively with its environment. Essentially, we are all electro-magnetic entities. In every moment of our lives, we each emit a very specific frequency into our immediate environment – a frequency that reflects our momentary State-of-Being in relation to our current thoughts, emotions, and actions, as well as the motivations behind those actions.

The diagram above illustrates this effect. The level of selflessness behind each thought or act determines its "base-frequency" (with more self-centered motivations leading to "lower" frequencies and more generous, altruistic intentions generating "higher" ones). It is the relative difficulty of actualizing those choices that then determines how powerful or weak they will be. The more self-sacrificial an act, the more difficult it is – and thus the more potent.

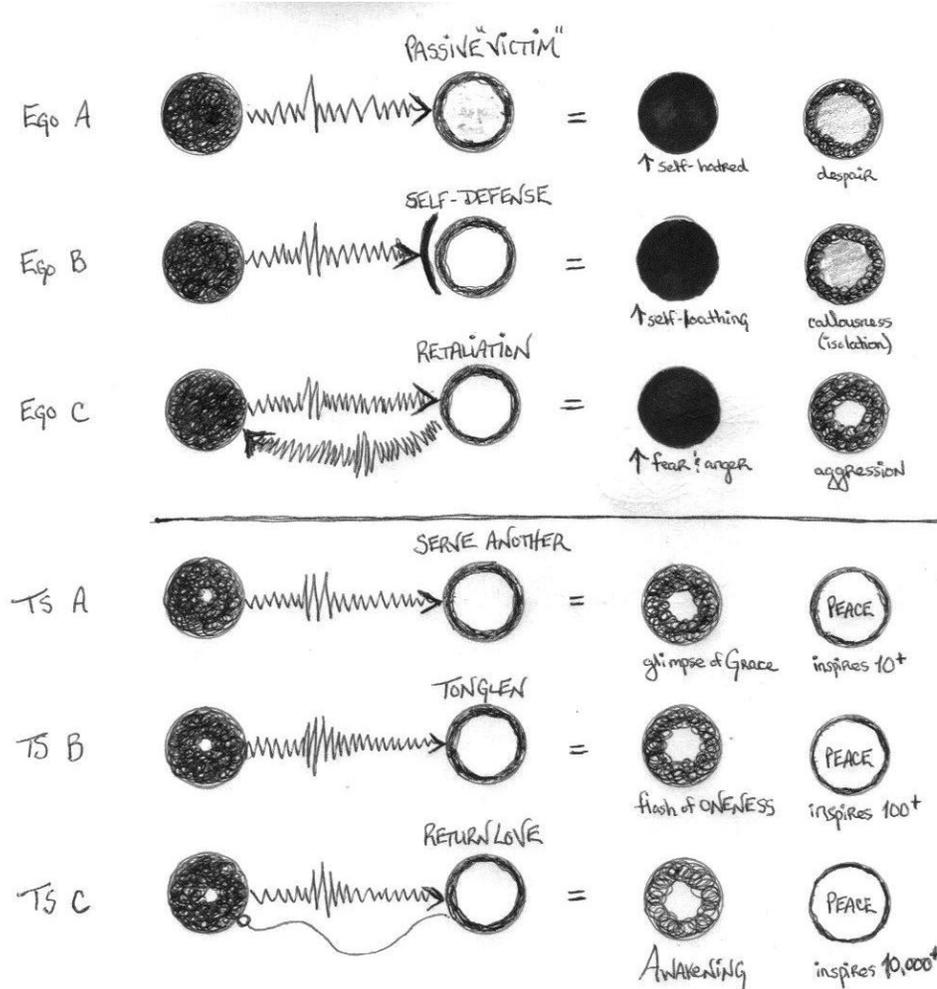
Fundamental physics also reminds us that "like attracts like", meaning that the frequencies we choose to emit attract similar frequencies back into our surroundings. Thus, it is true (and somewhat ironic) that the actions you engage solely for others (especially performed with great personal sacrifice) actually bring you and your life the most Peace.

Note: While not apparent in the diagram above, there is an enormous leap between "Reciprocation" (3<sup>rd</sup> choice from the top) and "Kindness" (2<sup>nd</sup> choice from the top). Indeed, it is this very leap that must be made for any conscious being to experience truly deep-seated Happiness & Contentment.

# How (& why) LOVE functions

## ... in dysfunctional relationships

As we can see in the diagram below, there are three standard ego-based responses to any attack (perceived or real). Ego A passively submits to the attack, sinks into despair, and both attacker & "victim" suffer a diminished level of self-appreciation -- making it less likely that they will be able to Love in the next moment. Ego B erects "healthy boundaries" against the attack, which is perceived as rejection by the attacker (increasing his/her already low level of self-esteem -- and thereby increasing the likelihood that he/she will attack another), and which form a shield of non-intimacy between the "defender" and all his/her relationships. Ego C attacks/punishes/condemns the attacker in return. This response might indeed "protect" the retaliator in the short-term, and yet it almost guarantees that the attacker will go forth to attack another with even greater severity. It is also the beginning of a slippery slope, where the retaliator will steadily morph into an attacker his/herself.



Fortunately, there are three alternative responses in such situations - responses that start and end in the conscious Compassion of the "Soul". True-Self A turns to serve another even while being harmed by the attacker, allowing him/her to perceive a "glimpse of Grace"; an instant of inspiration as to how he/she could have behaved instead. This form of response is irrational enough to allow the attacker to pause and briefly 'awaken'. True-Self B engages in Tonglen by consciously taking in as much of the "evil" that the attacker is willing to inflict while consciously transforming it into Love beamed directly back to the attacker. This response is even more irrational, causing the attacker more often than not to flee to find a victim elsewhere. True-Self C chooses to extend sincere & open acts of Kindness to the attacker while being attacked. This response is so completely irrational that the attacker immediately Awakens, and is forced to either cease attacking altogether or flee.

"You can't open your heart and not have some hurt because you're in a human experience ...  
Love takes courage. Be courageous." ~ Mary M. Morrissey

## *Re-Awakening Pure Perception*

The separateness we “see” prevents our Knowing of deeper Community ...  
The rules & laws we obey prevent our Knowing of deeper Virtue ...  
The “facts” we learn & believe prevent our Knowing of deeper Truth ...  
The politics we champion prevent our Knowing of deeper Justice ...  
The work we perform prevents our Knowing of deeper Service ...  
The wealth we crave prevents our Knowing of deeper Abundance ...  
The health we seek prevents our Knowing of deeper Wholeness ...  
The dogmas we espouse prevent our Knowing of deeper Wonder ...  
The romance we desire prevents our Knowing of deeper Love ...

We are taught that love is a romantic “filling of a void”,  
and yet loving others that way is a Choice.  
There are many sunsets in every lifetime,  
and yet seeing any of them as “normal” is a Choice.  
There are countless opportunities to criticize others,  
and yet condemning anyone in any way is a Choice.  
Science can relieve pain and “cure” symptoms of dis-ease,  
and yet relying upon it to do so is a Choice.  
Money and possessions can provide pleasure & comfort,  
and yet defining your Happiness thereby is a Choice.  
The world is full of “good reasons” to fear for your safety,  
and yet your fears are allWays Choice.  
There is a Right that brings Harmony and a wrong that brings discord,  
and yet allowing laws to determine your morals is a Choice.  
The mass-media paints a dark and ominous view of Life,  
and yet agreeing to listen to their negativity is a Choice.  
There are many valid causes of concern in this uncertain world,  
and yet worrying about them is allWays a Choice.  
We do seem to each be separate and independent individuals,  
and yet that worldview is a Choice.

That worldview is simply a Choice ...

**Your worldview is allWays your Choice!!!**

“Let G♥D play in your Awareness the way sunlight amuses itself on water.” ~ E. Gilbert

# *Becoming Human Again*

Before Peace, comes your Transcendence (what some call Joy) . . .

Before Transcendence, comes your Courage (the Faith-full leap) . . .

Before Courage, comes your fear (be it fearful flight or apathetic inaction) . . .

Before fear, comes your inspiration (be it rationalization or analysis) . . .

Before inspiration, comes your doubt (what some call Truth-Seeking) . . .

Before doubt, comes your awakening (the glimpse of Grace) . . .

Before awakening, comes your despondency (the pain of meaninglessness) . . .

Before despondency, comes your decadence (the self-centered “life”) . . .

Where are you on this “ladder” these days/moments?

What can you Do to “climb higher”?

## *Expressing Gratitude for Life Itself*

*The Universe, by its very nature, cannot ever attain a state of “perfect order” ... To do so would require all movement to cease, and with it, all life ...*

*Likewise, by its very nature, your own life cannot ever attain state of permanent bliss (what some call “balance”) ...*

*And thank G♥D for this as well, as it is this dynamic nature of “ups” & “downs” (what the more grounded folks call “blessings” & “opportunities”) that gives our conscious life its sense of Meaning and Purpose ...*

*Thus, as both the Universe as a whole and our individual lives therein cannot ever arrive at an external experience of “perfect Harmony”, it is up to each of us to find and cherish that Tranquility within ourselves ...*

*And it is from within the Heart, as the hub of our conscious Awareness, where this True Peace flows to us most smoothly and most powerfully.*

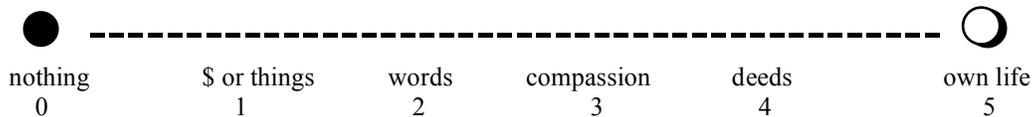
# The Power of How

Life's 3 primary "Right Action Amplifiers"

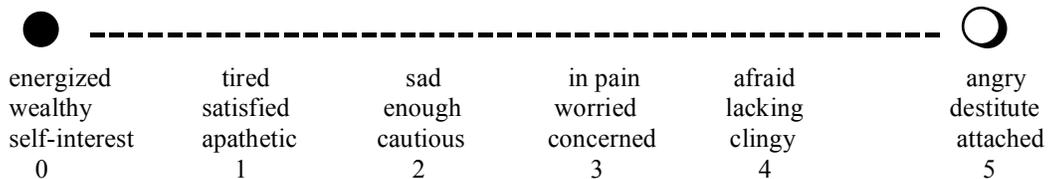
The object of an enlightened Life of Peace is not to merely engage acts of kindness, but rather to engage acts of *powerful kindness*. The most powerful act for the Universe is the one affecting the most Harmony -- for those undertaking it, for those witnessing it, as well as for the environment in which it is undertaken. And yet, it can be difficult to comprehend which of our choices are truly potent and which only *appear* to be powerful.

Use the scales below to quantify the "Power of Goodness" behind any action you undertake. Simply identify an act (it doesn't matter what type) and then analyze its "worth" according to the three ratings below (combining the three scores -- with a score of 20 being the maximum). Once the relative power or weakness of your choices becomes clearer, it will prove easier to act with more potent Kindness in the future.

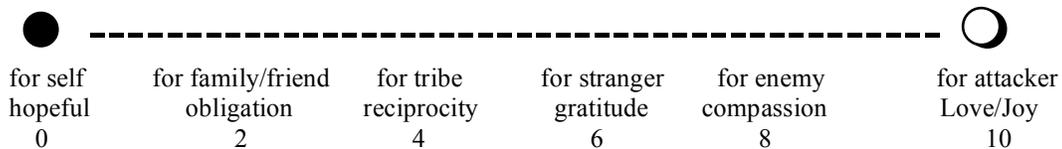
**I: The Power of What** – the gift given &/or the giving method employed (“LOVE”)



**II: The Power of Well-Being** – your state of being while giving (“as SELF”)



**III: The Power of Why(for Whom)** – the intention behind your giving (“your NEIGHBOR”)



**Example:** When a man gives two dollars (What: 1) to a friend (Why: 2) while feeling wealthy (Well-Being: 0), the action is still “good”, but very weak (3 out of 20) ... On the other hand, if a woman gives two dollars (What: 1) joyfully to someone who is insulting her (Why: 10) when those two dollars are her last two dollars (Well-Being: 5), the same monetary donation has a frequency-emission that is significantly more powerful (16 out of 20) and therefore effectuates much more Harmony – for the person to whom she gave, for all those witnessing her act of Generosity, for all those within a reasonable distance who could *feel* that Giving, and then for Universe as a whole.

**Note:** to *powerfully* assist the Universe in its never-ending quest for Harmony, it is necessary to engage a selfless deed that registers at least a “score” of **13** or higher.

# *Re-Discovering Peace: Radical Gratitude*

(“**Heaven**”\* = Appreciation Here&Now)

The Universe, by its very nature, cannot ever attain a state of “perfect order.” To do so would require all movement to cease, and with it, all life. Likewise, by its very nature, your own life cannot ever attain a state of permanent bliss -- and thank G□D for this! It is this dynamic nature of “ups” & “downs” that gives your conscious life its sense of Meaning and Purpose ... As neither the Universe as a whole nor your individual life therein can ever maintain the experience of “perfect Harmony”, *it is up to you* to cherish tranquility within your life's individual moments.

Your Heart, the hub of conscious awareness, is the gateway to this Place of Peace. Choosing to be grateful for all that IS in your life is a way through that portal.

List your life’s three most painful “tragedies.” Next to these challenges, openly express pure Gratitude for what they have emPowered you to do and/or become today...

1)

2)

3)

\*Re-member that **Heaven** is Here&Now by being regularly grateful for your life’s “difficulties”, “obstacles” & challenges ... Commence focusing on your life as an endless opportunity, as opposed to an endless struggle!

# *Re-Discovering Peace: Selfless Generosity*

(“**Love**”\* = conscious, selfless action)

List your life’s most prized material “possessions.” Next to these items, write what each of them have enabled you to enJOY. Finally, add at least one place or person with whom each of them could bring even more Peace than they currently do with you ...

1)

2)

3)

4)

5)

6)

7)

8)

9)

\*Re-member that **Love** is an action comprised of selfless thought **and** self-sacrificial deed ... Stop “getting ready” to care for someone and commence with the Caring!

# *Re-Discovering Peace: Extreme Forgiveness*

(“your **Neighbor**”\* = your enemy: those you least like &/or least admire)

List three (3) of your life’s current “enemies” and how they have wounded you in the past or are wounding you now. Next to these individuals’ names, write a *positive*, rational explanation as to why they might have behaved/are behaving so “maliciously.” Finally, openly express your Compassion for their wounds and the confused beliefs that have tempted them to act so “poorly” towards you ...

1)

2)

3)

\*Re-member that your **Neighbor** is your “enemy”; that the person in your immediate surroundings deserving Kindness the least, needs it the most ... Release all blame and fear in your life by actively replacing it with Compassion!

# *Re-Discovering Peace: Power-full Prayer*

(“as **yourSelf**”\*\*\* = as others are G□D)

Pause to pray for guidance and then re-write\*\* The Lord’s Prayer\* ...

“Our Father<sup>1</sup> in Heaven<sup>2</sup>, hallowed be thy name.  
Your Kingdom come, and your will **is (be)** done  
on earth as it is in Heaven.

**You have** Given us this day our bread for tomorrow<sup>3</sup>  
and **continue to** forgive us our debts<sup>4</sup>, even as we (have) forgive(n) our debtors<sup>5</sup>.  
And **You never** (do not) bring us into temptation,  
but **always lead** (deliver) us **away** from evil.  
For the Kingdom, the Power and the Glory are yours **now and** forever<sup>6</sup>.”

... “original text” in Matthew 5:9-13  
(NRSV, Oxford’s 3<sup>rd</sup> Edition)

\*Note that the true power of these verses come to the fore when they are read as a **series of factual statements** that affirm what already is, as opposed to a list of requests for what might/could be ...

\*\*Jesus expressly desired that we *spontaneously* pray (see Matthew 5:7-8)

\*\*\*Re-member that, as your **Self**, you are a conscious agent of the Divine (G□D) ... As such, you have been blessed with the ability to effectuate great change in the Universe – both through sincere & humble prayer, as well as with courageous acts of Kindness (a.k.a. “praying with moving feet”)!

---

<sup>1</sup> Actually “Abba” in Aramaic, which translates as “daddy” (not the formal “father”)

<sup>2</sup> see Luke 17:20-21

<sup>3</sup> this phrase probably refers to the “eschatological banquet” or communion

<sup>4</sup> a reference to sins, not actual monetary debts

<sup>5</sup> a reference to those who have harmed us, not those who merely owe us money

<sup>6</sup> see Matthew 26:39 – “... yet not my will, but thy will be done.”

# Discerning The Truth

Guidelines to Hearing the Advice of your True Self

Every Right Action embodies nine different characteristics; all of which harmonize with our personal experiences of Peace and Contentment. In short, every “best Choice” we make in any moment is **personal, pro-active, generous, free, kind, courageous, humble, detached** and **faith-full** ... These are the nine facets of the “gemstone” that is pure, unconditional Love – the Love that is the primary motivation behind every decision that brings our lives deep-seated Happiness and Joy.

As can be expected, what is actually Meant by these nine terms radically conflicts with how they have been traditionally defined for us. In order to apply them as Guidelines, they must first be Understood. And in order to Understand them fully, they must be redefined.

◆ **The 1<sup>st</sup> Facet: Right Actions are Personal** ... The True Path is one of simplicity and ease. Its Choices, by their very nature, encourage us to Be at Peace; with a Calm Mind and in Calm surroundings. Thus, more often than not, they wish for us to engage Life on an Intimate, personal level – and this often results in Actions that we either undertake alone in Solitude or can fulfill without external assistance ...

The inner Peace that comes from most Personal Decisions is also grounded in the Acceptance of what already IS. Thus, Personal Choices are those that attempt to Do something with what currently exists, as opposed to striving to change the Status Quo into “something better”. They accept what IS, as opposed to striving for what “should be”.

*Determining Factor:* Which of my alternatives is least dependent on others’ compliance?

◆ **The 2<sup>nd</sup> Facet: Right Actions are Active** ... Harmonious Actions are applicative; not analytical. The Way encourages us to pro-actively participate in Life via Choosing and then Doing. The ego-based “small self”, on the other hand, tempts us to retreat and hide from such bold, Intimate Decisions. It encourages us to believe either that we have no Choice or that we should wait to Choose. Reacting to stimuli is not Choosing, just as waiting to Choose is no Right Choice either. Right Actions are not only thought or felt – they are performed.

*Determining Factor:* Which of my alternatives is most active?

◆ **The 3<sup>rd</sup> Facet: Right Actions are Altruistic** ... The True Path is selfless and Serving of others. “Sin-full” action, on the other hand, is self-centered and serving of one’s self. Right Action Gives while “wrong action” takes away. Altruism in its purest sense is the Giving of more than is expected, in ways other than desired, without motivations of personal benefit, in times of personal discomfort, for those often judged “least deserving”.

*Determining Factor:* Which of my alternatives is most Giving to others?

◆ **The 4<sup>th</sup> Facet: Right Actions are Free** ... The Wisdom contained in “The Truth shall set you Free” implies not only that what is Truth serves to Free your Life from the prison of ignorance, but also that all Choices tending to shackle your Free Will cannot simultaneously be reflective of your personal Life-Path. Therefore, any action that is **based in** either duty, obligation, responsibility, commitment and/or a conforming to societal expectations (i.e. everything “normal”) cannot simultaneously be in Harmony with your True Path.

*Determining Factor:* Which of my alternatives is least influenced by external influences?

◆ **The 5<sup>th</sup> Facet: Right Actions are Kind** ... They further Love by being gentle – always intending to cause as little harm to others as possible. Fear-based actions, on the other hand, always (at least in part) intend to further self-survival, and thus often produce pain (including additional fear) both during and after their effectuation.

*Determining Factor:* Which of my alternatives most powerfully relieves others’ burdens?

◆The 6<sup>th</sup> Facet: Right Actions are **Courageous** ... The True Path is one of bravery in the face of fear. It can easily be said that the option most feared is the option most in need of actualization; both to allow for the most personal Growth (i.e. the freeing of the True Self) as well as to Serve others more Power-fully (see page 14) ...

One off-shoot of this characteristic is that Right Actions, due to the Courage required to effectuate them in the face of so many temptations not to, tend to actively “test” one’s Life Path. The more often one Chooses to test one’s Way, the more often one is Open to Receiving Guidance if one has strayed from that Path. These courageous “tests” most often take the form of Actions that are intentionally unconventional – namely, those Choices that fly in the face of social expectations and/or cultural norms. Thus, Right Actions are often the “least respected”, “least honored” and/or “least powerful” options available. As a consequence, they often require one to actualize the Courage needed to persevere into regions that more conventional sources deem to be “detrimental”, “hopeless” or even “dangerous”.

*Determining Factor:* Which of my alternatives requires the most Courage to engage?

◆The 7<sup>th</sup> Facet: Right Actions are **Humble** ... When in doubt, it is allWays effective to openly ask for Guidance. Instead of merely relying on reasoning based in your five “primary sense”, choose to also access your other “fundamental senses” (see page 6). This can be accomplished by paying attention to your “gut feelings” when confiding in Friends, evaluating your dreams, and/or praying. Purpose-fully make your choices “irrationally” (i.e. intuitively) by following your hunches instead of “more rational” alternatives ...

Right Action is aware of the malleability of your perceptions (in relation to what is “real”) and therefore keeps an Open Mind with regards to others’ opinions (even their advice and/or criticisms). Right Action remains flexible by choosing to remember that “I am not sure my current choice is the best one, and yet I intend to harmonize Power-fully with the Highest Good and am prepared to alter my course of action if it becomes apparent that my original choice is not the most-harmonious one”. Though Right Action does not require supporting unpopular alternatives, it does require the active Respect of the same. We cannot be guided unless we are open to Seeing all the choices available to us; especially those we might otherwise deem to be too “unpleasant” or “radical”.

*Determining Factor:* Which of my alternatives is most Open-Minded?

◆The 8<sup>th</sup> Facet: Right Actions are **Detached** ... Truth resides only in the Present Moment. To flow with what IS, one can neither strive to create what “should be” in the future, nor rely upon the “guidance” of “what has worked” in the past. As a consequence, to actualize our most Power-full Path, it is counterproductive to **worry** about an action’s potential consequences. Similarly, all hope for “success” must be removed from any decision-making process in order for that process to be truly effective. Right Actions release the striving for personal ambitions, goals and/or dreams in favor of using what one has already attained to serve where one already IS.

*Determining Factor:* Which of my alternatives is most grounded in the Present Moment?

◆The 9<sup>th</sup> Facet: Right Actions are **Faith-full** ... Our conscience is a consistent Guide to Right Action. Societal judgments of morality are allWays fear-based and therefore inaccurate. The Spiritual Man and Woman measures his or her actions instead using the Universal bellwethers of Virtue (see pages 24&25). To do so consistently, these Humans trust in their conscience; focusing on the well-Being of others instead of striving for personal comfort. Right Action discerns the Highest Good that resides in everything making up every Moment. Faith has us realizing that what IS, is both Right & Good – our “job” is simply to find that Good and aid It however we can. This deep-seated Faith allows us to See Life as Right; allowing us to more readily harmonize with that Reality by doing powerful Good therein.

*Determining Factor:* Which of my alternatives requires the most Faith in Life?

*“And why do you not judge for yourself what is Right?” ~ Jesus (Luke 12:57)*

*“Those who are Spiritual discern all things ...” ~ Paul (1 Corinthians 2:15)*

# Making the “Right Choice”

Using the rational “left-brain” to Hear the deeper Understanding of the intuitive “Heart-brain”

The 9 characteristics of Right Action (see RDP Handout pages 6-7) can be utilized during everyday Decision-making ... Simply chart any Choice’s alternatives on a piece of paper in any two (or more) Ways ...

**Graph 1: “Counting Stars”** ... Analyze each alternative comparatively with regards to each individual characteristic; Giving the alternative that most purely embodies the particular characteristic a “star” ... When Analyzing 5 or more alternatives, you may give your second-most Power-full alternative a “star” as well (but only if it purely embodies the characteristic!) ... Do this for all nine characteristics and then add up the stars ... The alternative with the most stars is your most-Power-full Choice; the course of Action most likely to bring you Peace, enLighten your True Path, and Give others the Love that could emPower them to make similarly courageous Choices ...

Below is a sample chart with five alternatives that were frequently options in my “previous Life” ... It was often easiest for me to simply stay late at the office, go to the gym or write in my diary ... And indeed, the easier courses of action are often the least-Power-full -- thus bringing lesser amounts of Joy and Peace into our Lives ... Investing in others’ well-Being, on the other hand, allWays requires more “work” AND, somewhat ironically, allWays brought Me the most Peace ...

Alternatives	1	2	3	4	5	6	7	8	9	Total
Write in Diary	*			*						2
Work Late										0
Go to the Gym										0
Dinner with partner		*	*		*	*	*		*	6
Play with kid(s)	*	*	*	*	*	*	*	*	8	8

**Graph 2: “Cumulative Worth”** ... The “cumulative worth” method also charts alternatives in relation to the individual characteristics of any Right Action, though this method assigns each alternative a numerical value per characteristic - a “1” for the alternative that is “most Right” (i.e. most purely embodies that characteristic), a “2” for the next-most Virtuous alternative, and so on ... After all nine characteristics have been so evaluated, the nine characteristic-scores for each alternative are added together and the lowest score is your most Power-full Choice ...

Alternatives	1	2	3	4	5	6	7	8	9	Total
Write in Diary	1	3	5	2	3	5	5	1	3	28
Work Late	2	5	3	5	5	4	4	4	5	37
Go to the Gym	5	4	4	4	4	3	3	5	4	36
Dinner with partner	3	2	2	3	2	2	2	3	2	21
Play with kids	4	1	1	1	1	1	1	2	1	13

\*Note: to be Effective, this method should evaluate at least four alternatives at a time ...

# *Charting your own Truth(s)*

Graphing your "best choice" for this week ...

Alternatives ... 1 2 3 4 5 6 7 8 9 Totals

Alternatives ... 1 2 3 4 5 6 7 8 9 Totals

"The effectiveness of any action depends upon the source from which it springs." ~ Thomas Keating

# *Finding your Life's "True Purpose"*

The "chart-method" is equally Effective when analyzing one's Life as a Whole ... We often wonder things like "What is my Vocation?" "What is my Purpose in Life?" or "What Life Path should I really be Following?" ... It has been my Experience that we all Ways **Know** the solution to such questions - even though we often cleverly convince ourselves that these Answers are "beyond knowing" or "mysteries" ... Fortunately, when you have the Courage to Answer its questions honestly, this method is all Ways Effective in identifying your True "Life Mission" ...

**Graph 1: "Counting Stars"** ... The sample chart that follows contains the five major "Life Avenue alternatives" that I was **Willing** to undertake several years ago (just before commencing with my still-ongoing Peace Pilgrimage) ...

Of course, even though it is not necessary to include options that you "know" to be feasible, it is crucial that you only include alternatives that you are completely **Willing** to engage ... Thus, it is logical that this method only Functions effectively when you are truly Ready to engage your True Calling - otherwise your ego will prevent you from even including the Choices in your list of alternatives that reflect your True Path ... Therefore, it is necessary to dismiss all concerns related to "practicality" and/or "probability of success"... You are Free to Dream -- and you are then Free to Actualize those Dreams!

<b>Alternatives</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>Total</b>
Politician										0
K-6 Teacher's Aid		*	*		*			*	*	5
Civil Rights Attorney										0
Writer/Author	*			*		*				3
Peace Pilgrim	*	*	*	*	*	*	*	*	*	9

**Graph 2: "Cumulative Worth"** ... This chart functions similarly to the previous "Cumulative Worth" chart (discussed on the previous page) ...

<b>Alternatives</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>Total</b>
Politician	5	5	4	5	5	2	4	5	5	40
K-6 Teacher's Aid	3	2	2	3	2	4	2	2	2	22
Civil Rights Attorney	4	4	3	4	3	3	5	4	3	33
Writer/Author	2	3	5	2	4	5	3	3	4	31
Peace Pilgrim	1	1	1	1	1	1	1	1	1	09

\*Note: to be Effective, this method should also evaluate at least 4 alternatives at a time ...

# *Charting your own Truth(s)*

Re-Discovering your Life's "True Purpose"...

Alternatives ... 1 2 3 4 5 6 7 8 9 Totals

Alternatives ... 1 2 3 4 5 6 7 8 9 Totals

"A man knows when he has found his Vocation when he ceases thinking about how to live and starts Living ...  
When we find our Vocation, thought & Life become One." ~ Thomas Merton

# Knowing True Guidance

For many years of my early life, I searched avidly for Truth – and in doing so, it can be no surprise that I came across hundreds of “prophets”, gurus, shamans and preachers; all claiming in one way or another to have access to the very Truth I sought ... Of course, more than few of their philosophies and teachings actually led me even further into pain and confusion ... And so I often wondered whether there was a more “efficient” way to recognize the True Guides from the “false prophets” ... This addendum contains a set of general guidelines intended to help you make this choice more accurately for yourselves ... I do not claim to have any specific advice that is Right for each of you ... And yet I have experienced enough to share some "Pathfinder Personality Traits" that will enable each of you to seek (and inevitably find) a "True Guide" for your Way ...

This collection of characteristics is not based upon mere "logic" or my personal beliefs ... Rather, it is founded solely upon a personal witnessing of hundreds of community leaders -- how they taught, what they taught, and (most importantly) what consequences came from their teachings and their methods ... The consequences that brought pain to themselves and others I deemed "false", while those that brought Peace and deep-seated Happiness were deemed to be "True" ... Looking to your current leaders' actions, speech &/or beliefs, you can tell whether or not a particular guide is leading you towards seep-seated Contentment ... Basically, the more "True" a particular leader is, the more his or her actions, speech and teachings will be Accepting, Generous, Humble, Kind, Joyful and Consistent ...

**1.** The True Guide (and his/her Teaching) is *Accepting & Patient* ... He/She radiates Compassion to everyone in the hopes of allowing them all to rediscover their own True Selves ... The "false Prophet", on the other hand, tends to radiate condemnation or pity to others, in the hopes of encouraging them to glorify his/her own ego ... The True Guide sees others as his/her brothers and sisters - already "Children of God", while the "false prophet" sees them as “underlings” who need his or her assistance to become "saved" or "happy" ... The former encourages followers to discover their own Paths, while the latter attempts to force others onto paths that are "proper" or "more appropriate" ...

A true Teaching preaches unconditional Acceptance of others (not an agreement with them, merely a deep-seated recognition of their innate validity) ... "False prophecy", on the other hand, professes a knowledge of “**the** right Way” or “**the** only Way” ... A true Teaching is open in its sharing (inclusivist), while "false prophecy" harbors "secret knowledge" that only the "worthy" can learn -- if they are obedient (exclusivist) ...

The True Guide is humbly amazed at the majesty of the Universe, while the "false prophet" already understands "the way things are" with relative certainty ... The True Guide encourages us to make the best of what IS, while the "false prophet" persuades us to "make life better" for ourselves ... A true Teaching is grounded in forgiveness, while "false prophecy" extols us to enforce retribitional "justice" on "wrongdoers" ... The True Guide knows that all religions and all the leaders of those different creeds are bound by the common Truth of God’s unconditionally loving Way ... He/She embraces all of them as Family ... The "false prophet", on the other hand, sees members of other life-views or faiths as competitors - enemies to be either "corrected" or vanquished ...

**2.** The True Guide (and his/her Teaching) is *Selflessly Generous* ... True leaders look to help those in need, and are never wealthier than the poorest member of their congregation ... "False prophets", on the other hand, are fixated by material abundance and often exude superficial displays of personal vanity ...

The True Guide focuses on what can be attained in our current lifetime (specifically how to more powerfully serve others in the present moment), while the "false prophet" tends to concentrate on opportunities for “advancement” in the future or "salvation" in the afterlife (typically how a follower can either "be happier" or “get to Heaven”) ...

A true Teaching preaches generosity, while "false prophecy" encourages you to "protect your own" ... A true Teaching preaches selfless service for others , while "false prophecy" tempts its followers towards fulfilling their own personal desires ...

3. The True Guide (and his/her Teaching) is **Gratefully Humble** ... True Guides have no desire to lead others or to change them ... They simply are who they are -- not caring whether they are followed or not ... "False prophets", on the other hand, exert time and energy trying to win others over to their own ideas of "what's right" ... They often attempt as well to pull True Guides down with criticism &/or condemnation ...

The True Guide teaches with humility (i.e. with an open-mind) ... He/She honors everyone, while the "false prophet" tends to find subtle ways to honor him/herself, exuding pride and arrogance in his/her own set of beliefs while doing so ...

4. The True Guide (and his/her Teaching) is **Kind & Joyful** ... "False prophets", on the other hand, are often sad, angry or overly serious ... The True Guide teaches with gentleness, while the "false prophet" demands obedience ... The former listens more than he/she speaks; teaching often via an open willingness to learn ...

The True Guide teaches with joy and positive encouragement, while the "false prophet" uses anger &/or melodrama to persuade his/her followers ... The former knows success when his/her followers are at Peace, while the latter knows "success" by "saving souls" or "enlightening the ignorant" ...

A true Teaching preaches Joy & Happiness, while "false prophecies" entrench fear, often using shame, guilt &/or embarrassment to convince or manipulate its followers ... The former focuses on Seeing humanity as **One**, while the latter has us focusing warily upon -- and striving to protect ourselves from -- our "enemies" ...

5. The True Guide (and his/her Teaching) is **Consistent**, faith-fully "Walking the Talk" ... "False prophets", on the other hand, often engage in the same "sinful behaviors" they condemn ... The True Guide is courageously truth-full, communicating with either flagrant honesty or complete silence -- while the "false prophet" is often merely "polite", "tactful" or "friendly" ...

The True Guide evidences nobility as his/her "norm", while the "false prophet" only displays a deeper **Morality** when "on his/her best behavior" ... The True Guide acts righteously voluntarily and cheerfully, while the "false prophet" tends to confine his/her life with rules and vows that he/she feels compelled to obey ...

In essence, then, True Guides are simply humans who have chosen to humbly accept the Mystery of Life ... They are able to live for extended periods of time in Joy and Gratitude regardless of their lives' external circumstances, and they live that life in the selfless service for -- and promoting the enhanced **Happiness** of -- others ...

**In conclusion**, if you have the Courage to neutrally examine the leaders in your Life, it will be relatively easy to identify which are "True" for your current Life-Path and which are not ... Note that no leader is completely "false" or completely "True" ... Indeed, while most of my own teachings these days effectuate Peace (and are therefore "True"), there have been many times during my life when my leadership has been in error and caused pain (making me, at those moments, a "false prophet" as well) ... If you wait until the "perfect Guide" is found to follow, you will never move at all ... Indeed, even your own Inner Guide (which IS perfect) cannot ever be perfectly heard through the haze of your ego's fears and desires ... Often times we must simply act on Faith that the guidance we are following is Right ...

Thus, these characteristics are not meant to show you how your own True Guide should act or appear ... Rather, they are guidelines for helping you to determine whether the leaders in your life are giving you mostly accurate advice or not ... The more purely a leader reflects the above-mentioned traits, the more you can know that his/her guidance will bring you Peace ... The more he/she diverges from the same, the more that advice will bring you and others pain and suffering ... Your objective should not be to find someone else to blindly follow, but rather a guide to enlighten your Path as **you** walk It ... You are both teacher and student in Life ... You are the co-creator who continually responds to and acts upon the environment around you ... There are always guides available to make these choices clearer for you -- & remember that the best of those Guides always reside within you!

"A teacher is one who makes himself progressively unnecessary." ~ Thomas Carruthers

# Making "Salvation" simple ...

... making Peace practical & Power-full

## Option A: Following a Formula ... a "Right Action\* Template"

<u>Choices ...</u>	<u>Right Action(s) ...</u>
harm one or harm another/Humanity	neither – engage in Purpose-full non-action
harm one or harm another (to assist Humanity)	neither – good means must <i>reflect</i> their good ends
assist one or harm another	assist the one
assist one or "help" another	assist the one (avoid "helping" anyone)
assist one or assist another	either – the more difficult the service, the "better"
assist one or assist Humanity	either – the more difficult the service, the "better"
assist one now or assist many later	assist the one now

\*Right actions always bear the "fruits" of Joy &/or Peace. **Note** that considerations related to one's self are *never* factors in determining whether an act is "Right" or "best".

## Option B: Cleansing the Core (replacing ego-habits with caring choices) ...

<u>Replace ...</u>	<u>with ...</u>
mass media	Awareness
therapy & "self help"	Service
preachers & "mystics"	Knowledge (inner)
sexual gratification	Love
material accumulation	Generosity
striving for success	Gratitude
kill-based diet	kill-free foods
pest removal	revering Life
human superiority	honoring the "inferior"

## Option C: Opening UP (some general "express-lanes" to Oneness) ...

Cherish Nature ...	Kindness to animals Care for plants Tend the Earth
Love strangers ...	Serve the homeless Serve the elderly Serve the imprisoned Serve the children Serve the ill/injured
Befriend enemies ...	Be Kind to the annoying Be Kind to governmental "leaders" Be Kind to family members

## ... & making it even simpler

To keep "radical Kindness" as simple as possible, just remember the following five questions & their answers:

- 1) When do I extend Kindness? ... NOW
- 2) Where do I extend Kindness?  
(For whom?) ... HERE  
(the closest entity)
- 3) What act of Kindness do I extend? ... ANYTHING
- 4) Why do I extend that kindness? ... solely FOR THE OTHER

“Right Action”\* can be always be effectuated by engaging the following set of choices:

**Look humbly ...**

Choose to look for the opportunity to serve another(s) that is allWays present.

**Engage courageously ...**

Choose to come into contact with the being(s) who is “in need”.

**Act gently ...**

Choose to act in a Caring manner that seems likely to ease their suffering.

**Detach acceptingly ...**

Regardless of the outcome of your Good Deed, linger in gentleness with the object of your Kindness, choose to give thanks for being given a chance to be Kind, and then turn to look humbly anew for the next such opportunity.

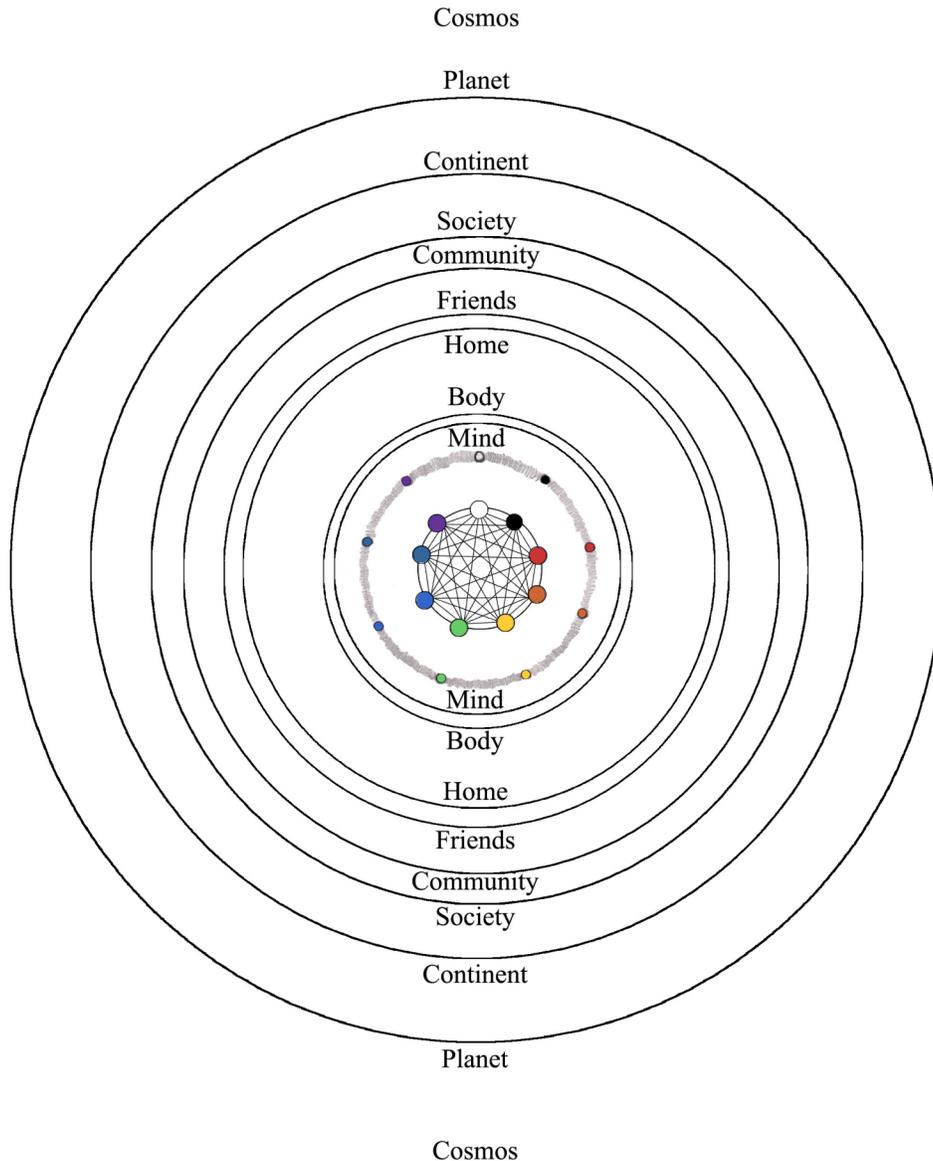
In-deed, a Great Shift is once again upon us,  
and Humanity is truly in need of selfless L.E.A.D.ers!

So let us all go forth  
& BE the Peace-full change we wish to See!

\*Right Actions always bear the “fruits” of Joy &/or Peace. **As such**, considerations related to one's own personal benefit are *never* factors in determining whether an act is “Right” or “best”.

# Ripples of Right Action

“Remember there is no such thing as a small Act of Kindness.  
Every Act creates a ripple that has no end.”  
~ Scott Adams



*Find Service in every Action ...*

*Find Love in every encounter ...*

*Find Peace in every step ...*

Every purely effectuated act of Service is significant, with each one of them having a profound effect on the entire Cosmos. Naturally, the closer our proximity to a Loving Act, the more powerfully that Act affects us, and yet it positively influences the entire Universe nonetheless.

Discard the myth that only one person can't "make a difference" ...

Indeed, **that is the only person who ever has!**

“To each is given the manifestation of The Spirit for the common good.”

~ Paul (1 Corinthians 12:7)

# *Re-mem-bering the “ripples” of Right Action*

\*Re-mem-ber that Happiness comes to us when we cease striving to “be happy” and commence working to generate Happiness for others ...

\*Re-mem-ber that true Love finds us when we cease looking for a caretaker and commence being a Power-full Care-Giver ...

\*Re-mem-ber that the detached Receiving of a gift is a Gift to the giver ...

\*Re-mem-ber that the Success of a Gift has nothing at all to do with whether or not it is appreciated by its receiver ...

\*Re-mem-ber that everyone can Power-fully Serve ...

\*Re-mem-ber that “the shift” (i.e. Humanity’s quantum awakening to Cosmic Consciousness) requires only a “significant minority of Talk-Walkers (i.e. those who are actively practicing radical, unconditional Love) – AND re-mem-ber that comprehension of this Truth is not enough; the Talk must be Walked!!!

\*Re-mem-ber that every deed (“good” or “evil”) ripples eternally throughout the entire Cosmos ...

\*Re-mem-ber that G♥D experiences Love via our Loving, and that G♥D experiences Happiness when we bring Joy to others ...

\*Re-mem-ber that you can only remember your True Nature as a Child of G♥D by acting accordingly ...

# *Going Green for Gratitude*

Some simple Acts of powerful Kindness for the Earth

\*Carry several small plastic bags with you today ... Dedicate the entire day to picking up all the trash and litter you walk past.

\*Remembering that water is our most precious resource, choose to wash a load of clothes by hand today ... Bonus Activity: Reduce your carbon-footprint by hanging them all to air-dry.

\*Carry a medium sized plastic cup around today ... Regularly fill it with water and “feed” the plants and trees you encounter ... Bonus Activity: Studies are showing that plants are much more Aware than once thought ... With this in mind, be Kind to them while watering them ... Speak with them gently as well ... They may not “understand” what you’re saying, but evidence is mounting that they can Feel your intentions and that they respond accordingly.

\*Go to a nearby plot of “wilderness” and tend a corner of it ... Clean it up ... Rearrange its features to enhance its “Feel” ... Using only natural materials from nearby, “decorate” it as well (while leaving it looking “natural”) ... Finally, sit in your Sacred Space and dedicate it to the Community as a place of Peace and Inspiration ... Say an invocation of Gratitude as you depart ... Bonus Activity: Make a small “shrine” there for others to Appreciate ... Bonus Activity #2: Invite others to experience your site ... Share your Space with a friend, an acquaintance and a stranger.

\*Recycle everything you use on this day ... Collect all paper, plastic, metals and glass used and take them to your local recycling center at the end of the day ... Take all your biodegradable refuse, chop it up and “express-compost” it in your garden/yard.

\*All day long, turn off the tap when brushing your teeth and washing dishes (wash them by hand), shower no longer than 5 minutes (no baths!), and only immediately flush your bowel movements (“If it’s yellow, let it mellow, if it’s brown flush it down”).

\*Upon rising, go immediately and lower your thermostat significantly ... If you end up wearing more cozy clothes around the house and/or using your fireplace more, so be it ... Now go forth and buy a large quantity of energy-efficient light bulbs and install them throughout your home ... Finally, at sundown, choose to use only candlelight tonight before going to bed ...

Bonus Activity: Invest in solar power for your home ... It more than pays for itself, and simultaneously does the Earth a lot of good.

\*After work or school, find either a park or a long stretch of sidewalk in your neighborhood that looks “messy” ... For at least one hour, clean it up ... Be creative and have fun while doing so ... Notice how much better it Feels after you’ve finished ... Notice how much better **you** feel while serving selflessly! ...

Bonus Activity: Collect dead wood from a local park or forest and light a “bonfire” tonight to celebrate that Cleansing (it can be a very small one – even a candle-lighting ceremony is fine) ... Invite friends and family to share its warmth on this, the longest night of the year ...

\*Take steps today to minimize your “carbon footprint” ... There are many ways to do so, though today, it is enough to simply choose between riding your bike or using public transportation all day ... Weatherize your house by installing storm windows, adding insulation &/or surrounding your water heater with a heater-blanket.

# *Re-Membering your innate Self(lessness)*

Some simple yet powerful Acts of Kindness for others

\* Visit a local elderly care facility or retirement community and pay your respects. Ask the residents there for their “Life Advice.” ask them to tell you their Life stories, or even ask them what they think the Meaning to Life is. As you depart, ask an attendant for the name(s) of the resident(s) who seldom get mail ... Send that person(s) a card of Appreciation today.

\* This morning, contact various children’s hospitals or clinics to find out when/if they have visiting hours. During the day, gather some flowers, toys, games &/or books to take with you. This afternoon, visit one of them. Leave the flowers at the reception desk, distribute the toys to the children most “in need” (ask a nurse for help), and then ask permission to play with the children and/or read them a few books ... Bonus Activity: Ask the children questions about what makes them Happy (and LISTEN to their answers!).

\* Go to a local animal shelter and be Kind to the animals next scheduled to be “terminated.” Walk them ... Pet them ... Feed them treats. Let them know that, at least for today, they are Loved. If you can find a “no-kill” shelter, express thanks for their no-euthanasia policy and offer to volunteer there for a day.

\* Visit a local jail and bring the inmates some inspirational reading materials. Ask if you can visit with them ... If so, do so. Ask them how they are “holding up” and intently Listen to their answers. Let them know that you still See them as integral members of society regardless of what they did (or did not do) to get put into jail. If visitation is not allowed, ask the staff which of the inmates has been in the longest and/or receives the least amount of visits/mail ... Send that inmate(s) a card today (include an inspirational quote and a funny cartoon).

\* All day today (at least once per hour), greet strangers warmly. Be the first to say “Hello” to them. Be kind whether they respond with kindness or not. Mention what a Wonder-full day it is. Part from them with a sincere “Be at Peace!”

\* Go to a local hospital and head to the cancer ward (or other part of the facility where terminally ill patients are staying). Bring a flowering plant (avoid flowers that will soon wilt). Visit with the patients there. Listen to their stories, bring them cartoons or tell them jokes. Tell them about your own Life (only if they ask!). Before you leave, offer to fulfill a “dying wish” ... Keep offering until you find someone who accepts your offer ... Head out and get to it!

\* Take 3 light blankets (or thick sheets) and distribute them to the first 3 homeless people you encounter today. Just as powerful, take the time to ask them how they’re doing. If they are interested, ask for them to share their stories related to how they got “on the streets.” Take no money with you when you go ...

\* Buy some lavender &/or peppermint essential oils and sprinkle them liberally into any garbage cans you encounter ... Bonus Activity: Pick a pail of flowers and leave it for your garbage men to find.

\* Make a large jug of lemonade, put it in a cooler with a bag of ice (or make hot chocolate and put in a thermos) and some cups, and head out at morning rush hour to give away some cool (or warm) refreshment during traffic jams ... Do the same at rush hour this afternoon.

\* Let others in front of you all day today (e.g. in shopping lines, in traffic, your bathroom at home, when using the TV remote, etc.) ... Be creative and remember to smile while doing so.

... or engage any other deed -- small or large, easy or difficult, that is done consciously with the intention of enhancing others’ joy – without any reciprocal benefit to yourself.

*Love is as Love does ... To know Love, we must be LOVE!*

# *A Message from The Source*

*(a.k.a. GOD)*

*“Every one of you has a core essence; a Life-Force that some call the Soul. And it is this essence that makes each of you akin to Me, your Creator ... It is this energy that allows each of you— in your more courageous moments – to draw closer to Me.*

*Whenever you humbly gaze about you, it is readily clear that the forces of Nature desire to form an intimate interconnection with You ... What is not so obvious, and yet is equally true, is that I, your GOD, just as fervently desire to know your companionship.*

*Indeed, you have each been given the ultimate grace of a conscience that is self-aware. And you have been given this gift solely that you might use it to build and strengthen an intimate friendship with Me ...*

*And yet, this gift’s fundamental truth is an all-Important one: for you to experience our innate and ever-present Divine Union, **it is you who must do the re-making of it!***

*Re-member, dear one, that enLightenment is not a state of consistent perfection for which you must strive. Rather, enLightenment will come to you completely again & again whenever you act with Kindness when you least desire to do so!”\**

\* inspired by The Source itself (with the help of Edgar Cayce)

## *A fond Fare-well*

There are many individuals over the years (both friends & “foes”; teachers & “students”) who have enabled me to enliven my True Self and live the life I currently live; serving the Way I have been blessed to serve. I thank them every time I look another in the eye and smile ... I thank them with every anonymous Good Deed ... I thank them all by sharing my Way.

And as such, I give great thanks for you, and offer you a gentle, a humble & a Heart-felt –

### **“Shalom”**

(Hebrew for “Well-Being, Peace & Wholeness”)



... while wishing you immense waves of Peace & Joy on your respectively unique & wonderful Path through Life.

### *Scaughdt*

#### Contact Information:

Email: [rediscoveringpeace@gmail.com](mailto:rediscoveringpeace@gmail.com)

Website: [www.InspiringtheAltruisticMoment.com](http://www.InspiringtheAltruisticMoment.com)

**P.S.** As far as the information in this workbook is concerned, I do not consider it “mine”. I feel as though The Source gave it all freely to Me, and therefore I give it freely onward to you and yours as well. As such, feel free to pass it on or forward it -- however and for whomever you wish.

**P.P.S.** As far as questions or comments are concerned, answering “Life’s Calls” is what I Do ... Feel Free (literally) to contact me any time for any reason. It would be a Blessing for me to be Able to Serve you in any way!

“For those who Seek, there always comes that Magic Moment when what they Seek is themselves.” ~ Natalie Norman

“The end of all our exploring will be to arrive where we started and Know that Place for the first time.” ~ T. S. Eliot

“In a gentle manner, you can shake the world ... Let him who would move the world first move himself ... You must become the change you wish to See ...  
***There is no way to Peace – Peace is the Way!***” ~ M. Gandhi



***“And I will take one from a thousand and two from ten thousand,  
and they shall Become a single One.”***  
~ Jesus (Gospel of Thomas 23)