

Mind Matters

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Disease Symbology Handbook

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Introduction

In this work I share information about the mind from a different point of view. We will look at how the mind works and the power contained within it. The purpose of this book is to give you methods and techniques to access more of that power and the gifts that reside within.

What is the mind? Aristotle said the mind is essentially the essence of life. When I sat down to write this book and thought about the mind, I realized that it had many different aspects. In the following pages we will explore each aspect in detail.

For instance, one aspect of the mind is that it is fundamentally energy. Energy can neither be created nor destroyed. It can only be changed from one form to another. So, the natural question to ask is: *What possible forms can the mind take?* Forms one, positions and perspectives, many.

I was having a conversation about the mind with a colleague. We were exploring thoughts about what happens to the mind when a person dies. An intriguing question!

Some might say that the mind goes with a person when

they die. What does that mean? Here are a couple of different perspectives.

First, your mind is an aspect of your soul or spirit. Your soul or spirit can never be destroyed because your soul or your spirit is a part of God. God is energy. However, you can damage it by, for example, denigrating yourself or attacking others. (When you attack someone else, you denigrate yourself).

Not everyone is comfortable with the God concept. Please allow me to share with you some of my definitions of God so we can be on the same page and you can be comfortable as we move through this discourse.

First, I see God as energy within the mind. This is implied in the Teaching, “The kingdom is within.” This energy is the ultimate source of everything. When you deeply consider the nature of energy, it *is* in everything. Everything is composed of atoms, and atoms are units of energy. Look at the atomic bomb. Scientists split an infinitesimal atom and a tremendous force was released. Energy is at the center of every atom.

I also view God as our father/mother. Most religions have made God into a masculine entity sitting on a throne with his long white beard directing everything.

What if God has no gender, or has both genders—male and female—mother/father? Father would be the masculine aspect of Self, which is the Self that gives back to the All. And, mother, the female aspect, constantly receives from the All.

God is also a Creative Continuum. Continuum implies

something that is ongoing. So, to say it another way, God is an ongoing living energy that is Creative.

When God operates within the mind, God works with you to co-create your reality moment by moment. However, on a different level, your co-created personal reality is the result of subconscious concepts and their expectations. In addition it is also a result of participation with everyone else who shares similar concepts and expectations or the same concepts of continuity. This is why the material plane, even though it is made out of pure energy, appears to be solid.

We expect material reality to be there just as many other people assume it is there too. Materialization happens because we co-create it. We expected it and we fulfill our expectations. This also implies your life is the result of your co-creation to fulfill subconscious expectations which validate your concepts.

Another term I use is the God Force. Why? Energy is a force constantly sending out waves of energy in every direction simultaneously.

I trust you will enjoy the read. If any questions arise please do not hesitate to contact me at symbolreader@wild-blue.net.

MICHAEL

PART I

Definitions and Symbols

DEFINITIONS

I will use the following words throughout this. Here is how I understand them.

Concepts

Concepts are the ideas and beliefs you have about your Self. Everyday you seek to fulfill your beliefs through patternistic behavior. Everyday you validate who you think you should be.

The concepts you work with are based on two different foundations. One is what you brought with you to work out in this life cycle and the other is what you are taught through attitude, example, culture and family traditions.

In the Old Testament it says the sins of the father are passed on for three to four generations. (Exodus 34:7)

Symbolically speaking three relates to understanding or its opposite. Four speaks to advancement or blockage.

Patterns of Behavior

Patterns of behavior are modes of acting in the world that validate the concepts you maintain in your subconscious mind. These are things you do to prove to yourself that you are who you think you should be.

You have very particular patterns of behavior that will validate a situation: “I am that man because I can do this or I can do that. Therefore, this validates who I am.” Same thing for being a woman: “I can do this or I can do that. Therefore this validates me as being a woman.”

How do you recognize a pattern? The easiest way is to look at any given situation as consisting of: a stimulus, a transaction, and a result. In sales, there is something comparable called the approach, the demonstration, and the close.

A pattern is initiated by a stimuli—something you have heard or seen. The stimulus jump starts your subconscious mind into action. Depending upon the result you seek to manifest, the action will either be an act of approval or rejection.

For instance, a person may come home from work and look around the house and see that the clothes were not picked up and the dishes were not washed, etc. The minute they observe the state of the house, they become angry. “Well why didn’t you do this? You were home all day. You had all day to do this. What’s the story? You could have washed the dishes.”

These types of interchanges happen in nearly all relationships. Patterns are enacted in order to get a particular result, such as approval or rejection.

In this example, the couple has a pattern of anger and rejection. This pattern—as negative as it is—has become the way each validates themselves in their relationship.

What patterns do you enact that stimulate a reaction in someone else like your partner or child or whoever you spend time with? Your partner is most likely the person who has compatible concepts and patterns. This is why you are together.

Here are some other patterns you might recognize. Do you always have the need to be right? No matter what is going on, does the way forward have to end up being your idea? And, when it is not your idea, do you attack the other person's idea and offer all the reasons why it will not work? These are questions you need to ask yourself.

In conversation, are you someone who changes the topic? Do you latch onto a word or phrase and redirect the whole conversation away from current flow? Some people do this as a way of avoiding dealing with an issue so they are not proven wrong, then do not have to confront the feelings that come with failure. By changing the conversation they do not have to look at themselves. Others just need to be the focal point of everything going on around them.

Some people have an overwhelming need to do things for others. This pattern is completely different from being right all the time. The essence of this pattern is sacrifice. Some women and men find themselves in the mother or

nurturer role. They take care of everyone and do for everyone before they do for themselves.

Often resentment builds within the nurturer because they end up missing out on things that may matter to them. They are too busy taking care of everyone else; no one is taking care of them. Are you like that? Resentment leads to anger because you are considering others, yet those in your life who should be nourishing you may not be following through.

Then there is the pattern of rejection. In this pattern a person creates rejection in nearly all situations since this is their fundamental mode of validating who they are.

For example at work, this person might drag out or not complete a project. In a relationship, they may do something to upset their partner in order to elicit a rejecting attitude. Once the rejection has been received, the subconscious need is satisfied. Ironically, rejection is a type of acceptance in the form of self-validation.

You need to understand your own *modus operandi*. Do you seek rejection or do you seek approval? Both are forms of self-validation as well as acceptance.

What particular patterns do you use? Here is some homework. What are your patterns of behavior in relationship to a man or a woman? I want you to look at it from two different angles, as initiator and as responder. You have particular patterns of behavior that you institute or instigate. And, you also have a way of responding to people in a very particular fashion. On a separate sheet of paper, write down your patterns.

SYMBOLS

Symbols are like road signs that tell you when there is a curve ahead, or when to slow down, or when to stop. Your mind also provides the very same type of symbolic guidance. Symbols will tell you everything you need to know, if you will only take the time to read and analyze them. They will tell you where you are at any given moment. They help you to realize the truth of this Teaching, “That which is has already been, and what is to be is now.” (Ecclesiastes 3:15).

Here is how to think about a symbol. What does it do? How does it work? What is its purpose or function? Let me give you an example using a car as a symbol. A car is a vehicle and a vehicle takes you from place to place. Vehicles might also be seen as modes of expression. Cars, trains, planes, boats are all symbolic vehicles of expression. What is your vehicle of expression?

If something is wrong with your car, it is telling you that you are into a cycle of uncertainty about your ability to express yourself. Keep in mind that your car is symbolic of your expression. Symbols will often tell you where you are on the cycle of the pattern. Patterns flow in cycles.

Therefore if you know the pattern because you have studied it, then you will know how the pattern concludes. For example, you may know that every time you get into a conversation with a particular person, you will end up in a screaming match. The person is going to do or say something to aggravate you.

This is the nature of the relationship and what is currently being sought out. Why do you need this person? Why

do you continue with the friendship? What do you get out of it? What does it satisfy within you? Why is that? What is it that the person does that bothers you? What are the things that the person knows to say to get you upset? These questions are worth asking and answering.

When working with symbols it is important to be aware of your Personal Emotional Association (PEA) with the particular symbols in question. For instance, universally dogs are considered man's best friend. But, if you have ever been attacked by a dog it is another matter. When you see a dog of that particular breed and color, the dog represents fear at work in your life. You need to question what are you going through? What are you afraid of? Where is the fear and how is it working? This is how symbols work. They help you to understand what you are experiencing in relationship to what is taking place. They can guide you to make an emotional identification.

Pay attention to where your mind gravitates; what is grabbing its focus. These points of focus are messages from your mind as it speaks to you in its special symbolic language. Here is another set of questions to ask yourself regarding symbol and mind communication. What does this or that symbol mean to me? When was it a part of my life? What was I going through? What was going on?

Whatever was happening during that particular time in your life is happening again. You are now on automatic. The pattern has kicked in. History is repeating itself.

Your Spiritual Self deep within your mind is continually providing guidance to help free you from these endemic

patterns and programmed responses. Your Spiritual Self wants you to become your authentic Self. So, here are some common symbols to help you start.

Let's start with an old friend. Here is an example: You are shopping and you run into someone you have not seen in ten years. From an objective viewpoint, someone from your past has just shown up in your life. What does this mean symbolically? The first questions to ask are: When was this person a part of my life in the past? What was happening at that time? How did I relate to this person? What does this person represent to me? Was I close to this person? Or, did we have a competitive relationship? If so, what did we compete over?

To read the symbol is quite simple, whatever was going on then, is going on now in your life in some manner. That is why that person showed up. They did not have to show up in person; they could have called, or sent a postcard or email.

SYMBOL READING

When reading symbols, train your eyes to see the positive in things as well as the negative. I am not one for rose-colored glasses. However, I am about seeing things clearly and honestly with the least amount of coloration. More often than not, I look at symbols first from the negative because forewarned is forearmed.

Here's another exercise. Get out two pieces of paper. On one write down relatives who you like, on the other, relatives you do not like. If you like all of your relatives, there

still may be some you like more than others. So, rate them on a scale of one to ten. And place the ones you like least on that second sheet of paper. Now write down why you dislike them. What are the traits, qualities, habits or idiosyncrasies that you do not like? Answering these questions will give you insight into yourself. Follow with this question: Why don't I like that about them? What concept does that stimulate within me?

At this point the exercise is no longer about them; forget them. It is about how you react to them. They have their own "stuff" going on, such as the concepts that make them selfish, self-centered, egotistical or boisterous. From the outside their "stuff" is easy to understand and rationalize. However, if you are in a situation with them and you are the one they argue with, then we are back to square one. Why do you draw that to you?

Can you begin to see how everything is woven together? It really is a beautiful symphony. I like the symphony analogy because to me life is a musical score that is harmonious. Even as chaotic as some of today's music sounds, consistency can still be found within the cacophony. Each member of the band plays something and does it in such a way that when you listen to the whole score you can hear the rhythm.

We all are attuned to music and sound differently. To my ears a lot of the current music is offensive, from the energy it puts forth, to the message of the lyrics and the concepts they stimulate. However, from a musical point of view, these songs have their own type of harmony and rhythm.

Like music that is woven together by many instruments, our lives are a tapestry of relationships both close and casual. For example, in some instances, you will go to bat for your friends and defend or protect them. Why? What concepts are at work within you? And, when you choose not to defend a friend, why not?

We often hear about people who risk their lives in order to rescue a stranger. Sometimes the rescuer gets killed in the process. We see or hear this in the news and feel sadness over their death, and commend their virtue and heroism because they made the ultimate sacrifice.

We may also rationalize the sad situation by thinking, "They asked for it by involving themselves." However, we can never know the full picture of what might have motivated the rescuer. This lack of knowledge, though, doesn't stop us from perceiving the situation through our rationalizations.

Everyone involved in a tragedy like this sees and has feelings about the situation from their particular perspective. As insane as it sounds, the person who ended their life through this transaction might be compared to the masochist who walks across the street to find the sadist. It may sound callous, but the relationship is perfect; the masochist and sadist are made for one another. This is a detached and clinical perspective that differs from the heartfelt perspective that views the situation as a terrible tragedy. Things like this should not happen. Where is God when these situations arise?

We are not to know if the situation may be part of

the divine plan. Perhaps that person wanted to be terminated in order to satisfy something within. This could also be a karmic situation where a karmic debt had to be paid. Perhaps they had to give their life because six incarnations back that stranger saved them. Or, maybe the rescuer killed the stranger six lives back and now they have to pay for it in like kind. We cannot know all of life's workings. I think we are lucky enough to know the workings of our own life. In Ecclesiastes 3:15 it also says that "God requires that which is past." To me, this statement refers to karma.

We may not understand why the triangle is a necessary part of the orchestra when it is hit only once every sixteen bars. As inconsequential as it may seem, it lends to the grand matrix of harmony. So, when the little musical score that is our life rings with dissonance, it does not mean that in the greater scheme of things all is not in harmony.

There is a Universal Teaching that states, "You are what you think." The beautiful thing about the Universal Teachings is that regardless of your religious upbringing or your current religious convictions, the Teachings still apply. The masters gave us the Teachings. Aside from Jesus, the Teachings have been taught by Moses, Buddha, Confucius, Plato and Socrates to mention a few.

THE FOUR SELVES

You have four different perspectives on life that can give rise to four different reactions, but always to fulfill the same purpose. You always seek to manifest your will, fulfill

expectations and validate subconscious concepts. You may think you are making a conscious choice, however it likely is a choice that satisfies a subconscious need.

The four selves are:

The Spiritual Self
The Emotional Self
The Physical/Material Self
The Social Self

These four selves are also four cycles. Every cycle begins in your Spiritual Self. From the Spiritual Self you flow into the emotional cycle, where either courage and confidence or doubt and fear will guide the manifestation of the spiritual directive. Next is the physical/material cycle and finally the social cycle. There are cycles within cycles. Never underestimate the power of cycles because patterns of behavior flow in cycles.

One of my favorite passages in the Bible is Ecclesiastes 3:15. I suggest you read it, learn it, and memorize it. Why? It is because this particular passage is all about patterns of behavior. It essentially says *that which is now*—wherever you are now, whatever it is you are doing now—you *have done before*. It may look different because you are older. However, fundamentally the energy is the same. This is why history repeats itself including your personal emotional history.

You may say you are never going to date that kind of person again, and then you find yourself together with the same type. Another part of this Teaching states, *the future, tomorrow, is now*. Why? Because it is a pattern of behavior, it flows in a cycle.

Spiritual Self

Are you a religious or spiritual person? Or, are you an agnostic or atheist?

Do you believe? Do you go to a house of worship? Do you have icons that you take with you and set up in your hotel room when you travel? Do you have an altar at home?

If you are religious, are you questioning the teachings you follow? Does your path fulfill you, and give you what you desire?

I hear people proclaim, "Praise the Lord." Or, I observe them thanking Jesus for this or that. I wonder what they think and feel when they do not receive the things they ASK for? Did Jesus fail them? Did God fail them by not delivering? I am sure they prayed for what they needed, wanted and desired.

The teachings of man would have you believe that if you pray and ask, but do not receive, then something is wrong with you. You may even be unworthy.

Not true. You are perfect. You are incredible! You may not think so. You may not believe so, however you are. You are a part of God, so how could you be less than wonderful?

We are spiritual beings in a material body.

Everything starts in the Spiritual Self and then is affected by the Emotional/ego Self, and that emotional energy is what alters everything.

Right now you are in the process of creating a scenario or situation to validate particular concepts deep within your subconscious mind. Look around and see if you can discover what energies are at work. What thoughts and

emotions are being stimulated?

For example, the events surrounding holidays can stimulate feelings in lots of people. These feelings motivate you, maybe even manipulate you into creating desired patterns of behavior to achieve certain results. The results will be the validations of subconscious concepts. You may not feel that you deserve the wonderful gift that a loved one gave you. In response you may say or do something to offend or hurt that person. They in turn may reject you and that would validate your concept of not deserving.

Your mind is a creator. An aspect of creation is destruction. The material plane is a plane of duality: Balance versus imbalance; harmony versus disharmony; creation versus destruction. Are you in the process of destroying something—a project, relationship, friendship or association? If so, why?

Following on, is destruction part of your validation process? Do you know what your validation process is? Do you know which concept together with which particular patterns of behavior bring end results that validates the concept? Knowing how this equation works within you is the key.

The Teachings provide you with symbols to help you understand where in the cycle you are so you can change the outcome of the particular pattern of behavior.

What is happening right now in your life? What is the reality you are creating? These questions are asked because I need you to participate. God loves active participation, not passive acceptance.

What is your reality now? Get four pieces of paper. Label one as “My Spiritual Self,” another “My Emotional

Self,” the next “My Physical/Material Self,” and the last “My Social Self.” What is going on in each of these selves? What concepts are you presenting to the world? What concepts do you think you are defending?

Who do you think you should be? You may come to a place in your life where you are called to defend who it is you think you should be.

CO-CREATION

You are always in the process of co-creating your reality. That is why it is essential to know what you are creating. There are a couple of Universal Teachings to help you understand your creation such as, “Know what you are looking at.” When you understand what you are looking at energetically, symbolically, then it will become clear what you are creating. You can see the thoughts fueling the creation.

In the Gospel According to Thomas, Jesus says, “Know what is in thy sight and what is hidden from thee will be revealed to thee. For there is nothing hidden which will not be manifest.” (This is where the Teaching of knowing what you are looking at stems from.) The greatest mysteries in life are epitomized by these questions: Who am I? Why am I here? Do I have a calling? If so, what is my calling? Do I have a gift? If so, what is it? What is the real purpose of my life? What is the real purpose of life itself?

Your life manifests as a result of your current level of understanding, your level of control over your emotions, and your level of Self acceptance, as well as mastery. So, what-

ever your life is about at the moment, it is your co-creation.

There is a saying, “Be careful what you wish for because you just might get it.” Everything is motivated from the subconscious mind.

CO-CREATING REALITY

There is an expression, “Let go and let God.” When you do let go and let God your mind goes on automatic. Then, all of those concepts and patterns residing in the unconscious are going to manifest.

God has given you dominion over everything. You exercise your dominion by gaining emotional control. Passive acceptance is not the mode of the day. When you relinquish control you allow your subconscious to dominate.

You need to be more of an active participant in the construction of your life. If you are not, then you are living with passive acceptance. You have given up direction and control, now you are living the “let go and let God.”

Your subconscious mind and the drive for acceptance drive your life. Your mind is going to work to fulfill your expectations of who you think you should be, because you have to validate the concepts that keep the ego alive. However, that is the last thing you want to do.

You want to come to a place of understanding so you can allow your ego to be less of a dominant force in your life. This does not mean that you become weaker. Not at all. You become stronger and develop personal power. Dropping expectations and increasing awareness of subconscious motivations allows you to walk with quiet strength in the surety

of who you are as a part of the Creative Continuum called God. Remember the Teaching, “The kingdom is within,” (Luke 17:21) as well as without. I would have you go within, be a participant in exercising the power, rights, gifts and abilities that you have been given as a citizen of the kingdom. Use them and more will be given. This last statement is also a Teaching based on the story in Matthew 25:15-28

Based on my own life adventure and experience with adversity, I can say that all things can be overcome. Whatever I am confronted with, I know that I can get through it and come out on top. I know that I will survive because I have faith in Self; I know that I am a part of God. I am not asking God to do the job for me because God has given me dominion (Genesis 1:26) and I can do the job myself.

The Emotional Self

Your Emotional Self, also known as the ego, resides as part of both your conscious and subconscious mind. Being aware of your reality and interacting within it.

Below the conscious, aware mind lives the subconscious, where unconscious thoughts germinate. These thoughts become the foundation for implementing action to accomplish specific goals.

The Emotional Self is where concepts are created oriented towards receiving acceptance from Mom. Mom was your doorway into the material plane from the spiritual plane. On an unconscious level you do not want to be cut off from her as you also perceive her as your doorway home.

Affirmations, enlightenment, self-realization, self-actualization, self-gratification are all about the Emotional Self. Your Emotional Self is the target of marketing and advertising. Books, movies, and music are also directed in the same direction.

Material/ Physical Self

Material reality is a whole other matter. Are you part of the “haves”, the “have nots”, or the “get bys”? What is your material reality? It, too, is a reflection of your thinking. Your Material Self is tied in to your Emotional Self. Look at your life. What do you have? What do you own? What owns you? Does the bank own you or the credit card companies? Are your car, business and home paid for? Are you free and clear and answering to no one? Who are you still obligated to? Most of us have mortgages and car payments, it is the other debts such as credit cards and personal loans that need to be examined.

What kind of car do you drive? What color? Is it a sedan? Your car is also a reflection of you. How do you live? Are you like most Americans living on more than you earn? Are you trying to prove anything? Are you trying to demonstrate that you are living up to the promise of being an affluent and successful person? Or, are you living on less than your earning?

Family and friends may have told you that you would be rich and successful. Is that what you are striving to be? Or, do you tell yourself, “I am not going to be any of those things because they are shallow. I am going to be ...”

Do you know what is motivating you? Do you seek approval or rejection? For some people rejection is their form of acceptance. How are you living? What are you out to prove? The answers to these questions will point you towards what you are here to master and learn. Sometimes it is painful and you wish it would just all go away and you do not want to learn anything from this. You wish this would all be done. But, no, you have work to do, things to learn and understand.

PHYSICAL SELF

From the physical point of view, take stock. What kind of shape are you in? Tall, short, heavy, thin, sickly, robust? Are you on medications? Are you aware that your body seeks to achieve inner balance and harmony? Where do you hurt? What physical conditions are you dealing with and why? All emotional stresses are related to adhering to man-made concepts.

WHAT IS WITHIN?

Another Universal Teaching states, “What is within will manifest without.” Said differently, life is built from the inside out.

A good example of this is the production of blood cells, the life line of the body. Your blood cells carry life giving oxygen and nutrients to every cell. They are created in the marrow of your bones.

Your bone marrow also makes your antibodies that protect you. Your bones, where the marrow is, symbolize your

strength. It is your support system. Your blood is symbolic of spirit because it carries oxygen and oxygen is symbolic of spirit and God.

IMMUNE SYSTEM

Your immune system is always on guard, always ready to protect you. Some immune cells mature in the bones, others in the thymus. So, from one point of view, strength is always, ready to be utilized both on a protective level and as a defensive posture.

Defenses on one level protect you and on another level can wall you in. Negatively used defenses may prohibit you from communicating or interacting with the outside world. Look for your strength within where your faith and protection reside.

Social Self

Your Social Self is the persona you present when you are with other people. When in this mode, you draw on those concepts that tell you how to act and respond to social stimuli.

Some situations will trigger certain patterns. For example, one pattern may be to withdraw from the group and stand alone along a wall, or lose yourself in the TV, or find just one person to talk with. Some people need to be the life of the party and draw attention to themselves.

How are you in social situations? The more you know yourself, the less likely you will feel out of place or vulnerable to attack. Self-knowledge helps you avoid falling into unconscious patterns of behavior.

THE CHILDREN OF LIGHT

You are a Light; you are one among many Children of Light. Your emotions and attachments tether you to the material plane. The material plane, like God, is a plane of dualities. In out up down are examples of this. This is also expressed as the yin and yang of life. This implies that if there are Children of the Light then there has to be Children of Darkness.

The Children of Darkness are also the creation of God. The difference is we are in the material plane and they dwell in the spiritual plane. Of course this statement is based on the concept of dualities. There may be other planes of consciousness however that is not pertinent to this dialog.

The Children of Darkness influence your actions through your emotional channels. They will utilize your emotions to stimulate destruction, disharmony and imbalance. That is their purpose. That is why the Emotional Self is so important to get under control. That is why Jesus said, «Offer the other cheek.» (Matthew 5:39) If a guy hits you and you hit him back, the fight will likely continue and escalate. Someone may pull a knife or a gun and before you know it, someone is dead. Turn the other cheek.

Another Teaching along the same lines urges, “Resist not evil.” (Matthew 5:39) The more you resist something, the more life and energy you give it. However, if you do not resist, the energy is like water and will flow over you and past you. It has nowhere to take root and take hold.

PART II

The Mind

THE MIND IS ALWAYS ON

Your subconscious mind by default is always running on automatic to fulfill expectations. What are your expectations? Do you expect to succeed or fail? Do you expect things to go smoothly or to have problems? Do you expect people to like you or reject you?

Expectations validate concepts. That is why it is essential for you to understand the concepts that operate your subconscious. Like software, you cannot change the operation until you understand it. You cannot change the patterns of behavior until you understand the subconscious concepts propelling and supporting them. What stimulates the concepts? How do they flow?

Changing Your Mind

You can change your mind and you can change your life.

However, it requires a conscious moment by moment effort.

Patterns of behavior constantly seek to validate buried concepts deep within the subconscious. This is why someone who wins \$10 million in the lottery may end up without any money two years later. Another example might be the person who does positive affirmations. They may succeed at first but then the affirmations stop working. Why does this happen? The answer is simple.

At a deep, subconscious level a concept is operating that holds the belief that the person is not entitled, unworthy, undeserving, not smart enough, healthy enough, good looking enough, rich enough, or whatever.

If you do not understand the subtle feelings and energies at work, then you will have difficulty keeping what comes your way. The momentum of the old patterns will override.

You Are What You Think

Buddha taught, “All that we are is the result of what we have thought.”

As you have been learning, you co-create your reality and that reality is aligned with what you are here to learn. Every person has an individual path suited to their higher purpose and spiritual gifts so that each may contribute to the welfare of humanity. We are here to help each other and are all part of the same creative energy that might be called God.

Think about your purpose in life and the purpose of life itself. One of your goals is to understand Self, to cleanse

manmade misconceptions from your subconscious mind.

Understanding Self

Seeking to understand the real purpose of life, and *your* purpose within this life is an important task. Reflect upon what you think your purpose is and the larger purpose of life. The answers you arrive at may help you discover thoughts in your deep unconscious and what drives your conscious reality including your emotional triggers.

If you do not know what triggers you, you are at the mercy of subconscious reactions. So, it is essential that you understand who you are so that you do not have emotional reactions that work against you.

MIND AS ORGANIZER

The mind is an organizer and organization is essential. Just look at how the body is organized with its various systems, i.e. nervous, skeletal, and muscular, etc. These systems work independently performing their particular function for the good of the body, and at the same time they work in harmony with each other.

How are you organized? Write your ideas down on a piece of paper. Then, answer this question: Where do your organizational skills lie on a scale of one to ten? Are you highly organized? Or, disorganized?

Maintaining organization can require a degree of discipline. In what ways are you disciplined and in what arenas do you lack discipline or have disorganization?

MIND AS GOAL SEEKER

The mind is a goal seeking device. You might say that you do not know your goals or do not have goals. You may feel that you are searching. But, in truth your mind is already on a path and validating who you think you are supposed to be.

It is important to set immediate goals so you can prove to yourself that when you tell your mind to do something, it will do it. Treat your mind like a separate entity. Because the “you” that is engaged in this endeavor is seeking to manifest the Spiritual Self. Your Spiritual Self has the goal of returning to the Creative Continuum called God. That is the deep internal drive in all of us. We all want to go home to the spiritual plane. We know that the material plane is both alluring and distracting.

Your mind has a built in GPS device to get you back to the spiritual plane. However, this particular highway called the material plane has so many distractions and so much noise that we end up getting lost and our spiritual directives are altered by the Emotional Self. The Emotional Self you may discover has a different agenda.

When you set goals and you complete them, you demonstrate to yourself that you can achieve. Not only that, now you now have something to draw on. You can now bring into being your application of the Universal Teaching, “Use what you have and more will be given.” This is based on the Biblical story of the ten talents of gold given to the servants by the master before he went on a journey. (Matthew 25:14-28) You have talents and abilities. If you do not use them,

you will lose them.

Another goal you may wish to set is to understand the four selves and what makes them tick. Learn how to gain control over the four selves so that they serve you and not your ego.

We each have the same directive to bring forth our personal spiritual power. Everything you can imagine you can do, you have the ability to accomplish. Achieving knowledge of your Self, the true you, and the subconscious concepts that motivate and direct you, allows you to manifest the inner Child of Light who longs to express itself.

Goal Planning

Have you ever planned goals? If so, what happened? Did you achieve your goals? Or, are you procrastinating about the goal and making excuses for why you cannot move forward?

You need to accomplish the goals you set because attaining goals gives you strength that leads to confidence and courage.

If you did not achieve your goal, what happened? Was your goal realistic? Was it within your ability and means to accomplish? Or, was it a grandiose ambition that even with adequate resources you could not get done? Maybe you set your sights too high. But if the goal was realistic, did you follow through on the four P's: Plan, Prepare, Project and Provide? See how the four P's are applied below.

By using the four P's and understanding the energies that seek to distract you, you have a better chance of achieving your goal.

There is a Universal Teaching that states, “We look back in order to see ahead.” (Ecclesiastes 3:15) This Teaching shows how the more success you have, the more you give your mind positive experience from which to draw. Your mind automatically draws from past experience each time you must handle a situation. The mind looks to the past to see how you addressed similar circumstances. Sometimes the current situation only resembles past situations energetically, but not in any outward way. Even in this situation your mind will draw on the past to help you deal with the present. So, the more success you have, the easier it is for your mind to go back and relate to the current situation to know how to handle it. Your mind is always seeking to help you understand.

Set some goals for the purpose of developing consistency, strength and validation. It is vital you experience positive validation.

If you are not programing, doing affirmations or visualizations, then start. The sooner you begin, the faster you will acquire and achieve the things you want.

Here is a method for achieving your goals. It is called the Four P’s: Plan, Prepare, Project, and Provide.

Plan—I know you have heard the expression, “Plan your work, work your plan.” Whatever it is you want to accomplish, you need a plan, a map, a guide for getting there.

Prepare—Whatever it is you are going to do, you are going to need to make sure you have everything you need to do it, such as licenses, a carpenter, etc. Gather together your resources.

Project—List on a sheet of paper potential obstacles—those things that might interfere with accomplishing your goal. These might be both internal (thoughts or emotions) and external (people or situations).

The more you can control distractions, the better chance you have of accomplishing what you set out to do. With each accomplishment, you build success and strength to draw on in the future.

Understand what hinders you, and then move forward. Understanding your inner obstacles is key. For example, how successful do you think you will be if you do not feel entitled to succeed? Whatever internal hindrances you are working with, you can overcome them with a program you insert into your mental bio-computer. Start with a question, “Mind, help me see the way, help me prepare. What do I need to understand?” Another approach to programming your mind is to start with an affirmation such as, “I am accomplishing my goals. I am in control of my energy. I am manifesting my personal power.”

These are fundamental programs you can run on a consistent basis. Everyone should make an effort to quiet their mind so they can program it. By that I mean simply stop thinking. When the mind is quiet, you are receptive and able to communicate with God who dwells within. Tell God what it is you want to create. But, do not ask for God to do it for you. Instead ask for the resources you need to do it yourself. These affirmations can also be helpful, “I am finding what is required;” and “I am providing what is essential.” Use “I am” because it is also one of the many names of God.

Provide—Gather the resources and knowledge that will eliminate inner or outer interference. The step “Provide” requires that you understand yourself (in other words to have done the previous step thoroughly). For example, if you know you have a tendency to overestimate your ability to multi task, you will need to figure out what support you will need to help you to achieve your goals.

I am always on the lookout for the negative angle rather than the positive. Why? Because if you walk around with rose colored glasses and think everything is beautiful, you may miss the bumps that will cause you to misstep and perhaps fall or fail.

If you take the perspective of looking for “what could go wrong” and you read life’s symbols as they present themselves to you, then you will likely perceive the thought and energy behind what is developing. Keep in mind that before anything ever manifests in material reality, it begins as a thought. Understand the thoughts that you carry within that will block you or hinder you from achieving your goals. Remember that every goal you achieve makes you stronger, makes you more vital and viable, and makes the Light within you shine even brighter. So, you need to achieve your goals.

Goal Setting

Start by creating some short range goals, medium range goals and long term goals. As I have already said, creating goals are a way to achieve and accomplish. Accomplished goals validate your skill and craft, and build personal power.

When you reach a goal, you demonstrate that you can tell your mind what you want to accomplish and your mind will work on it. Remember that your mind is here to serve you. It has a purpose.

Underneath your ego, your mind, your true Spiritual Self knows exactly why you are here and what has to be done. It also knows the gifts you have to help you accomplish what you are here to do. It is not a mystery, however for many people it is. It should not be, and it will not be for those who look inward to understand who they are.

Accomplishing Goals

Succeeding in life and accomplishing goals requires organization, discipline, time and resources. Know what your goals are. Perhaps you think to yourself that someday you will get around to accomplishing them. But, remember while it may seem like you have plenty of time, time is also running out. Does this sound like a contradiction? Let me explain.

Your time is running out because every day you move forward in life, you inch closer to the door to the other dimension—in other words death. When we cross that threshold we enter another level of consciousness.

Each of us has work to do on this side of the door, at this level of awareness and consciousness. The question is: Are you using your time to better yourself so you can walk through the door to the next dimension a stronger person with accomplishments?

Here is a common occurrence: A person thinks that

they want something, and yet they do not make a plan, nor put any time into accomplishing it. Their actions say that they feel entitled to it and that they should not have to work for it. When they discover that what they want is still out of reach, some folks can become very angry and frustrated. Anger and frustration are two of the fundamental energies that lead to cancer.

DISCIPLINED MIND

Discipline and organization are your two best friends when it comes to achieving goals. That is why it is so vital to set time aside to create opportunities for reflection. If you can carve out some undisturbed thinking time and use it, you may have an insight that could lead to an understanding.

Play a game or do something that breaks your fixation on your everyday habits. When you break that fixation, you create an opening to see your situation differently. New opportunities, interpretations, pathways or creative solutions or applications may become clear. For example, you might recognize how a cup might become a pencil holder or a vase a loose change container.

Past Efforts

What are you working on that helps you understand your place on the cycle of the Four P's? What do you do with your time? Are you applying your time to accomplishing your goals and growing?

Do not misunderstand me. I do not spend seven hours

a day or even four hours a day working on myself. I do not have the time. Like you, I have a job and other commitments. In the evening I like to write and in the morning before work I play games to keep my mind nimble.

Obviously, I do not have to play games in the morning. I could jump up at 5:30 a.m. and be at work by 7:00 a.m. sitting at my desk. However, I have found that games help me look at things from outside of the box and promote my creativity.

MIND AS SOUL

The mind is an aspect of your soul and Spiritual Self. It is energetically connected to the Creative Continuum called God. Your mind is energy.

Your current state of health reflects your thinking. If you are dealing with a disease, study it to learn what you need to do to change its state.

Your body is your vehicle of expression. That is the symbology of the body. That is why every part of the body is a symbolic reflection of a thought in action. If something goes wrong, it is your mind's way of saying, "Hey, look at this." When you pay attention to the body's symbolic language you will gain insight into your inner thoughts and feelings.

MIND AS MANIPULATOR

Your mind is constantly manipulating you. It will also manipulate a situation to get someone to say or do what you

want them to say or do. This is what happens when you are not in conscious control.

There are many books written on the psychology of manipulation. As an aspect of Self, we use manipulation to achieve our goals both conscious and unconscious. Remember, goals are the validation of a concept fulfilled through the actions of patterns of very specific types of behavior.

MIND AS CO-CREATOR

In Genesis, God said to Adam name the beasts and have “dominion over them.” So, Adam named the birds of the air and the beasts of the field. Both the birds and the beasts are symbolic of different types of thoughts and concepts in the subconscious mind. The entire Bible can be taken as a lesson book using symbolic and allegorical language. In this book you learn how Universal Teachings help you gain dominion over the birds—symbolic of spiritual and lofty thoughts—and the beasts—symbolic of basic concepts in your subconscious mind.

What are your personal birds and beasts—thoughts and concepts? As Genesis states, if you name them, you can have dominion over them. We know from science that the mind is an electrical generating magnet. We also know from the laws of physics that everything is made up of atoms, which have either a positive or a negative charge.

Magnetism works through the attraction and repelling of objects. Your mind as a magnet draws and repels situa-

tions, people, opportunities and energies to you.

The mind chooses what it draws and repels based on the need for validating the subconscious concepts of who you think you should be in both approval and rejecting modes.

MIND AS CONSCIOUSNESS

The mind is connected to the All—what I refer to as the Creative Continuum. The mind draws on the All's creativity, inspiration, expression and abilities. We are spiritual beings in a material body. It is the goal of God, the Creative Continuum, to bring balance and harmony into everything.

The greatest hindrance to creating balance and harmony is an individual's concepts and their corresponding patterns of behavior.

The way you can fix and change a pattern is through awareness. I am not talking about the intellectual kind of awareness. Many people talk in wonderful intellectual terms about their deep understanding. However it is likely that their life proceeds on the same path that it has always been on with fundamental patterns of behavior unchanged. This is why their personal history repeats.

How do you develop awareness essential for Self-mastery? By reading, interpreting, understanding and applying the knowledge gained from symbols. Symbols are your IPGS (Inner Personal Guidance System). Symbols can be more effective in attaining a deep understanding of why you do what you do than a psychiatrist, psychologist or a

guru because these people have not walked in your shoes. Your IPGS is best understood by you for no one has lived your life or seen what you have seen, experienced what you have experienced or recorded it the way you recorded it. Everything you have ever come in contact with is in your subconscious mind and has an association with a smell, touch or feeling. These sensory touchstones create emotional associations. Symbols in your life elicit emotional associations and are like road signs that can guide your way through life.

MIND AS PROTECTOR AND ADAPTER

Your mind seeks to protect you. You can view protection from two points of view: physical and emotional. Protection requires an awareness of what can hurt you. You must also be alert to imminent danger.

When you are aware, you are reading symbols. When you read symbols two things are happening; One, you recognize the concept at work, and two you also recognize the pattern you are running. For example, if one of your patterns includes the need to be hurt physically, you will create the perfect situation to accomplish that goal. But, when you are aware of where you are in the pattern's cycle, you can choose to make an attitude adjustment and change the outcome. Increase your awareness and avoid negative outcomes.

Awareness can be talked about from so many different angles. And, I would like for you to begin to think about your life likewise—from every angle, all three—hundred

and sixty degrees. Generally people think of words as having one or two definitions. Expand your vocabulary and listen for as many meanings as you can from the events in your life. So, if someone puts you down or attacks you, or if someone belittles themselves, perceive the multiple symbolic meanings. Then, you will recognize the energies at work and you will know how to respond from a position of quiet strength which is the result of your personal power.

Ultimately, your goal is to create balance and harmony in your life and relationships. It is essential to listen intently to yourself and others, however first be aware of all the things that can hurt you.

Navigating life's complexities requires knowledge; knowledge can be gained in different ways. Children learn that if you touch something hot, you receive a painful burn. As a child, painful experiences like these lead to knowledge. When you get older, you automatically avoid contacting dangerous heat sources because of the earlier learning experiences.

A child might sense heat, but may not associate it with pain until they suffer a burn. When pain is associated with any experience, the experience has learning potential. For example, let's say your first encounter with pain as a child was a hot iron. You touched the iron and now you know not to touch a hot iron because it causes pain. As life goes on, you have learned that other things that can cause painful burns. These experiences become part of your personal guidance system; they teach you and help you develop your alertness so that when in various situations, you are mind-

ful of things that can hurt you. If you remain unaware and you have a need to hurt yourself, you will. That is the beautiful thing about the mind. Left to its own devices it stays on automatic with the subconscious in control.

Accidents are another avenue to gain knowledge. There are two types of accidents. You are either in control of the situation and an accident occurs, or you are not in control of the situation and an accident occurs.

For example, let's take a situation when you are not in control. You are a passenger in a car, train, bus, plane or boat. You cannot be in control in that situation when something goes wrong. As a passenger there is little you can do. As a participant, you experience it. To understand why you ended up as a participant you need to ask questions. Questioning may lead to insights that can in turn lead to understandings.

On the other hand, let's take an example of an accident occurring when you are in control of the situation. You might be the pilot, engineer or driver. As the person in control, you may take as many safety precautions as possible based on your knowledge and experience. You act to protect yourself by wearing a seat belt and knowing where the exits are located. These safety precautions and others you consciously and unconsciously consider because the mind has the directive to first and foremost protect Self, unless Self has a requirement for pain.

You would not think that pain would be a requirement or a need, but all one needs to do is take a look at people who are abused. Aside from becoming abusers, people who

are abused will find others to abuse them. You hear more about men abusing women, however you know that there are situations in which women abuse men.

Abuse is one of those situations that requires fulfillment. If you are around battered people, you know that even after they get away from the abuser, the next time they are out in the world they find another abuser. Why? It is because they need to fulfill an expectation to validate a particular concept.

Here is an example: a masochist is walking down the left side of the street thinking, "If someone would just come along and punch me, kick me, slap me, I would feel so much better because I feel so bad about something I did that I need to be beat up." The sadist is walking down the right side of the street thinking, "I feel really bad today and I know that if I could just beat on someone it would make me feel really good. I just have to give someone some pain." These two people walk in opposite directions. Yet, they will cross the street at the same time in order to bump into each other so they meet each other to experience pain—the masochist receives it and the sadist delivers it. "Ask and ye shall receive." (Matthew 7:7-8) That is the Universal Teaching involved. That is why it is so necessary that you understand what you are asking for. Your mind will tell you through the language of symbols.

So, for example, you take lessons to learn how to drive, fly or sail. Lessons teach you to be aware of certain dangerous situations. Having learned what these are, now you have an awareness and alertness whenever you are driving, fly-

ing or sailing especially when you are the person in control. Your mind acts to protect your physical body.

The mind is not only concerned, though, with physical protection. Emotional safety is also of concern. Here is an example about the emotions. When you feel attacked, you probably become defensive. Defensiveness nearly always leads to anger and angry outbursts, either immediate or delayed. For example, the guy who gets verbally attacked by the boss at work comes home and screams at his wife, who then screams at their child. Then the child goes outside and kicks the dog. Magic rolls downhill!

Magic also rolls uphill. Once a path of energy starts in motion it can continue with a life of its own. This is one of the reasons for the Universal Teaching, “Resist not evil.” Resist not. Whenever you resist something, you strengthen it. Think about the dynamic tension exercises. When you push one muscle group against another, the tension builds up resistance which builds muscle.

Hopefully, these examples help you get a deeper understanding of some of the principles or energies at work in people’s lives.

Resistance feeds. When you push hard against something like a boulder that barely budes, you may discover that when you stop you are exhausted. Your energy has flowed toward the large boulder and has left you depleted. Like the boulder, when you put up resistance or defenses around others, you either have an effect on others or not.

The key to gaining control over Self is by listening to yourself. This may entail listening to how you communi-

cate with others. Perhaps you are unaware that you routinely attack, offend, belittle, humiliate, or denigrate others in conversation. You may make a habit of making a joke at someone's expense. This form of communication is often perceived as an attack and will stimulate a response.

Or, you may make jokes at your own expense. Why are you putting yourself down?

In life you can either take an actively defensive posture or you can turn the other cheek. My recommendation: "Resist not evil." Address adversity with quiet strength.

Let's say, though, that you did react angrily or wanted to react angrily. Why? What happened to cause your defensiveness? What did the person say or do? Why did that make you feel attacked? What concept was stimulated?

When you are listening and aware, you do not have to respond when attacked. Instead you can question what was said and why it was said. Did your mind hear something different? How did your mind perceive what was said? Did your mind perceive an attack to your Spiritual, Emotional, Physical or Social Self?

The core issue is why they said it in the first place. Why did you draw the attack out of them? We are inclined to think that we are not responsible and that the attack came out of left field. No, the attack came because you opened yourself to hear it. So the question is, why?

How does being attacked serve you? Again, this is part of, "Ask and you shall receive." Drawing these types of situations towards yourself is just like drawing an old friend back into your life after many years. You bump into them

in the supermarket. Why? What is the pattern of behavior at work? What is the concept that supports it and utilizes it for validation? You need to question all these things.

The basic questions to ask are: What does this person mean to me? When were they a part of my life? What was going on at that time? And, what was I going through? The answers to these questions will point you towards the concepts and patterns of behavior at work.

When you are attacked and come from personal power and quiet strength, then you seek to understand the nature of the attack. Why the attack? Why did it come from that particular person? How do you relate to them? What do they mean to you from a symbolic perspective? What is their energy like? Pay attention to these opportunities for Self-reflection and growth.

Do not rationalize and justify their behavior by sloughing it off as just their personality. Nonsense. Who are you protecting yourself or them? We will talk below about how and why you might protect others. However, do not immediately blow it off, because when you dismiss it as being their issue, then you lose an opportunity to gain an insight into their need to attack and your need to be attacked.

Remember this key teaching: Understanding leads to control. If you can understand every transaction you are involved in, you can exercise control over it. Then, power, strength, courage and peace are yours.

When you possess understanding and you come from a place of power and strength, life is wonderful. Life is easy. Understanding builds peace, calm and tranquility. Life

almost becomes like a permanent vacation because you are not stressed. Understanding also gives you an opportunity to help aggressors in your life.

If you are in an abusive situation, you have to get away from that relationship. Even more importantly you need to ask why you need to be punished or beat up. Why do you seek it? Why are you unhappy when you are not being punished? I know a lot of you will say, "That is insane." No, it is just the way concepts work and the way the human mind works. A need is a need, and when there is a need to be fulfilled you will go to whatever lengths necessary to fulfill that need, no matter how insane it may be. That is why it is so vital to understand Self and gain control over your emotional needs so that from an emotional point of view you are not a prisoner of your needs, concepts, or patterns of behavior.

ADAPTABLE MIND

Are you a person who easily adapts to new situations? Or, are new situations difficult for you?

A situation may be new because you have never been this age before and have never been where you are now. However, if you look at it from an energetic point of view, you can discover that certain past experiences may be similar to your present circumstances.

For example, you move to a new home, a new neighborhood and start a new school. It is all new to you. Yet, within a short period of time you find people who could

be friends. Just like when you walk into a room full of strangers, you quickly perceive who may be your allies and adversaries. It is the chemistry. Keep an open mind in new situations. For, you will inevitably find people of like mind. Have confidence that you can adapt because you can flow back to a familiar energetic environment and a familiar pattern of behavior.

Remember, in new situations your mind is drawing on the Universal Teaching, “Look back in order to see ahead” This too is a reflection of Ecclesiastes 3:15. Your mind draws on past strengths and successes and utilizes them in the now. This is how your mind responds in any situation.

Here are some other questions to consider around adaptability: How adaptable are you? How flexible are you about new ideas and thoughts when they are presented? What about the Universal Teaching’s perspective of life? I know on some levels it probably resonates because you cannot deny the truth of something. You can try. However, in your heart of hearts, in the deepest part of your mind, you know the truth. You hear it. You feel it. You sense it. It is that simple. You can choose to deny it. You also can choose to come back to it at another time because it is not in harmony with your current belief system. It may not be in harmony because it may not resonate with, for example, your children’s belief system or your partner’s belief system. When your belief system and theirs are different, it can lead to disharmony. This is spoken about in the Bible when Jesus says the parents will be against the children and the children will be against the parents. This is in Matthew

10:20-22. The more you seek within and the more you understand, the easier it is for you to adapt to new situations and thereby generate change in others too. By adapting you can actually take some of the tension out of the air. You teach by example. So, when you demonstrate flexibility, you demonstrate acceptance, and calm in a sea of chaos. You become the anchor. People will be drawn to you because they know you have something unique going on. And what is your uniqueness? Understanding.

You are understanding Self within that particular environment, and you are understanding the energy at work. And, you can see it in others because you are reading symbols and you are coming at it from quiet strength with tons of personal power.

Rationalization and justification are also aspects of the mind that derive from adaptability. That is one of the beauties of the mind. You can rationalize and justify any position that you take.

MIND AS BIO-COMPUTER

Your bio-computer mind is always on. The software automatically runs and initiates patterns of behavior to accomplish very specific goals. The first goal is to fulfill expectations designed to validate subconscious concepts. You perform very particular actions to achieve your goals of validation.

The components of your computer include a hard drive, plus a motherboard, video and sound cards and a fan to

keep the equipment from overheating. But, what is on your hard drive? What are the software programs you are using?

In a computer everything depends upon the motherboard for functioning. It is interesting that manufacturers use the term “motherboard.” Your mom was your doorway into the material plane. How appropriate it is that everything depends upon the motherboard. If the motherboard goes bad, then your computer goes haywire. Every soul coming into the material plane through the birth canal seeks its mother’s acceptance, either through the mother’s approval or rejection. So, the motherboard is totally appropriate for a name.

In addition to a hard drive the modem is also plugged into the motherboard. The modem is symbolic of your ability to communicate with others. Should your modem fail, then questions need to be asked such as: What is going on in my life? What is happening that is preventing me from expressing myself? What is undermining my courage and confidence in my ability to express myself? If your modem malfunctions, then you may be dealing with a communication issue in other areas of your life.

Additionally, your media player and entertainment center are plugged in to the computer. With all the handheld devices today, you can almost live your life without ever having to physically interact with another human being. It reminds me of the movie *1984* where everyone came home, opened their briefcases to the fiber optic eye. What an interesting technological world we are moving toward.

Your sound card, also attached to the motherboard, is

symbolic of your ability to hear what occurs around you. Hearing is one of the senses that helps you navigate through life; the modem serves a similar sensory function.

Now let's consider the monitor which I equate to the mind's eye and your imagination. The monitor also equates to your eyes. Eyes see what is around you. When you are aware, and reading symbols you are working with the Universal Teaching, "Knowing what is before your eyes, nothing shall be hidden, all the mysteries are made manifest." Look at what is before you because you are co-creating it.

Symbols, when worked with, allow you to know exactly the particular pattern of behavior in operation, which concept is stimulating it, and where you are in the cycle of its fulfillment. This is the beauty of symbols. I will continue throughout this book repeating this refrain because your ability to read symbols is the fundamental key to mastery and control over your emotional energy.

Let's go back to the hard drive and talk about software. There is software for just about everything. Just like the multiple programs you have installed on your computer to help you with projects, you have multiple programs running in your subconscious mind to help you do things.

On a consistent basis your mind works to fulfill subconscious expectations associated with various concepts. By fulfilling an expectation, you validate the concept, therefore that particular software operates perfectly even when it is in essence poorly designed or to continue the metaphor infected with a virus. But we will get to that in a bit.

Your software—the expectation fulfilling program—

runs automatically. This operates in your subconscious mind along with various concepts. And, on many levels you are unaware of their background functioning even though you are drawn to set up situations for their continued success.

Your software interprets everything presented to you. Everything you see, hear or feel goes through its filters.

These filters are part of your belief system. You use filters to judge things, for example whether they are in keeping with your belief system or not. How you interpret things will also determine how you are going to react to them, because your belief system is set up in a very specific way.

Everything you co-create is designed to validate who you think you should be. I would like to share with you the Teachings that will help you evolve beyond this limited view of yourself. The Teachings once understood and applied will guide you to the next level where you can evolve into the person you truly seek to be. As seekers, we want to move forward, grow, and be a better a person than we were yesterday or even an hour ago.

Let's consider how software viruses might affect your system. In the computer world, when you have a virus your computer usually stops working properly. You might lose files or programs might malfunction.

The viruses that affect the hard drive of the mind are the manmade concepts. Mankind has created many concepts as to how things should be, for instance, the concept that the dominant gender is male. In practice this concept is enacted within certain religious sects and cultures where the wife is subservient to the husband; he leads and lays down

the rules. It is interesting to see how many societies around the world are male-dominated. In these societies women are often subservient, hidden, and may have few rights.

Here is another manmade concept: The male is the provider. The marketplace affirms this concept —men are paid more than women for doing the same job. A man and a woman may both have the same title and responsibilities and even work for the same company, but the male often will be paid more. Not only does this clarify the concept that males are dominant, but that they should be paid more because they are the providers

The ultimate figure of male dominance is God. Is God really a man? Hardly! If God were to be given a gender at all, IT would probably be more hermaphroditic because God is not one or the other but All. God is both male and female.

MIND VIRUSES

What are your personal concepts? What do you believe is the role of a male? What do you think is the role of a female? Write your concepts down on paper. The greatest thing you can do for yourself is to understand the concepts that direct you. These concepts comprise your belief system and color your perception of the world; everything you take in is seen through the hue of your belief system.

One goal of life is to rid the viruses, which are your man—made concepts, from the bio-computer, the mind, and re-program your hard drive, your subconscious mind. The way to get rid of the viruses and change existing pro-

grams is by reading symbols, gain an understanding of what is taking place and apply the insights so you can then change your attitudes toward what is occurring. When you change attitudes, you change outcomes.

CREATING NEW SOFTWARE

You can create new software or programming for your mind through different avenues. Prayer is one such avenue. Whenever you pray to God and ask for something, you create a program by asking your mind to work on the subject of your prayer. You are asking God within to deliver. However, unbeknownst to you concepts within may deter the God within from delivering. Beliefs such as, “I am unworthy, unskillful, or without knowledge or authority” can stop prayer from working.

So, what happens when God does not deliver on your prayers? Many will say it was God’s will. And, if so, then they believe they may not deserve to have their prayers answered. If God thought they should have it, then they would. When you accept yourself all things are possible.

Meditation is one technique that can help you attain Self knowledge. Meditation is best used to quiet your mind. Once you begin the process of quieting yourself, you can start to make real changes. With a still mind, you can talk to it, program it and input new directives. Meditation can be an effective programming tool. So, how do you go about doing that? You can use one of two phrases directed towards the mind. You start be addressing the mind with

either “I am . . .” or “Mind, Mind . . .” With both of these phrases you communicate to your mind what it is you want it to do and accomplish.

“I am” in mind directives is more powerful than “Mind, Mind” because “I am” is one of the many names of God.

There are two very strong Teachings in the Bible referring to that use of “I am.” The first teaching occurs when Moses is at the burning bush (Exodus 3:14) and the second occurs when Jesus says, “I am the way, the light, the truth.” (John 14:6) “I am” is part of the Creative Continuum called God.

MIND AS A MUSCLE

The mind is like a muscle. If you do not use a muscle, it turns flabby. The muscle analogy is based on a Universal Teaching, “Use it or lose it.” This Teaching is based on the Ten Talents story found in the Bible within Matthew 25:28.

It is obvious that if you work out in a gym or exert some other sort of physical effort the muscles you use will get stronger, harder and more defined. Your entire body will be in better shape. It is the same thing with your mind. The more you work your mind, the more you stimulate your creative thinking, the more your expression will grow.

What is your expression? What is it that you would like to be? Are you doing what you really want to do? Do you like doing what you do? Are you comfortable doing it? Would you rather be doing something else? These are things to think about. If there is something else you want

to be or something else you want to do, then how do you go about doing that?

Start by expressing who you are right now with the first idea of who you want to be that comes to mind. Even if you do not know who you are yet—that is okay. Just take one step at a time. I often tell people I have always done everything I ever wanted to do, only to find out later that it was not what I wanted. You never know unless you try whether the thing you are trying to do is for you or not.

You may never arrive at what your true expression is unless you begin by trying on the different hats of who you imagine you could be. Let's say you want to be an artist. You have the ability to paint and you would love to make a living selling your paintings. So, you might try to sell your art online, through galleries, or at art fairs. You may end up joining a "starving artist" community, or spearheading an artists' network. Eventually, you will know whether or not you want to continue being an artist or your exploration may lead you closer to the true expression of yourself.

PART III

Thoughts and Concepts

ENTERING THE MATERIAL PLANE

Mom

Mom is the doorway into the material plane, and because of that you want her acceptance to return to the spiritual plane. You approach life by seeking acceptance from mom in her many symbolic guises in your life. You will use approval or rejection as the sign of her acceptance. It's important to understand which modality you use—acceptance or rejection—because your predilection will affect the achievement of your goals.

If you are coming from a place of rejection as your mode of acceptance, you likely have a good measure of incomplete projects and a pattern of procrastination. You

may always run late or have other forms of behavior that solicit rejection.

People with rejection as their form of acceptance often do not complete their goals because goal completion is not in keeping with their belief system. Attaining goals is not in keeping with their subconscious expectations of Self, nor is it in keeping with their subconscious need. The need is to be accepted by mom, and if mom thinks that your gender is a failure in some way then rejection is what you will seek to manifest.

You need to understand the energy that supports, motivates and directs you. What are your hopes, dreams, wants, needs, desires? These are your goals.

Remember that your ego has its own set of goals and also seeks to validate the ego's picture of Self. Your mind is opportunistic and is always in search—mode looking for an opportunity to validate itself. For this reason understanding Self is so vital. If you do not understand yourself, you will never gain control over the energy you are. If you have a need not to complete, your mind will seek the opportunity to fulfill that need based on your need for rejection.

From the approval point of view, people want what to be what their mother thinks their gender should be. It is a trap. In seeking to be what is expected of you, you may work against what it is you are here to do and the area of your true spiritual growth.

In the process of preparation for entry into this plane of consciousness we choose our parents. They provide the best opportunity for us to understand and master certain man

made concepts so we can eliminate them from our Spiritual Self/soul.

The best way to describe it is to think of sitting in a theater that has one hundred individual small screens. Each one shows a female who has just become pregnant. Then, a news announcer says, "This woman provides an opportunity to master the concepts of sacrifice, success/failure, and female subservience." This is a partial list of concepts that might be mastered if you choose this particular woman and her partner as parents.

As you look and listen, you choose the couple that is going to give you the greatest opportunity to master the concepts on your agenda. Once you are here, one of two things will take place. You either have approval as your form of acceptance, or you will have rejection as your form of acceptance.

Women will be either very much like mom or her opposite. If she is like mom, then approval is the form of acceptance. If she is opposite, then rejection becomes the form of acceptance. The same holds true for men. Boys will be like their father or his opposite.

We all know people at odds with their parents. They may be brilliant, but also constantly mess up. Perhaps they cannot keep a job, or they quit before they get to be president of the company. When this happens it is a direct reflection of rejection as a form of acceptance.

The reason they continue to fail, procrastinate, have accidents, or make mistakes is to experience rejection. Rejection is what they believe will keep the portal of the

spiritual domain open. If a guy has acceptance as his form of approval, he will be just like dad and will probably marry a girl just like mom. And, a woman will marry a guy either just like dad or the exact opposite, depending on what her needs are.

Mankind Enters the Material Plane

The story of Adam and Eve is symbolic of mankind's entry into the material plane. When Eve bites the apple it is symbolic of mankind partaking of material existence.

When mankind entered the material plane, human beings were given guidance on how to master it so that they could eventually free themselves of its entrapment. God says to Adam, "Name the beasts of the field." The field represents the subconscious mind. The beasts are the concepts that dwell there.

Later we read that God tells Abraham to "leave the land of your father and I will show you a new land." (Genesis 12:1) The land of your father is your subconscious concepts.

We are told to move out of this land and go to a new land, the land of milk and honey. Milk, symbolically is sustenance and honey, symbolically is the sweetness of life. So, the goal here is to understand Self to such a degree that ego can be given up in the material plane. That is the symbolism of the crucifixion.

You have to be able to give up your ego, your Emotional Self, to move forward to the next level of consciousness. It is the ego, the Emotional Self that corrupts the Spiritual Self.

We know we are spiritual beings. We know that we

are lost. How do I go home? How do I get there? Where is that road?

This is why it is so vital to know Self because Self is clinging to the material plane. At this point you have been so de—educated and thrown into such darkness and blinded by fear and ignorance that you do not know the way back.

The way back is through Self and the kingdom is within.

Dominion Over All

In Genesis God tells Adam to „name the beasts“ so he can have dominion over them. The symbolic interpretation of this directive is that you too can have dominion. The field is your subconscious mind. The beasts are your concepts that create your belief system.

Do you know what beasts dwell there? You need to know so you can train and discipline them. In what ways and in what areas of your life are you completely undisciplined? Where do you require discipline? Will you allow yourself to be disciplined? Or, do you say, “Don’t tell me what to do! I am a free thinking person and no one is going to tell me what to do, why to do it, how to do it ...” If you are such a person, this sort of attitude may prevent you from mastering this thing called life.

A SPIRITUAL BEING IN A MATERIAL VEHICLE

We are spiritual beings in a material reality. Our Spiritual Self is the essence of the mind directly connected to the

God Force and from which all of our abilities manifest.

Previously I described the mind as a bio-computer that you can program to achieve what you want, including excellent health. You write the new software and the computer will follow the instructions. By using your imagination as a computer screen, you visualize whatever part of your body you want to be healthy. You tell your body through using the words, “Mind, Mind . . .” You tell it what you want to create, and see it in your mind’s eye to reinforce the message.

The mind is a goal seeker, always looking for opportunities to fulfill its goals. The downside to this characteristic, though, is that the mind seeks to fulfill the goals already embedded at a subconscious level. This is why prayer, affirmations and programming are so vital because when combined with a continuous conscientious awareness, these subconscious programs can be overwritten, rewritten or erased. You learn to identify your state of mind at any given moment and identify patterns of behavior at work. So far, you may have caught glimpses of these patterns through the reading of symbols. Further thought on some of the symbols that have come up for you will reveal whether you are reading the situation correctly. That is the beauty of all this material for it is designed to help you have eyes to see and ears to hear.

EARS TO HEAR, EYES TO SEE

First, let me address “ears to hear.” (Matthew 13:15-16) If you hear someone put you down or make fun of you, what

does that do to you? What concept is triggered and what patterns of behavior are set in motion? How are you going to respond? Of course, immediately you may make a joke and laugh it off. However, deep down it affects you.

You can see how vital it is to see and hear and know when you are being triggered so that you do not lose control of your emotions, words or deeds.

“Eyes to see” (Matthew 13:15-16) refers to reading symbols seeing energy at work, and becoming aware. Once you begin to see the truth of something or someone, it places you in a position of strength. It also creates a situation where you can never close your eyes again. Understanding this and realizing the rewards of your deeper and broader perception is so great that you are less concerned with how others think and feel, especially family and friends.

Here are some examples you might relate to. You tell your closest friends and your family that you are going to quit smoking. The next month, one of them gives you a carton of cigarettes as a gift.

It does not matter that you declared your abstinence from cigarettes, alcohol, or chocolate. What shows up? Exactly! That which you said you did not want to partake of any longer. Now, the question comes up, why? Look who brought it to you? Your mom, sister, husband, wife, your best friend? What is being communicated to you?

This is what is being said, “I do not want you to change for two reasons: 1) If you change, I am going to have to change and I do not want to change. I am happy with who I am. Even if I am an alcoholic and a miserable and angry

human being, this is who I am and because of that I want you to stay who you are because it validates me.”

Things you want to free yourself from still manifest in your life because you send out energy to those around you to bring you the things you swore you would quit—the candy, the cigarettes, the booze. Deep down you do not want to go through the quitting or giving up process.

Not quitting also validates another concept from a different point of view such as difficulties making commitments or following through.

These elements are always at work and this is why symbol reading and expanding your awareness are so important. When you are aware then, you know your motivations. When presented with alcohol or a carton of cigarettes you have to ask yourself, “Why?”

On one level you asked for the desire and ability to quit. You asked to succeed and you asked to fail. Everything is a matter of choice, and you have to maintain awareness at all times.

SIN, NOT BORN WITH IT

We are not born with sin. Those situations judged as sin by others are actions we take without understanding the particular concept behind them.

Concepts are passed on verbally, by demonstration and attitude. You are what you think, but what you think is what you have been taught. This is why we are who we are. The New Testament says, «the fruit does not fall far from

the tree.» You are the fruit of your parents.

Here is an exercise I would like you to perform. On a blank sheet of paper on the left hand side write down your role—your fundamental responsibilities—as a man or a woman. Then under this list write down specific roles you have according to your gender (i.e. wife, mother, sister, girlfriend) and what you believe your role is as each. How are you supposed to act? How are you supposed to be? Where do your ideas come from? Who are you emulating? By beginning to understand that the answers to these questions, you will gain understanding into the concepts at work within your subconscious. This short exercise below can give you insight into your actions and reactions in various situations.

On the right hand side of the paper, if you had no gender, how would you be as a parent, child, friend, neighbor, co-worker or boss. Gender shades perception and influences positions you take on any given subject.

Peel away the body and you will discover every brain and central nervous system is identical. Hatred for other human beings is based on a lack of understanding and fear. We are all the same.

OPPORTUNITIES

Opportunities abound. However, many people miss taking advantage of them because their attention is elsewhere. Some pass by opportunities because they feel they are without the resources, the ability, or the authority to take advan-

tage of them. Others interpret opportunities from a victim's standpoint and fear being taken advantage of.

You cannot allow yourself to take on the mindset of a victim. Magic can happen and you can change your reality by understanding aspects of Self by drawing on the courage and confidence that dwells within.

You may not feel that you have a lot of courage and confidence, however if you have ever succeeded at one thing, use that one thing and draw on that previous experience of success. How did you succeed? What were the steps you took? It does not matter how small or insignificant anyone else thought it might be. If you felt it was a success, there is strength there for you. There is power there for you. It is a seed.

Recall the Teaching in the Bible about a mustard seed. It reminds you to pull yourself up by your bootstraps. Look around and see where opportunities may lie. What gifts and abilities do you have? How can you generate money without a huge investment?

Assess yourself. Do you play an instrument? Are you artistic? These capabilities come through the Emotional Self and it is through the emotions that we are literally attached to the material world.

HAVES AND HAVE NOTS

If you are among the “have not” group, the reason why does not reside outside of you. You chose this life. Do not place the blame elsewhere. You chose your particular situation in

order to learn something. Once the lesson is learned you will have the power and strength to rise above whatever predicament you find yourself in. You are never placed in a situation you cannot master. You can do it. You just have to make up your mind to do it.

Your mind is very persistent, even on an unconscious level. As mentioned before it seeks to fulfill subconscious expectations of who you think you are supposed to be. This is why it is so vital to understand who you are so you can experience happiness, control, mastery, and become the captain of your ship. Get to know the crew that works for you. Who is the crew? All of those concepts are in your subconscious mind. You have to understand each and every one of them and train them to be the way you want them to be. You deserve to be one of the “haves.” There are good reasons to *have* because money and abundance are tools.

Some people avoid *having* because they believe it is not in keeping with their concepts about being spiritual. “I want to be a spiritual being. So, I am not supposed to have a lot of material things” is a thought that exists at a subconscious level. However to grow as a spiritual being requires knowledge and knowledge will bring you material things.

Possessing material abundance is not a bad thing. It is what you do with it that matters. For example, if I had a million dollars I would use it to help people grow. Keep in mind that every person you come into contact with can find a logical, rational, justifiable reason as to why they do or do not have. The mind can rationalize anything.

DIET

Diet is not the focus of this book, but I will tell you from experience that the more organically grown food you eat the healthier you will be. You will have less tendency for disease to manifest.

And, by all means add high potency supplements into your program. I say this because in today's world, with uncertainty being the dominant energy and everyone under stress, everyone needs additional nutritional support. The daily news does not paint a rosy picture. It undermines attitudes, courage and confidence.

ATTITUDES

Your attitude is electrical and biochemical energy at work. When you are feeling down, everything looks bad, nothing sounds inspiring, nothing is uplifting, and the people around you also begin to get down. Then, they avoid you because they do not want to be pulled down by your mood.

Through the use of the language of symbols, you can recognize the pattern that makes you feel down. You know the concept that supports the outcome; you know where you are in the cycle and that gives you a chance to change your attitude and change the outcome.

YES, YOU CAN

You can achieve, accomplish and acquire whatever you want. However, you are going to have to reprogram your

subconscious mind. To build courage and confidence start with a small goal. You want all types of goals: Immediate, short term, intermediate and long term goals. You want immediate and short term goals to prove to yourself that the “I am” programming is working.

When you experience success, a couple of things will have been accomplished including that you will have more success to draw on. Remember the Universal Teaching, “The mind looks back in order to see ahead.” Also, “Use what you have and more will be given.” If you do not use what you have, it will be taken from you.

PRAYERS AND MEDITATION

In addition to praying and directed meditation, use visualization to work towards your goals. See in your mind’s eye what you want to accomplish. By visualizing what you want, you send out energy that attracts it to you. This is key. If you want to be healthy, visualize yourself as healthy. See the part of your body that is affected in perfect form and in excellent health. Get a firm and clear picture in your mind’s eye because what you are seeing is what you are directing your mind and body to accomplish.

What else do you want? How about being financially comfortable? Too many people chase the dollar, because they think money will make them whole, happy and healthy. It will not.

If you can be comfortable with what you have presently, then the energy you expend trying to create more material

success might be better spent seeking spiritual balance and harmony.

RELATIONSHIPS

Think about your relationships. What is the nature of your relationships? How many relationships do you have? Do you have long lasting friendships? What are your relationships based on? What do you get out of them emotionally? What are you putting into them emotionally? It is through your Emotional Self that you communicate. This is the one—on—one self and is the Self that must be understood because it can also wreak havoc.

WOMEN FEEL, MEN THINK?

Someone once said to me, “Women feel and men think.” Everyone, including men, feel. The difficulty with men, more often than not, is that they have a particular role to play to fulfill certain man—made concepts.

How do you feel about yourself? What do you think about yourself? These feelings and thoughts directly relate to your concepts and influence your belief system.

If you want to know what you think and feel on a deep subconscious level, here is a technique. Take a blank sheet of paper. On the left hand side write down what your thoughts are about men and women. It is immaterial what your gender is. What is important is how you think about your gender and the opposite sex. What are your thoughts

about a man or woman in all the different roles that they play in our society? The more you can see your thoughts and feelings in action, the greater awareness gives you an opportunity to make an alteration. It gives you opportunity to question whether or not your perceptions are legitimate. Are men really the providers? Are men the stronger gender? Personally, I would not venture to say so for a lot of different reasons.

Now you make it personal. In the right hand column list what you think your roles are as a man or woman. How do you think you are supposed to act if you are a husband, wife, son, daughter, uncle, aunt, brother or sister. Now you have a place to start.

MEN ARE WHOLE, WOMEN ARE COMPLETE

Men are whole but not complete. Women are complete but not whole. You can see this reflected in the Bible. In the Old Testament in Genesis God says, "When a man cleaves unto his wife they shall be as one flesh." (Genesis 2:24) In the New Testament it is presented as, "When the two become as one you can say to the mountain be moved." (Gospel According to Thomas #106.) What are mountains? They symbolize obstacles. What are the "two" that need to become one within you? Your male and female selves and your material and spiritual selves.

YOUR MODUS OPERANDI

By now you probably have an understanding of your

approach to life, for example, whether you live from rejection or approval. You probably have more clarity now about how these core energies manifest in your life.

To review, you can rationalize every decision you have made because these decisions place you in a situation to fulfill expectations to validate a concept. Now the question is, «How are you manipulating current circumstances to get what you want, and what is it that you want?»

Are you seeking approval for acceptance? In what areas do you require the approval and to what degree? The answer to that question will give you some insight as to where you doubt yourself and where rejection is manifesting. Then you have to ask yourself, what are you willing to do to avoid rejection? How will you likely manipulate the situation? How will you rationalize that it is okay to get what you want? Some declare, “Hey, it is just business.” This seems a poor excuse to manipulate a situation to better position yourself so that you can take advantage of others or the situation.

The art of manipulation involves fabrication because sometimes you just have to create a reality that facilitates a manipulation to get the validation.

The questions for you are: What is the something you are trying to make? How are you fabricating what it is that you need? Are you assembling the components? Or, are you creating stories based on rationalizations and justifications that ultimately lead you to abandon the project?

You can see how easy it would be to employ manipulation and fabrication to create rejection. Remember, rejection is also a form of acceptance.

KNOW YOUR THOUGHTS

Pythagoras the famous mathematician said, “A thought is an idea in transit.” In the New Testament there is a story of a shepherd. In this story a sheep wanders off and the shepherd leaves the ninety—nine other sheep in the herd to go after the one. (Matthew 18:12) He fears harm could come to the one. The same could be said of your thoughts. If you let one thought get away, there is no telling the damage that can occur. You have to separate your thoughts by being aware and disciplined. This is where organization becomes important.

The minute you perceive something through your senses, your mind immediately assesses and rationalizes it in the usual way. However, you would benefit if you took the time to appraise what you perceive from a symbolic perspective so you understand the energies at work. Seeing the energies at work gives you an opportunity to understand how you need to approach whatever you are taking in through your sense organs.

Now we come to the point of evaluating your ability to organize. How disciplined are you? Have you created a work schedule? Do you set time aside for yourself?

You might have three children running around screaming from the time you come home from work until the time you go to bed. By then, you are exhausted and have no time for you. That may be your reality. Even within that, I would have you struggle to find time for yourself because personal time is essential.

You need the time to relax; you need the time for introspection; you need time to flash back on what took place

during the day. This Self-reflective time allows you to examine what may have emotionally triggered you or upset you during the day. Whatever sticks out in your memory is likely symbolic of something you need to examine and understand.

When something captures your attention, know that a very particular kind of energy is afoot and you need to be aware of it.

SEEKING TO FULFILL

Your mind is always looking for a way to fulfill the subconscious expectations that you use to validate the concept and ideas you maintain about yourself. Nothing is as simple as others make things out to be or would have you believe.. This is something that requires some consideration.

THE IMMUTABLE LAWS

The Universal Teachings are based on the Immutable Laws of God. They are unchanging. It does not matter what your religious belief system is or what spiritual doctrine you follow, the Laws are the Law. They change not. It matters not how you want to manipulate them, they are not going to change. This is a fundamental understanding.

Another fundamental understanding you need to take into consideration is the fact that everything is composed of atoms. Atoms bond together to create molecules and molecules bond together to create substance. Substance is what we are.

When things do not turn out the way you want, then you might question what is going on within. Your mind as an electromagnetic generator is participating in the co-creation of your reality on every level. You are constantly affecting every aspect of your life, “Ask and you shall receive.” This is taking place at a subconscious level.

Look at what is going on in your life. When the flu goes around, some get it, others do not. Those that do are under stress.

What is going on in your life? Do you have a disease or condition? Are you currently on a medication? Do you know that your body seeks inner balance and harmony?

Your Spiritual Self is seeking to co-create your reality to manifest excellent health, balance and harmony in all areas of your life. However, as that directive energy flows outward it can be altered. Everything is generated from the Spiritual Self, and then passes through the Emotional Self, the Material/Physical Self, and lastly the Social Self.

You can see the progression from the inside out and know energy is coming from deep within. When the energy gets to the Emotional Self it can be manipulated, corrupted and programmed to fulfill the subconscious expectation of the ego.

Your mind, as co-creator of your reality influences the energy within your body biochemically and emotionally. For instance, I was attacked by a black cocker spaniel. Now when I see a black cocker spaniel, I know there is fear working in my life. Fear releases the chemical adrenaline. If you have ever had a police car pull up behind you with its lights

flashing, then you too may have experienced this chemical release.

Sight and sound change the body's biochemistry. For example, something you saw today can have set you up to catch a cold because that something undermined your courage and confidence. For some the only way out of a given situation is through illness, mishap or accident.

DEFENSES

People are like onions. The center of the onion is who you really are, and the outer layers are defenses that have been created through personal experience, culture, tradition and religion.

Those layers must be peeled back to get to the core essence of who you are. It is the essence of you that is seeking to communicate. Notice how distorted it can get by the time it reaches the top surface.

OTHERS WHO USE VALIDATION

Religion is a great example of an organization that uses external validation. Religions convert people to a particular way of believing. The more people who follow their particular path the more validated the religion becomes in their claims about being "right."

You have to be confident and know that just because others are thinking a particular way does not make it right, true or even beneficial for you.

For many, a particular belief system, whether religious or cultural belief systems, may be so deeply rooted as a pattern of thinking and behaving that change becomes hard to comprehend.

DEATH AND DYING

The mind is soul/spirit. Ego is an aspect of mind and is not soul/spirit. A major difference exists between soul and ego/personality. The following was a conversation I had regarding death: what happens when you die?

Basically, when you die, you transition through a dimensional doorway called death. On the other side of the material plane, lies the spiritual plane.

Our Spiritual Self is always connected to the spiritual plane of consciousness. However, we dwell in physical reality, the material dimension.

The material plane is a plane of duality, and part of the duality is the spiritual and the material. This also manifests, for example, as male and female, light and dark, and in and out. I believe we are spiritual beings encased in a material body. I call the body a vehicle. Whatever vehicle you use—car, motorcycle, bus, train—is the vehicle you use to get from point A to point B. Your body is the vehicle for your soul.

Taking the analogy a step further, the vehicle would also represent your expression. How do you express yourself? How do you communicate to others who you are and what you are about?

Death

My mom is at an age when her departure from the material plane seems more eminent. For many this causes fear; death is the unknown.

I tell my mom, that when she dies, she will be guided to a place of learning. Here she will look back over her life to see what was accomplished and what is yet to be mastered.

The most important thing you are here to learn and master is Self. When you are on the other side and in class, you reflect back on the life you lived.

Every one in the material plane seeks to be reunited with the Creative Continuum. What does that mean? It means ridding Self of the manmade concepts that have been accepted as true without question.

During the first segment of time that you are on the other side, you look back with your guides and your teachers who question you. Why that transaction? What did you learn from that? Why do you think you did that? What concept was the basis for that transaction? Who was affected by that? What is the relationship between you and that person?

As you begin to examine and question these things, you come to insights and clarity. At the same time your soul, your spirit, becomes infused with the spiritual truth of life, and the manmade beliefs diminish.

Sitting in the classroom with your immediate past life up on the board, you can see what you did not understand and identify the concepts which still remain operational.

At this point, the soul is in the classroom and the ego is

gone. You do not need it anymore. It was a vehicle you used in the material plane. You tried to bring forth as much of your Spiritual Self in the material plane, and therein lies the purpose of the material plane and life—to bring forth your spirit with its gifts and abilities.

The glitz of the material plane is the “Catch 22” for most of us. Because we get caught up, we lose sight and lose our way.

When I talk about soul and spirit, it raises questions in people’s minds. They ask if I believe in reincarnation, and my answer is “of course.” How can you not believe in it?

If energy cannot be created nor destroyed and it continues to be forever and we are constructed of energy, it makes sense that energy also flows between the material and spiritual planes.

When someone says, “You are going to heaven or hell.” I hear man’s teachings. Man’s teachings are designed to keep man in line.

Heaven and hell? You are already there. It is between your ears. It is the way you live your life. We all know someone whose life is hell. Their life is miserable. They have this or that terrible thing going on in their lives; from their perspective you might agree that they are living in hell.

However, someone else might be living a wonderful life. They are in bliss and living in heaven.

KARMA AND REINCARNATION

Karma is in the Bible. Karma implies reincarnation. As a

concept, karma equates to “an eye for an eye” even though the transactions may occur over several lifetimes. Karma means for every action there is a reaction. Another example of this understanding is the saying, «You reap what you sow.» (Gospel According to Thomas #9)

Whatever is going on in this life—if you are hurting, in pain, deformed, or gifted, or a child prodigy—all of it is tied to karma.

There is no such thing as good or bad karma, only karma. For every action you have taken in this life, the last life or the life ten incarnations ago, you are accountable. You have to make amends if need be. The scales must balance.

Here is another example of the concept of karma in the Bible: “God requireth that which is past” (Ecclesiastes 3:15). This segment of Ecclesiastes is about the Law of Cycles and patterns of behavior.

Our goal is to understand, control and master our patterns of behavior. This is where “change your mind, change your life” comes into play. It would be wonderful if you could truly change your patterns of behavior.

However, if you do not understand the fundamental concept that created the pattern of behavior, then no matter how much you seek to change it, because it is part of the ego and the ego refuses to die, the pattern will find ways to work.

One goal of life is to eliminate your ego while you are still in the material plane. Giving up your ego, your personality, allows your Spiritual Self to manifest in every-

thing you do. The ego, Emotional Self is a reflection of all of the concepts that you have accepted and worked with to maintain your access to the doorway home. By giving up your ego through understanding and control you have that access without compromise, without the need for manmade acceptance.

RECAP

We have discussed mind as energy. It is the part of the God Force, the Creative Continuum, the Great Spirit—whatever it is you associate with God, the Supreme Being, the ultimate consciousness—the mind is a part of it.

THIS PATH

This particular path, living the Universal Teachings and symbol reading, appears to be difficult. However, once you learn to incorporate the Teachings and practices into your life the path becomes easier. You will hardly find a better way of staying on top of your patterns and preventing your personal history from repeating. You will also gain the ability to stay in control over your emotions.

There is a passage in the Bible where Jesus says, “Make for the narrow gate, and few are they who find the path that leads to life.” It is described as a narrow rocky path because it is a singular inward journey.

When you are on the path and meet others, who are also on that singular path of seeking to understand Self, it

creates a unity of minds and an environment for additional growth. When you work with others on the same path, it will be easier to remove obstacles and to attain mastery.

I hope I have given you some helpful guidance in walking on that very narrow path.

Be well,
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