

THE
UNIVERSAL TEACHINGS
HANDBOOK

THE UNIVERSAL TEACHINGS HANDBOOK

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INTRODUCTION

The Universal Teachings comprise a body of knowledge and a common ground of all the religions and philosophies of the great teachers in history—Lao Tse, Buddha, Jesus, Ra, Krishna, and others.

Each has his own perspective. Buddhism is a teaching of integration or right living, while Christianity teaches love, Lao Tse (Taoism) teaches awareness, and so forth. This book integrates all of these timeless principles into a single practical text, based on the Universal Teachings.

Regardless of your faith, life path or practice, the principles of the Universal Teachings are applicable to your life. They transcend all boundaries. The Teachings will help you to understand how your life works at the deepest subconscious level. As you incorporate the understandings and applications of the Teachings into your life, you will begin to see change and growth almost immediately. They are a way of gaining control over emotions, becoming at peace and looking at life and relationships from a position of strength and greater personal power. The Teachings will provide a foundation for living, thinking and experiencing life, helping you to see and understand the deeper intricacies and the hidden energies at work in everything

you experience.

The information and the guidance contained here will change your life. You will discover that understanding leads to control, which leads to Self Mastery.

I invite you to reap the benefits of the Teachings by delving into the rich guidance, information and insight in the book, and do the work that leads to understanding and applying the concepts throughout your life.

You will learn to “Seek Clear Vision,” a level of self-awareness relating to how you see things, people and your own Belief System. This is why Jesus said, “. . . *cast out first the beam out of thine own eye, and then shalt thou see clearly to pull out the mote that is in thy brother’s eye.*” Luke 6:42

Another aspect of the Teaching is reading symbols, an interpretation based on: “*And he said, unto you it is given to know the mysteries of the kingdom of God: but to others in parables; that seeing they might not see, and hearing they might not understand.*” Luke 8:10

Examining the symbols presented to you in day-to-day life and looking at the energy behind them will allow you to anticipate events; another principle of the Teachings is that all answers are within. The Language of Symbols, the language your mind uses to make the unconscious conscious, will guide you to your successes.

The Teachings also help us understand the process of achieving an open understanding and accepting mind expressed as Divine Love and Divine Grace. Divine Grace means that in ALL situations you maintain a quiet strength. You know Self. As you begin to know your concepts, your

patterns of behavior and those things that stimulate you, you will become acutely aware of the energies at work.

Divine Love is accepting everyone you meet with open arms, with no judgments, no evaluations. Total acceptance—that is Divine Love.

I

THE UNIVERSAL TEACHINGS

WHAT ARE THE UNIVERSAL TEACHINGS?

The Universal Teachings are sayings based upon The Immutable Laws of God. These Laws are the governing principles of life. Some prime examples of the sayings:

“Energy can neither be created or destroyed”

“Everything flows in cycles”

“A reason for everything”

“What is within will manifest without”

Your deeds are the greatest examples of “what is within” manifesting without, showing you your own potential. They show a way of living that provides peace and strength.

The Teachings provide guidance leading to insights on how the mind interacts with the physical body on the mate-

rial plane. They also facilitate an understanding of Self that is essential to mastering the material plane and progressing to the next level of awareness and consciousness.

Within our material plane of existence we have many levels. Look around and see people eating unhealthy foods in spite of all the reports about the association of junk foods with diseases. Why is that? These people are at a particular level of understanding and lack of control over their diets and emotions.

A WAY OF SEEING

The Universal Teachings provide a different point of view. Consider your current point of view and the lens you are using to see the world—it has a particular bend and hue. You may be looking through the eyes of tradition, culture, religious conviction or an alternative philosophy.

One great example of a myopic point of view is the phenomenon of “born again Christians,” a type of sect that purports that if you are not born again and saved by the blood of Jesus Christ, you are going to hell, even if you are a good Christian. Another belief, Judaism, will not consider any of the teachings that are attributed to Jesus. In both instances, these rigid and narrow religious convictions shut off openness and communication.

By using the Teachings, you will learn to examine a situation from multiple angles, with the goal of facilitating healing on all levels—spiritually, emotionally, physically and socially. Through understanding achieved through

introspection and applying the Teachings, you will begin to harmonize the various elements of your life. Your new creativity and insight will give rise to growth and movement, wherein success breeds success.

Generally, with this success comes happiness, contentedness, enjoyment of life, and living in a very peaceful, tranquil mode while simultaneously being alert and cognizant of everything going on. I say generally, because some people become imbalanced in their successes, which is especially true when their successes are based on human values and standards.

While the information in this book is not explicitly Christian, I occasionally refer to the Bible as a common reference point. For example, when people become caught up in the material game of possessions, status and wealth, they lose perspective, and this is summed in the quote “...*It is easier for a camel to go through the eye of a needle, than for a rich man to enter into the kingdom of God.*” (Matthew 19:24)

SOURCES OF THE UNIVERSAL TEACHINGS

The Teachings emanate from God, which you may call the Father/Mother, the Creative Continuum; the God Force; or the Source of All that Is.

Another source is nature, where you can see the Teachings at work; for instance, cycles are seen in the four seasons of the earth cycling the sun. And of course, there are your personal history cycles, when even though you swore you would never end up in a particular situation, you

end up there. Cycles and patterns of behavior are taught in the Old Testament: *“What is now hath been; what will be is now . . .”* Ecc: 3:15

The Teachings are the expression of God’s laws in today’s language. They have been with mankind since the beginning, when God told Adam to name the beasts of the field. The field is, of course, the mind, especially the subconscious.

The Teachings have been presented to mankind by people such as Moses, Confucius, Buddha, Socrates, Plato, Aristotle; and the most recent teacher was Jesus, the Great Teacher for this Age. Each taught and expressed the Universal Teachings in their sayings and writings, which are woven throughout this book. Not strictly religious, the Teachings apply to everyone.

The most familiar of the oldest Universal Teachings are the Ten Commandments delivered by Moses, the most important figure in Judaism (his lifespan was 1300 to 1150 B.C.). Another recorded and well-known teacher was Gautama Siddhartha, better known as Buddha, “the Enlightened One,” who lived from 563 to 479 B.C.

Buddha taught the Eight Fold Path, a guide to enlightenment that is broken down into three main bases; wisdom, ethical conduct and mental development. For each base there are foundational guides. Wisdom is about having the right view and the right intention. For ethical conduct, it’s right speech, right action and right livelihood, and mental development comprises right effort, right mindfulness and right concentration. The Universal Teachings will be

instrumental in helping you achieve the Eight-Fold Path.

In another part of the world, the Teachings were presented by Confucius, who taught a utilitarian approach to social harmony and defined moral obligations between individuals and social systems (he lived from 551 to 479 B.C.). He was a scholar who developed a pragmatic philosophy for daily life based on the Teachings.

Another great thinker and teacher was the Greek, Socrates, who lived from 469 to 399 B.C. He laid the early foundations for Western philosophical thought. His approach was to ask probing questions in a give-and-take that eventually led to the truth, urging people to greater self-analysis. Socrates is also famous for carrying out his own death sentence by drinking hemlock, becoming one of history's earliest martyrs of conscience.

Socrates' most famous pupil, Plato, after years of travel and study, founded the Academy in 387 B.C., which became a famous hotbed of philosophical and scientific discussion, and was regarded by many as the first known university in the world. Plato's *The Republic*, which lays out his ideas on the perfect state, remains a staple on college reading lists around the world. He lived from 428 to 347 B.C.

Aristotle spent nearly twenty years at Plato's Academy, first as a student and then as a teacher. After Plato's death, he traveled widely and educated another famous pupil, Alexander the Great. Later, Aristotle began his own school in Athens, known as the Lyceum; he lived from 384 to 322 B.C.

Jesus of Nazareth, who died in 30 A.D., is the central figure of the Christian religion. A rabbi believed to be both

God incarnate and a human being, he is known as Jesus the Christ, the term “Christ” meaning Anointed or Chosen One. Most of the details of his life are unclear; much of what is known about his life comes from the four gospels in the Bible.

WHY ARE THE TEACHINGS IMPORTANT?

The Teachings are tools you will use to unlock your greatest potential, with new understanding of your Spiritual Self¹ and of God, the Father/Mother that dwells within Self. Having that knowledge and understanding will allow you to begin exercising control over your emotional responses in every situation and avoiding the repetition of your personal history.

Universal Teachings guide in the direction of strengthening your direct link with God, the Father/Mother. Through this connection will flow a continual source of guidance for growth and development in the material plane, as well as moving you forward in spiritual understanding.

Understanding and emotional control leads to growth, and on many levels, change. As your awareness grows, your mind expands and more of the truth is manifested, which further facilitates change and growth.

The beautiful thing about the Universal Teachings is that they explain how your mind and life work in har-

1. The Spiritual Self, the true essence of a human being, is that part of Self that is connected to the God Force, our Father/Mother. It always seeks to bring harmony and peace into every transaction and relationship it is in.

mony, co-creating your reality. When you understand how the human mind works and how you are co-creating your personal reality, those insights and understandings will lead to greater awareness and control, and to mastery of the Self and the material plane. Incorporating the Universal Teachings into your everyday life helps you to create the reality you truly desire.

HOW CAN I USE THE TEACHINGS?

You already use some of the Teachings on a daily basis without being aware of it. For instance, every day you employ the Teaching: *“look back in order to see ahead.”* Every time you are stimulated by something, it triggers a particular emotional concept in your subconscious mind, which sets in motion a particular pattern of behavior. Your mind automatically looks back and chooses the appropriate pattern(s) of behavior to use, based on the emotional concept triggered. Patterns have goals validating a particular concept as being true. Patterns flow in cycles, and history repeats itself.

Another purpose of the Teachings is to elevate spiritual understanding and make it applicable in daily living, as a working philosophy with methods and techniques for achieving spiritual balance. Through achieving balance, you eliminate stress, tension, anger, resentment and other negative feelings. The emotions causing them are based on doubt and fear, which everyone maintains to some degree on a subconscious level.

The life you are living is a reflection of your subcon-

scious concepts at work². You are constantly co-creating your personal reality. Each self you present to the world (the spiritual, emotional, physical/material and/or social/intellectual) has different ways of responding to the same stimuli. By understanding that, you have the opportunity to make adjustments of attitude and posture. An example for me is when I see a police officer, which because of a previous experience often triggers concern. I immediately question if I am safe and free from authoritative attacks. I ask myself, *“What am I involved in? Where am I headed? How would intervening authority affect me, and why?”*

Are there things that you see that make you think about and move toward safety and understanding? If so, in what ways do you alter your stance or posture?

Posture can take on many different meanings. Not just the way you sit or stand, posture is also the emotional position you maintain on a particular topic or event. In conversations with others, your mind will scan back to see the best way to communicate with a particular person as well as moving the energy of the relationship toward its pattern-based conclusion.

However, when you employ the understandings of how your particular patterns of behavior or behavioral responses operate and you apply the appropriate Teaching, you will change the outcome to what you truly would like to accomplish in your relationships. Posture relates to vantage points and different points of view from which to see

2. For there is nothing covered, that shall not be revealed; neither hid, that shall not be known. Luke 12:2

clearly, moving forward.

On another level, the Universal Teachings present a different perspective for finding answers to those questions that are essential to your well-being. Questions such as *“Who am I? What is my purpose in life? What is life about? Why does this always happen to me? Why can’t I ever catch a break?”* These questions and more will be answered.

The answers you seek to any aspect of your life can be found within yourself using the Universal Teachings as guides as to where to look, how to ask, see and think, question, examine and how to know the energies at work.

2

UNDERSTANDING SELF

Do you take the time to know yourself? Are you too distracted by the need for material things to satisfy the within? Do you regret some of the things you have done or said?

Knowing Self is the oldest of the Universal Teachings. First spoken to Adam, it was espoused by Moses, Buddha, Confucius, Aristotle, Plato, and by the most recent teacher for our times, Jesus.

Buddha: *"Peace comes from within. Do not seek it without."*

Plato: *"For a man to conquer himself is the first and noblest of all victories."*

Aristotle: *"All wrong-doing arises because of mind. If mind is transformed can wrongdoing remain?"*

The great Chinese philosopher Confucius: *"No one is free who has not obtained the empire of himself."*

Jesus taught: *"Know yourself and the truth will set you free."*

We all understand the word self, yet, there may be more than one definition. For clarity's sake, let us use this definition throughout the book: the Self is composed of four aspects, which are spiritual and emotional (the Inner Self), and physical-material and social-intellectual (the Outer Self). Everything begins in the Inner Self and manifests in the Outer Self.

THE INNER SELF: SPIRITUAL AND EMOTIONAL

Your Spiritual Self is always connected to and receiving guidance from the God Force and impelling you to action. The problem arises when that action conflicts with your emotional directives. An example of this might revolve around expression, which can be the way you tell the world who you are and what you have to offer. Sounds simple, but for some people, it is the most difficult thing to do.

This Spiritual Self wants you to express a particular understanding to which you have arrived, based on Universal Law. However, your Emotional Self may say that you do not have the authority or ability to express that in a meaningful way.

Those two different directives create tension within your mind, which in turn creates an energy that usually manifests as a disharmony, which can result in illness. The type of illness will depend upon your own areas of weakness; for example, when you are unable to express yourself, you may end up with a sore throat.

The conflict between your Spiritual and Emotional selves leads to physical problems such as illnesses, accidents or even birth defects. This occurs because after three months, during fetal development, the soul, your Spiritual Self, entered your body and began to absorb energetic vibrations generated by your mother's emotional reactions. As a baby, you neither saw nor heard the issues, yet felt the energy, and the beginnings of concepts on a vibrational and energetic level were instilled.

Your Spiritual Self is constantly receiving guidance from God and impelling you to action. A problem may arise when that action conflicts with the directive of your subconscious ego, within the Emotional Self.

The Master Plan for the Self is very simple and is the same for everyone: Express the harmony of the Creative Continuum that is God through the understandings and practice of the Immutable Laws as taught in the Universal Teachings. Always seeking balance and harmony, the Spiritual Self is not trying to fulfill an expectation, prove or verify any position. God is always sending messages to help you stay on the narrow path³ that leads to true freedom and mastery over the Emotional Self. These messages occur through symbolic communication, such as pictures and things with which you have personal emotional associations.

Aristotle wrote: *"The soul never thinks without a picture."*

The Spiritual Self may manifest itself as one of complete obedience to religious dogma and its work, or it may be agnos-

3. Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it. Matt 7:14

tic, atheistic, or a seeker of spiritual truths. Your Spiritual Self is an aspect of God, as taught in Genesis and Luke:

“So God created man in his own image; in the image of God created he him . . .” (KJV Genesis 1:27)

“. . . for behold the kingdom of God is within you”
(KJV Luke 17:21)

Within this aspect of Self lives the Light that directs you through your conscience and moral code. You do not need outside sources, institutions or individuals for spiritual light or guidance; your answers are within. You have a Spiritual Self that will never manipulate, mislead, or take advantage of you, nor will it use guilt or obligation to control you. Your Spiritual Self simply and quietly guides you through every phase of your life with the unwavering intent to lead you to your true potential.

As part of the God Force, your Spiritual Self seeks to reunite with the flow and force that is God. Every Spiritual Self follows a primary spiritual “program” to discover its specific spiritual gift. Once you have discovered your gifts, you will seek to understand your calling, and then you can work with your gifts to bring harmony into everything you do.

Your Emotional Self deals with matters affecting you directly, and it is in this arena that love and hate flourish; lack of self-acceptance has its roots here as well. When you lack self-acceptance, you are subject to loss of control over your emotions. Emotions distort perceptions of truth, such

as “love is blind” and “blind rage.” Your tears of joy and anger blur your vision.

To master the Inner and Outer Selves, you must gain control over your emotions through understanding how your emotional needs are at work in your life, and what stimulates your emotional responses. You use your emotions in a number of different ways. One way is to express your innermost feelings about a situation or a person. Emotions can also be focused on healing, on providing for yourself, on interacting with people and on influencing your health and wealth.

”I count him braver who overcomes his desires than him who conquers his enemies; for the hardest victory is over self.”

Aristotle

The Ego Self is the manifestation of the Emotional Self. Set deep within subconscious concepts, expressed through the emotions, the ego is an aspect of the Emotional Self that you present to the world. Through your ego-driven emotions, you communicate on many levels, and through them, you are also manipulated. In automatic response mode, ego influences everything that happens.

The Conscious Self is the awareness of the Emotional, Social and Material Self. Also part of the Emotional Self, the conscious self is cognitive and aware of thoughts, decisions and actions taken at the moment. This does not consider energetic subtleties that a deeper aspect of the Emotional Self is sensing and reacting to patternistically. As an example, you may not consciously notice the smirk on the face of someone to whom you are speaking, yet, your eyes see it and your mind receives the input and that stimu-

lates a particular concept, and its patterns began to go into action on deep levels and in subtle ways.

THE OUTER SELF: PHYSICAL-MATERIAL, SOCIAL-INTELLECTUAL

The total of all your concepts and patterns, and your ego in action, the Outer Self is the self that you show to the world and your reflection of everything that is going on in your life.

A direct manifestation of your thoughts, the Physical-Material Self deals with all things related to the Material Plane, especially your body; i.e., being thin, heavy, sickly, healthy, rich or poor. All illnesses, accidents and events begin in the subconscious mind, and they are the result of concepts and conflict between the Emotional and the Spiritual selves.

The body is a physical manifestation of your innermost thoughts, which are the result of energies seeking expression. The first energy level is your Spiritual Self, while the second level is the part of you that seeks human approval, the Emotional Self.

How you interact with others is expressed by the Social-Intellectual Self, which includes your ability or inability to communicate who you are, whether you are outgoing, with a gregarious kind of personality, or a withdrawn, introverted type of person. You formulated your Social Self image as you matured in childhood and now you project it outward with words, gestures and your appearance. This elicits reactions from others, which validate beliefs you have about yourself. Everyone with whom you socialize gives you a clue

about yourself by the way they respond to and treat you.

The Intellectual Self comes to life whenever you interact with another person, and the Emotional Self is also at work, however, in this regard with the Intellectual Self, as a matter of energetic communication. Your Emotional Self infuses your communication; at the same time, it is on guard against personal attacks.

Buddha said, *“All that we are is the result of what we have thought. The mind is everything. What we think, we become.”*

If you believe that you are being taken advantage of, then you will be, thereby fulfilling the concept of being a victim. You send that energy out in many ways. People who seek to victimize you receive your messages and sense your willingness to be a victim.

In the same sense lies the concept of sacrifice. A mother, for instance, may give of herself to the point of sacrifice. Constantly giving her resources and emotions, being a caretaker, she takes care of everyone except herself—always placing herself last.

Another example is a man who is a wonderful provider who works nonstop, leaving family and social relationships undeveloped; the relationship that he develops is with his work. His work becomes his form of personal expression and it can also be his emotional and social outlet.

MAN-MADE THINKING

There are two types of knowledge and thinking: man-made, and true understanding of the Universal Laws. These can

be viewed, understood and worked with from the perspective and application of Universal Teachings.

The Emotional Self can get in the way when you think you know something and when what you know is based on man-made thinking; this issue can appear when you are communicating with someone and the ego tries to use the intellect to achieve equality or one-upmanship. The Intellectual Self will also use facts, figures and education based on man-made thinking in certain arenas. (Of course there are sciences without dispute, such as math, chemistry and engineering.)

Man-made concepts in the subconscious mind and lived out in daily life are the root causes of all disharmonies. They are often a result of one of two energies: the fulfillment of the concept/pattern “I am just like mom/dad” or the opposite type, when the Self thinks it should be/do and what it really wants to be/do. This conflict shows itself in emotional outbreaks, violent actions, failure to complete, and other destructive forms of behavior. Your concepts, when in conflict, will often lead to diseases.

Buddha said: *“Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.”*

CONCEPTS: IDEAS ABOUT YOURSELF

Concepts are the ideas you maintain about yourself, a how-to-be data bank, a belief about Self that you continually seek to validate through fulfilling subconscious expecta-

tions. Once the expectation is fulfilled, you have proven the concept about yourself as true and valid.

Some false concepts that create a belief system:

- **You are born with sin**, therefore, you can never be in harmony with God without the help of a go-between, who is generally a priest, rabbi, pastor, and the like. In fact, you do not need anyone to communicate with God. Everyone is of the same parentage, which is God, the true Mother/Father. And, there cannot exist such a concept as sin, because we all come from perfection.
- **The white race is superior**; therefore, everyone else is inferior. The truth is that everyone is a child of God. How can any group of children be less than their brothers and sisters? Prejudice is a man-made concept.
- **God is a man**, therefore, women are second-class. Many religions take this stance, while in God's eyes, men and women are created equal. It is man seeking to dominate man that gives this concept life.
- **Men are the providers**; therefore, women must be dependent upon them, implying that women are not equal. This is the male aspect of the Self trying to impose upon and control the female aspect of the Self, a concept that prevents most men from being sensitive and intuitive and closes off their ability to communicate with the God within.

It is through the female aspect of the Self that Spirit talks. The female aspect of the Self receives guidance, insights and awareness from the All (God), while the male aspect applies these understandings to bringing the material plane into harmony with the All; this is an aspect of mastery. In this way, the complete cycle of action is based upon female/male, wholeness and completeness.

One goal of mastery of the Self is to become totally attuned with both male and female aspects of your Self. The Bible teaches, *“Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh.”* (KJV Genesis 2:24)

Jesus taught, “. . . *When you make the two one, and when you make the inner as the outer and the outer as the inner and the above as the below, and when you make the male and the female into a single one, so that the male will not be male and the female (not) be female, when you make eyes in the place of an eye, and a hand in the place of a hand, and a foot in the place of a foot, and an image in the place of an image, then shall you enter [the Kingdom].*” (The Gospel according to Thomas p. 17-19 Log. 22)

The benefits of this unity within yourself is that it allows for a clear stream of communication between you and your God Self, which is your Spiritual Self.

3

YOU ARE WHAT YOU THINK

*"For good nurture and education implant
good constitutions."*

PLATO

I will explain to you here the basic workings of the mind, discussing the principles of how personal Belief Systems are built, and why people strive to sustain and maintain them. The basics are the subconscious *concepts* (ideas you hold to be true and live by), *patterns* (repetitive acts of behavior based upon those concepts), and *cycles* (the basic movement of life), all of which are interrelated.

CONCEPTS

Concepts are simply the ideals, standards, values and guides that you hold to be true and that mold the way you think

and feel about yourself, other people, and the world. All of your actions and reactions are stimulated and governed by your concepts, and your self-image is a result of those concepts. Your concepts also influence how you feel about relationships with the opposite sex and with your own sex, and your feelings toward everything else, including food choices, possessions and acquisitions.

Your concepts influence and determine your feelings, thoughts, attitudes, likes and dislikes in every area of your life. What you hold to be of value, what you believe to be true, what you are willing to accept and not willing to accept are the results of concepts and the Belief System you have built upon them.

For instance, if you were told as a child that you were sloppy and messy and could never do anything neatly, then you accepted those suggestions as true; they became your concepts and aspects of your self-image. As an adult, you continue to validate the belief in and acceptance of those concepts, and you may still be sloppy and messy and unable to do anything neatly. This may manifest as disorganization, poor office keeping, wearing wrinkled clothes, messy hair, and the like.

If you were told that you would never amount to anything, that suggestion may bear the fruit as incompleteness. You may start a hundred projects and never finish one because completion would equal amounting to something and this would go against the concept you have about yourself.

If you were told that you were selfish or bratty, as an

adult, you may be overly focused on yourself, and you may get very upset when things do not go your way.

Although these concepts are not true reflections of your Spiritual Self, you may have accepted those ideas and suggestions as true, as you have lived seeing and hearing them uttered, demonstrated, inferred or insinuated by your parents or other caregivers.

Your concepts are the foundation of your Belief System and your patterns of behavior, and they are the root causes of all of your disharmonies. Eventually leading to disease, disharmony on a physical level is created in two ways. One is based on being like mom and dad and living that life to the point that you follow their directives on all levels.

The other way that disharmony is created is through mental conflict between the Spiritual Self and the Emotional Self. When the Spiritual Self seeks to do or be a certain way, the Emotional Self may not believe it has the right, ability or the authority to do or be that way, and therein lays the conflict.

Becoming familiar with the symbolic significance of the body and its diseases will show you where to look within to understand how to help your body restore itself to balance and harmony. Your body is the physical representation and manifestation of your thoughts in action, therefore, thoughts in disharmony or conflict manifest in the body as accidents, ailments and/or disease. Diseases, accidents and ailments are not only direct forms of communication between the Inner and Outer selves, they also help indicate

where a person's thinking is and which concept is operating through which patterns.

Today three illnesses affect the world as living, symbolic reflections of us as humans: polluted earth, water, and air. We are not manifesting clean spiritual consciousness.

BELIEF SYSTEMS

Your Belief System influences your perception and your point of view of everything in your life. It is your belief in yourself that determines the things you think you can or cannot accomplish.

To understand who you are requires taking an inward journey to discover the ideas that you maintain about how you should be and should act in every situation. Each situation or event that comes up in your life stimulates a reaction that is a patternistic behavioral response based on beliefs built from the concepts that you accepted as a child. These ideals, standards and guides support your Belief System and support your fulfillment of subconscious expectations. You see everything through the special colored glasses of your own Belief System.

Another point of view is that perception creates defensive responses as well as patternistic ones. Defensive responses can come in many forms, and the more you understand about yourself, the greater your awareness and control of those responses.

Your Belief System is so powerful in affecting your life that most of the ancient Teachers spoke of creating a

greater personal awareness and a deeper understanding of consciousness, which is your Belief System in action.

PATTERNS

*"Look at the means which a man employs,
consider his motives, observe his pleasures. A
man simply cannot conceal himself!"*

CONFUCIUS

Your personal history follows a prescribed plan of action, a pattern of behavior. In your quest for Self Mastery, you must know and understand your own Belief System and all of the values, standards and ideals that stimulate your patterns of behavior.

To help you to succeed in gaining control over your Self, God provides guidance through the living language of symbols that give you the opportunity to see clearly. Jesus taught, *"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."* (The Gospel According to Thomas, p. 5, Log. 5:11-14)

Some common Patterns of Behavior:

Success/Failure

Depletion

Denial

Excess

Rejection

Rejection/Resentment

Need For Approval
 Demanding
 Self-Destruction
 Withdrawal
 Sacrifice
 Selfishness
 Laziness
 Manipulation
 Guilt
 Obligation
 Comedian
 Fear/Phobias

All patterns of behavior stem from concepts that you maintain in your subconscious mind. Each pattern is created to achieve a specific conclusion, to validate a concept. (*“See, it’s true what they say.”*)

Here is an example of how a symbol and a pattern of behavior, in this case my perspective on authority, manifested itself in my life. On my way to my office once, I saw an abundance of police cars, and that scene stayed in my mind as a symbol of authority and the discipline of the law. When I arrived at work, I told my General Manager to be prepared for a government inspection. One week later, we were visited by the FDA, and three days into their inspection, we were also contacted by the IRS for an audit. While flattered by their attention, I was also gratified the situations resolved themselves without any consequences.

In my three decades in business, I have learned to use the Universal Teaching *“Look back to see ahead.”* In this

instance, I questioned myself, *“What am I doing that would attract authority to me in a hindering way?”*

The goal of your current Belief System is to fulfill the expectation associated with the patterns and the concepts that are triggered. The only way to understand your concepts is to watch your patterns in action. The Universal Teaching that applies here is *“What is within will manifest without.”*

Behavioral patterns flow in cycles, with a beginning, a middle and an end, giving you an opportunity to see the patterns at work and where you are in them. Having this information gives you the opportunity to change attitudes that will change the energy of various situations, thereby changing the outcome of the patterns.

Let’s say a man has a success-failure pattern, which is a very common pattern. He is recognized as an achiever, a can-do person, and one day, he finds out that he is going to be promoted. That night he thinks about the promotion and how it might come with a heavier workload and more hours on the job, maybe even weekend and night work, and probably with no raise in pay. He begins to believe that the company is going to take advantage of him, so the next day, he resigns.

This man with the success-failure pattern loses his opportunity for advancement and growth, until the next time. There will always be a next time for him, although it may become harder to see the opportunity—it’s part of the success-failure pattern, which has fulfilled itself again. He had an opportunity to succeed, yet chose failure instead.

Search for behavioral patterns in your own actions, paying attention to where you are in the cycle of patterned responses.

CYCLES

Been there, done that? Do you sometimes feel stuck in a revolving door, with the same situations seeming to repeat endlessly? It's true, they are. Life does go in circles, or at least, in cycles, driven by your own patterns of behavior.

A good example of a cycle in action is the energy of dissatisfaction. You have heard the expression "*from the frying pan into the fire.*" That is similar to what happens in this cycle.

There comes a time when dissatisfaction begins to set in, when you are dissatisfied with work, a relationship or a loved one. When it's a work-related issue, you begin the hunt for a new job and you may take the first one that comes along just to get free of the current one and all the reasons for the dissatisfaction. What usually follows is that you find yourself in another dissatisfying situation and you begin looking again, and the cycle repeats.

That is when you need to look within and question what is at work in your mind that leads you to dissatisfaction. *Is it high expectations of others? Is it the money, the hours? If it's a relationship, what is it that irks you?* These are important questions to ask yourself in order to end the cycle and pattern of dissatisfaction.

As cycles unfold, symbols are being generated that help you to see where you are in the flow of patterns. Understanding patternistic cycles helps you to discover which concepts have been triggered and what adjustments to make. Through an understanding of the symbols combined with the understanding of cycles, it's possible to

change any situation, express your freedom of choice and stop your history from repeating itself.

Consider this cycle: You argue with a friend and say something hurtful.

Later, you realize you were wrong and apologize. The friend accepts your apology. Now, you feel your friend should have responded in some way to acknowledge your apology, however, he or she did not, and you are disappointed. This leads to resentment for having apologized, and now you feel guilty for being resentful. Your guilt feelings make you angry with the friend for making you feel guilty because he or she did not respond the way you thought appropriate, so you attack with anger again, and the cycle repeats itself.

Here's another example of a concept at work in a cycle format, again, the success/failure pattern. A woman starts on a work or relationship path, works her way up the ladder toward success or completion of the relationship quickly, but along the path, negative energy emerges. This energy could be someone offering a different opportunity, a statement that offends someone, or some other problem. The negative energy becomes the justification for not going any further on the path to success at work or in the relationship, and without understanding, the woman is at the mercy of her patterns of behavior.

Cycles are an Immutable Law of God. You see them manifesting in Nature, for instance. Here is this Teaching in action: The moon circles the Earth, and the Earth circles the Sun, while the Sun circles an even greater sun/star in

the galaxy. Closer to home are the seasons of the year, with spring, summer, fall, and winter following one another in the same sequence, their cyclic flow never changing. Their affects and appearance may change, but, never the flow. This demonstrates the Universal Teaching “*every end is a beginning.*”

FOUR CYCLES

There are four cycles that coincide with four aspects of the self: Spiritual, Emotional, Physical/Material and Social/Intellectual. Everyone passes through these cycles on a daily, weekly, monthly, and yearly basis.

The Spiritual cycle refers to faith in self, which is different from having faith in an external source. When people believe that some external force will provide for them, that is an example of blind faith. Faith in self is a “working” faith based on knowledge and experience, and a direct reflection of self-confidence. In this cycle, you have the opportunity to express, grow and change.

The Emotional cycle deals with thoughts and feelings about self-image. The Emotional Self is a container that is filled with courage, doubt, insecurity, strength, and the faith in one’s ability for self-expression. In the Emotional cycle, all of these energies take on an emotional hue.

The Material/Physical cycle concerns worldly possessions, health, financial security, and sustenance. You become aware of a recurring material/physical cycle at certain times when you are hurt or sick. Recall times when you got hurt

or sick and try to remember what was going on at the time. See if you can spot the trigger and the pattern that will lead you to the concept within.

The Social cycle influences your ability to relate to others in group dynamics and to influence communication and relationships.

Each of these four cycles usually lasts three months, which relates to disharmonies and diseases that begin in the emotional part of a cycle. Because it takes time to become physical, the emotional transaction does not manifest itself until the physical aspect of the cycle.

Accidents may happen because symbols alerting someone to negative energy were not examined or questioned along the way. This happens when you have missed the symbols along the path of the pattern. By missing symbols, you do not change attitudes, and therefore, the energy will ultimately manifest in material reality, which can take many different forms, including accidents, conditions and diseases.

Losing things such as a wallet, purse, or keys are other examples of being at the effect of a cycle. This does not mean it takes a year for something to manifest; remember there are cycles within cycles. Sound confusing? Then consider the following.

When someone is in a highly active social situation, the Social Self is prominent, along with the concepts maintained about that Self. When something is said that is perceived as an attack, it triggers an emotional reaction and moves on to the person's Spiritual Self, and faith in Self is called into question.

This emotional response, if internalized, could result in a physical response, either illness, such as an upset stomach, or a physical assault on the person who verbalized the perceived attack.

Remember, during these verbal communications, you operate on preconceived expectations of Self, which form your patterns of behavior. If you do not see the pattern at work, it will automatically complete the cycle according to the pre-established routine. On the other hand, if you detect the pattern by reading the symbol, you have an opportunity to change your attitude and, subsequently, the outcome. You should then be able to pursue your goals differently.

Search for your behavioral patterns in action and pay attention to where you are in the cycle of patterned responses; then, exert the necessary effort to change your automatic responses, thus freeing yourself from life's ruts.

Convert all your cycles and responses to the positive by exercising your freedom of choice based on clarity of thought and vision. As you incorporate the understandings and applications of the Universal Teachings into your life, you will begin to see change and growth almost immediately. Remember, you can create the results you desire in life because you are constantly co-creating your own reality.

The Self moves through life in a cyclic flow of pause/action and action/reaction, which leads to more action/reaction. The flow is endless. Every decision and transaction creates the need for yet another action/reaction, and every emotional need and response repeats itself, unless it is identified, understood and controlled. When you gain

control over your emotional and creative energy, you can change history, especially your own.

You are already creating your own reality based on your concepts and Belief System. Now, you can do it with a clear spiritual, creative direction and meaningful purpose and you can begin to exercise your “*dominion over the All.*”

EXPECTATIONS

Your subconscious mind manipulates you to fulfill expectations of yourself based on your current concepts. These expectations are based on man-made teachings that have played a major role in the construction of your Belief System, man-made teachings that have nothing to do with your True Self or Spiritual Law.

The expectations within yourself that you live up to all have one purpose: they fulfill themselves to verify that you are who you think you should be. Of course, this has nothing to do with your Spiritual purpose or your own true Spiritual identity.

As you begin to understand yourself, you will begin to change and to stimulate new attitudes and energies in your relationships. When it becomes easier to see the patterns and concepts at work in your life, they can be explored and discussed openly and understood by you, your mate and your companions. With this new understanding, control becomes possible.

4

FOUNDATIONAL UNDERSTANDING

PROGRAMS

When you go to a play, the usher gives you a program that shows a sequence of acts and usually a synopsis of the story that is about to unfold. Your mind works the same way as a theatrical production.

Your program is the patterned way you have of acting. Your actions are designed to fulfill your expectations, which are based on your concept.

The two basic types of programs are spiritual and man-made. A man-made program is designed to promote a particular system or belief, including thoughts, notions, ideas and concepts. An example of one program is male as dominant: the provider and the hunter; and female as subservient, relegated to the mundane.

Other man-made programs include ideas such as

“Competition is necessary for growth and development” and “Material possessions make you whole and complete.”

People are taught these man-made programs, these misconceptions, and they believe them and work them into everything they do. Your own Belief System may include some of these misconceptions, and they may be shading and distorting your perceptions of life and your judgements of other people. Jesus taught this knowledge of distorted vision. The Universal Teaching states, *“...cast out first the beam out of thine own eye, and then shalt thou see clearly to pull out the mote that is in thy brother’s eye.”* (KJV Luke 6:42)

RETURNING TO THE SPIRITUAL PLANE AND THE DOORWAY

The essence of the Spiritual Plane is a dimension of consciousness to which humanity seeks to return; it is the knowing of peace and tranquility of that plane that lives within. We yearn, at very deep levels, to return “home.”

You express more of the Creative Continuum, God, or the Father/Mother, as you continue to evolve in Spiritual and Self-understanding. You can live a spiritual, peaceful and balanced life in the now by understanding your Emotional Self and controlling your emotional responses to stimuli.

Mother is the key to spiritual, social, physical and especially emotional growth. You enter the Material Plane through Mom—the birth canal is the doorway. Subconsciously, the mind thinks it can return to the

Spiritual Plane in the same way (mother). This subconscious belief influences thinking at the deepest levels because everyone wants to return to the Spiritual Plane.

To keep this “door” open, you become whatever your mom wants and expects. She shows you how to live and teaches by the way she acts, both consciously and subconsciously.

You chose your mom and dad because they offered you the best opportunity for mastering your concepts, which you bring with you. Your parents demonstrate these concepts; however, it is up to you to cleanse your Self of them and master your life.

Your mom teaches you the role of the sexes as they are practiced in society. She also demonstrates the role of your particular sex, by how she relates to it. Mom shows you how the role of your sex operates in relationships with the opposite sex through her relationship with Dad. You act in a way that is specific to your gender; whether male or female, you follow examples set forth by Mom.

REJECTION AND ACCEPTANCE

There is one difference in the way your actions manifest. When you are shown rejection, it becomes your form of acceptance and you tend to be the opposite of your gender role model. When rejection is your mode of acceptance, you weave it into everything. For example, as a female, to exemplify rejection and to embrace it in its totality, you look at your mother and think, *“I am a female and she is a female.*

That's what females do, therefore, I will do the exact opposite."

Now, the female child will still be like the female mother in some areas because it is the role of the female that she is trying to incorporate. However, in most areas, she will weave rejection into her manifestation of the mother's female role.

If you believe that rejection is the key to the doorway, then you must have that key in your hand in every endeavor. For instance, if you are taught that the female is subservient to the male, you become a dominant female because you are rejecting the subservient role you were taught. The same holds true for men and their male role models.

If you are taught that being a "good child" is the way to gain acceptance, then you will be very much like your gender role model. The things that are generally associated with being a good child include being polite, well-disciplined, socially correct, a good student in school, etc. Rather than using rejection as a mode of acceptance, the good child does everything based on acceptance, staying within the confines of what is acceptable.

People who rebel against their parental examples use rejection as their form of acceptance, subconsciously believing that if they are rejected, it will keep the doorway (mom) open. These people tend to reject the values of their parents.

An example of this type of personality is a man who believes that he is a failure. In everything he does, he weaves an element that leads to failure, often manifested as delays or complete avoidance. By putting things off and making half-hearted attempts, he proves that he is not capable of being

anything other than a failure. In every event, transaction, relationship, and form of expression, including at work, he creates a reason to reject or to be rejected, which leads to failure.

We exist in this Material Plane to cleanse man-made misconceptions of life from our subconscious minds. As you are progressing through the process of deep understanding, you allow more of your Spiritual Self to manifest in everything that you do.

Acceptance has many different ways and forms of manifesting, depending on the circumstances. When you think about seeking acceptance from others, you think about doing everything that is proper, right, socially acceptable and politically correct.

On the other hand, it is often very difficult to see rejection as a form of acceptance, which does occur in some people. For instance, at the first awareness of being pregnant, a woman has a reaction that starts a chain of events with lasting influences. If the pregnancy is unplanned or unwanted, a very subtle energy, maybe even a conscious energy, creates the thought, *"I really do not want this to happen."* Nonetheless, because of religious and/or moral obligations, she may decide to go through with the pregnancy.

During this pregnancy, rejection will manifest in different ways on different levels. One example would be at the time of delivery, with a long and difficult labor, the need for surgery and/or the child immediately becoming ill.

Expectations are placed on the child as it is developing. Once in the Material Plane, the child now sees, hears and

feels concepts at work and particular patterns of behavior that he or she mimics or rejects, based on forms of acceptance. Rejection may also become more pronounced as energy when Spirit/Soul enters into the fetus, which occurs around three months in utero when the fetus begins to move about. Once that begins, the mother may manifest additional feelings of rejection toward the child.

Now the woman knows there is no turning back. The pregnancy is happening and her life is changing forever. If there are elements of resentment, not wanting this to happen and resenting the fact that it is, then the energy of rejection is reinforced, becoming the identifiable energy of acceptance to return home to the Spiritual Plane.

The story of this pregnancy is one example of reasons for the emergence of energies of rejection, and the forces and attitudes of rejection that become the foundations of concepts and patterns of behavior that begin in the womb.

Life is a continual cleansing process wherein misconceptions that you live by (man-made ideals, values, standards) require elimination. By doing that, the Spiritual Self⁴ can express and manifest the benefits and gifts that lie deep within. By incorporating the Universal Teachings into your daily awareness, insights are achieved that lead to greater

4. The Spiritual (Inner) Self knows the truth of everything. Our Inner Self follows a "master" plan, a primary Spiritual directive. That plan is to express the Harmony of the Creative Continuum of God through the understandings and practice of the Universal Principles, Laws expressed in the Teachings. The Outer Self, the Ego, on the other hand, is following another plan. This plan was presented to the child as concepts and patterns. The Ego's plan is based on man-made concepts, programs and teachings.

understandings and greater control over your personal patterns of behavior. Control leads to Self Mastery.

NO ONE WANTS TO BE REJECTED!

Some children and adults seem to seek rejection. In everything they do, every relationship, project, and endeavor, they seek rejection or failure. Rejection is their form of acceptance, satisfying their inner need for it.

Incorporating them into their lives and building their Belief Systems and images around them, everyone accepts the concepts presented by their parents, thereby creating their modes of acceptance. For instance, a mom believes that women are strong, confident, independent, authoritative, and dominant, and that men are weak, non-supportive, and non-authoritative, then her children will take these concepts and use them in their modes of acceptance, approval or rejection.

If the daughter in this family uses approval for acceptance, then she will be very much like her mom and view men in the same way. If, on the other hand, her acceptance is based on rejection, then her perspectives on men and acceptance may be the exact opposite of her mom.

If the son in the family uses approval for acceptance, he will be like his father, accepting his father's image of men. Yet, if he is seeking rejection for acceptance, then he will be the opposite of his father.

You can take these examples and interchange the concepts, where the daughter is like the father and the son like the mother, and find out which mode you fit into.

THE ROLES OF THE SEXES

The intrinsic goal of males and females is to achieve unity, within and without. The female is whole, yet incomplete, while the male is complete, yet not whole. The female receives from the All and the male gives back to the All. Unity is a sign of wholeness and completeness, and when male and female unite, nothing can undermine their accomplishments. When the two become one⁵, there is strength in their unity, externally, and more importantly and powerfully, within, and in their spiritual and material selves.

Another major key is understanding the individual roles of the sexes. Women and men need to understand how they behave towards and relate to both sexes. Relationships with the same and opposite sex are based on particular concepts, which shade perceptions.

A client that I was counseling was having difficulty in one of her relationships. When we discussed ways for her to deal with the situation, which was a conflicted male-female relationship, she said, *“You know, the couple I work for consider me as a daughter.”*

I asked her, *“OK, how does that trigger your mother/father/daughter relationship concepts and feelings? What does that stimulate in you?”*

It is important to identify and understand your concepts, because every day you interact with men and women who may have energies that trigger something within you

5. Jesus said: If two make peace with each other in this one house, they shall say to the mountain: “be moved.”, and it shall be moved. Gospel according to Thomas #48

based on one of your concepts. When you come in contact with the opposite sex, three different concepts—age, stature and skin color— are going to be triggered; and so, how do you respond?

If you do not know what concepts are being triggered and if you do not know your patterns of behavior, you are under direct control of your subconscious. You are reacting to other people and they are also fulfilling their own subconscious expectations and patterns.

Sometimes people experience an event and say, “*It is God’s will or it is the work of Satan.*” The truth is that people, themselves, create situations and the results⁶. You draw events or situations to you to satisfy needs based on your subconscious concepts. Rather than being driven by your concepts, look at a situation and learn and grow from it. *What concept is at work? What pattern brought this about?* Patterns flow in cycles. Think back to the last time something similar happened and look for a pattern at work.

Seek to gain self-knowledge from every situation so that whatever you are confronted with becomes a learning opportunity. This will eliminate feeling sorry for yourself and help avoid the concept and pattern of being a victim. Many people feel they are victims, and that even their friends take advantage of them. If you feel that you were taken advantage of or were abused by a friend, that is based on your personal perception. To understand why this happens, there are two places to look. As in every situation,

6. Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: Matt 7:7

your pattern validates a concept, both yours and that of the other person involved. For instance, you may feel that you are always a victim, that people take advantage of you and that you are not entitled to have certain possessions, achievements or relationships.

Feeling like a victim is an aspect of your personal Belief System, which sets up the need to fulfill your expectations. You must have someone to verify your subconscious concept of unworthiness, which is tied into your innate concept of men or women as being failures.

Your friend whom you perceive to be your abuser may be operating from the concept of it being clever to deny or take something away from another person (you). They, like you, may be trying to fulfill an expectation that they maintain about their Self.

Being used or abused, if in fact it is actually happening, fulfills different needs for the person on each side of the situation. Each person gets what he or she needs to satisfy the expectations that they have about themselves. However, you can change your feelings about always getting used by understanding your need and the need of the other person to fulfill innate concepts.

The truth is, there are no victims. You made it happen, you co-created it, and your next step is to deal with it, understand it, and gain power from it. Move on and do not let it happen again. That is the beauty and the power of the Universal Teachings. As self-knowledge grows, it puts you in control of emotional responses and patterns of behavior, and in control of your situations. Knowing your Self and continually question-

ing Self are common themes throughout the Teachings.

At this level of understanding, depending on the household in which you grew up, you may think to yourself, *“As a male, my concept is that I am supposed to be the provider. I am supposed to be responsible. As a father I am supposed to be a guide, a disciplinarian.”*

You have your own gender roles and when something—a picture, a sound, a word or a feeling, a stimulus of some sort—hits your sensors, your concepts are triggered. When that happens, a person can become anything—authoritarian, the father, dominant or angry. Or, one can become meek, suppressed or withdrawn.

To gain great insight into who you think you should be, on a blank sheet of paper on the left side, list all the roles of a male or female, depending upon your gender. Use some of the examples above and continue to search out other roles that your gender could play in life. Then in the right side, list why you think that is. Seek to discover and understand the concepts behind those thoughts and attitudes. Then ask yourself, *“If I had no gender, how would I be in each one of those situations?”*

EXPRESSION OF MANHOOD

Your expression and understanding of manhood simply means the way you personally express yourself, regardless of whether you are male or female. Manhood/mankind implies both genders, which is based on the Teaching in the

Bible: “*God created male and female equally.*”⁷

How do you express yourself regarding manhood and womanhood? What kinds of attitudes are you demonstrating in your daily life? Is someone else’s expression of manhood or womanhood an issue?

Especially true as manifested in relationships, difficulties in this realm represent conflict within between how you think you should be as a man or woman, and how you actually are expected to be, based on external demands and your concepts.

7. So God created man in His own image, in the image of God created He him; male and female created He them. KJV Genesis 1:27

5

THE LIVING LANGUAGE OF SYMBOLOGY

SYMBOLS ARE COMMUNICATION

Created by you as you go through life and have different experiences, symbols are the way your mind communicates with you. They are messages from your Spiritual Self deep within your subconscious mind to your conscious mind. Like road signs showing the way forward, symbols are a constant source of guidance,

Symbols help you to identify where you are in the cycle of a particular pattern of behavior. By understanding them, you have the opportunity to change an attitude and an outcome, resulting in your pattern of behavior manifesting differently than it ever has before. This could help to put you on a cycle spiraling upwards versus a cycle that continues to roll along horizontally, forever cementing the cliché that history repeats itself.

Your mind draws on experiences using the language of symbols, which are the emotional associations you make with your experience. In each case, you make emotional associations with something—an object, smell, feeling or a sense of touch—and that association manifests as your symbol.

Here is a prime example. When I was about ten years old I was attacked by a black Cocker Spaniel. I walked into someone's home and the dog jumped off someone's lap and attacked me. I have the scars to this day. Now, every time I see a black Cocker Spaniel, I know that fear is influencing my thinking and my perceptions.

Once I know that I am in the midst of fear, I have the opportunity to change it. I start to look around and say to myself, *"Okay, what am I involved in that is causing fear to shade my perceptions and feelings in such a way that will result in incompleteness, disharmony, disunity or even failure?"*

My goal is to turn everything in my life into a positive result, but if fear is at work, I cannot create the positive results that I want, so, I must see and understand where the fear is at work. Through "reading" the symbols and knowing that life flows in cycles and that *"history repeats itself,"* I am better prepared to deal with any upcoming situation. Through the Teachings I have learned that *"forewarned is forearmed."*

Your mind makes the effort to tell you, *"Here is a symbol, look at it, understand it so that you can make the appropriate decision."* The decisions you make will lead you on the path that you want to travel.

Ideally, you will want to learn all you possibly can about the persons, animals, things or events to which your attention is drawn. *How do they relate to the now? When was this a part of my life? What does this person mean to me? What was going on in my life when they were a part of it?* All of these bits of data will help you to understand what your mind is trying to tell you and what that means to you.

Always seek to understand the furthest reaching definitions of words and objects so that you do not overlook any possibilities for interpretation. Some people will come to an answer and stop there, however, to gain the most guidance so you can proceed easily, you should continue to question until you have exhausted all possibilities. Learning to work with symbols, and learning the methods and techniques for discerning what they are and analyzing them, will allow you to gain greater control over the energy of your life.

There are many ways of interpreting symbols. The only way that will bring you the most insight and guidance is to bring the symbols back to the Self. Symbols can be interpreted on a universal level, which is what I have done throughout this book. My intention is that everyone who sees a symbol will interpret it in the same way. This is what I did in my book, *The Dream Symbol Dictionary*. Perfect examples of these types of symbols are mathematics and road signs. When you see a + symbol on a yellow road sign, you know that an intersection is up ahead. When you see + in a math problem, you know to add the numbers together to = a sum.

As your understanding of symbols grows and your Self knowledge deepens, you are going to continually update and upgrade your personal symbol interpretations and add to your own *Dream Symbol Dictionary*

wherein thoughts and questions will help you in your pursuit of self-understanding and emotional control.

Each emotional experience is associated with an object either involved in the experience or connected enough for your mind to use it as a springboard for recall. The recall occurs because we are cyclic and patterned beings; the Universe and everything within it flows in cyclic motion. Symbols are an integral part of these patterns and cycles, showing you which pattern is at work and where you are in the cycle. That is why it is important to relate symbols to your personal emotional associations.

Ask yourself the following types of questions about each symbol as it appears to you:

"What does this mean to me?"

"Where/when in my past has this thing/person/event appeared before?"

"What was I involved in and with whom?"

"What was I doing and why?"

"What am I involved now and how does it relate?"

"What is the pattern?"

"Where am I in the cycle?"

"Ask and it shall be given to you; seek, and ye shall find." (KJV Matt. 7:7)

HOW TO INTERPRET SYMBOLS

Symbols are the Living Language of the Mind™. Through learning how to see, read and understand symbols, you will be able to extract guidance from the messages. The first step, until it becomes a matter of automatic thought, is to write it down. This is very important, especially when it comes to dreams, which are guidance from within.

Dreams are guides to help you achieve greater clarity and awareness of where you are in a particular pattern of behavior. This knowledge will allow you the opportunity to alter the normal outcome of the pattern.

A form of communication between your Inner and Outer Selves, dreams are great tools because they give you a preview of the upcoming day and cycle. Where you are, what is going on and what energies are afoot.

The Inner Self is aimed toward Spiritual harmony, while the Outer Self seeks to fulfill expectations of the Emotional Self. Living, and being influenced by the two desires, creates all types of conflicts. Some conflicts show themselves as diseases, while others take the form of poverty and deprivation, and still others appear when people are living lives without purpose or worthiness. These lives are the results of not knowing and ignoring the communication between the Inner and Outer Selves.

Dreams involve things familiar to you—a car, dog, a cat, and a friend—and give you messages with these pictures that you will understand. Once you master your personal language of symbols, you will be on the way to completely understanding your dreams.

Dreams are the result of your emotional responses in your daily activities and to the people, places and events to which you are exposed. All of these things stimulate certain concepts, thus stimulating patterns of behavior that detail how you think you should react to what has been presented to you. This is because you automatically seek to fulfill your expectations of yourself; these expectations are part of your Belief System, which is the result of the concepts you believe to be true about how and what you should be. Often times, they are not true. They are merely the teachings of man-made authority.

People accept man-made ideas of truth and pass them along. They come from tradition, culture, religion and examples set by the parents. All of this data is fed into the mind on a daily basis in the form of attitudes, feelings, and words that people utter and the actions taken by your role models, your parents.

Sometimes you do not respond immediately to stimuli, so the response builds within you. The outcome or reaction is based on your patternistic responses to these particular types of stimulants.

Your dreams can tell you exactly which pattern of behavior is at work, and where you are in the flow of its cycle. Knowing where you are in that cycle gives you the opportunity to change how that particular pattern usually completes itself. With this information in hand, you can change an attitude, action or thought to alter the energy surrounding you. This in turn will alter everything else and the pattern can then cause events to turn out the way you

want them to.

In working with your dreams or daily experiences, the first thing you must do is write down every bit of the experience that you can remember. Read through it and underline all of the obvious and important symbols, then write down the individual symbols and begin the interpretation process. After that is finished, reconstruct the message according to your interpretations.

Here is a dream of one of my clients, who said, *“I was in a white room with my husband and longtime friend and in a moment, they were gone, and I found myself in a room totally white— floors, walls and ceiling all seemed to flow together and there were virtually no doors.”*

She experienced a momentary feeling of abandonment and panic. She then said, *“I felt along the wall and found a door that opened to construction that I couldn’t go through. I went a little further and found another opening that was narrow, but I could get myself through it.”*

The way that you work with this type of a dream is to underline all of the major components:

White room

Husband

Longtime friend

Feeling of abandonment, isolation

Effort to leave-faltered, then successful, but narrow

When you look at these elements symbolically, the white room could indicate a room at home, an office, hospital or a new construction. Taking it further, white represents purity and it also represents non-defensiveness. Rooms

can represent security.

A husband can be many things such as companionship, responsibility and partner, and in some cases, sole provider. Of course, the exact opposite of those qualities, traits and associations is also possible. Keep in mind that females represent inner strength and intuition.

Your husband: *What does he mean to you? What role do you think men are supposed to perform? Looking at him energetically, what do you see?*

Guys, look in the mirror. *Who do you see? What are you presenting to your wife or the females in your life? What do you think your role is as a husband or father?*

Longtime friend may represent personal history and perhaps a free way of living.

Next, examine the feeling of abandonment and what *that triggers. What concepts and patterns are stimulated by those feelings? What will you seek to do?*

Then, the isolation. *When do you seek isolation? In what ways do you isolate yourself from others?*

These are the kinds of questions to ask yourself as you are going through this exercise to discover the concepts and energies that you need to know. Leaving a room and finding a way out (first attempt not working because it's blocked by construction). *What are you going through that is under construction in your mind? What are the projects you are working on and that make you feel boxed in, entrapped and that you can't seem to find a way out of? When you keep persevering, is there another way out?*

These are some of the ways that dreams help you to get

a handle on the energy going on within and without.

All symbols, like road signs, are a way that God that dwells within and uses to communicate with you, to keep you on that narrow path that leads to light and life. Symbols also help you to see root causes and concepts behind the patterns. When you look long enough and hard enough, you will come to an understanding. Symbols help you look back in order to show you where you are, so that you can see ahead and make necessary changes. The Universal Teaching here is, *“Look back in order see ahead.”*⁸

HOW TO THINK ABOUT SYMBOLS

Everything and everyone can be a symbol; even actions are symbols, because they apply a particular kind of energy to whatever is going on. The way to have a basic understanding of a symbol is think about what it does, how it works, where it is found, what it performs, and its use. These kinds of thoughts—logical, rational, trying to understand the mechanics of something, the nature of something—will give you a fundamental understanding of whatever it is you are seeing. These thoughts are also what will lead you to a universal perspective, a universal understanding of the energy at work through understanding the symbols.

These questions are more important than the universal perspective because no one knows your symbols but you, because they are the Living Language of your mind.

8. That which hath been is now, and that which is to be hath already been; and God requirerth that which is past. (Karma) KJV Ecclesiastes 3:15

6

AWARENESS OF BODY, BRAIN, HEALTH AND SPIRIT

Being aware of all that is going on around you is powerful, allowing you to respond from a position of strength. When you are aware enough to see or hear a stimulus (symbol) and recall your patternistic response associated with it, you will have gained a tool that will help you find the positive in every situation and you will have acquired another step on the path of control that leads to mastery.

A stimulus or symbol may recall to you a past incidence, a memory that shows you how you dealt with or reacted to a type of situation in the past. With that knowledge in mind, you have a good idea of how you will patternistically deal with it now, and you will also be able to see and know the future outcome.

Knowing this ahead of time allows you to make necessary attitude and mental changes that will alter the end

result of your normal patternistic conclusion into something positive. With the guidance of having eyes to see and ears to hear, from above and within, you gain control over emotional and patternistic ways that are detrimental to your health and spiritual growth. What seemed to happen in the past will not necessarily continue to happen again.

BODY AND BRAIN

The body is a physical manifestation of Spiritual and Emotional thoughts in action, and illness is the result of conflict between those Spiritual and Emotional selves.

Your Body is the mirror image of your concepts of Self. Your Outer Self image is the result of your concepts, which are the ideas, standards and values you maintain about yourself. Your concepts shape your reactions to people, events and the world around you. Often, your Outer Self does not live in harmony with the Inner Self, and when there is disharmony and a conflict of ideas within the mind, ailments and disease are born.

An electrical energy generator, converter and bio-computer that keeps all body functions on an even keel, the brain converts “thought energy” into electro-biochemical physical action. The mind operates this bio-computer like a captain guides his ship. If you suddenly see a fast car coming toward you, your mind tells your brain, “*Speed up the adrenalin and get these legs and feet moving FAST!*” The brain obliges and helps you to avoid the oncoming car.

All physical actions and reaction begin within the

mind, while the brain makes the necessary electrical and chemical adjustments and movements in the body; all of these are based on the directives of the mind. When you are ill, you need to identify the concepts that motivated your brain to create that illness; only then can you begin to create true self-healing. Learning to see thought in action is one aspect of this book.

THE DISCIPLINE OF UNITY

Words have power, meaning and roots. Let us begin with the word discipline. The root of the word “discipline” means to follow a particular path, a particular plan of action and to follow certain tenets, and by doing so you are guaranteed a specific outcome. By having a discipline, you become a disciple to particular tenets, concepts, ideas or affiliations.

The Discipline of Unity is based on the Universal Teaching. When two individuals become one, they become one force, one power, and this takes discipline of thinking and questioning. If you are in a relationship of two people, then any illness, discomfort, disagreement, failure or trouble of any kind must be viewed as your own. You are 100% responsible for your part and must question it from the perspective of personal responsibility. Ask yourself, *“In what way have I contributed to this?”*

Nothing in a unity of two can be ignored or considered only the other person’s problem or fault. You must remove all defenses and avoid finger pointing. To gain clarity, recognize yourself as the cause of any unity malfunction. All

disunity begins within the Self, then manifests outward into the relationship. So, if disunity occurs, no matter how it seems to occur, you must bring the questioning back to Self. If your unity partner has difficulty of any kind in his or her life, ask yourself, *“How may I have worked against him or her and participated in that difficulty?”*

This takes complete honesty with Self and clarity of vision; it takes the Discipline of Unity.

Disunity may manifest through arguments, betrayals or rejection, when what’s really taking place is the fulfillment of expectations of the opposite sex, based on concepts maintained. The hard part about unity is always bringing it back to Self. Both of you must be one hundred per cent responsible. By looking from the perspective of your own levels of unity and disunity, the two of you will express the most harmonious communication.

MALE AND FEMALE ASPECTS OF SELF

The male aspect of the Self is your outward expression of who you are, that part of you that you draw on when you need courage and confidence to face external situations, and your ambition and motivation to grow and go forward in life.

The female aspect of the Self is the inner connection that allows for the insights, perceptions, and the intuitive “knowings” you need to make the decisions and choices you are faced with on a daily basis. The female aspect connects you to your receptive abilities that draw from everyone and everything around you and that part of you that draws from the Creative Continuum that is God.

Your female aspect of Self draws from the Continuum and gives it to the male aspect of Self, which in turn gives it back to the All, the Creative Continuum that is God, the Father/Mother.

Woman is whole, but not complete, while man is complete, but not whole; the two are necessary to become one. *“Therefore shall a man leave his father and his mother, and shall cleave unto his wife; and they shall be one flesh”* (KJV Genesis 2:24).

THE EMOTIONAL CONTAINER

Within each of us there is an emotional container wherein all the hurts and pains are buried and where some of the most basic concepts dealing with self-expression on an emotional and physical are also rooted. Understanding the concepts within your emotional container and how they drive you places you in a position of strength.

Once a concept is understood, or at least seen at a deeper level, you have the ability to become conscious of its manifestations and operations, as well as the influences that it exerts on your thinking and material creations. Then, you see that man-made concepts have no true substantiation, because they are in direct contradiction to the God Force that dwells within.

THE DOCTRINE OF PERSONAL RESPONSIBILITY

The Doctrine of Personal Responsibility simply means that everything that takes place in your life is the result of your

co-creation.⁹ You participated in creating it because it fulfills an expectation that you have, thus validating a concept that you maintain. You are always seeking to fulfill these expectations because they continually validate who you think you are supposed to be and what you think your life should be. You alone are creating the life you are living.

When we find ourselves in situations that are not to our liking, we have the tendency to blame another person, event or thing; we tend to externalize life's events. In fact, you are co-creating your reality thought-by-thought, moment-by-moment, totally responsible for the life you have created.

Taking responsibility for what is happening in your life may be difficult. People who live in poverty do so because they choose poverty. When they came into the Material Plane, they came with certain things to work out. Poverty and the concept of it and the concept of wealth are some of what is necessary to be understood in this life cycle.

Before we enter into the Material Plane, we do an assessment of what we have learned and mastered, and what we need to understand and master in our soul cleansing journey. To that end, we choose our parents for the opportunities to face our challenges and to face our quests of seeking to understand certain aspects of Self and certain concepts, and mastering certain patterns of behavior. Parents embody the concepts that people need to understand and master. Through Self Mastery, you free your Spiritual Self to be more in control of co-creating your reality, and that it is the

9. Ask, and it shall be given you; ... KJV Matthew 7:7. Asking is putting your God Energy within to fulfilling your request.

dominant energy and mind set, allowing the God within you to manifest in everything you do.

THE DISCIPLINE OF OBSERVATION

The Discipline of Observation is training yourself to question everything you see, hear and experience. Since you are co-creating your reality with God, you must constantly seek to understand what is before you which is the result of your concepts in action. Questioning your reality through observation is the best way to get a handle on the different forces that are operating in your life. Learn to ask yourself, “*Why did I hear that? Why did I see that? Why am I experiencing this particular event? How does it relate to me?*”

Learning to see and hear the symbolic language and energies opens the mind to greater vistas of insights and understandings. As Aristotle said, “*the soul never thinks without a picture.*”

A picture, a symbol, is worth a thousand words, conveying the message that you need to hear, see and understand. Jesus said it was necessary to have eyes that see and ears that hear^{10, 11} He knew how to see energies at work; he viewed and taught everything in parables and symbolic associations. Unfortunately, you have not been taught to “see or

10. “But blessed are your eyes, for they see; and your ears, for they hear. “Matthew 13:16

11. Who hath ears to hear, let him hear.” And the disciples came and said unto Him, “Why spikiest Thou unto them in parables?” He answered and said unto them, “Because it is given unto you to know the mysteries of the Kingdom of Heaven, but to them it is not given. Matthew 13:9-11

hear” in symbolic terms. Had you been, you would understand more of what is being communicated to you by your mind on a moment-by-moment basis.

Understanding what is being communicated will help you understand what is going to take place. This is based on the Teaching “. . . *That which is done is that which shall be done: and there is no new thing under the sun.*”¹²

Through the reading of symbols, you can know ahead of time what is going to happen to you based on your behavioral patterns. This awareness of how a particular pattern flows is in keeping with the concepts of cycles and patterns based upon the Universal Teaching “*That which is now; and that which is to be has already been*” which frees you from the control of your concepts.

The different ways you react to stimuli is recorded in your subconscious mind and your reactions are based on how you were taught to react to those types of stimulants and situations. Man-made “teachings” are instilled and accepted by you when you are a child. Remember every soul wants to return to the Spiritual Plane. No one wants to be rejected from the doorway home. You will seek to be what you think you need to be, at a subconscious level, to gain your mother’s acceptance.

THE DISCIPLINE OF HEALTH

The word “health” has the roots of heal and wholeness, from the Old English word “hale,” as a description of good health.

12. KJV Eccl 1:9

Signifying varying degrees of wellness, health is dependent upon fundamental factors: the attitude or mindset, diet, external forces and the environment. The physical body has multiple levels of health. By following the Discipline of Health, you can improve your health on all levels and all aspects of Self.

Life is meant to be a cleansing process as manifested to some extent in how your body functions. You take in fresh foods for sustenance and growth, As the foods are processed internally, your body eliminates that which is no longer useful, health-promoting or nourishing. The same process occurs when thoughts enter into your reality. Some thoughts are new and fresh and can give you life, nourishing and sustaining you, provided you understand and apply them. Other thoughts can be devastating. You must learn to taste the truth of everything.

Let us begin with the outer and work our way inward, even though in reality, everything is from the inside out. Your current state of health is a reflection of what is going on within emotionally, consciously and unconsciously, as well as the health you are consuming: you truly are what you eat and what you think.

One of the most important things to keep in mind is eliminating the poisons and the toxins.

PHYSICAL PROBLEMS = MIND-BODY COMMUNICATION

Physical problems are the result of different energies generated by subconscious concepts and their manifestations, and

is the result of mental conflict, which comes from disharmony between the Emotional and Spiritual Self.

One example is when someone believes that she is inadequate to communicating effectively. She subconsciously creates any number of ailments to avoid communicating, often a sore throat. That allows her to avoid some project that requires communicating, and that is why something familiar like the flu, a sore throat or a stomachache, is contracted. Every disharmony within the body represents distortion of Energy in that part of the body. Once the Energy is balanced through understanding the concepts at work, the Energy can restore health and harmony.

Every disease begins within the mind, therefore, every cure or remedy begins within the mind as well. For the mind to create the physical manifestation of disharmony within, it communicates the conflict to the brain, whereupon the brain and the mind work together to show the proper symbols of disturbance and conflict that are taking place. Once this “symbolic viewing” takes place, you must decipher and understand it, gaining insight into what is out of balance.

7

LIFE ENERGY AND THE SPIRITUAL GIFTS

The Spiritual Self directs the flow of Life Energy. As that Energy moves through the concepts of the Emotional/Ego Self, it becomes distorted as the Ego converts it to accepted concepts of values, ideas and standards. The Emotional/Ego Self then seeks to experience life accordingly, and you seek to fulfill your emotional, subconscious expectations of yourself. At the same time, you co-create the world to fit your beliefs to fulfill those expectations. Everyone participates in the co-creation process, and in this way, material reality has coherence.

You do not come into this existence empty handed. You have embedded gifts and powers that you must awaken to their fullest potential if you are to achieve mastery. They are your blessings from God.

When you incorporate the Universal Teachings into your life, they allow for greater development of spiritual gifts you already possess and use daily. Every person is

endowed with these Spiritual gifts to be used for the benefit and advancement of Self and mankind. The Teachings show you how to develop them so your true calling can be achieved and true service expressed. Designed to show you how to deal with situations with which you are confronted, the methods and techniques are very simple. You will know how to turn any situation to its most positive potential and it will become second nature to you as you gain understandings and control over Self.

THE TWELVE SPIRITUAL GIFTS

Man has been endowed with twelve spiritual gifts to help him master his life and the Material Plane, and to bring balance and harmony.

Understanding
 Knowledge
 Expression
 Imagination
 Will
 Perseverance
 Faith
 Strength
 Objectivity
 Honesty
 Healing
 Love

UNDERSTANDING

When you hear and use the word and concept of understanding, you say you understand this or that. You rarely think of the definition of the word “understand,” so here are a few synonyms to contemplate:

Comprehension

Intelligence

Good sense

Discernment

Compassion

Sympathy

The ability to learn, judge, or make decisions.

You know and understand some things and not others. When it comes to the Self, you may only know or understand a limited amount of information as to the whys and wherefores of how and what you think.

Even within the concept of understanding, there are very distinct levels. For instance, there are the basic understandings that affect life, such as the understanding that you require food, water and air to exist.

Understandings are essential to successful living on emotional, social, physical/material and, especially, spiritual, levels. Developing the depth of your own understandings and discovering new ones will lead to mastery of your life in greater degrees than you are experiencing now.

A fundamental understanding is of how reality itself is created. As you know, atoms are the fundamental building

blocks of material reality. With either a positive or a negative charge, they bind together, based on attraction, to create molecules that grow and become the substance of every type and description of physical entity that you can think of, including living human beings.

For example, look at water, which has three states of matter: it can condense into ice or it can expand into gas. As the temperature goes down, the vibratory energy of the atoms begins to slow, and they condense and solidify. In the opposite state, heat expands the atoms. Atoms can be looked at from a symbolic point of view, while you keep in mind the fundamental understanding that everything is created out of atoms.

Another amazing fundamental understanding is that the brain is an electromagnetic generator; in fact, there is a patent¹³ for a device for measuring brain and heart electromagnetic waves. Most people are unaware of this attribute of the mind/brain combination. This is an incredible piece of information to help develop a better understanding of how you are co-creating your reality and how the Teaching of *“Ask and you shall receive”* works. The catch is that you must be in control of your subconscious desires and “askings” to have true control over your manifestations.

As an electro-magnetic generator operated by your mind, your brain is either sending out positive, attracting energy waves (electromagnetic waves) or repulsive electromagnetic waves. Just like a magnet, it repels and attracts.

13. U.S. Patent #5,307807

When you take in both understandings, that of the atomic makeup of the material world and the electromagnetic generating potential of the mind/brain, and utilize that knowledge, you can create the reality that you desire. Your current personal reality is that of electromagnetically drawing to yourself energy whose atoms and molecules are manifesting as a person, place and/or an event. On the same note, you may be repelling energetic combinations manifesting as a person or thing such as success or money. The questions to ask: *“What am I attracting?”* and *“What am I keeping away from me?”*

I choose the words “keeping away,” because they imply more than repelling. There are some energy manifestations that you want in your life, yet do not have. One such example may be having a companion. Through particular habits you may have developed, which are socially unacceptable, as a safety mechanism you may repel people from getting close. Through the process of understanding, you can attract or keep away specific energies.

When you understand the influences (energies) behind the motivations that propel you to take certain actions, you can exercise control over those emotional directives and their responses. Control is one of the main tools in the mastery of Self. It is through understanding your concepts that operate in the subconscious, and exercising emotional influence over your patterns of behavior, that you are able to significantly change your life.

Here is an example of how negative energy was affecting my business, and how we revolved it. My company has

sales cycles, days when business is brisk and days when it is slow. Although our phones usually ring all day on Mondays, I noticed one Monday the phones were relatively silent. I realized the usual flow of energy was blocked like a dam blocking a river.

I began questioning myself as well as seeking to understand the energy of the crew. I brought this to the attention of my General Manager and she informed there was an issue between a couple of the employees. Once I understood the situation, I had a meeting with all parties involved. We discussed different perspectives and understandings of the issue, and it was resolved (as communication commonly achieves), and the energy was restored to normal. Everyone understood the situation and their attitudes changed, thereby changing the energy of the office. Almost immediately, the phones began to ring off the hook.

In my own personal reflections, I was able to see how I helped create the negative situation as well. In all of our involvements, we are 100% responsible.

The goal is to understand and master Self and cleanse man-made concepts from our minds. As you gain insights that lead to understandings, you will have a greater degree of self-acceptance, allowing more of the God Energy within you to manifest. You can allow Divine Grace as the channel for Divine Love to manifest in everything that you do.

For the sake of tranquility, for the sake of unity, and for the sake of man-made convention, by understanding why you are attracted to the people you are attracted to, why you act the way that you do, and why you are afraid to act dif-

ferently, you can attain a great base of power.

Operating on the concept of sacrifice, some folks always do what they consider to be the right thing, even if it is detrimental to Self, and they often take actions and maintain attitudes that are not conducive to growth. Sometimes they indulge in denial of Self because they think it is the right thing to do in man-made, conventional terms. The only way to break out of man-made conventional concepts is to understand the Universal Truths. This is a conflict within itself, because in striving to reach that level of understanding and to manifest it in your life may mean that you may come into conflict with everything in your embedded Belief System and with everyone who is a part of your life. If others are not willing to move in the same direction as you at the same time, then you have major issues and you realize that you may be on separate paths.

You may be in a relationship and a unity that has lasted many years, and one day you realize that the two of you are on different tracks, have different needs and desires, and that your path of enlightenment has taken you one place and your partner's path is directed elsewhere. *Who is right and who is wrong? Is there a right and a wrong?* It all comes down to understanding yourself, your needs, and your quest to fulfill your needs based on Universal Truth.

During one of the various study group meetings that I present, one of the participants asked, *“Based on what you said about different paths, if you understand yourself, you won't find yourself in a relationship where your path of enlightenment is separate from the other. So is it possible to be*

in a relationship where both are not on the same track, with the same needs, desires and paths of enlightenment?”

I answered, *“I know that there is an expression that opposites attract, however, that is in magnetism and not necessarily true for all people. We are driven by our subconscious concepts. When it comes to a partner there are many things that come into consideration, especially spiritual beliefs. There must be enough commonality between the two individuals for it to work. A Teaching reflecting this is, ‘A divided house cannot stand.’”*¹⁴

Can different relationships with different individuals at different times be stepping-stones to enlightenment? It sure seems that way. As we go through life, we meet those who can teach, guide and inspire us. When we get to a certain age and think we know it all, that is when the trouble begins.

Another aspect to the answer lies in the concept of true unity. At some point there would be mental telepathy, because there would no longer be any defenses at work, an accomplishment that takes decades, if not lifetimes, to achieve. Going through relationship after relationship is an indicator of a misconception at work.

“Wouldn’t all relationships between individuals seeking to fulfill needs based on Universal Truth be on the same path?” someone else asked, to which I replied, *“In essence, yes.”*

Another question: *“Are there other types of directives*

14. And Jesus knew their thoughts, and said unto them, Every kingdom divided against itself is brought to desolation; and every city or house divided against itself shall not stand: KJV Matthew 12:25

besides emotional ones?" The answer simply is no. It is the Emotional Self, the ego, that seeks to manifest in everything that it is doing. This is the aspect of Self that is the fundamental director of the physical, material and social self.

KNOWLEDGE

Knowledge and understanding are synonymous with each other. Understanding is your stable foundation based upon the knowledge accumulated through education and life experiences. Knowledge is more fluid than understanding and provides many ways that it can be employed. Also, knowledge is a "knowing," a sensing of things, people, situations and events, to name a few applications.

A good example is when you walk into a room and you immediately "sense" the energy. Similarly, you can have an instant attraction to someone based on energetic exchanges at a "knowing or sensing" level. Another example is thinking a certain person was going to call and moments later the phone rings and it is the very person you had in mind.

Knowledge is a foundational stone to understanding. The more you know about something, the more apt you are to grow and gain a deeper understanding of the matter, and the more desire to know and understand something, the greater the rewards of that effort.

How do you gain knowledge? Of course the easy answer is schooling, which is a way of learning and thinking that is not necessarily in a person's best interest.

In the acquisition of knowledge, do not confuse it with

intellect; many people understand something intellectually, yet cannot apply it. You see this in religions and areas of faith, complete with rituals. If you cannot apply the information and improve your life, then it doesn't work. With no fundamental essence other than acceptance, you are indulging in blind faith, as opposed to a working faith.¹⁵ Be clear about the difference between true self-knowledge and intellectual knowledge, between man-made understandings and Universal Teachings understandings. For instance, from a man-made point of view, the male is the dominant partner, the provider and protector. However, in Genesis, there is the Universal Teaching addressing the roles of the sexes: male and female are equal.¹⁶

Eve being created out of the rib of Adam is a symbolic metaphor indicating that the female aspect of Self is part of the protection system, the ribcage, and it protects your innards. The female aspect is a source of inner strength, because it's made from bone, your support system and your inner strength.

The intellect can trick us. Look around and you can see that it has, in the sense of our technological age. We have a wonderful life, while at the same time, technology is poisoning us with many chemicals in the environment that corrupt cells that contribute greatly to the aging process and to diseases such as cancer. We are paying for our modern technological life with our health.

15. A working faith is built on understanding, experience and knowing that whatever you are confronted with, you can handle it.

16. So God created man in his own image, in the image of God created he him; male and female created he them. Genesis 1:27

Another intellectual pursuit is marketing, which is conditioning you to follow a particular diet or to buy a particular food.

Education, on the other hand, is more valuable because the knowledge that it supplies comes from so many different sources. The most important knowledge that is essential for a balanced and prosperous life is that of the Self, your Self.

One important method for gaining self-knowledge is to listen to what you say. Listen to how you speak, the tone, the veracity, the velocity and the essential energy behind it. Once you can hear yourself, you will also have an insight into how others hear you. Listen to your choices of words. Are they inspiring or debilitating?

If and when you find yourself in negative thinking, speaking or reacting, ask yourself, *“Why does this bother me? What is behind these feelings?”*

EXPRESSION

Like understanding and knowledge, expression seems to be a common, everyday thing, something that everyone uses to some degree. You would not think of such an everyday quality as a spiritual gift, and yet it is, along with others that you will discover as you continue to go through this process of examination.

Expression is a vehicle that takes you places. On one level, you say automatically, *“Of course I express myself. I talk every day. I interact with people and I’m a social being. I have*

a special type of a job. That, too, is a form of expression.”

Yes, that is all true, and there are other forms of expression. You may be someone who enjoys the arts. You may even paint, write, play music, or sculpt. All of these are different forms of expression, each with its own unique nuances as well as the discipline to create the final form. Other forms of expression may be engineering, mechanics or sales. Expression is one of the ways in which a person can influence others and present himself to the world.

In encounters, you display one or more of the four aspects of Self, (spiritual, emotional, social, and physical/material), depending upon with whom you are interacting and the associated concepts that are triggered. The stimuli and symbols that are presented will determine from where you will respond.

The Emotional Self is the most fruitful ground to explore to enhance your expression because it directly relates to your subconscious concepts and Belief System. All reactions evolve out of the Emotional Self foundation and influence your actions in the social, spiritual and, of course, the physical/material Self. I always say physical/material because I would have you think about your physical body as the physical aspect of Self and your material reality as a manifestation of your entire essence. If you are a billionaire or a “dollaraire” and anywhere in between, all of that is in keeping with concepts, patterns and expectations, which is how your material reality is formed. This is a reflection of the Universal Teachings *“what is within will manifest without.”*

Question your expression and how you use it in each arena of your life. By understanding how you express yourself, you will be able to appreciate, from a different point of view, how others express themselves. Seek to understand how some forms of expression trigger you in a positive or negative way. I really do not like to use the terms “positive” and “negative,” yet when you can become aware of something that stimulates your patterns or triggers a concept, you will see something; this is why it is in your best interest to develop a symbol dictionary.

Expression is an extension of Self and a developed sense of feeling and of being. By understanding expression, you will be able to intuitively assess the energy of a situation.

IMAGINATION

Imagination is a wonderful thing and it is unfortunate when someone is taught: *“Do not to waste your time in day-dreaming, imagining, or wishful thinking”*.

The imagination is a direct link to tomorrow, to the future. Many of today’s technical marvels had their beginnings in science fiction stories and movies from decades past.

Maybe you have had this experience: you get an idea, yet you do not have the resources to pursue it on your own. You may present a good idea to your company, with no takers, and then a short time later your idea manifests in another company. Sometimes the ideas that emanate from your imagination end up being capitalized upon by others.

One way I often describe how imagination is used to think up a new idea is to compare it with going fishing. Ideas are like fish in a stream and fish are symbolic of thoughts. The Creative Continuum's Supreme Consciousness is an ocean of God. As soon as you have an idea and pull it out of the stream of consciousness, that ocean of ideas, once you bring it out and you start thinking about it, toying with it and discussing it, it is now available to others, a concept that is similar to the "100 monkey" theory. The story is that a monkey found a sweet potato that was very sandy, so she went down to the water to wash it off. She did that every day until a couple of other monkeys saw her do this, and they started doing it. When 100 monkeys were seen washing their food before eating it, all the monkeys of the tribe did it, and monkeys on neighbor islands did it. Eventually monkeys around the world began washing their food¹⁷.

17. The Hundredth Monkey by Ken Keyes, Jr. The Japanese monkey, *Macaca fuscata*, had been observed in the wild for a period of over 30 years. In 1952, on the island of Koshima, scientists were providing monkeys with sweet potatoes dropped in the sand. The monkeys' liked the taste of the raw sweet potatoes, but they found the dirt unpleasant. An 18-month-old female named Imo found she could solve the problem by washing the potatoes in a nearby stream. She taught this trick to her mother. Her playmates also learned this new way and they taught their mothers too.

This cultural innovation was gradually picked up by various monkeys before the eyes of the scientists. Between 1952 and 1958 all the young monkeys learned to wash the sandy sweet potatoes to make them more palatable.

Only the adults who imitated their children learned this social improvement. Other adults kept eating the dirty sweet potatoes.

Then something startling took place. In the autumn of 1958, a certain number of Koshima monkeys were washing sweet potatoes — the exact number is not known.

Let us suppose that when the sun rose one morning there were 99 monkeys on Koshima Island who had learned to wash their sweet potatoes.

Let's further suppose that later that morning, the hundredth monkey learned to wash potatoes.

THEN IT HAPPENED!

By that evening almost everyone in the tribe was washing sweet potatoes before eating them.

At a certain level or vibration, an idea becomes public domain to be available to all who think and seek.

Your imagination can take you to wonderful places. Developing it takes practice. Pick a topic, an area, an endeavor, a dream, or pick a vacation spot. The more you can imagine yourself there, the more real you can make it, and the energy necessary to create that reality will ultimately manifest because you are “asking” and you are doing it consciously.

Inasmuch as you bring an idea into the Material Plane, so can somebody else, and you may be picking up on the idea that they did not manifest. Once you come upon an idea, run with it, do not hesitate, whether it’s yours or theirs, because first one to market is the winner.

Look at the science fiction writers and comic books of years ago. Gadgets today are almost up to Dick Tracy’s wristwatch videophone—today we have the desktop, laptop, iPods and smartphones. Someone’s imagination many decades ago pulled that idea out of the ocean and it entered the Material Plane. The gadget was presented as an idea and

The added energy of this hundredth monkey somehow created an ideological breakthrough! But notice. A most surprising thing observed by these scientists was that the habit of washing sweet potatoes then jumped over the sea — Colonies of monkeys on other islands and the mainland troop of monkeys at Takasakiyama began washing their sweet potatoes. Thus, when a certain critical number achieves an awareness, this new awareness may be communicated from mind to mind.

Although the exact number may vary, this Hundredth Monkey Phenomenon means that when only a limited number of people know of a new way, it may remain the conscious property of these people.

But there is a point at which if only one more person tunes-in to a new awareness, a field is strengthened so that this awareness is picked up by almost everyone! (from the book “The Hundredth Monkey” by Ken Keyes, jr. The book is not copy-righted and the material may be reproduced in whole or in part.

that idea bore fruit. That cartoonist saw the future—look at Star Trek and the paperless technology. Maybe the iPad is what Captain Kirk used. So, develop your imagination and see where it can take you. Use your mind in a new, inventive way. Stretch it to look at something and alter it or create a new way of using it.

One of the things you can use your imagination for is healing, through relaxation and meditation. When you are in those states, visualize the part of your body in disease and see it healed. Your imagination tells your brain, your bio-computer, to fix your physical situation to reflect the one that you are now projecting in your mind's eye, your imagination. Enhance the process by imagining the area bathed in red, drawing blood, or imagine a laser light eliminating the damaged tissue; the laser can be a scalpel or a suture. Finally, use your imagination to bathe the entire area in green, the color of healing.

MASTER YOUR WORLD WITH WILL POWER

Will power can make you master of the universe, well, at least the master of your own reality. Every day you use will power, the incredible gift and tool that most people never think twice about. It focuses your mental strength to manifest your intentions in everything you do, and patterns are no exceptions. Your will drives you to fulfill your subconscious expectations of yourself.

Try this exercise: divide a blank piece of paper and on

the left side, write what you believe your personality traits are and how others might see you. In the right side, write why that might be and why you may be that type of personality. See where that takes you to understand that you are using your will to fulfill expectations and those traits that help you maintain the image you have built around who you think you should be. The concepts that produce expectations are buried deep within, and discovering them helps you to gain greater control over your will so that you manifest what you, the aware one, want.

Your mind is like a bio-computer, with some programs that need to be erased, others fixed and new ones added. With these improvements, your mind will run smoother and faster at manifesting your desires.

Your Spiritual Self is seeking to manifest the Will of God in everything you do, to attain love, beauty, harmony, balance and appropriateness in your life. As spiritual energy is trying to manifest, your Emotional Self influences it and to some degree is altered. The ability to achieve a particular end is hindered because of the Emotional Self's determination to remain the same. Remember, your Emotional Self does not want to change or to give itself up. In order for your Spiritual Self to manifest its powers more fully, you must understand the Emotional Self, which is a process. It all begins by identifying patterns of behavior and seeing the cycles as they have unfolded in the past. Seek to understand the concepts supporting your patterns and how they seek validation in a cyclical fashion; your patterns create expectations designed to validate your concepts. Once you under-

stand them, you can exercise your will in such a way as to control the manifestations of those patterns and you can direct the outcome.

PERSEVERANCE

Every gift, like the mind itself, should be considered a muscle; if you are not using your gifts, they will become flaccid, and when they lose their tone internally, the body/mind does not function nearly as well as it could. Perseverance is a gift that needs to be strengthened and utilized.

While understanding is something you develop, knowledge is something you acquire and expression is something you do; perseverance is something you draw on.

Expression, through perseverance, demonstrates your understanding and knowledge, and when you channel it through the gift of Love and/or Healing, things work in harmony within and with everyone with whom you come in contact. To get through the man-made concepts so you can reach the deep internal spiritual pool of the All, take care to persevere through the internal questioning of Self, just as you persevere through difficult situations. When people give up on perseverance, they can be smashed down by life, but when you persevere with a good attitude, you have more opportunities for growth, advancement and success. The best way to have a good attitude is knowing and understanding who you are, having clarity about everything that is going on around you, what you are involved in, and what your expression might be.

FAITH

Rather than a spiritual gift, faith is a natural part of life. Faith is acceptance of Self and of God, our Father/Mother, and faith accomplishes what you set your mind to do.

For many, faith is an external thing. Most people would say: “*I have faith in God*” or in something else. Another type of faith is internal, a faith in your Self to handle any situation. Your working faith is productive because it is built on understanding, and confidence is the outward manifestation. Understanding who you are and what you are capable of provides a solid foundation.

Every time you are confronted with a situation, your mind looks back to see how to handle it using a working faith, because it is looking back to see the origin of the energy. This is where the Universal Teaching of “*look back in order to see ahead*” comes into play.

Ask yourself: *What type of faith do I have? Where is my faith strong and where is it weak?* Are there some areas in which you have a lot of confidence in yourself—your working faith in action—when you know you can do the job and there is no question in your mind whatsoever?

There may be situations that you shy away from, either consciously or subconsciously, because you do not have faith in yourself and your ability to deal with them from a position of strength, and doubt and fear are at work undermining your faith in Self. The solutions lie within you if you will pursue them and ask the questions that allow the insights that you need to grow your understandings, so that the gifts you do have can help you to eventually, in cycle

after cycle, be free of the Material Plane. It is a journey that is taking place in life, cycle after life cycle.

When you have faith in yourself, you can get through the darkest of times because you know that you are part of the Creative Continuum called God, the Father/Mother. You know that you are never placed in a situation you cannot handle and you know that you are never alone. Regardless of how isolated you may be or feel, God is with you deep within. So, draw on that and let that be an aspect and a foundation of your working faith, and in developing skills, methods, techniques and understandings that enable you to become the master of your Self through the expression of faith and strength.

STRENGTH

How do you gauge your strength? I often say, *“Deal with a situation from a position of strength.”* Strength means being extremely confident in yourself, which is achieved when you know and understand what is going on and what energies are at work. Strength is also knowing that you have the wherewithal to move forward on a particular path; for instance, you may be strong in math and weak in biology. Seek to identify your personal strengths.

I am working with a gentleman who is quite a perfectionist and a skilled craftsman, yet, he denigrates his own work and denies any compliments. If you say something nice to him, like many people, he will say, *“Oh no, no, no, not me. Anybody could do that.”* When you do that, it is a

way of depleting your strength, because by not acknowledging it, you negate it.

There is a Universal Teaching: *“Use what you have and more will be given; do not use what you have and it shall be taken from you.”* Read the story of the *“Talents of Gold.”*¹⁸

Strength is like a muscle, the more you exercise and build on it, the stronger you become. Here is one exercise: pick a project that you’re working on. Let’s say that you are in the process of producing a complicated report with many components. On a piece of paper, note the weaknesses and the strengths of the report. These are things you need to keep in mind and understand, because, depending upon the concepts at work at the time, your mind is going to choose one concept. Your mind is going to look back and see what is in keeping with the current situation. Which one will you draw upon, strength or weakness?

Have your mind draw on positive experiences versus unsuccessful ones, and become comfortable and familiar with your strengths, regardless of the varying degrees. Once you begin to read symbols, you can project into the future to have a feel for what will unfold and, having some alternative thoughts, you will have alternative plans of action so that you are prepared to deal with what does unfold.

Another type of strength will be developed as your understandings and knowledge base grows. As the power of your expression unfolds, you will manifest “quiet strength,” the strength of knowing in action, which allows for hav-

18. KJV Matthew 25:14 -29

ing a non-defensive response to anything that is said to you. This strength provides inner calm and peace when things are difficult, allowing you to see with clarity when others cannot. It also exudes an energy that helps others to be at peace and for them to wonder what your secret is.

OBJECTIVITY

The more personal and emotional the event or situation, the more difficult it is to attain objectivity. More often than not, you may feel involved because there is an emotional connection that alters your perception. With emotional involvement, you see things through your shaded Belief System. Like opening your eyes under water, you have no clarity, only distorted perception.

The degree of objectivity you attain will be based on different foundations.

One could be a non-emotional involvement, with no connection whatsoever, so that the outcome is immaterial to you and has no bearing on your life. The more detached you are, the more objective you can become. Jesus said, "*Be passers by.*"¹⁹

When you project yourself above the situation to look at it from as many different angles as you can, for clarity, your understandings of any situation will grow immensely.

Right now there are many things for which you have feelings and attitudes. *What are they? Why are they?* Write

19. Gospel According to Thomas #42

your questions and answers on a sheet of paper to ponder these and the many other questions that will arise as you explore your Inner Self with objectivity. Write your thoughts and concerns down and place them in the conscious realm. Once you explore them consciously, you are working with your intent: *“I wrote this out. I’m going to do it. I intend to get this done.”*

You may be the kind of person who would benefit immensely from writing down your goals and creating a plan of action to help you achieve your goals, step-by-step. By being objective and looking at these unemotionally, completely detached and above it all, you can look at the pros and cons and do the 4 P’s (plan, prepare, project and then provide), which I describe in the next section.

It is hard to be objective when people trigger your subconscious concepts through physical gestures, stances and positions. If you are not reading your symbols and maintaining a high degree of awareness, then your patterns will be triggered and your perceptions and understandings will be affected. Your objectivity may be compromised to the degree of emotional stimulation and involvement in any given situation.

Working with and counseling a woman, I helped her through a situation. She runs a company and has two subordinates, both men with whom she had issues. When looking objectively, we discovered her concepts of men and how she shaded her perceptions by her concepts and emotions. We began to see her patterns and their patterns at work, how the men both had issues with authority and with

“moms” and parents in general. When you have these types of interactions going on, the best thing is to detach yourself emotionally and become a passerby, and avoid looking at things through an emotional perspective. Seek to maintain your objectivity always.

Learning to look at things symbolically can be helpful, as everything has an energetic thought behind it. See the object/event/person as what they may mean to you. *What is your association with them?* You will discover, if you look with an objective viewpoint, that there is a connection.

HONESTY

One of the most difficult things in spiritual growth is being honest with yourself. The more honest you can be with yourself, the more you are open to receive. Honesty is the result of internal questioning.

In the Gospel According to Thomas, Jesus said, *“Seek and ye shall find. When you find you will be troubled. After you have troubled you will marvel and reign over the All.”*

Briefly, this simply means that if you look within yourself, you are going to think all kinds of negative things about yourself that you have been taught. However, they are not true and that will be the marvel.

On the other hand, some of us, in our journey through life and operating patternistically, have done things to hurt other people on different levels and in different ways, more out of patterns than out of intent. Remember that patterns of behavior live and operate to reach a conclusion, to fulfill

an expectation, and by fulfilling the expectation, to validate the concept.

Perhaps there are horrible things that you have done to people out of seeking to fulfill a concept. Accept what you have done, examine it, and learn from it, so you can move forward without guilt, understanding that what you did was based on your concepts.

Once you begin to realize that life is different than you may have been taught, it opens up a whole new panorama that will assist you in your growth and the development of your abilities to understand, to know and to express.

Honesty is something built slowly. You already have, to some degree, a second cornerstone upon which to build a new foundation and to enhance your spiritual and material expression. As events happen, look for symbols and think about why and what is going on.

Be open and honest with everyone you meet, even if that makes you feel vulnerable, which it will. The more you know about yourself, the more you come from a position of strength. Nothing anybody can say or do from the past could hurt you, embarrass you, or humiliate you. When you have understanding of Self, you will be able to control your emotional responses.

HEALING

The enlightened ones of yesterday knew that the body is the healer of itself. In today's world, drugs are used to alleviate discomfort, and of course, there are antibiotics that

supposedly kill germs. Yet, when there is talk about diseases like arthritis, diabetes, edema or obesity, all of these are self-correctable conditions, unless there is a severe glandular malfunction from a genetic or damaged point of view. However, if it is just because a gland is malnourished and cannot produce the proper enzymes or hormones necessary for the proper functioning of the body, that is a nutrition issue.

The body will heal itself if given what it needs. People think of healing as going to the doctor, naturopath, homeopath, or to an herbalist. While each of those may serve a purpose from time to time, you would benefit more if you were to nurture yourself back to health than to take an artificial approach. Healing is something for your physical body and your spiritual, emotional, material and social self. Healing does not necessarily imply that there is disease or sickness; it is an ongoing process, because your body is in a constant state of rebuilding itself and your life is in a constant state of unfolding.

Every disease begins within the subconscious mind in keeping with expectations, and it can also be the result of conflict. Because of the way life flows in cycles, and because of patterns of behavior that utilize those cycles, you have both forward movement, and then standstill or backwards movement.

Look at each aspect of Self and see where more nutrients or nurturing are necessary. *What are the nutrients?* In a physical/material sense, it is about diet, exercise, vitamins, minerals, herbs, amino acids, water, air and sunlight, the

things that nurture you on a physical level.

On an emotional level, it may be an ongoing self-conversation, positive affirmations, deep meditation and prayer, connecting with God, the Creative Continuum within, and communicating your wants, needs and desires. These are tools to help you on your path and to learn to use visions.²⁰ Visions are the result of using your imagination to see the areas of your body or your life that require healing. See the aspects in your social life and or spiritual life that would benefit from being nurtured in another way and on another level.

Look within and see which areas within yourself that you feel would benefit from a healing session or from deep meditation and deep relaxation. Go within the Self and find your inner physician, and see what areas need to be nurtured.

As you continue to support the healing process within yourself, you may be able to heal others with a touch, a word, or a thought. Speaking to someone in a conversational, uplifting, inspiring way is helping him or her to heal because you are nurturing. Anytime you can be gracious and speak in positive terms and reaffirm and support someone's hopes and dreams, you are participating in their heal-

20. Visions are really an incredible tool. This is something you could do quickly, briefly—all you need to do is close yourself off from everything (however it is you need to do that: go into a closet, go into a room, go into your car). Take a moment, do a real quick relaxation, and ask yourself a question. What is that you want to know? What energies are at work that you want to know about? Your mind will give you a vision, a symbolic picture of the energy at work. Then, with that knowledge in hand, it helps you focus your intention; so that you can approach it with confidence, knowing that you can handle the situation.

ing. You become a healer by being an inspirational example to others.

LOVE

Each person has a different perception, definition, feeling, and thoughts about love, which may be love of a sport, a game, art, music, life, or the love of a person. Each one of these has a different energy and a different basis upon which it is built. To the different types of love we experience, we attach an emotional component. The love we seek to attain spiritually is Divine Love, which is total acceptance of Self and others. You can only truly love another when you love your Self, not in an egotistical way, but from a place of understanding, knowing that you are a part of the Creative Continuum called God. Through the emotions, mankind is tied into the Material Plane, and it is through the emotions that the dark forces, the negative energies and patternistic behavior, manifest. This is why you were taught to turn the other cheek and resist not evil,²¹ because once you begin to resist something, you start feeding it.

The love we experience on a personal, intimate level is more akin to a conceptual approach. For example, in most cases, if you are a woman and you are like your mother, then your significant other will be like your father, based on the unity presented by your parents. If, on the other hand, you and your mother are diametrically opposed, you may choose

21. But I say unto you, That ye resist not evil: but whosoever shall smite thee on thy right cheek, turn to him the other also. Matt 5:39

a man who will continue to stimulate rejection. Each gender seeks to gain the acceptance of mom, either seeking to emulate her or go the opposite. Yet, when you fall in love, it is more a matter of fulfilling your concepts that relate to the other gender; keep in mind that this also represents an aspect of unity.

As energy, love is an essential cornerstone of a healthy, invigorated life. If you are a guy, then depending upon your relationship with your mother, you will either be just like your dad or the exact opposite. The opposites use rejection as a form of acceptance.

8

THE TEN COMMANDMENTS, TEACHINGS FOR THE SPIRITUAL SELF

In the process of reading and thinking about a particular Universal Teaching, you will have insights that will further open internal doors. That in turn provides an opportunity to see and identify aspects of your emotions at work. While some emotional responses can work against you, the Teachings make possible the ability to gain control over your emotional reactions and responses, which are major keys to mastery of the Material Plane. In 500 B.C. it was understood as essential. Confucius said, “*When anger rises, think of the consequences.*” This was his way of saying that you must maintain emotional control so you harm no one, as well as understanding “*you reap what you sow.*”²² The Universal Teaching in modern terms is: “*You get what you give.*”

22. He that soweth iniquity shall reap vanity: and the rod of his anger shall fail. Proverbs 22:8

THE TEN COMMANDMENTS

Although there are others that preceded them in the Bible, the Ten Commandments are the most famous of all Universal Teachings. Introduced by Moses about 2,000 B.C. during the time when the Jews were fleeing Egypt, the commandments laid out disciplined ways of traveling on the path of spirituality as opposed to materiality and concerns of the carnal body.

Like all Teachings, the Commandments were presented at a particular time appropriate to the energy, the level of consciousness and the understanding. At the time there were gods for everything. It is easy to see God's point of view when He said, *"I am your Lord God and you shall have no other Gods before me."*

A God is something you worship, pay homage to, are in awe of, and may be obedient to. To see the relevance of this Teaching in today's world, ask yourself, *"What are our Gods? Who are our Gods? What is it we pay homage to? What are we in awe of?"* These are all outside energies. *What is it that makes us look outside of ourselves and not see God within?* The short and easy answer is that we have not been taught to look within. Man teaches to look without, because once you begin looking within, you will leave the ways of man behind.

THE TEN COMMANDMENTS

I am the Lord your God:

You shall have no other Gods before me

You shall not worship idols

You shall not misuse the name of God
 You shall not take the name of the Lord your God in
 vain
 Remember the Sabbath, to keep it holy
 Honor your father and mother
 You shall not murder
 You shall not commit adultery
 You shall not steal
 You shall not lie
 You shall not covet

1. You shall not worship idols

What is an idol? We make idols of entertainers, sports figures and heroes. Some people worship money as their idol and God, while others create idols and icons for their particular faith; almost every faith has a symbol of identification. When we worship outside of ourselves, we diffuse our energy and become less self-reliant. Turning the energy inward and relying on God within²³ you builds stamina to attain your goals.

2. You shall not misuse the name of God

There is power in the name of God. For instance, when you get into a relaxed state and do programming (your mind is a bio-computer), by saying, “*I Am healing my body, strengthening my reserve, increasing my confidence,*” by using “*I Am . . .*,” you are using one of the names of God.

23. Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within you. Luke 17:21

In a Biblical story, Moses was told by a burning bush to free the Hebrews. He asked, *“Who shall I say sent me?”* The answer was, *“I Am that I Am.”*²⁴

It is the *“I Am”* within you that is the energy and name of God. Jesus said, *“I Am, the way, the truth and the light.”* The *“I Am”* is the way, the truth, the light, the power, the glory, the manifestation of you being you and in complete power. When you denigrate yourself by saying, *“I am this”* or *“I am that,”* you are misusing the name. *“I’m just laid back. I’m bad at math.”* Those are negative reinforcements and truly the misuse of the power within you.

3. You shall not take the name of the Lord your God in vain

Using any one of the names of God, including the I AM, for attacking something or someone, or to denigrate another person, is damaging on many levels, not only to Self but to others as well. When you use the Lord’s name to curse or damn something or someone, you are focusing an incredible power to create a negative manifestation. This Teaching is designed to help you to think and speak in positive terms, not using the Lord’s name in vain because of the power that is associated with the God Force.

4. Remember the Sabbath, to keep it holy

The Sabbath is based on the understanding of a cycle, indicating the need for a pause in every cycle, when you can

24. And God said unto Moses, I AM THAT I AM: and he said, Thus shalt thou say unto the children of Israel, I AM hath sent me unto you. Exodus 3:14

regenerate yourself. Keeping it Holy implies freeing yourself from the distractions of the Material Plane and mundane living; then, you can focus your mind inward to develop your God Self and have it manifest and express in more endeavors.

The rest period of a cycle is a wonderful time for self-examination. A time to go into the Self and work with your guides in whatever arena you wish to examine. It could be for seeking to understand concepts, see the root cause, see patterns at work and the like.

Just as sleeping is the pause part of a daily cycle, your dreams are part of a Sabbath, a time to use your mind to understand what is currently going on so that you are in greater control of your reality. Interpreting your dreams is a great source of guidance, showing you current and future energies at work. Understanding and applying the guidance prevents your patterns from operating on their own and out of your control.

5. Honor your father and mother

One way to interpret this Teaching is to understand yourself as a spiritual being in a material body. Think of the Ultimate Spiritual Being (God) as Father and your material body as Mother, Mother Nature, Earth. In another interpretation, Father represents the masculine considerations, perceptions, and aspects of your energy. The Mother would be the feminine, intuitive side of Self, the future and the nurturing aspect of Self. By honoring them, you bring out those qualities in everything you do.

6. You shall not murder

Unfortunately, man kills man, and there are other ways of murder, such as when a person shoots down someone's suggestions and ideas, thereby attacking and possibly undermining the person's thoughts and expression. That is why it is essential that you find a non-attacking, non-aggressive way of communicating with others.

7. You shall not commit adultery

Adultery prevents complete mental and energetic blending. When a man and woman become one, there is total unity with which they can move mountains.²⁵ Adulteration creates an unbinding situation.

8. You shall not steal

Stealing is taking something from someone, and this also applies to someone's thoughts or ideas; this is a method for denying someone emotionally, financially, materially and or physically.

9. You shall not lie

Do not lie to others and above all, do not lie to yourself. Determine where you are and learn to deal with it.

10. You shall not covet

As a part of God, you already have everything you need; it is all within you. Nothing outside of you will satisfy

25. Jesus said: When you make the two one, you shall become sons of Man, and when you say: "Mountain, be moved", it will be moved. Gospel According to Thomas #106

whatever it is that you are seeking. When you covet, what you seek is an indication of a lack of understanding in that particular area. When you stop looking outside of yourself and begin to look within, you will draw more from the God Force. The more you are in touch with that, the more at peace you will be and the easier it will be to eliminate the desire to covet what your neighbor has.

TEACHINGS FOR THE SPIRITUAL SELF

This set of Teachings begins with sayings attributed to Confucius, Plato and Alexander the Great. Confucius said, *“Hardly any human being is capable of pursuing two professions or two arts rightly.”* Centuries later, Alexander the Great said, *“Heaven cannot brook two suns, nor earth two masters.”* And finally, Jesus repeated the Teaching when he said, *“You cannot serve two masters.”*

What do you think will give you the greatest enlightenment, peace or happiness? Choosing what is most important to you is the fundamental choice between pursuit of the material realm at the cost of the spiritual realm that dwells within; seek to be in balance.

Many factors beyond your fundamental concepts influence your choices. Your family, friends and co-workers all exert a type of influence, as does the affect of culture and traditions. All of these have a profound effect in your decision-making process; however, as you free yourself from these influences, your choices become clearer.

Jesus said, *“No man can serve two masters: for either he*

will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon.” Matthew 6:24 (Mammon was the name of the Syrian God of wealth.)

LOVE ONE ANOTHER

“Any man may easily do harm, however not every man can do good to another.”

PLATO

Although Jesus taught “*love one another*”²⁶ as one of the greatest commandments, the Christian-Judaic society of today has yet to live up to that standard, as it clings to judgments about everything and everyone. Yet all are taught, “*Don’t judge anyone or they will judge you.*”²⁷

Judgments arise out of feelings of unworthiness; by condemning others, people often feel better about themselves. In everything you do, avoid finger pointing blaming others and self-recrimination for what man tends to judge as good or bad, positive or negative, success or failure.

Always take everything back to the Self. Questioning yourself will shed light and bring understanding. Focus on the Self and the pattern at work within yourself, not on those around you. You can never fully know another person’s part in any situation.

26. A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another. KJV John 13:34

27. Judge not, that ye be not judged. KJV Matthew 7:1.

You can certainly see that emotional turmoil is the rule of the world. Everything that you are and that you co-create is stimulated by emotions. When you see a movie or look at TV shows and commercials, they are all designed to stimulate an emotional need or desire. Even magazine advertising images are communicated to you to hook an emotion—they are “setting you afire” with desire. Marketing and advertising is designed to fan the fire to get you to act in a particular way to satisfy a particular need. This is what keeps the economy going.

Jesus the Christ symbolized Divine Love. Christ or Christo means Love, which Jesus demonstrated. The way to reach Christ consciousness is to love all equally. Love has a list of interpretations and definitions; Divine Love is the love that does not judge, a love based on pure, total acceptance of another. To love another without reservation, qualification or judgment, there has to be self-acceptance. As you gain insights that lead to understandings, you will have a greater degree of self-acceptance, allowing more of the God energy within you to manifest to a greater degree. You can allow Divine Grace to carry Divine Love to manifest in everything you do.

The way to the deeper understandings that lead to greater self-acceptance is through observing who you are at this moment and how you operate. Be as clear about your emotions as possible. Emotions are like fire and can consume everything, reducing all to ashes. A goal of this Teaching is to help you gain control over your emotional reactions so that they do not consume you or anything you are involved in.

One goal in life, as a part of God, is to bring balance and harmony into the Material Plane so that the Creative Continuum that is God can continue to manifest through this plane of consciousness, and to bring balance and harmony into the next planes of consciousness.²⁸ Each plane or dimension²⁹ has its own energies that need to be dealt with by souls as we ascend.

RENEW YOUR SELF

One way to interpret this Universal Teaching is to be “*born again.*” You may think, “*If I go to a spa, get a haircut or a massage, I will be renewed, refreshed, relaxed and reborn,*” and it would be true, but only on the Material Plane.

The spiritual meaning of renewal of your Self is found in the Bible³⁰. In this Teaching, Jesus is saying that you must evolve out of a material perception and become reborn with spiritual eyes. However, people do not easily give up the ego in the Material Plane, even though it frees the Self to be in complete harmony with the God Force. Freedom can be accomplished only through self-examination and emotional control. One must find one’s true Spiritual Self, and this is

28. Jesus said: This heaven shall pass away and the one above it shall pass away, and the dead are not alive and the living shall not die. In the days when you devoured the dead, you made it alive; when you come into light, what will you do? On the day when you were one, you became two. But when you have become two, what will you do? Gospel According to Thomas #11

29. In my Father’s house are many mansions: if it were not so, I would have told you. I go to prepare a place for you. John 14:2

30. Jesus answered and said unto him, Verily, verily, I say unto thee, Except a man be born again, he cannot see the kingdom of God. John 3:3

where the Universal Teachings are focused. Understanding the ego and letting it dissolve allows the deeper Spiritual Self to emerge.

As that aspect of yourself becomes more developed through understanding, you develop the ability to take an objective look at yourself, from above, to see how you are acting and responding. In this way, you may understand your thoughts and concepts and the way you act them out with what you currently have and how you respond to things you see and hear; these are the elements that stimulate your subconscious concepts and propel patterns into action.

To renew yourself, to be “*born again*,” is to evolve out of your current state of consciousness, your state of mind, your Belief System and the concepts that are the foundation of it all. Begin by seeking to understand the concepts that are the basics of your Belief System. Once you understand those, you realize that everything you see, evaluate and make judgments about is based on your Belief System, which is intended to be in keeping with the fulfillment of your concepts, the man-made concepts that the ego maintains to guarantee acceptance.

Understanding your concepts and identifying your patterns of behavior provide you the opportunity to change the outcome of a pattern and change its power of influence.

Two things you can be sure of: you will realize you are capable of going beyond the concept and do not need to validate it anymore; and, the ego will continue to find a way to validate the old concept. The ego and man-made concepts

seek a way to manifest in a person's life, which is why it is essential to maintain a continuous conscientious awareness and to be mindful that your mind is always talking to you and guiding you, using symbols to keep you on the narrow path that leads to life.³¹ Life in this context implies being at one with the God Force.

The Teaching "*must be born again*" is in response to a question asked by Nicodemus. Jesus's reply acknowledges the Physical Self and stresses the Spiritual Self. He said, "*That which is born of the flesh is flesh; and that which is born of the Spirit is spirit.*"³² Here he affirms that the two are separate and distinct. We are Spiritual beings in a physical vehicle, the body, navigating in the material world. He said you need to understand yourself to minimize the influence of man-made concepts so you can manifest more of your Spiritual Self, which is connected to the Kingdom within and without.

When acknowledging that you are in the Material Plane and therefore need to understand and work with it, your goal is to evolve past its influence to facilitate the unification of Spirit into your daily expression.

31. Enter ye in at the strait gate: for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat: Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it. Matt. 7:13-14

32. John 3:6

9

TEACHINGS FOR THE EMOTIONAL SELF AND THE FOUR PS

The Emotional Self creates and shapes your reality to fulfill expectations. About the Emotional Self (ego), Buddha said, *“It is better to conquer yourself than to win a thousand battles. Then the victory is yours. It cannot be taken from you, not by angels or by demons, heaven or hell.”*

He went on to say, *“No one saves us but ourselves. No one can and no one may. We ourselves must walk the path.”* Another great teacher, Socrates, stated it this way: *“Happiness depends upon ourselves. Let him that would move the world first move himself.”* Plato said, *“No law or ordinance is mightier than understanding.”*

THE CREATION OF MATERIAL REALITY

If you were to stop this very moment and look around you,

you would see the life you are creating, based on fulfilling your emotional needs at subconscious levels. Remember, it is the Emotional Self that is the dominant self at this point. The goal is to bring more of the Spiritual Self into play and less of the Emotional Self in order to work in harmony with others in positive ways and to help you understand where you are so you can move forward.

We are biochemical and electromagnetic energy beings that have created our material realities. When concepts in the subconscious mind are triggered, a patternistic response is initiated, consisting of a particular set of electromagnetic waves designed to attract the energy manifestation you need to fulfill the expectation that validates the concept.

What drives this electromagnetic brain generator? It is your mind, as it observes, hears, feels and senses everything it encounters. It thinks, evaluates, judges, decides and sets in motion energies necessary to accomplish its goals based on subconscious concepts. Goal-oriented, the mind is where the energy originates and uses everything it can to accomplish its intentions. Although your mind is like an ocean filled with memories and experiences, flowing as far back as time itself, it is best for you to focus and concentrate on the present. Seeing energies at work can lead to emotional control, which leads to mastery.

What is within will manifest without. This Teaching addresses the creation of your life through the Emotional Self. Along with material reality, there is the emotional one built through relationships and friendships. *How do you relate to others on a one-to-one basis? Are you in a relation-*

ship? What is it like and how long have you been in it? How many close friends do you have? With whom do you share your secrets? Is there someone to whom you can pour out your heart?

In social settings, you put on a different persona, another aspect of self that you show to the world. *What is it that you show? How are you in social situations? Do you mingle well? Can you carry on conversations? Do you have a tendency to be outspoken? Are you inhibited? Are you the social butterfly or the wallflower? What concepts come forth in that environment? In your spiritual life, do you belong to an organized religion? What aspects of your beliefs do you like and what do you disagree with or question?*

It is vital that you understand your positions on everything, because whatever you see or hear could be the stimuli that will trigger one of your subconscious concepts and send a particular pattern of behavior into action.

KNOW YOUR SELF

Every great philosopher and teacher, from Confucius, Aristotle, Plato, Buddha to Jesus, all said the same thing: know yourself. In many ways on many levels, you do. What you know is your conscious Self. However, what you may not be in touch with and may not have clarity about are your subconscious motivations, which are the key. Seeking to know your Self is one of the most important things you can do in life. Each insight and understanding that you acquire leads to emotional control and that is a step closer

to mastery over the emotions and unification with the God Force.

This fundamental Teaching was taught by Socrates, Plato and Buddha in the distant past. In our recent past, it was Jesus. Socrates said: *“Happiness depends upon ourselves. Human behavior flows from three main sources: desire, emotion, and knowledge.”* In order to achieve happiness, it is necessary to understand the basis of your desires, and the emotional need and the knowledge of the concepts involved.

Plato said, *“The ultimate value of life depends upon awareness and the power of contemplation rather than upon mere survival.”* This brought to mind a story in the Carlos Castaneda series of books on his experiences with Don Juan, a Yaqui Indian man of knowledge. Don Juan told Carlos that when Death taps you on your left shoulder, if you have power, awareness and insights from contemplation, you can tell Death that you want to do your power dance and in that way you take with you your knowledge and accomplishments.

Awareness is essential for maintaining some degree of control over your life’s journey. This is especially true for reading symbols, which you need to contemplate and understand to gain wisdom from them. When you spend your time in survival mode, game mode, internet or TV mode, both physically and mentally, there is no time to reflect on past success and draw strength from them. Fear is the distracter.

This is why the great Teachers said, “Know your Self.” Know what motivates you and causes you to do the things

you do, to say the things you say, to react the way you do to certain stimuli and people, or to be the person you are. The person you are may not be the person you want to be.

You may have ideals and things you want to be and do, yet you find yourself hampered and not able to move forward. Concepts in your subconscious that you are not aware of are at work. When you do not know how they operate and you do not know what motivates you, you are at the mercy of your subconscious Emotional Self, and the conscious desires, hopes and dreams of your Spiritual Self will not be fulfilled. The only desires that will be fulfilled are those that are in keeping with your subconscious expectations of who you think you are supposed to be, which may have no bearing on who you truly are. You are Spirit that dwells beneath the ego, the soul that you really are.

In some of my meetings, people question the need to question everything. They ask, *“Why do we need answers? Cannot things just be?”* I reply, *“No. Everything happens for a reason. Everything. Know why.”*

Questions are the results of the thought processes that seek the Light within. They are the way to see clearly so that forward harmonious movement can take place; God is harmony. Questioning is a part of the cleansing process that is life. When we cease to question, we cease to have purpose, and if we cease to have purpose, we cease to live.

Every answer you arrive at based on true concepts as expressed in the Universal Teachings takes you a step closer to mastery of the Self and life. This means that the answer must be one that is not a rationalization or a justification.

You will know in your heart the truth when you come to it.

Answers are stepping stones to greater truths, and each answer creates another question. The true process of Spiritual growth is one of constantly seeking an answer to the newest question posed in your quest for mastery.

You cannot find your gifts and abilities and your purpose in life if you do not seek within. You must know your Self so that you can be set free³³ to be whoever and whatever it is that you are supposed to be from a spiritual perspective, not a man-made, family, cultural or traditional perspective. As in the U.S. Army's slogan: "*Be all that you can be.*"

You do not know everything you can be until you begin to take an internal inventory, and you cannot do that until you crack open the warehouse door and step in. The door to your subconscious mind is one of many ways to go within. You can use dreams, visions, and symbols during your conscious awareness because they are the ways that your mind talks to you.

KNOW YOUR THOUGHTS

The Teaching is in the parable on the importance of thoughts: "*How think ye? If a man have an hundred sheep, and one of them be gone astray, doth he not leave the ninety and nine, and goeth into the mountains, and seeketh that which is gone astray. And if so be that he find it, verily I say unto you, he rejoiceth more of that sheep, than of the ninety*

33. And ye shall know the truth, and the truth shall make you free. John 8:32

and nine which went not astray.”

This Teaching is advising not to let your thoughts go astray. If you find yourself in a thought process about how bad something is, know that is unhealthy and you need to change your frame of mind immediately before it shapes its own life. Once that happens, there is no telling where that thought will take you—many people lose their relationships, marriages and jobs.

When you begin to dwell with thoughts of dissatisfaction with Self, find the cause of that line of thinking. *What stimulated those thoughts? What are you going through?* That line of thinking stems from doubt in Self, or a lack of confidence that you can overcome the forces of life that you are confronting.

A day in the life of a shepherd demonstrates the idea of thoughts going astray. He is in the fields with his herd when a sheep wanders off. The shepherd immediately goes after it because if he does not, that sheep may become food for predators. If one of your sheep went astray, would you not go and seek it out? In this Teaching, sheep are symbolic of thoughts. If one of your thoughts goes astray, you must recover that thought and bring it back into the fold/herd of positive, life-promoting thoughts so that you are safe.

A prime example of this kind of thinking and understanding is Alcoholics Anonymous, a program where they provide support and an ally that you can call upon when a thought begins to go astray—a buddy system, a wonderful concept.

Ideally, in psychoanalysis and in spiritual realms it is only the Self that is involved; therefore, the questioning has to go within. When a thought or urge comes to mind or

when a thought begins to wander outside of your creative and positive self, ask yourself, *“What concept is behind that?”* In that way, you begin to know your thoughts and patterns of behavior allowing them to become more clear and understanding the concept that supports that line of thinking that may lead you on a path of rejection.

Understanding thoughts is a necessity, especially for those who seek rejection as a form of acceptance. Become aware of how one creates situations that will end in rejection and how to make changes to avoid rejection.

LOOK BACK TO SEE AHEAD

Your mind always looks back. This knowledge dates back to the time of Confucius who said, *“Study the past, if you would divine the future.”* In the Bible, the Teaching is: *“That which has been is now; and that which is to be has already been.”* Ecc 3:15 This particular Teaching speaks of patterns of behavior and their cyclical flow.

Here’s why you would benefit from studying your past responses: every time you see or hear something, your mind automatically and instantaneously stimulates a particular concept within your subconscious; at that moment your mind looks back to see how you handled a similar situation in the past. Even though the appearance of a current situation may seem to be completely new and unfamiliar, there are energetic elements that are the same as past elements. When you come across a situation that your mind does not recognize as familiar, it will go into your memory banks

to see how your parent of your gender handled it. Keep in mind that you are seeing everything through your Belief System and mode of acceptance, approval or rejection. Your memory bank presents you with parental demonstrations, thus providing an adjustable plan of action that will allow you to handle the situation in a way that will fulfill your subconscious expectations. That becomes the associated way of dealing with that type or vibration of energy in all future encounters with that energy.

One of the indicators, triggers or symbols that direct the mind to look back is when you unexpectedly meet or hear from someone from your past. This random occurrence triggers memories and concepts associated with that time when the person was a part of your life in some way; this meeting is a symbol to you. Your mind is now looking back to see ahead and you need to ask yourself, *“When was this person a part of my life? What does she mean to me? What does she represent? What was I going through at the time? And how does this relate to me now?”*

Whatever was going on then is going on now. There is enough similarity in energy that your mind is drawing on a past reference, and based on that and the concepts involved, a future desired and expected result is now in motion. You drew that person to you as a way of telling yourself what you are going through on a subconscious level and what patterns are in motion. The person, as a symbol, is letting you know where you are in the cyclical flow of a pattern. By knowing the pattern and its usual outcome and by reading the symbol, you have an opportunity to change the out-

come of all situations. By understanding the concept, the need and the expectation, you can change the energy and outcome of the pattern.

There is much to be said for the ability to “*see, hear and change.*” When you think about emotional situations, they span from love to hatred and everything in between. By being able to flow, bend and yield, you will have a different perspective, a different point of view.

Have you ever been deeply touched by love? Have your eyes teared up from emotional feelings? The same affect can happen with anger and hate, emotions that can also release tears of rage. In all cases, your vision is blurred. Emotional love and hate are on the same energetic wave; you are at the mercy of your emotions. They can destroy you when they get out of hand, when you are no longer in control.

How do you generally react? In every type of uncomfortable situation or event, you have some effective ways of coping. Unconsciously, you “*look back to see ahead.*” As an example, you may be called upon to express yourself, to give a report, to make a speech or a presentation. This can be a very stressful situation if your concept tells you that you do not have the ability, the right or the authority to express yourself in this way. Two classic examples of responses to this emotional reaction are developing a fever (anger) or a sore throat (no longer able to communicate).

In work situations, if someone has a pattern of procrastination tied into a success-failure pattern,³⁴ then almost

34. This pattern is rooted in concepts about success. Person has the abilities to be successful however the their concepts tell them they NEED to fail to maintain acceptance.

every one of his projects will run over budget, or be late and or have a flaw. In that way, many expectations are accomplished at once, including the need for dissatisfaction energy and a need for rejection. When rejection is woven into every situation to validate a concept, he cannot perform or accomplish anything on time or correctly.

In keeping with your personality and your expectations, you may find yourself surrounded by similar energies and patterns where you work. Be aware of your patterns and those of your co-workers, because it can foster a harmonious way of working and that gets things done by blending the strengths of one to compensate for the weakness of another.

Your mind will always look back to what it can draw upon as strength for the current situation, or you may draw on failure because failure and rejection are what you seek. Examination of symbols will help you see what is going on within your subconscious.

BE AS A CHILD

Children represent many different things symbolically: innocence, enthusiasm, joy and open minds, as well as peace and tranquility. Children glow and radiate unconditional love energy and they are able to do so because they are non-defensive, which is one of the major keys to control and mastery.

JUDGE NOT, BE CLEAR

The dangers of judging the actions or thoughts of another

cause harm to the Self and to the person judged. Socrates said, *"False words are not only evil in themselves, but they infect the soul with evil."* His student, Plato, placed a different face on it by saying, *"Any man may easily do harm, however not every man can do good to another."*

Today our world is filled with anger and resentment; people seem to be about themselves without regard for others. On a personal level no one really has the right to make judgments about other people, as you never know the real circumstances of others. For example, as a manufacturer's representative, I meet all types of people. One day I walked into a store and introduced myself. Upon hearing the name of the company, the owner started to holler at me and insisted I leave her store immediately. She said it with such anger that I was afraid to turn my back on her.

On another trip, I stopped at her store. I open the door enough to stick my head in and said, "If I come in do you promise not to beat me up?" With that she started to laugh and promised me I was safe. Once I understood what her concerns were, I remedied the situation and her store was a great account for many years.

I knew that whatever angered her was not of my doing. I also knew that whatever it was I could handle it. Whenever I find myself in these situations, I usually try to look at it from a different point of view including the other persons. This helps me to maintain a balanced approach to the situation thus keeping me tranquil. In other words, the key is not to take other peoples' words and attitudes personally.

Once you make a judgment, and if you make a pro-

nouncement about that judgment, you have started a chain reaction that will ultimately have an effect on an individual because everything has an energetic value.

On the other hand, someone may give you their perspective or belief, and try to convince you to participate in it, and in that way, validate their own concept and pattern. Judgments are the same. If you make a judgment, you want other people to validate the judgment. Should you make a judgment, through your awareness you can catch it and say, *"I did it again."* Once you are aware of it, start telling yourself, *"I am not judgmental. I am observing and evaluating. I am getting stronger. I am gaining more and more control."* Such statements are extremely powerful for directing your mind to achieve a goal. The "I am" is one of the many names of God.

Yet, do not beat yourself up over having made a judgment. Understand what causes you to judge what you do the way you do and seek to understand your motivation. *What concepts are at work? What values, standards and ideals are you using? Where did they come from?*

In looking at situations or when working with people, it is always best to make observations without judgments, without accusations. When you are not clear about the cause of someone's actions, keep in mind that a particular concept is at work, and each concept creates patterns of behavior, and that is what you see; it does not necessarily mean that you have to deal with that concept. However, someone else's concept is part of your reality, an energy and a force to be dealt with and identified. This is why you have

to be clear about what you see; everything you see is a force and energy. If you look at every human being as energy and a force, you will have a different relationship with them.

You may see three things: forces that are working for you, forces working against you, and some that are indifferent. That is when you make an assessment. *Do I stand in the way of this force, do I try to deal with this force; do I try to nullify it, neutralize it, convert it or divert it; or just get out of the way?* This is where the Universal Teaching “*Be a passer by*”³⁵ comes into play. Do not get involved emotionally as it will distort your vision. Emotions are the traps that entangle and create turmoil and chaos.

TURN THE OTHER CHEEK

When people are having a heated discussion and it turns to anger, before you know it, someone has said something mean, downright nasty and hurtful. Whoever spoke the words suddenly realizes they never should have said it, and now it's too late. Words are not retractable, so be prudent and mindful always, and doubly so when you feel your emotions getting riled.

The example of saying something hurtful to another relates to the Universal Teaching, “*What you say defiles you, never anything you eat.*”³⁶ What you say is the issue.

35. Gospel According to Thomas # 42

36. Not that which goeth into the mouth defileth a man; but that which cometh out of the mouth, this defileth a man. Matt 15:11

The Teachings of “*resist not evil*” and “*turn the other cheek*”³⁷ relate to emotional responses. If you can learn to control your emotional responses when attacked, then you stop a potential negative situation. By not feeding a response, you let it pass over you, through you, under you or around you. It never enters within. You do not resist and give it energy and life. Without resistance it has nowhere to go.

Let us look at “*resist not evil*,” which means not to feed it, however, what evil? You could say, “*It is that which you and others might perceive as being extremely negative and detrimental and, perhaps, harmful and life-threatening.*”

When you observe the actions of man, you can see a very dark and negative aspect, an evil aspect. If you find yourself in a situation that triggers those thoughts of evil, draw on the Universal Teachings for understandings. Be aware and conscious of the negative energies at work and the particular pattern of behavior that has been stimulated. When you find yourself in a negative mind-set or self-talk, remember the Teaching of the Shepard who sought after a stray sheep. When you find that one negative thought going awry, go after it, hunt it down and get it back in to the positive flow of thoughts.

“*Turn the other cheek*” is along the same lines. If someone attacks you, do not attack back, as difficult as that may be. The more aware you are of your own sensitivities and vulnerabilities, and you know that your automatic response is likely to be the desire to retaliate, you can stop it. With the consciousness of the Teaching, “*turn the other cheek*” in

37. But I say unto you, That ye resist not evil: but whosoever shall smite thee on thy right cheek, turn to him the other also. Matt 5:39

your mind when you hear an attack; immediately exercise control and avoid an emotional response, which would only elicit a more powerful, negative, emotional response from your attacker. Your attacker needs you to respond and yet you must not, or you will feed the argument, and before you know it, something negative will manifest.

Your attacker may have lost control of his emotions and opened up his emotional channels to such a degree that the children of darkness, which manipulate material reality through the emotions of man, have an opportunity to run rampant.

Evil deeds are done to create destruction and chaos. When you had a heated emotional argument with a friend or family member, you may have said something or something was said that was hurtful. Once it was uttered, it could never be retracted.

If you're having a heated argument with a stranger, that is more likely to escalate into a very negative outcome, because there are no restraints on either party's part, other than basic human consideration. In blind rage, human consideration can fall away and the negative forces have a greater way to create chaos and destruction through acts of violence.

MOVE MOUNTAINS

This is the Teaching of Mountain Be Moved.³⁸ The symbol-

38. And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you. Matt 17:20

ogy of a mountain is an obstacle, and this Teaching focuses on discovering and understanding what obstacle, you are confronting. As you see each one it helps to narrow your gaze so you see what plan of action is pertinent and vital. By utilizing the four P's, (Plan, Prepare, Project and Provide), you can potentially eliminate all obstacles from manifesting; however, patterns and concepts seek to be fulfilled and obstacles will occur. As you continue to master them and reduce their intensity, through understanding and the Four P's, life flows more abundantly.

MOUNTAIN, BE MOVED

When “moving mountains” through the Four Ps, questions arise as to how one does get past the obstacles. With mountains, you can work through them, go under or climb over them. Some you can even blow up to remove them. If you understand something, you can bore right through it, you can get down to the nitty gritty of it, to the essence, and you can find your way to the other side. As with mountain climbing, you find a way up and over. Defense by defense, you conquer your obstacles. You see them in action because of your greater awareness and listening powers. Insight by insight and understanding by understanding, combined with knowledge of reading symbols, you to climb with vision and strength.

Blowing up a mountain is examining what you are looking at and breaking it down into manageable pieces so the entire obstacle can be overcome incrementally. How do

you eat an elephant? One bite at a time.

Jesus says that moving mountains is a matter of faith. The strongest and best is Faith in Self, a working faith. Rely on the Universal Teaching of looking back to see ahead and draw on your past strengths to remove obstacles that may be blocking your forward movement.

In the pursuit of goals, you will meet resistance. Sometimes that may be due to processes and technical matters such as licensing, financing or the weather. Another level of resistance is within. If the project or task is not in keeping with your image, your mind-set or your concepts of Self, you will encounter resistance. When resistance comes from self-limiting concepts, examine them and question their source. When you are in unity within yourself between the spiritual and material aspects and the female and the male aspects, you will be able to overcome any resistance or obstacle and say "*mountain be moved,*" and the obstacle will be removed from your forward progression.

Unity is a main key and that does not necessarily mean that you have to be with somebody of the opposite sex. True unity begins within your Self.

HISTORY REPEATS ITSELF

History repeats because of man's patterns of behavior. This Teaching³⁹ addresses the need to understand that all patterns flow in cycles.

39. That which hath been is now; and that which is to be hath already been; and God requireth that which is past. Ecclesiastics 3:15

Reading symbols that your mind gives you will show you where you are in the cycle of the pattern, which gives you the opportunity to change the outcome. That is the beauty of understanding and applying this particular Teaching. Every time the pattern begins to emerge and you read the symbols, you can change it. By gaining more control over a particular pattern of behavior, you change the outcome and your future, because now you are in control of that energy.

SEEK CLEAR VISION

This Teaching is about seeing clearly the truth of a given situation when it involves others. It is easy for us to see another person's faults and pick someone apart. The Teaching is the story where Jesus tells someone to remove something from their eyes if they are going to make statements about others.⁴⁰ He was talking about the Belief System. Everyone sees with a beam in their eyes, their Belief System. Your perceptions are shaded by your Belief System. Each of us looks through the eyes of our particular gender. Perceptions, assessments and judgments are distorted by the concepts of gender; within each gender there are role concepts that you think you are supposed to fulfill, as a mother, father, sister, brother, aunt, uncle, son, daughter, husband or wife.

It is much easier to point a finger and see another person's faults without looking at your own and not under-

40. And why beholdest thou the mote that is in thy brother's eye, but considerest not the beam that is in thine own eye? Matt 7:3

standing how someone else's perception is distorted by their subconscious concepts. Jesus taught us to stop looking at things through our shaded perceptions. Cast the beam out of your own eye. Stop looking through your Belief System. Climb into your own head and be clear about what distorts your perception when you make a value judgment.

You may be in a meeting and someone's assistant comes into the meeting; their boss gets in their face about something in front of everybody. You make a judgment: *How can they be doing that? What kind of a person are they that they would humiliate their assistant in front of all of us?*"

You see a father doing the same thing to a child and the same feelings come up. You have standards and values and because of them you make judgments. However, you do not know what is going on in that relationship. Your perception is distorted based on your concepts as how you think a boss or a father should be. Your value judgments are based on your own ideals, guides, and standards, and they are slightly distorted.

This particular Teaching can help you to avoid making value judgments and help you to see more clearly by keeping in mind that your Belief System is influencing your perceptions. Through using the power of observation combined with symbol reading, you will cease making judgments and you will cease becoming emotionally involved.

When you see a disabled person, the intersection beggar or a derelict, maybe you feel: *"Thank God it is not me,"* and maybe you feel a sense of responsibility or a degree of guilt, and maybe you want to do something or give something.

What is the concept behind that emotional feeling?

When you see a disabled person or a baby that is deformed, a question comes up. *What is the story? What caused this condition? Was it genetic, nutritional deficiencies or drugs? Karma?*

Karma means that for every action there is a reaction. It is neither good nor bad, simply a reaction. There is no telling when the reaction will take place. It could be tomorrow, in the next moon cycle or in your next life. Everything must be brought back to balance and harmony. Karma also implies the concept of reincarnation, which is part of the process of attainment. Each life cycle is an opportunity for cleansing and growth. You chose this life.

You choose the reality you are born into and you have the greatest opportunity to understand those man-made concepts that you carry with you from incarnation through incarnation. Each life cycle is an opportunity to eliminate misconceptions from your Emotional Self, your ego, and the affect they have on your Spiritual Self.

When you see someone deformed, disabled or in distress, keep in mind that they chose their current life in order to gain insights and learn lessons, even if you do not understand what it is they are seeking to understand. That soul is trying to work something out—it could be Karma at work.

The next step in achieving greater clarity and understanding is understanding how you respond to what you are seeing. Everything you see stimulates something in you and this is another reason why you need to question: *What is*

result of the stimulators at a subconscious level? What is taking place now? What is going on in my life?

Something may have happened today that affected you at a subconscious level. It may be another day or several days before you start seeing the results of that statement or event. *Was there a statement or event that you paid more attention to than you normally would?* That was a symbol to you.

THE FOUR P'S

*“Success depends upon previous preparation,
and without such preparation there is sure to
be failure.”*

CONFUCIUS

The Four Ps comprise a very simple process for ensuring completion, success and growth, with the goal of mastery over the emotions and over the Material Plane. As you become adept at understanding Self and reading symbols, guiding you deeper into Self, then success becomes clearer and more attainable, provided you do the proper preparations.

Here are the Four P's—plan, prepare, project and provide—in their applicable order:

PLAN: For whatever it is that you are seeking to accomplish, you need to have a Plan Of Action. Think through every aspect and the steps that need to be taken, and set them out in your Plan.

PREPARE: As Confucius says, success is dependent upon preparation; no matter the project, preparation is the

key. Now that you have an idea of what you need to implement the Plan, ask yourself, “*Does it require licensing? Does it require special training? Does it require special tools?*” Think of every step along the way and what is required. Preparations will give you the stability to move up to the next step.

PROJECT: Project ahead as far as you can see and make notes of everything you know you will have to deal with. You may see some things that require greater preparation, and that is why projecting is vital.

The next area to project into is the Self. What within you would keep you from manifesting your goal? *Are there particular concepts telling you that you are not entitled, that you lack authority or are not worthy, and that you do not deserve it? Do you have a tendency to procrastinate?* Be aware of what is within, because that may work against you in completing your goal.

Visualize your goal, and if it is a concept, write it out. Even a concept has some aspects of manifestation that you would like to attain. Visualize that and understand it. Fortify your mind with such intent so that it becomes virtually invulnerable.

PROVIDE: Provide addresses the Self. It is easy enough to gather materials, to understand the requirements and whatever it is that you need. The hard part is knowing your role and how it is that you act and react in certain projects. Providing is done on multiple levels. First, go over your checklist and make sure every contingency of the planning stage has been addressed. *Do you have everything? Have you*

provided for everything that is required by city, county, state, Federal Government and by your life?

Reexamine your projections, both outward and inward. Inward is the more important, because what you have to provide is understandings where uncertainty, doubt and fear operate; you can curtail their influence by being aware of how they may try to manifest. Provide for all of that and you are in a position of strength.

10

TEACHINGS FOR THE PHYSICAL SELF AND THE SOCIAL SELF

YOU ARE WHAT YOU EAT

Your body is a living manifestation of your concepts, including food choices. Food choices are stimulated by emotional need, using food as a means to create a physical well-being or a condition.

How much fruit and vegetables do you eat on a daily basis? Is it locally and organically grown? Do you care? If not, why not?

Chemicals do effect the cellular structure of the body, so, the cleaner the food, obviously, the better. Question your dietary habits. *What kind of diet do you follow? Are you a meat and potatoes kind of person? Do you consume meat, fish or fowl three times a day, or are you a vegetarian? What*

is your lifestyle?

After doing nutritional counseling for many decades, I realized that it is very difficult for people to change their diets because of emotional attachments to the food. You can understand the attachment to some degree and can overcome it. Some attachments can be discarded by strengthening your desire for a better lifestyle, a healthier you, a more vivacious you.

Avoidance of white sugar, white flour and reduction of salt are simple things that go a long way. By avoiding toxins and empty promises, you improve your health on every level. Consider the symbology of what is avoided: sugar, with no nutritional value; empty calories promoting fat; white flour, a lifeless, fiber-less product and mucus generator; salt and water retention. All are empty promises with too much Material Plane attention and involvement.

Man approaches things by whitewashing, by bleaching, and by presenting something that looks good, but has no nutritional value. The illusion is so detrimental that excess of any one of food elements can destroy you. Flour can clog up your intestinal tract so that you can't absorb nutrients, and then you can become obese while at the same time you are starving to death. Sugar can create diabetes and salt can create hypertension.

By examining your diet, you can begin to eliminate that which robs vitality and consume that which provides life. Be mindful about what you are putting in and on your body; the same thing could be said for your thoughts. *What are you are eating? Is your diet feeding your knowledge base or*

assisting you in living a healthier happier life? What is your Belief System? What are your concepts of a man, a woman, material reality, spiritual consciousness, personal expression, children, love, and marriage? What are your thoughts? What have you been eating and ingesting and incorporating into your mind as forms of nourishment? Are they in keeping with Universal Teachings and The Immutable Laws of God?

Man says and teaches many things that are not in harmony with God, the Father/Mother, the Great Spirit, the Creative Continuum.

EVERYTHING IN MODERATION

"Excess generally causes reaction, and produces a change in the opposite direction, whether it be in the seasons, or in individuals, or in governments."

PLATO

When you apply moderation to a situation or endeavor, it is symbolic of taking a balanced approach. One of many goals in the Material Plane is learning how to achieve balance in all matters. Not an easy feat, it is accomplished by having a balanced perception in both male and female perspectives as well as spiritual and material considerations.

The drive in the world today is to be materially secure. The problem arises when the need for an extensive array of material possessions becomes important to demonstrate man-made success, power and authority. True power and authority that comes with success lives within you. It is the

employment of that power and authority that this Teaching also addresses. Examine your life and your reality on a balance scale, and look at your personal relationships: friends, professional, physical-material.

Materially where are you on the dollar scale and why? What is your occupation and where do you stand in that realm? Why do you do what you do? Do you love what you do? If not, why not? What would you rather do? What is stopping you? Can you ease into it? Can you earn a living from it? What is your work ethic? Are you a workaholic?

All of these questions are geared to make you think about your approach to the journey of Self. Being in balance and centered provides the opportunity to approach and respond to situations and events from a position of strength. Additionally, you have the advantage of deeper and wider perceptions as well as different points of view.

EXCESS LEADS TO REJECTION

You heard the expression, “*Too much of a good thing,*” which is akin to “*Excess leads to rejection.*” Whenever there is overindulgence in a particular arena of life, it indicates an imbalance and requires questioning. The goal is to come to a place of harmony within and without so that every aspect of your life is in balance.

In this environment your Social Self is more active and aware, while in certain situations, the Emotional Self will also participate. With this in mind, look around and within yourself to see where you may be overindulging. An

example of excess that leads to rejection is when people who love chocolate overindulge and can no longer tolerate it. Chocoholics, they become allergic to chocolate.

There are multiple levels of rejection. On one level, an allergic reaction is somewhat of a rejection, as is vomiting, which is a form of rejection, and diarrhea is another form; both of those can be the result of overindulgence.

PAY YOUR DUES, GIVE UNTO CAESAR

There are three understandings being presented in the Teaching “Pay Your Dues” or as stated in the Bible, “*Give Caesar what is his.*”⁴¹ You are in the Material Plane and that is what Caesar represents. In the Bible, Egypt and Rome both represent Material Plane attachments and indulgences.

You are a physical being. You need food, clothing and shelter and you have to make or find a way to provide them. No matter your approach, you have to give something to Caesar. Some might say Caesar represents the IRS.

You are enmeshed in the Material Plane and must work with that understanding. That is why you give “Caesar” what is due. Where this appears in the Bible it is followed with “*give the thing of God to God*”⁴² This raises the question, “*What are the things of God?*” Love, tolerance, acceptance, peace, bliss, joy, prosperity—these are blessings from

41. ...Render therefore unto Caesar the things which are Caesar's; and unto God the things that are God's. Matt 22:21

42. Then saith he unto them, Render therefore unto Caesar the things which are Caesar's; and unto God the things that are God's. KJV Matthew 22:21

God and they are part of you. They are energies that dwell within. The more you know yourself and the less defensive you become, the more these attributes manifest.

Provide your Spiritual Self what your Spirit requires, and seek the insights and understandings that will allow you to become more in harmony with God within.

FAST AND KEEP THE SABBATH

The Sabbath is a day of rest. It is a symbolic gesture of flowing with the natural cycles of life. The Teaching is demonstrated in the Gospel According to Thomas when the disciples are going out to do the Work. They ask Jesus, *“What is the sign of the Father in us? what do we tell them?”* And Jesus answers, *“The sign of the Father is a movement and a rest,”*⁴³ which means the understanding of a cycle.

The rest is your pause part of the cycle; the movement is your action part. If you do not keep the “Sabbath,” if you do not take the time to pause and to reflect in your fasting mode, without partaking of anything, then you will not be able to master your emotions. If you fast and keep the Sabbath, you are utilizing the pause part of the cycle for preparing and providing for the action aspect the following day, week, month or longer.

43. Jesus said: If they say to you: “From where have you originated?”, say to them: “We have come from the Light, where the Light has originated through itself. It [stood] and it revealed itself in their image”. If they say to you: “(Who) are you?”, say: “We are His sons and we are the elect of the Living Father “. If they ask you: “What is the sign of your Father in you?”, say to them: “It is a movement and a rest”. Gospel According to Thomas #50

Be clear about the distractions in your life and try to see what distracts you in the world. *What entices you? What whets your appetite? What hooks you? What tempts you to indulge in the material?*

You may find certain things that appeal to you more than others or certain things that you think you need to do in order to get to where you think you need to go. However, it is the God/Spiritual Self within that needs to be sought and expressed by all.

By directing your attention inward, you come to a deeper understanding of Self and greater expression of the gifts within the Spiritual Self. Identify and resolve the subconscious defenses you have constructed to keep from being hurt. You may believe the defenses will protect you, and in a sense, they do, however, they are barricades keeping the God Force within from manifesting totally in your life and expression. Understanding is the first process of going beyond the defenses to enter the Kingdom within.

Create the time and place to relax. Disconnect from the world through meditation or any technique you use to quiet your mind and enter into a relaxed state. Now that you are there, grab your shovel and your pick axe and begin to work on the barricades, the defenses, so you can tear them down to let the true Light that you are shine from within to the world without.

TEACHINGS FOR THE SOCIAL SELF

Every time you are with another person, you are in a social relationship. Your mind draws on concepts that relate to social actions/reactions and references them to the current experience, thus setting in motion particular patterns of behavior associated with those concepts.

How do you act and respond in social situations? What was the first social situation that came to your mind? It would be good to recall, because your mind is letting you know where to look to get a deeper understanding of who you think you are supposed to be.

There are many different types of social engagements such as family get-togethers; school and its related activities, organization affiliations and religious congregations are a few other examples with which you may find yourself involved. The people you draw to you, or embrace, will fulfill your expectations of what you think that type of relationship should be. As you understand your Self, you will attract a different type of person and different energy, something more akin to your evolving consciousness.

THE EXTROVERT

Do you have to be the center of attention and the life of the party, or at least the stimulator of conversation? You may feel the need to make sure everyone is having a good time. If these concepts are at work, it is best to understand the basis

so that you can control the emotional drive of the concept.

All actions taken in social situations are patterns of behavior triggered by stimuli relating to the Social Self based on subconscious concepts. The extrovert needs to understand why he has the need for attention. At the same time, he needs to tone down his volume and behavior and be more responsive to others, as opposed to being the entertainer. That goes a long way to creating better relationships.

THE INTROVERT

The introvert can be at a social function and withdraw from the people and the activities. This could be by finding one person with whom to communicate or by finding a reason to be elsewhere; the reason will be sound, rational and justified. That is how the mind works for and against you—it can justify anything that you do.

The introvert needs to understand what prevents her from interacting with others. *What occurred in the past that taught them how to behave in these situations?* Withdrawal may be operating in other areas of her life as well.

If you tend to withdraw from certain situations and people you seek to avoid, this could prove to be very informative and lead to an understanding. What concepts are being drawn upon whenever you find yourself in a social get-together? The benefit of understanding these concepts and their active patterns can have an immense benefit in creating a more balanced you.

For the introverted person, the understandings can

help build self-esteem and more courage and confidence. The more courage and confidence you build, the stronger you become, then you can direct your mind to look back at specific social situations that were a success for you on any level. With that success in your conscious memory, you can draw on it and use the power of it, the memory of it, to achieve it again. You can apply that to work situations, as well.

EVERYTHING IS PERCEPTION

"Everything has beauty, however not everyone sees it."

CONFUCIUS

This Teaching focuses your perception. *Are you aware of how you look at things, people and events? Do you focus on the trees or the forest?* You see what you look for.

If your tendency is to find something to complain about, this Teaching tells you that you are seeing the faults for your own reasons, instead of looking at the whole person, situation or thing. When we see only that which may annoy us and not give credit or credence to another person, then we are seeing only the trees and not the forest.

This Teaching implies that everything you see instantly forms opinions, attitudes, evaluations and judgments. Confucius implies that for some reason, you do not see the beauty of what you are observing or experiencing. Perception is based on the concepts you maintain in your unconsciousness.

In the presentation of the Teaching as expressed by Jesus, he implies that there is something in the eye that needs to be removed so you can see clearly. The question is, what is it that needs to be removed? The simple answer is in your Belief System. In all the Teachings, everything that is written is meant to enhance your looking within in order to understand the basis of your perceptions. When you understand your Belief System and your perceptions, and what you are manifesting, and you understand that everything is energy, then you have the opportunity to make changes.

People can see everyone else's issues and faults, yet not their own. Another Teaching tied into this is, *"Judge not, that ye be not judged."*⁴⁴

Each day your eyes fill up with fresh fluid and yesterday's drains through the Schlemm's canal. The symbology: every day when you awake, you have a fresh, new look at life, with no judgments or preconceived ideas. Every day is a new beginning. When the fluid does not drain, it is physiologically because of inflammation in the Schlemm's canal; this condition is called glaucoma and the result is blindness.

Why would someone be unwilling to look at their life? What is it about what they see that is on one level comforting, while at the same time discomfoting to the point that they are creating blindness in order not to see it any longer?

In your emotional relationships, what are the preconceived ideas of the roles of males and females? Take a look at your gender and your relationships.

44. Judge not, and ye shall not be judged: condemn not, and ye shall not be condemned: forgive, and ye shall be forgiven: Luke 6:37

On a sheet of paper draw a line down the middle and on the left, write what you believe to be the role of a male as a son, a brother, a father, an uncle and a husband. Do the same for what you believe to be the role of a female as a daughter, a sister, a mother, an aunt, and a wife. *What are your beliefs about those roles and relationships?* On the right, indicate what you think your perception would see if not shaded by your gender.

Gender influences come from your mother and father. Look at life without gender influence. We have covered this, so review the section on seeking mother's acceptance, which is an important aspect of understanding how it is that you can achieve material mastery and how you can stop repeating personal history and move forward.

LIKE MINDS, OPEN MINDS

"You cannot heal in your own village." You may have experienced this issue in your own life if you embraced vegetarianism, taking vitamins or a particular sect of consciousness, and then went to your family and friends, full of enthusiasm, and tried to persuade them to join you. You have found new understandings and yet they do not hear you. Nine times out of ten, they will not follow your advice. Your friends and family may not hear what it is you have to say and may not support it, and they may try to dissuade you from changing to something new and different.

Seek to find like-minded people with whom you can communicate and socialize. As your consciousness grows,

you will leave your old ways of thinking and responding to stimuli, and you may also leave your family and friends and your social circle on many levels; however, that does not necessarily mean you have to do it physically, although you will spend less time with them. Emotionally too, you will become less attached the more you understand certain concepts. As your consciousness evolves, you become more aware on every level and that makes you unique and a little different.

As you grow, you realize that old conversations about the same old stuff are no longer interesting. You want more. Your friends may notice your difference and want to know what is going on with you. You have changed and they do not know what it is. This is an opportunity to share with them what you are learning.

Some people will be inspired by your change and they will want to emulate you because what you are now saying, practicing and demonstrating gives them hope. Some may think, *“If they can get it together, I know I can get it together.”* Or, they may think, *“No matter where I am at, there is room to grow.”* On the other hand, many are unwilling to change because of doubt or fear or culture.

Most people are into passive acceptance when active participation would serve them best. These are the folks who say, *“It is God’s will that I am poor. If God wanted me to have money he would have sent me a check, I’m sure of it.”* If you indulge in that type of thinking or if you are waiting for the universe to provide, it will not happen. God has given each of us the power to dominate the Material Plane.

Using your awareness and exercising your personal power will facilitate your creation of the reality that you desire.

Unlike most others, you are of another mind set. You are changing and evolving. If the people in your village cannot accept advice that will nurture them and sustain them or heal them, you may find yourself becoming detached from certain aspects of friendships and of your previous life.

There is another Teaching in the saying, *“Do not cast your pearls before swine.”*⁴⁵ This means that you are talking to deaf ears, and there comes a point when sometimes you just turn away and stop trying to help.

If a person is not becoming Self aware, then they are a part of the *“blind being led by the blind,”*⁴⁶ and if you get caught up in trying to take care of them before you take care of you, you are not going to move forward because you are caught up in being responsible for them.

Re-examine the statements in the Doctrine of Personal Responsibility. *For whom are you ultimately responsible?* Yourself. Another part of the Doctrine addresses the fact that you are responsible for everything that happens to you. You and you alone have created your reality. The only obligation you have is to find the God-ness in yourself and to gain control over your defensive, emotional responses. Then allow the aspect of God that dwells within you to manifest so you can create the reality you want to create; then you

45. Give not that which is holy unto the dogs, neither cast your pearls before the swine, lest haply they trample them under their feet, and turn and rend you. KJV Matthew 7:6

46. And he spake also a parable unto them, Can the blind guide the blind? Shall they not both fall into a pit? KJV Luke 6:39

can truly be of service from a spiritual rather than a man-made perspective.

EXPRESS YOUR SELF, LIGHT YOUR LAMP

Do you notice that when you use stereo headphones, it seems like the sound is in the back of your head, as if you are sitting in front of the sound? Music symbolically is the same as the sounds bubbling up from the God Self that dwells deep within—this is your Spiritual Self talking to you.

The truth you find within the Spiritual Self is by far the most important sound to which you should listen. The guidance provided is priceless. Yet, keep in mind that you must listen from clarity and awareness as opposed to listening from man-made concepts and patterns of behavior, and this is difficult. You must be honest with yourself in order to decipher the information that you are receiving. Like all information that you receive, you need to discern what is valid, what will help you grow in a true way, and what is said to appease, flatter, manipulate, suppress, deny or give a sense of false hope. You must also learn to hear what you say about yourself, in order to build or diminish your ego as well as what you say to others. Listen to hear if you are attacking.

When you find truth outside of your Self from reading, listening, pondering, evaluating and experimenting, this filters through the inner ear with which God listens. The results of those moments of listening, those awarenesses, are what should be displayed for all to see and experience, and not denied or hidden. Truths are meant to be shared. This

is where you express your light in everything you do so it shines for all to see.

YOU GET WHAT YOU GIVE

This Teaching is similar to the Teaching, “*Cast your bread upon the waters.*”⁴⁷ Give all you can and you will get all that you can handle. However, some people give to the point of sacrifice and that is a different concept entirely; the concept of sacrifice can be denial of Self. Through taking care of everybody else first, your Self is last. This concept can and often does sow seeds of anger and resentment when no one is taking care of you.

Whatever energy you send out on a daily, moment-by-moment basis, that fundamental energy is exactly what you are getting back. Remember from a deeper, subconscious perspective that the energy you are putting out is designed to fulfill certain subconscious expectations and validating certain concepts.

It is essential that you are aware of what energy you are exuding, and do everything you can to provide a positive expression of that energy. This may not necessarily be in keeping with your concepts, but is designed to help you maintain awareness so you can continue to evolve closer and become more in harmony with the Creative Continuum called God.

⁴⁷. Cast thy bread upon the waters: for thou shalt find it after many days. KJV Ecclesiastes 1: 1.

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QUESTIONS ABOUT THE EMOTIONAL SELF

From the priest to the rabbi to the metaphysician, these are the questions that counselors hear. My answers are based on the Universal Laws, expressed as Teachings that govern our lives in the Material Plane.

Based on the understanding that we are Spiritual Beings dwelling within a physical vehicle, the body, to navigate in the Material Plane, the Laws guide us in the proper ways of dealing with life from a Spiritual approach. We are here to bring balance and harmony into everything we do.

QUESTIONS ABOUT THE SPIRITUAL SELF

What does it mean to be “born again?”

The first birth is “. . . of water.” (KJV John 3:5) From a medical point of view, this refers to the embryonic fluid in

which we lived before we entered into the Material Plane. Water is symbolic of the Material Plane and the first birth is the first act of consciousness in the Material Plane. This is the reality that must be mastered before a second birth—being born again—is possible.

To master the Material Plane, you must understand how it works and how you relate to it, because it is influenced by your Belief System. You must know your Self; this is the sole importance of the Teaching: “. . . *truth shall make you free.*” (KJV John 8:32)

Once you begin to understand your Emotional Self, you gain a certain amount of control over your responses and some freedom from your emotions; at this point, you are at the stage of being born again. When you master your mind and your consciousness, it becomes born again in the truest sense. You wake up to your Spiritual Self, which is the true meaning of being born again. You allow the God Self within to manifest.

You are told in the Bible to use your mind to control and dominate the Material Plane and everything within it. Although you co-create your reality with God, your growth is your responsibility, yours alone, and what happens to you is of your own making. The Material Plane, from another point of view, is one of emotional stimuli and responses.

The second birth, being born again, is Spiritual. Nicodemus saith unto him, “*How can a man be born when he is old? Can he enter the second time into his mother’s womb, and be born?*”

Jesus answered, “*Verily, verily, I say unto thee, except a*

man be born of water and of the Spirit, he cannot enter the kingdom of God.” (KJV John 3:3-5)

You must first understand your material relationship with the world, and from this perspective, realize that the world is a reflection of your own creation. As that understanding grows within you, and you realize that you are a spiritual being within a material body, you begin to see the truth of God and how it is manifesting in your life.

To enter into spiritual consciousness, you must give up the Ego, which is your “vehicle” in the material world. Once that happens, you are reborn into spiritual consciousness.

Why did Jesus say: Your faith has made you whole . . . ?

He was telling you that your belief in his ability to heal is what causes the healing to work. You heal yourself based on your belief, faith and expectations. A dramatic example of this occurred when a woman said in her thoughts and Jesus heard, “*...if I may but touch his garment, I shall be whole.*” (KJV Matt 9:21)

The followers of Jesus believed they would be healed if he touched them. This is equivalent to a person going to a doctor and believing, even before walking into the office, that his diagnosis or prescription will heal them. Some doctors do not realize the power of their words. They say things to their patients that erode all avenues of hope, and if there is no hope, there is no chance for belief in a positive outcome. Instead, the belief works negatively when a doctor tells his patient, “*You are going to die.*” The patient’s mind then sets about preparing to die or preparing to fight for

life, truly a subconscious battle.

In the example with the woman, the second energy that came into play was faith. She believed, like many others, that Jesus could heal her. People had faith in Jesus because they had heard about his miraculous healing from others. They “knew” that he could heal them.

The last part of this healing episode involved the fulfillment of expectation. As you already know, your entire life is about fulfilling expectations. As people touched Jesus, or were touched by him, their expectations went to work, coupled with belief and faith, and the power of their Will.

Your Will is the sum total of your belief in Self and what you are capable of doing, your faith in Self, knowing what you can accomplish, and the expectation of seeing and experiencing the result.

Why have we been forsaken by God?

It may appear that God has forsaken us when you look around the world and see the insanity. You may think that God is on a holiday and not paying attention, when God is communicating with us twenty-four hours a day, seven days a week, year in, year out. We do not pay attention to this communication because we do not have the eyes to see or the ears to hear.

Events that take place during the day make you do a double take because your mind is drawn to them. You may catch an ad in a magazine that demands your attention or you may be driving down the road and spot a billboard that grabs you. You may be walking and stub your toe or trip

on a crack in the pavement. A dog may jump in front of you when you are driving a car, or even walking, hiking, or skating. These are all forms of communication that God is sending you to help you understand what you are going through and to help you to see where you are in your cycle of patternistic behavior.

If you were to question the things that happen to you or the things that people say to you, then you would have some insight into what you are going through on an internal level. There is a Universal Teaching that states, *“Nothing is secret, that shall not be made manifest; neither anything hid, that shall not be known and come abroad.”* (KJV Luke 8:17)

Why is self-mastery so difficult?

The word mastery implies a form of power. Once you become the master of something, you own it totally and completely. Since the Spiritual Self is a part of the Creative Continuum that is God, having mastery over it would mean having power over a force that has no equal in the Material Plane. You have this kind of power, and when you do not understand the forces and emotional drives that make you do the things you do, then it is possible that you will use your power in a detrimental way against yourself and others.

Our goal is to master the Material Plane and in doing so, enter it and master it from within. This means that we are connected to the Material Plane through our emotions; it is through our emotions that all negative and chaotic things take place in our lives. Therefore, if we do not control or understand our emotions, they will be free to roam,

influence and manipulate and they will end up manipulating one of the most powerful forces in the Material Plane, your mind, which would undoubtedly end up working against Self and others.

Why doesn't God answer my prayers?

Many people think that God doesn't answer their prayers, and yet, your prayers are answered every day. Ask and you shall receive.⁴⁸ Every act or transaction is a response to "prayer."

Prayers are a form of communicating between your conscious Emotional Self and your subconscious Spiritual Self. When you pray, you are exercising your free will. There is a teaching in Genesis telling us of our power.⁴⁹ Through controlled thinking and directing the power of your mind, you will have dominion over everything in your life. If you are not in control of your thoughts, then your concepts and their patterns of behavior are in control of you.

Are you clear about prayers and what praying is all about? Stop a moment and listen to your prayers, which are seeking God to act in a particular way. Jesus taught the Universal Teaching, *"Ask and it shall be given to you; seek,*

48. For every one that asked receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened. Matt 7:8

49. And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth. And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth. Genesis 1:26-28

and ye shall find.” (KJV Matt. 7:7)

For a prayer to be effective, it should be done in a repetitious manner. Positive thinking and affirmation movements tell you to repeat and repeat again and reaffirm what it is that you are trying to accomplish. In essence, those repetitions and affirmations are prayers.

If you are not consciously directing your mind through prayer, then your subconscious mind is running on its own. If you are not communicating to God within you to cause a particular result to a specific event, then subconscious programs will result in their normal way. These programs are stimulating certain patterns of behavior based on your Belief System.

Prayers are another way of linking your Spiritual Self to your God Self. In this way, you can tune into the flow of God, and gain insights and knowledge for yourself and for the service of humanity.

In essence, one aspect of your prayers is being answered every day. Everything in your life that you see in front of you is the result of your supplications. Everything you are experiencing is exactly what you asked for, even if you did not ask for it consciously. The reflection of life that you are seeing and experiencing is the result of your continual prayers.

Here is how prayer and positive thinking work. You know from science two extremely important facts. One is that energy can be neither created nor destroyed, although it can be changed from one form to another. The second principle is that everything is composed of atoms and has

electromagnetic properties. Everything contains an electrical charge and can be affected by magnetism, which pulls or pushes the electrical charge of a substance; that is called repelling. Like repels like and opposites attract.

Your mind creates electrical impulses for transmission through your nerves, and at the same time, your mind generates an electromagnetic field. Your mind is a bio-magnet. You are always drawing things, people and events to you, or pushing them away, and this is dependent on the amount of willpower that you assign to a substance, emotion, person, event or desire. Even events are composed of substances.

Every event in your life has a physical aspect to it, even if it's between two people; both are composed of physical substances. Everything in the Material Plane is composed of atoms and molecules, which make up the substances. Therefore, every episode in your life is of your own making.

You must understand that God, with whom you are communicating, is dwelling within you. What you need to do is reaffirm what it is that you want, day in and day out, not once, but 100 times, until your deep subconscious mind hears your prayer and begins to act on it. Then, with God, you are co-creating your own reality.

Why must I die?

In reality, you don't die. As a soul, you continue on your journey toward perfection and everlasting life. That life remanifests in cycle after cycle or incarnation after incarnation, and provides you with opportunities to learn more about your Self. These opportunities allow you to continue

on your journey so that at some point, you will again be at one with God.

Each life cycle provides you with the opportunity to learn which particular concepts you have accepted as true during your evolutionary journey. Some of the concepts that you have accepted are incorrect or man-made, and are not of the Universal Teaching or Spiritual Truth that governs the universe. So, life is an opportunity to constantly cleanse the Self, and to cleanse the contamination or pollution from the Spiritual Self. Ultimately, this will provide balance and harmony within. From this perspective, death is simply a doorway from one dimension to the next.

During your physical life within the Material Plane, you have the opportunity for mastery, growth and for gaining control over the concepts and the patterns of behavior that work against you. As you begin to understand your Self and gain control over the patterns and energy that act destructively, the energy will manifest itself in a positive way, in keeping with your Spiritual Self.

Death becomes a transitional point that places you back on the other side, into the Spiritual Plane, where you review everything that you just went through in this life cycle. This plane provides you with the opportunity to review your concepts, the actions that you took, and the understanding that you came to. This will help you alleviate or change the energy of your patterns. Your concepts are like layers of an onion, and as you understand them, you gain new insights, new understandings and greater control and you begin to peel away the layers of the onion of your Self. In a sense, it makes

you lighter and quickens the spirit. Through this quickening, there is growth and levitation toward a higher purpose and a higher realm of understanding. We don't live forever in the physical body because there is only so much we can understand and master before our power corrupts us.

Is there a purpose to life?

Our life's purpose is reunification with the God Force. Life is a cleansing journey and an everlasting movement toward total harmony and balance with God. God is forever creating new realities as IT continually expands and creates. Life is our chance to bring balance and harmony into the Material Plane and our opportunity to become one with God.

Some ask, *“What is my purpose in life? If life is an opportunity to grow, how do I go about that? How do I find my true purpose?”*

Every soul that is in the Material Plane is here to serve a particular function and each function serves the whole. Every person has within them a special gift that is essential for the Light of Truth to shine. To find that gift, you must go within and question in order to become free of all the concepts that comprise your personal Belief System. By understanding your concepts, you can change your Belief System. Once the man-made concepts that govern and influence you are removed or controlled, then a glimmer of your true purpose begins to come through.

So, the first order of business in understanding the purpose of life is to *“KNOW THY SELF.”* As you discover

who you are, you have greater clarity about your “calling.” Your gifts and your Spiritual abilities are made known to you and you become one of the workers who helps in the harvest.

This Universal Teaching deals with your purpose: “*The last is as the first.*” If we examine this particular Teaching, we can see that Jesus was the first to master material reality, if you believe in the Resurrection. Each of us is capable of resurrecting ourselves through total and complete mastery of the Self.

Jesus was well aware of the power and potential of the individual.⁵⁰ It is the “*I am*” within all of us that ultimately must manifest so we can manifest the power that we possess. It is our birthright, for we are all the children of God.

Getting to the point of mastery requires certain keys, which are the ability to have “*eyes that see and ears that hear.*”⁵¹ All that you are about is important to the harmony of everything, therefore, God is constantly communicating with you.

Why does there have to be an answer?

Questions are thought processes that seek Light within. Part of the cleansing process that is life, questions are the need to see clearly so that forward harmonious movement can take place; harmony is what the Universe and God are about.

50. Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father. John 14:12

51. But blessed are your eyes, for they see: and your ears, for they hear. Matt 13:16

Every answer that an individual comes up with that proves to be true takes them a step closer to mastery of the Self and the mastery of life. The answer must be one that is not a rationalization or a justification.

Answers are stepping-stones to greater truths. The true process of Spiritual growth is one of constantly seeking an answer to the newest question posed in your quest for understanding Self and attaining mastery.

Why is there sin? Why do I sin? What is sin?

Sin is used to manipulate and control people. It is also tied into using the force of guilt through manipulation and control.

To look at sin from another point of view, we must look at the concept of God, the devil, and heaven and hell. It is true that God is both positive and negative, male and female, yin and yang, light and dark. With that understanding, the devil does exist, but it is that part of God that dwells in the dark or the negative. What does that mean?

If the positive and the light are symbolic of understanding, then darkness is symbolic of not understanding. So when you are in understanding of your Self and applying those understandings to control your patterns of behavior, then you can have them manifest themselves in a positive, creative way, a way that would be in keeping with the creative flow that is God.

The point in your life in which you do something “wrong or evil or sinful” occurs when you are operating from a lack of understanding of what motivates you and

what drives you. When you are doing things that are motivated by your Emotional Self, your actions are not based on understanding your perceived needs and desires. It is then said that your actions and what you have done is the work of the devil.

Sin can be defined as an action taken by an individual based on a lack of understanding of Self; the individual is trying to fulfill a subconscious need. That action is then judged by another, or the individual himself, as being sinful or negative; all of that is in keeping with man-made teachings.

From a different point of view, there is no such thing as the devil and sin, there is only a lack of understanding and control. When you understand and are in control, you are manifesting balance and harmony in everything that is positive within your Self and others that interact with you. With a lack of control and understanding, you are operating in a way that is detrimental to yourself and to everyone with whom you are in contact.

QUESTIONS ABOUT THE EMOTIONAL SELF

Why am I adopted?

People who are adopted chose to be born into that situation to help themselves understand certain concepts. In most cases, the natural mother cannot care for the child. She may have wanted to keep the child, yet situations existed that made it impossible.

The child feels rejected, and this is the main con-

cept that must be examined and understood. If you were adopted, rejection will influence every aspect of your life and operate in subtle ways, so it is necessary to be mindful of how you respond and talk to people. Examine every aspect of your life and see how the energy of rejection has affected it and see if you can discover any symbols or similarities in experiences. You may see a pattern.

A degree of Self Mastery is attained through understanding how the energy of rejection is built into your Belief System and patterns of behavior. Once you understand these and realize how they operate in your life, you will slowly gain control.

Why do I get angry so easily at things people do?

Anger is a learned response to given situations or events, and a tool for manipulating people. When dealing with people you know, it allows you to create a controlled situation. This is based on past expressions of your anger that other people have either learned to deal with or have learned to fear.

The way that anger is used on others is the key to understanding its roots and the key to gaining control over it. When anger relates to something that someone does to you, it can occur because you feel that you are being taken advantage of, which in turn may make you think that you are being disrespected or ignored. Anger can also be an expression of doubt in Self when dealing with a situation in which you feel inadequate. The true cause of your anger lies deep within yourself. Anger is usually tied into frustra-

tion, disappointment and/or resentment, feelings that can be the result of situations that were experienced in childhood. They could have happened if you had older siblings that constantly tormented you, or younger siblings that got all the attention, or they could also be the result of having been promised things that never happened.

Another source of your anger could lie in the way that your parents dealt with you, or as in some cases, did not deal with you. These situations often result in a child developing a pattern of behavior related to anger, a trained and developed tool for personal recognition and control.

The way to master this pattern is through identifying all the different ways that it works in your life. As you become aware of the signs and symbols that tell you anger is approaching, you will gain control over this energy. Once that process has begun, you will become stronger in your ability not to react with anger. In time, the energy that creates anger within your life will create a great acceptance of others and the way that they deal with life. Your relationship with life will be more rewarding because there will be no disappointments, no frustrations, no resentments and no anger.

Why don't I appreciate the things people do for me?

Do you feel entitled? Maybe everyone should do things for you just because you are you. On the other hand, you may feel that the things that people do for you are acknowledgements that you deserve to have things done for you. Some people do not feel worthy of having things done for them because that implies that they deserve it and they

must be worthy of someone caring for them.

Another side of the coin is when someone does something for you and you acknowledge it, and then feel obligated to reciprocate. When you do not acknowledge the good deed, then you do not have to reciprocate.

Another possibility is that you may have a pattern of believing that no one likes you, no one cares for you or that you are always a victim of circumstances. If this is the case, then you can't acknowledge that someone may appreciate you because that would cause you to deny your concepts of yourself and your patternistic belief that you are a victim. This particular area of appreciation may be tied into concepts dealing with self-worth, self-sacrifice and a degree of selfishness as well. Your reticence to return appreciation or to give of yourself causes you to feel this way or keeps you from appreciating the things people do for you.

Why am I attracted to certain people?

The people you draw to you or embrace will fulfill your expectations of what you think a relationship should be. The individuals you are attracted to share the same concepts with similar patterns of behavior. For instance, if you believe that you will be abandoned, and then you will draw to you that special someone who, in the end, will abandon you, and your expectation is fulfilled.

Also, avoiding a relationship is in keeping with a personal perspective of unity. Some chose this because of what has been shown to them about how relationships function.

The first place to look for an understanding is your

mate; this also refers to the people that you are attracted to in dating and as companions or friends. The person you are currently with is the fulfillment of an expectation. He or she personifies what you believe a person of that sex should be. To better understand this, you need to review the sections on Mom and the Belief Systems, then, you will come to the understanding that your mate is either exactly like one of your parents, or is the exact opposite of one of them. The guidelines you follow are there to enable you to gain acceptance. Remember, acceptance can come in many forms. You may be exactly like your mother, exactly like your father, or you can be a melding of the two, demonstrating a bit of each of their patterns and concepts. Of course, the exact opposite is just as true.

The section on Dad may need to be reexamined as well. When you tie together the data on Mom, your Belief System and Dad, you will discover that you are trying to fulfill deeply programmed expectations about Self, and about the kind of person that you are supposed to be and be with.

To understand yourself, you must understand your concepts, especially those about being male or female. Understand how you feel about the opposite sex and their roles as wife, husband, mother, father, sister, brother and so on. These concepts and roles are the attracting energies. As you begin to understand them, you gain power and control over their influence.

As you understand more of your Self, the true concepts as they should be manifesting through the Spiritual Self become understandable as well. At that point, you have the

opportunity to begin to make changes within yourself as far as your expectations are concerned. Then, changes in the way you relate and respond to your mate can be made with ease.

The expectations within yourself that you live up to have one purpose: to fulfill themselves to validate that you are who you believe you should be. Of course, this has nothing to do with your Spiritual purpose or your own true Spiritual Self.

As you begin to understand your Self, you begin to change, and the changes stimulate a new attitude and energy in your relationships. When that happens, it becomes necessary to create a dialogue between you and your mate or partner. In this way, it is easier to see the patterns and concepts at work and they can be discussed openly and understood.

Although understanding provides an opportunity for both parties to continue to change and evolve, sometimes there is disunity because each person is moving along different lines. Let us assume that you are achieving greater understanding and insights and you begin to move forward on the path of your Spiritual development. If your mate stays the same, he or she regresses. In fact, everything is in motion, either moving forward or standing still. When an individual stands still in an evolving universe, they end up regressing. If this occurs, the two of you may not be able to communicate. There may be elements of anger, resentment and frustration, and disunity will manifest.

Why do I refuse to change?

You do not change because you are very comfortable

with who and where you are in life. Even if your life is terrible, you don't really want to rock the boat or make any changes. You know what you have, and you know what you can expect.

Sometimes there are things that other people see in you that they think you need to change, although you may not agree with their recommendations. You may feel that they need to change, and maybe they do. So, the question may come up, "*Is their perception of me valid?*" The answer may be yes, if you remember that everything is a matter of perception. By knowing that their perception is reached through their personal Belief System allows you to keep in mind that yours is as well.

Life is a process of perception, evaluation, judgment and action, leading to reactions that start the patternistic cycle again. Because you are constantly basing your perception of being attacked on the way that you live your life, you may have a tendency to defend yourself against what you perceive to be attacks. You feel that you are right and they are wrong, therefore, in your mind, you do not need to change.

Change implies different things. For one, it implies that any and everything that anyone ever said about you was right, and that somehow you are wrong. Your parents, grandparents, aunts, uncles, teachers and even your friends may have implied you were wrong in your approach, attitude, handling, and even lifestyle. Secondly, change implies that you are not good, not perfect and not together. In some way, you are inadequate, less than wonderful, and less than complete.

The fear of change may come from the fact that you

are afraid of the effects of changing. *If you were to change, what would that do to your current reality? What problems would changing create for you? How would other people see you? Some people may push you to change, but what about those who like you just the way you are?*

Is the way that you currently act and carry on your personal life beneficial to humanity as a whole, and is your lifestyle good for you? Remember that part of your purpose for being alive is to create balance and harmony in everything that you do. In this way, the Creative Continuum that is God can continue to flow through the Material Plane in a harmonious way. If you are not in harmony with yourself, then the things that you do are subject to question and may be creating elements of disharmony.

Also, by staying where you are and not changing, you may be on a path of destruction. If you have not gone through deep self-examination, then the habits that you have at this point may be destructive. If you have not evolved out of who you were as a child, then you are still on the same path. Although you may have modified your approaches to dealing with situations in life, you may not have made drastic changes within yourself, therefore, you have not overcome any particular pattern and you have not corrected your misconceptions.

Resistance and failure to evolve and change will put you on a path of non-growth, which is in keeping with your own expectations of yourself. Non-growth, not changing and all its different interpretations, is the true purpose of your patterns. Keep in mind that your patterns of behavior

are based on your concepts and your concepts are supported by and expressed through your emotions. Your emotions are also the way in which the Forces of Darkness seek to manifest their goal of chaos through destruction.

Change is an opportunity to gain control over particular patterns or concepts, giving you the chance to move yourself toward a greater degree of control and mastery. Being able to change implies that there is awareness and knowledge of Self and that you implemented a true and total investigation into why you do the things that you do. Only through this investigation of Self can you come up with understandings and insights, and through those avenues, you can begin to gain control over the energy that you are.

Why do I create situations that make me feel guilty?

Guilt is a destructive force that can cause severe emotional problems and may create physical disease. Cancer may very well be the result of guilt, anger, resentment and possibly frustration. All of these emotions “*eat you up alive,*” which is exactly what cancer does.

Early in life, you were taught ways to deal with situations, and these ways were generally based on man-made teachings that you observed as a baby and that were reinforced when you were a child. Tradition and culture also play a part in how you respond to certain events and people.

Why am I so easily dissatisfied?

Dissatisfaction is something we often feel in situations involving clothing, our car, job, wife, husband, children

and life. In all instances, the truth is that all dissatisfaction is internal, when, in fact, through our conditioning we are taught to blame our problems, troubles and dissatisfactions on external sources. In that way, we are never responsible for our own difficulties. Note that when you point at another person and say, *“You are the reason for my problem and the way that I feel,”* you will notice that three of your fingers are pointing back at you, indicating that you are the source of the problem, not someone else (three symbolically represents understanding).

Everything around you is a reflection of what you are going through, experiencing and feeling; keep in mind that everything is a form of energy. Your thoughts begin the process as kinetic energy, and then your feelings project that energy outward to sense the world around you. In this way, you are cognizant on many different levels of everything that is going on around you.

Your body, which is composed of molecules, which are themselves composed of atoms, is really a spacious container of the energy particles that make up an atom. The body is not a solid mass, but a conglomeration of electric particles of matter that you are controlling through your thoughts. Your thoughts are electromagnetic, and this is why brain waves can be read on an encephalograph machine. The most predominant energy in the Universe is your mind, which can draw to it or repel those substances, those other forms of energy, that you either need or want. All of this is in keeping with the Universal Teaching that Jesus taught, *“Ask, and it shall be given to you; seek, and ye shall find”* (KJV Matthew 7:7)

We fail to realize that when something “bad” or negative happens to us, it is because we have asked for it at a deep subconscious level, tied into our concepts and expectations. We draw to ourselves those things that we need to look at or experience in order to help us understand where we are on our journey. To fully understand where you are and where events are in relationship to your journey, look up the sections in this book on patterns, concepts, cycles and symbols, for a deeper understanding of this aspect of the quest.

Why am I divorced? Why am I getting divorced?

Divorce is the result of disunity and a lack of communication and it also results from not understanding Self. Attractions to others are based on concepts and expectations, and this means that you end up with a person because they fulfill your expectations of that sex. If you are a male, then you have certain ideas of what a female should be. Either she will be very much like your mother, or the exact opposite of her. If you are a female, then you are looking for a male that is very much like your father or the exact opposite of him.

Nonetheless, in our relationships, the male takes on the role of the female, and the female takes on the role of the male. When this happens, you find that the male you are attracted to is a reflection of your mother, or the female you are attracted to is a reflection of your father. It gets a little tricky, but by examining and looking at your parents and at yourself as a parent, so that you know immediately whose

style of parent you favor (which also indicates who you basically favor in your living style), you will get a clearer idea of the type of people to whom you are attracted.

Once you understand your personal perception, that is to say who you are acting like, then you can bet that the same perceptions are operating on your mate's side. So, if you are acting like your mother, then your mate will act like your father, and if you are acting like your father, then your mate will act like your mother.

Another thought to always keep in mind is that there exists the possibility that you are operating from the position of rejection rather than approval as a form of acceptance. This occurs because the energies of rejection and expectations are trying to fulfill themselves.

At some point, depending upon the relationship and your own Spiritual growth, the concepts that brought the two of you together may no longer satisfy the needs that were the motivating factors. You may come to an understanding that you married at a point in your life when your need for this type of person was at its greatest. Through the years you may have gained more courage, more confidence, more understanding, more money and the like, and you believe that your mate is no longer the one to fill the emptiness. Although the emptiness inside you still exists, the form has changed, because the emptiness began within you and has nothing to do with the other person. However, you will seek to externally fulfill the emptiness that you believe you have. Everyone that is alive believes that they are lacking something. They are not quite sure what it is, yet they

know that it exists because they feel it.

If you are already divorced, you need to know that the next relationship you have will be much like the previous one, unless you change your ideals and concepts about who you are. By changing who you think you should be, you will change the way your energy manifests, which will change the way your concepts and expectations manifest. Then, your whole perception and attitude will change and you will be attracted to a new type of person, a new level of person. The pattern of a new mate will be the same, but your level of control and the positive manifestation of your patterns will be increased.

The next person to whom you are attracted may have similarities to the person to whom you were previously married. Although you have learned a lot about yourself, your concepts and patterns since the divorce, you still have much more to learn. Keep in mind that as your conscious identification and control over your patterns strengthens, the patterns change in how they turn up and how they work in your life; in truth, they become more sophisticated in how they seek to manifest.

Herein lies the need to be constantly aware so that you can determine the new ways your patterns seek to fulfill themselves. Remember, your patterns of behavior have a life of their own and they will always seek to fulfill expectations that you maintain about yourself. So, even though there will be changes because of your growth, you are still going to be attracted to that element, to some aspect of that type of person and to those expectations that are in keeping

with your basic concepts.

A new union will create opportunities for new and improved dialogue and greater communication, and this will help open your mind to new understandings of Self and the next person with whom you are involved. In this way, both of you can move forward in the relationship and create a unity that will last.

Why do I dream and what do my dreams mean?

Dreams are a form of communication between your Inner and Outer Selves. The Inner Self is aimed toward Spiritual harmony, while the Outer Self seeks to fulfill expectations of the Emotional Self. Living and being influenced by the two desires creates all types of conflicts, some of which show themselves as diseases. Others may take the form of poverty and deprivation, while still others appear in the form of people living lives without purpose or worthiness. All of this is the result of ignoring the communication between the Inner and Outer Selves.

In the last few years, books about dream interpretation and symbology are helping people to realize that dreams are a form of guidance. Everyday conscious life is a dream. Dreams function through the language of symbols by presenting things that are familiar to you—a car, a dog, a cat, a friend—and they convey a message with these pictures that you will understand. Once you master your personal language of symbols, you will be on the way to completely understanding your dreams. For more information, see the sections on Symbols, the Living Language, and How to

Work with Symbols.

Dreams are provided by your Inner Self as a form of guidance. They are the result of your emotional responses to your daily activities and to the people, places and events to which you are exposed. All of these things stimulate certain patterns of behavior that detail how you think you should react to what has been presented to you. This is because you automatically seek to fulfill your expectations of yourself.

People accept man-made ideas of truth and pass them along through tradition, culture, and religion and by examples set by parents. All of this data is fed into your mind with attitudes, feelings and words, and all of this works to trigger responses. Sometimes when you do not respond immediately, the response builds within you, and the outcome or reaction is based on your patternistic responses to these types of stimulants.

Your dreams can tell you exactly which pattern of behavior is at work, and where you are in the flow of your patternistic cycle. Knowing where you are in that cycle gives you the opportunity to change how that particular pattern usually completes itself, and with this information in hand, you can change an attitude, an action or a thought, thereby altering the energy surrounding you. The pattern under your control can then cause events to turn out the way you desire.

Why do I fail?

Just as the mother, at the time of conception, wrote her feelings upon the Akashic Record, you are writing your

feelings on your own internal record. You have taken the reflections of your own programs that your mother and father demonstrated to you, and now you are operating with them. By the time you are three years old, these programs are etched onto your subconscious mind, and by the age of seven, you are manifesting your patterns. You go through life weaving those patterns into everything you do.

Here is an example of a child that works with rejection and/or a success-failure pattern. A male child is born into a household where the patterns spell rejection. The dominant male, usually the father, seems inadequate and not able to provide, so the male child observes the kind of male that he is supposed to be by watching the way his mother acts and reacts to his father. This teaches him what he must do to be accepted by his mom.

If the child sees that the male is inept, a loser and a failure, then he believes that he has to grow up and go through life as a loser. This is not to say that he cannot grow into a successful, creative and expressive person; the fact that individuals bring the concepts of failure and rejection with them in no way determines that they must fulfill these concepts.

Here is an example of how this pattern might manifest for the male child if not identified, understood and controlled. He could have a job in a factory pushing a broom, and the supervisor sees that he is doing a good job and promotes him to a low-level management position. After a while, his supervisor tells him that he is going to be promoted again, this time to the front-line supervisor position.

That night, he starts thinking, *“There will be more work than ever before. No one said anything about a raise. I’ll have to put in overtime and probably a few weekends. I don’t need this job. They are not going to take advantage of me. They can take this job and shove it.”*

The very next day, he quits. In his mind, it was the most logical and rational approach to take because he knew that if he accepted the position, they were going to stick it to him. That was the intellectual, rational and justifiable aspect of his mind speaking. However, what really took place? If he had become a supervisor, he would have reached a new level of success that would not have fit his beliefs about himself. It would have caused him to be rejected by his Mom and would have been shut off from the doorway to home, the door that allows a person to return to the Spiritual Plane.

He cannot become a success until he deals with his concepts of rejection and failure. He can only go as far as he is willing to allow himself to go, no higher or any further up the ladder of success, because he believes that this could cause the “door” to close him out, so, he turns away from his true potential.

Why do I feel so empty?

The feelings you have about feeling empty are based on dissatisfaction and a lack of self-acceptance, which has its roots in your Belief System. Dissatisfaction is one way that the concepts manifest in your life, and because of this deception, you spend your entire life trying to fill that emptiness externally.

You are taught the proper way to do this on a daily basis, for example, you may think that material possessions will make you whole and complete and you will feel worthy, life will be wonderful and everything will be great. However, people with these possessions still feel the emptiness within. Some may try to fill the emptiness with drugs or with sex, while others use manipulation by trying to control other people, which helps them feel whole. There are literally hundreds of ways that people try to fulfill their feelings of emptiness.

The only effective way to fill an emptiness is by going within yourself and understanding your Belief System. In truth, there is no emptiness, as long as you understand the concepts that make you feel empty, inadequate or less than whole. Once you find these concepts and understand them, your level of self-acceptance grows, and the feelings that you maintain about being empty begin to disappear. When you realize that you are part of God, you will understand that you are not empty and you can never be anything less than whole or less than complete.

Why do I feel that everything turns bad?

When you feel that everything turns bad, ask yourself:

"What is my idea of good?"

"What do I mean by bad?"

"Is 'bad' the lack of reaching my goals?"

"Is 'bad' the emotional response that I feel from the situation that I am in?"

Since everything is a matter of perception, and how you

see things is based on your Belief System, then you need to examine that system. Your Belief System is the result of the concepts that you hold true about yourself and life. To understand why things seem to go bad, you need to see why you won't let them become good.

Results of a given situation are based on having certain expectations fulfilled. If things were to turn out good or wonderful, that would imply that you are moving forward in life, that you have a high degree of self-acceptance, and that you feel worthy of having good things happen to you. Obviously, the exact opposite is true if bad things seem always happen to you. The predominant thought at a subconscious level is that you do not deserve to have things work out well. As long as things continue to end badly, you are justified in staying where you are. This is true for every level of your life.

Another aspect of things working out good or bad is the question of forward movement. *If you move forward, what will that do to the way that your family and friends see you? Is it possible that if you change, they will no longer accept you? Would you be able to accept yourself?*

You assume that your family and friends will be thrilled that things are working out for you, yet, if your concepts say that you are fourth rate, then you will not allow things to work out, as that would stimulate a fear of rejection based on the need for a "safe return" to the Spiritual Plane. For more insight into this area, read the section on Mom.

Why can't I get ahead in life, or ever win at things?

Getting ahead and having the things that you want is

the result of an attitude. Nonetheless, thousands, maybe millions of people have the right attitude, yet do not get the results. Why does this happen if life is the result of attitudes?

Being a winner in the game of life is directly tied into your personal Belief System, which determines how you truly see yourself beneath the facade of capability and worthiness. Most people put on a good show about who or what they are. Unfortunately, what you see in someone is not necessarily what they believe about themselves. The underlying cause of someone's inability to win is their Belief System, which is tied into the success/failure pattern. People who live with this particular pattern are capable of having everything that their heart desires, yet they don't believe that they are worthy of having it.

It all begins with your entry into the Material Plane, where you begin to take on the roles, ideas, standards, guides and values that you think will keep the doorway open to you. Mom is the way in, and you think that Mom is also the way back. You believe this because deep within your subconscious mind you associate the peace and tranquility of the Spiritual Plane with the womb. Therefore, to keep the doorway open, you want to be exactly like Mom thinks you should be. If that means that if you believe that your gender is unable or unworthy of being a success, then you will not be a success.

Remember, your concepts and patterns are very powerful and if you do not exercise control over them, they will exercise control over you. Based on the belief that you have

developed about the type of person you should be, a failure is what you believe you should be. You may be a success in the eyes of everyone around you and you may have all the material trappings that say success, yet you may not be able to feel that success and it will not exist in your mind.

Why do I feel inadequate?

Everyone feels or experiences feelings of inadequacy at one time or another. There is always at least one area of a person's life that allows these feelings to manifest, and it is this one area they feel they cannot control. These feelings are tied into the concepts that deal with self-image. To remove these feelings, you need to examine your Belief System, which is built upon the concepts you accept as true for every given situation. These concepts are why you believe that you are inadequate. In truth, you are a part of God; therefore, there is no such thing as being inadequate. There's not a thing in the world that you can think of that you cannot do if you have the correct knowledge and the appropriate resources. You certainly have the tool required—your mind, the primary tool you need to accomplish anything. With your mind and the goal to understand everything involved in yourself and your quest, you cannot fail.

If you think money is the element that stops you from doing things, then realign your thinking. Question why it is that you do not allow yourself to have money. That insight will lead to a new level of understanding that will eliminate the problem. The blockage or resistance to money will be resolved and the money will then materialize when

you realize that it wasn't having or not having money that blocked you, it was your concept of success/failure that blocked you. Money became the superficial reason that hid the true reason for your blockage. Remove the blockage and money will manifest, because there will no longer be a reason for you to keep it out of your life. You will have done something to change the nature and manifestation of your own personal reality.

If you think that a lack of education is the cause of your feelings of inadequacy, then educate yourself. Remove the problem to resolve the feelings. If there is something that you are interested in, that will give you the inspiration and dedication to educate yourself. You don't need man-made authority and approval to succeed.

Any feelings of inadequacy that you maintain about yourself are an unwillingness to acknowledge that you are a true part of God, and as such, you contain enormous powers and abilities that will help you master the Material Plane, and especially your Self.

All feelings of doubt, inadequacy, fear and uncertainty are tied into your Emotional Self image, and your Emotional Self does two things for you. First, it helps you set up all the conditions that you need to fulfill the expectations of your Self. To better fully understand these expectations, you may need to reread the sections on Mom, Belief Systems and Acceptance.

The second function of your Emotional Self image is to create resistance. Everything in the Universe moves against resistance or force; this is a measurable force in the world

of physics. The beauty of resistance is that when you persevere through it, you grow stronger. Body builders know about the power of resistance, using it to build stronger and bigger muscles. The more they use them, the more exercise they get and the stronger they become. As you resist, your fears and doubts become weaker, and at the same time, your courage and confidence grow stronger.

Since the goal of this life cycle is to become the Spiritual Self, then you must overcome certain obstacles, and your feelings of inadequacy are part of the challenge. If you resolve and demolish them by understanding the false foundation they are built upon, then you can move forward on the path of Enlightenment and Mastery.

Why do I have stress?

A matter of perception, stress is a result of the way you respond to what you see and hear, which is filtered through your Belief System. Another cause of stress is produced when you believe that you cannot handle a situation, which is a direct result of what you believe to be true about your Self. You need to understand the concepts involved in support and expression in order to change your perception and no longer have stress, and then, you will look at life from a completely different point of view.

Why must I wait for the things I want?

Don't wait, pursue. Waiting is a rationalization for not moving forward and for not pursuing the things that you want, and there are many reasons that you do not go after

what you want. *If you get what you want, would it change your life? Are you ready to have your life changed?*

Another reason could be that you may feel you are not worthy of getting what you think you should have. This is tied into your Belief System of yourself.

To have the things that you want in life, you must pursue them, and there are many different ways and levels for this pursuit to take place. The first area to question is in the Emotional realm. Ask yourself questions such as:

"What stops me from going after what I want?"

"What, if any, ability am I lacking?"

"What circumstance stands in the way of getting to where I want to go?"

"Do I really want to go there, or is it just good conversation?"

"Is there fear attached to the effort? If so, why?"

There are countless questions to be asked about the Self. We need to remember that we are created in the image of God; therefore, we can accomplish anything if we try. It is often self-doubt that keeps us where we are. We are afraid to move forward for one reason or another. All reasons must be thoroughly examined so that a correct understanding can be achieved, because once this happens, all resistance to moving forward will be gone.

The things you want are waiting for you to claim them and make them a part of your reality. Since everything is based on electromagnetic principles, it is a matter of using your energy to attract the other energies to you. Let's discuss electromagnetic principles so that you are clear about how

positive thinking, prayer and pure willpower work. Since the mind generates electricity that must be converted from thought energy to electrical energy to stimulate organs, glands and tissues, it creates magnetism. Granted, this level of magnetism is minute in measurement terms, but it has attracting and repelling properties nonetheless.

Everything that is made in the universe also has electrical or magnetic properties, because every thing is composed of atoms. Every atom has an electrical charge. Molecules, the foundation bricks of complexes, are the result of two or more atoms bonding together.

Thoughts produce electrical waves of energy that draw or repel particles of matter to you. For example, some of those particles of matter take on the form of money, people, situations, opportunities, and the like.

Why am I indifferent to things?

Some people are completely indifferent as a safety mechanism. They are cold and withdrawn; if they are not involved, then they cannot possibly get hurt.

And, there may be other things at work, such as fear of being responsible, fear of being rejected, or fear of disapproval from a parent, or even that the indifference attitude is going to come from somewhere else within the family. Of course, this is assuming that you are operating with approval as your form of acceptance. The other possibility is that the family is very involved and you are working with rejection as your form of acceptance.

So the question is, what is taking place? One level is

the emulation of a pattern of behavior, a particular way of being—this is how my mom is, or my grand-mom is, and this is the way I'm going to be because it is in keeping with the family tradition. Again, you have to go back to the form of acceptance. Is it going to be approval or rejection? Once that is understood, you will have a handle on controlling the attitude.

Why do I react to criticism?

Criticism is criticism, corrective or otherwise. The way you respond to it determines the outcome. It can be corrective if it is correct and you see the benefit. The issue is why one would be open to criticism.

When criticism occurs, what does it trigger within? Where does that take you? For instance, you may make a presentation and someone criticizes the way you stood, or the depth of the program, or your appearance. So in each of these cases, how do you react? *How do you react to criticism about your appearance? What is your appearance? What is the image that you project? If you are a speaker, then how do you want to be seen?*

If the criticism is about the depth of your program, that raises questions about whether you are a “get by” person. *Was there much prep work? If not, why not? Do you fall into the category of someone who knows everything and doesn't need to prepare?*

These are ways that patterns work to trick an individual, and these can often lead to failure when success is right there to be had with a little prep work. *How do you react to*

criticism and what do you do in response? Are you seeking out the criticism?

Everyone seeks out that which comes to them, because it serves a purpose. More often, criticism is a symbol to be understood and dealt with.

Why do I procrastinate?

Were either of your parents procrastinators? Was your procrastination initially an act of rebellion? Were you intentionally late to obtain the anger of one of your parents? Again, why? What was the need there? What was the goal that sought to be accomplished?

Another aspect of this pattern is that it leads to incompleteness or completion under duress. *Why do you seek that? What does failing accomplish for you? Of what benefit is the stress?*

This pattern is usually seen in those who have great potential for being a success, yet their mode of acceptance is rejection. This drive for rejection is the underlying motivation for every endeavor.

To get a handle on this, every time you start to put something on the back burner, ask yourself, *“Why am I doing this?”* This will help you stay focused and begin to gain strength from completions; completions equal strength and success that your mind can use for future situations.

Why is it my fault?

“I didn’t do it, I wasn’t responsible for it, and it’s not my fault. They caused it to happen, it was their fault. I just

happened to get caught up in it.”

Anything that happens to you is your doing. Remember that you are co-creating your reality with God, so everything you do is designed to fulfill an expectation to validate a concept.

You choose to be non-responsible. You avoid responsibility for the simple reason that it will shift the burden elsewhere, and it will bring rejection to you.

There are many reasons why people do not accept responsibilities; they may not feel they have the right, the authority, the wherewithal, the resources or the intelligence.

On some levels it boils down to personal power, which is why it is so vital to understand Self. There have been times when you accepted and acted responsibly, and that is where you must direct your mind.

Why am I a homebody?

Someone will become a homebody for a number of reasons as a way of avoiding social interactions. You may have been abused, or there may be a fear of mingling with people or a fear of being attacked. These are all viable reasons, and yet, there are underlying concepts behind the fear or a reluctance based on fear, or uncertainty tinged with fear.

The concept will be found in examining your Emotional Self and how you respond emotionally to situations. You have to seek to understand what particular event, circumstance or situation initially created this reluctance to venture outside of the nest; something transpired that triggered this response.

If you grew up in a house where staying at home and being unadventurous was the nature of your parents, then that's all you know. You grew up with an element of doubt as your parents demonstrated a lack of curiosity about going outside and exploring.

People are fundamentally social creatures, and one grows through interactions with others. So force yourself to join a club, an organization or a gym, and see about neighborhood associations. Do something to get yourself out and mixing with others.

Why don't I like to travel?

Not wanting to travel is comparable to being a homebody. Traveling offers opportunities for growth and adventure, and if these are avoided, it raises questions such as: *“What is the hesitation, what is the uncertainty, what is the fear? Are there feelings of being over whelmed? Is there a discomfort in being in new and different surroundings?”*

Look within to see where these feelings and thoughts originate. Was there an experience as a child that still has influence over your behavior? Once you can understand the concept supporting a lack of comfort with travel, you will be able to overcome the hesitation and open doors.

Why am I a victim? Why do things always happen to me?

Have you ever noticed that other people feel they too are victims? Stuff is always happening to them, too. They feel that someone is always doing them wrong, taking

advantage, or abusing them in some way.

Being a victim implies that others are taking advantage or attacking you. Since you are drawing this to you, the questions arise, “*What purpose is being served when you are a victim? Does it allow you to indulge in self-pity? Does it justify your lashing out at others to get even?*”

These events and feelings are asked-for behaviors. All of it is based on the Universal Teaching of “*ask and you shall receive.*” The Teaching that reinforces it is the one that talks about knowing what is before your sight.⁵²

Understand what you are looking at from a symbolic point of view, and you will “get” it. Of course, what is implied here is that you know the Living Language of Symbols.[™]

One ideal way to learn about symbols is through reading my book, *The Dream Symbolology Dictionary*, which will give you a universal perspective on symbols so that you can begin to extrapolate from there and create your own personal dictionary; your personal association with symbols is more important than the universal perspective.

The victim concept needs to be examined, as all concepts do, because every concept is seeking to be fulfilled and these are the things that drive you. In each one of these situations, there are indicators—symbols—that the problem is going to manifest again, because the concept uses patterns of behaviors that flow in cycles.

52. Jesus said: 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. Gospel according to Thomas #

Your mind will tell you with a symbol that the cycle is repeating itself. For instance, getting fired is one of those “*why is it always me?*” events. The minute you know you are in violation or leaning toward being in violation of procedure, policy or rules, that is your mind’s way of making you aware that a particular pattern is at work and a concept is seeking to be fed. Through the violation and firing, you become the victim again. Others may be breaking the same rules, and yet they did not get fired or even caught. Why you? Because you needed to be fired to validate your victim concept.

Thoroughly examining this concept and understanding why it is a part of your life will help you in mastering it.

Why am I never satisfied? Why do I always want more?

I’m sure you know people for whom you can never do enough. What is that about? If you are one of those people, never being satisfied, you may believe that you have an emptiness within, when in fact, you do not. Within everyone dwells the God Force, therefore you are filled with everything you could possibly want or need. All you have to do is dissolve the defenses and the ego, and allow the God Self to manifest in everything you do.

You really have enough of everything you need, but you have been led to believe there is an emptiness. Because of that, you think that the more sex, drugs, rock ‘n roll and glitter you have, the more satiated you will be.

It is interesting to see that sometimes the wealthiest

people you know are the most miserable on multiple levels.

When do you feel empty and in what areas of your life? What concepts support that idea, those feelings? By examining your Belief System and the concepts that support it, you will get the answers you seek. When you understand the falseness of those concepts, you will see the abundance within waiting to be expressed. Once that expression begins, your desires will manifest in your life.

Keep in mind that your patterns may seek to convince you that you still do not have all that you want. Through more understanding, application and control, your feelings of emptiness will resolve.

Why am I a perfectionist?

Talk about the impossible. Being a perfectionist is extremely difficult for you and for those around you as well. Not only do you expect to be perfect, you expect everyone else to be perfect, too. Of course, perfection cannot be achieved in the Material Plane by human beings.

Question the concept of the need to be perfect. *Who are you seeking to be perfect for? What does being perfect mean to you? What will it gain you? What happens if you are not perfect? How do you feel about that? Are you always under the gun? Do you feel rejected for not being perfect? Is that what you seek?*

These questions will lead you to answers and, inevitably, to additional questions. Questioning is essential to spiritual growth—do not stop questioning!

12

QUESTIONS AND ANSWERS ABOUT THE PHYSICAL- MATERIAL SELF

Why are ailments symbolic?

Your body is the physical representation of thought, therefore, thoughts in disharmony or conflict will manifest as diseases, accidents and ailments. By understanding the symbolic meaning of your physical condition and your body parts, systems and organs, you will find it easy to understand how diseases and accidents are forms of communication between the Spiritual Self and the Emotional Self. They are in keeping with what is going on in your Belief System. Once you do the symbolic analysis, you will have insight into where you are in your patterns, how far along you are and what the outcome will be if you do not make changes. Understanding what is going on is the beginning of gaining control over emotional response.

Why do I have allergies?

Allergies are reactions to the ingestion of or contact with pollen, dander, food, toxic plants and other substances. When they enter the body, the immune system is triggered and is not able to react adequately to eliminate the unidentified intruders. In some cases, the body reacts with sneezing or running eyes, or with rashes, even difficulty breathing; some people are affected by all of those symptoms.

From a symbolic point of view, if you have allergies, there is something entering your reality that you feel you cannot deal with effectively. The feelings of not being able to negate, shut down or master the symptoms can be overwhelming. All allergies are emotionally based physical responses to given stimuli, which can be airborne, or from contact with sap from poison ivy or other plants, or ingested in one form or another. Airborne allergies are symbolic of thoughts being presented at the time, while sap, as a material substance, may indicate something at work or social obligations; and ingestion implies active consumption, not always by choice.

Make a note of your allergies, when they started and what was going on in your life at the time. This will give you some insight into which concepts triggered your sensitivities. If you are allergic to certain foods, seek to understand the emotional association that provides insight into the conflict within; then, you will be able to overcome both the energies of the conflict and the allergies.

Here is an example of someone allergic to potatoes, which was the result of an incident that occurred in childhood. As a child, he sat at the table with his mom and dad

during a heated argument, and one of them picked up some mashed potatoes and threw them, hitting their mate and the child. Today, that grown-up child is allergic to potatoes. In his mind, potatoes represent fighting, fear, aggression and anger.

You have an emotional association with every food you consume, and all foods present a symbolic significance to you. Some cause allergies, while others stimulate warm feelings and deep emotions.

Why do I have arthritis?

Arthritis is a condition of inflexibility due to a mind-set that is somewhat inflexible and staid. A typical thought pattern for an arthritic person may sound like this: *“We have always done it this way in my family. This is the way that it will always be and you can’t tell me any different. Life is not going to change and that’s the way it is.”*

Arthritis in the knees is symbolic of inflexibility in aspiration, while in the ankles it is about support and direction. If it is in the hip, that is symbolic of support and mobility.

To resolve inflexible thinking, people with arthritis need to seek alternatives to their habits and find ways to do things differently. If you have arthritis, be mindful every time you start to do something and train your mind to give you symbols when you are being rigid. Reexamine your concepts, for that is where the inflexibility dwells.

Why do I have asthma?

Asthma is a disease described in medical books as an ailment caused by allergens and/or emotional conflict. The

individual dealing with asthma has a strong doubt in Self. When there is conflict within, fear begins to operate, triggering the asthmatic responses. Anytime there is doubt within the Self about how to deal with a situation, an asthmatic attack may occur.

The way to resolve this is to start a log and note when and what is going on when you have an attack. You may begin to see some of the triggers that start the ball rolling and you can examine the concept behind them. As that is understood, resistance to allergens and emotional stimuli will grow.

Why was I born with a hereditary disease?

All diseases are symbolic of particular concepts, and you were born with a hereditary disease in order to learn something about your Self. A hereditary disease indicates a deep-rooted concept that goes back generations.

Consider for a moment the process of entering the Material Plane, when you chose your parents you knew you would be born into a body with a particular disease. The disease you chose is a part of the total understanding you are seeking. Part of Self Mastery is understanding your concepts. An illness represents those concepts and conflicts between your Spiritual Self and Emotional Self.

This makes me think about the Bible where it talks about the iniquities of the father are passed on for four generations,⁵³ which may also relate to reincarnation. If you do not clear up a transgression, you create a karma,⁵⁴ and in the

53. Numbers 14:18 ...visiting the iniquity of the fathers upon the children unto the third and fourth generation.

54. Ecc 3:15 ...and God requireth that which is past.

flow of cycles you will have the opportunity to correct what was done. Along with reincarnation and karma at work, there is the symbology that four represents an advancement or a block in growth. For example, by the fourth reincarnation, souls entering a particular conceptual difficulty will have identified it, understood it and controlled it, and, therefore, the hereditary disease within that Soul will no longer exist.

In your life cycle, there are concepts to be worked out. Be mindful that you do not inherit disease as you inherit habits, customs and traditions, such as habits of eating, thinking, expecting, and every other aspect of your life. You must understand that you have inherited these habits, and that you can disinherit them through questioning, understanding, and changing.

Why am I constipated?

Constipation is the body's inability to cleanse itself properly, meaning that you are holding on to old ideas, standards, values and training, and old concepts. You keep running on and listening to old mental tapes.

Life is meant to be a cleansing process—just look at how your body operates. You take in fresh foods for sustenance and growth, and as they are processed internally, your body eliminates that which is no longer useful, healthy or nourishing. The very same process is true for thoughts that enter into your reality. Thoughts that are new and fresh can give you life. They can nourish and sustain you, provided you really understand them and can apply them to your daily

life. Old thoughts and old concepts can be very devastating. You must learn to taste the truth of everything.

Constipation of the mind will lead to a toxic thinking process that will eventually kill you just as physical constipation will result in death if steps are not taken to remove the toxins from the body. Remember, every physical action is the result of mental awareness and expectations that are being fulfilled.

Why do I have diabetes?

Diabetes is the type of ailment that speaks of overindulgence in the Material Plane. In this concept, you want more and more, while at the same time, you cannot utilize that which you already have. So, the sugar, which is symbolic of sweetness in life, is overwhelming and you cannot work with it. You can have it all, yet you believe that you do not have enough, so you keep adding to your reserves. By adding and not using, you are overloading your system and eventually, it breaks down.

We have been taught that material possessions will make us feel good and make us feel that we have succeeded. The truth is that we cannot fill up the emptiness within ourselves with external, material things or with physical indulgences such as food, alcohol, drugs or sex. Nonetheless, we keep overindulging in order to feel good about ourselves. Material things represent strength, so, you can have money and things and still not feel that you have the strength or ability to utilize them. This is another area for consideration and questioning.

Why do I have diarrhea?

Diarrhea is the body's way of getting something out of itself very quickly. Symbolically, it relates to something that someone said to you, or an emotional experience that you had that was upsetting. The thoughts that were presented were very disquieting and unsettling. You couldn't throw them up, even if you wanted to; because of the circumstances, you swallowed what was said. You digested it, which was such a negative imposition or suggestion that you are now trying to get it out of your system quickly.

Chronic diarrhea is symbolic of a concept of an inability to fully utilize and draw sustenance from that which you take in, which can be in the form of foods or thoughts. There is also a concept of depletion at work that could keep you at a disadvantage physically, emotionally, spiritually, and monetarily. This is reflected in the sense of always being under pressure because of something missing or a lack of something.

Why do I have problems with my eyesight?

When you are nearsighted, it means that you are uncertain about the future, which prevents you from seeing down the road and being prepared. Doubt limits your ability to see very far. You may be caught up in too many details and therefore lose sight of your overall goals or aims. Everyone lives with doubt and fear and a lack of self-acceptance; no one is free from these feelings. If you cannot see the future clearly, it is because there is fear at work in your life, and it could even relate to your feelings and thoughts about death.

If you are farsighted, then you have a tendency not to look within your Self. You may not want to see yourself for who, what and where you are. You may also be so focused on the future or a goal that you do not take care of the close-at-hand details that are necessary to get you to your goals.

Blindness or a loss of vision is a result of the concepts relating to a person's ability to deal with life. Those who have this condition have little faith in themselves, and they may lack the courage to face the future. They believe that they cannot see life clearly, and that they do not have the personal power to deal with it effectively, creating dependency on others. This would be in keeping with the original fear of not being able to care for Self.

Blindness may also be caused by not wanting to see what is going on in a person's life.

Why do I fall?

Every time you fall, look at what happened and how it happened. This is necessary to get the full understanding of the symbology. Normally, when you fall, it is because of a loss of balance. There is usually something going on in your life that is going to knock the support out from under you; that could mean monetary support or emotional support. Some kind of situation is growing where support is a question.

Look to see which side of the body you fell on, then, look up the universal interpretations for the right and left sides, as well as the parts of the body that were affected. That interpretation will give you a clear insight into what

you are going through and what concepts are presently at work and trying to trip you up.

Why do my fingernails crack easily?

Your fingernails protect your fingertips from damage. The fact they break easily indicates you may have some questions about how things should be handled, dealt with and manipulated.

The hands and fingers handle life, controlling and manipulating things, and they also carry things. Protective and defensive, even claw-like, the hands are very much involved in the way you handle life, how you dig things out and get to what you need.

If your nails don't grow or if they crack easily and are brittle, then there could be deep feelings for which you have no protection and no ability to defend yourself against oncoming forces. These forces could be your own concepts within as well as feelings or aggression from others. Looking at it from a protein-deficient point of view, since the nails require protein for strength and growth, the thoughts coming in should be providing sustenance, strength, durability and protection. *If they are not, why is this?*

Thoughts that could sustain you and promote proper nail growth, strength and durability are being rejected by you at a deep subconscious level; therefore, that knowledge is not digested, assimilated or used.

The stomach breaks down foods, symbolizing the breaking down of thoughts so they are easier to digest and assimilate. So, when someone presents you with knowledge,

you bring it into yourself and try to break it down so that you can use it. If you can grasp the thoughts and use them for your personal growth, then the body and all thought processes are strong.

If your nails are breaking, you should look at two areas: feelings about your ability to defend yourself, and your ability to handle things. The process of looking from a symbolic point of view gives you a set of questions to ask and areas to look into.

Interpretations must be from a personal view or a personal experience. For example, as a child, if you bit your nails, your mother and father probably said things like, *“What’s the matter with you? Stop biting your nails.”* From that situation, nails could end up representing an authoritative imposition; every time you wanted to interact with your nails, an authority figure told you not to. Now, every time you have a nail problem, it could be that the cycle of authoritative imposition is operating and having an influence on your life.

There are many different reasons and interpretations of what your nails mean to you. However, there is only one way to truly understand a symbol; you must relate it back to yourself and a personal experience. That is why you should never have anyone interpret your dreams for you. The personal emotional association that you have with a symbol gives you its true meaning.

Why do I get headaches?

Like any other ailment, headaches are a reflection of

a conflict that you are going through. In order for that statement to make any sense, you need to understand the symbolic meaning of the head, which is symbolic of the Spiritual Plane, which has no bounds, no limitations and no physical mass. The head is the container of the brain and the realm of thought and creativity.

Thoughts are the driving force in our lives, influencing and affecting everything we do. What we believe and how we act and respond is based on the thoughts that are generated by our subconscious, which is governed by our Emotional Self and beneath that, the Spiritual Self. It is in the subconscious realms that we receive our guidance and motivation from God through the Spiritual Self. The information sent to us is designed to keep us on a track that will encourage mastery over our Self, which leads to mastery over the Material Plane.

A problem arises when God sends you a directive. You “hear” it as sound, or you feel or sense it as a form of energy. You receive it internally and then you start to act on it. Herein lies all the conflict that manifests as illnesses, accidents and headaches. You begin to decipher the message that you have received, taking the energy and converting it to approximate understandings to what it means. At the same time, your Emotional Self takes that energy and filters it through the concepts you use to govern your life, and these concepts may oppose the God directives. You try to fulfill the expectations that are in keeping with your Emotional Self, and in doing so, you may find that you are in complete conflict with your Spiritual Self. The result of

this conflict is disharmony and disease, and headaches are one result. Like diseases, headaches are a symbolic manifestation of self-doubt at work. Look around and see what is going on in your life that is causing doubt in your self-confidence. Here are some questions to ask yourself:

"Who or what is causing pressure in my life?"

"Are my abilities for dealing with situations and people being questioned, attacked or strained?"

"In what types of situations do I feel I am lacking faith in my own abilities?"

Why do I have hives?

When people deal with hives and skin disturbances, such as seborrhea, psoriasis, eczema and the like, it indicates that they are very sensitive. There are things going on and things being said that are very upsetting, even though they do not show up in outward emotional reactions.

The skin is a protective organ and an organ of elimination and consumption, and also part of the cleansing process. Hives and other types of skin problems indicate that the cleansing process is blocked; however, more often than not, it is about an issue of sensitivity. So, whenever there is an outbreak on the skin, there is something going on emotionally that is difficult for the individual. Something has been introduced into their reality that is triggering the episode of irritation.

Examine what is going on and question why you are sensitive to it. *What concepts are at work? Where does the sensitivity come from? Who in the family is sensitive?*

The only way to deal with any type of physical problem is to do it from the symbolic point of view; therein lies the greatest understanding. When a symbol is presented, it is telling you that a pattern of behavior is active. Now is the time to deal with it or it will come again. It will be difficult to deal with situations when you choose not to deal with them in the early stages, when you always stand a better chance of gaining control because the event has not gained the momentum of movement. Once that begins, it is more challenging to slow it down or even stop it, and the pattern of behavior may repeat itself. It may keep repeating until you gain absolute control over it and master the energy behind it. From that point, you will be able to direct that energy into any endeavor you want and be assured of completion and success.

History repeats itself, and you have a personal history that repeats itself, too; this is foretold in the Bible in Ecclesiastics 3:15. To understand what is taking place, you need to think back to the last time this condition of hives occurred. *What was going on in your life at that time on an emotional level and what was taking place physically?* Whatever was going on then is now happening again and that is why you are receiving the symbols. Even if you have seen the symbols in your life before, they will continue to appear until the energy that represents them changes; then, you will have a new symbol to replace it. The new symbol will incorporate your new level of insight and understanding.

The interpretations you get when you buy a dream

book, or any other form of literature that talks about symbols, are taken from a universal or general perspective. Even the interpretations in this book are from that viewpoint. To understand the depth of the situation and the symbol, you must understand your personal emotional association with the symbol. An example of such an interpretation is an event from my own life. When I was in my twenties, I was driving in pouring rain, my car hydroplaned and I slid all over the highway. If there had been traffic, I am not sure I would be here today. Now, when I drive in rain, I am extremely sensitive to the feel of the car on the road. If I feel the slightest loss of traction, I know that fear is at work in my life and is influencing my thinking and my perceptions.

Once I know that I am in the midst of fear, I have the opportunity to change it. I start to look around and say, *“Okay, what am I involved in that is causing the energy of fear to shade my perceptions and feelings in such a way that will result in incompleteness, disharmony, disunity or even failure?”*

My goal is to turn everything in my life into a positive result, but if fear is at work, I cannot create the positive results that I want, so, I must see and understand the fear.

If hives come back, it is a symbol to you that you are back at that part of the cycle you were in the first time it occurred. History is repeating itself.

We learn from our parents through observations, feelings, attitudes, words and deeds, and we see how things are supposed to be based on our form of acceptance. These become our foundational concepts and the patterns of

behavior we develop to insure the validation of the concept. Every person has specific patterns of behavior that are triggered by certain stimuli, and each pattern has its own set of stimuli. When they are triggered, the patterns kick in. Your Emotional Self knows the patterns are going to manifest in cyclic fashion. If left unchecked, it is going to have a specific result manifested in the same way it always has in your life.

When a pattern is triggered, your Spiritual Self immediately communicates with you, giving you a symbol so that you can identify where you are in the cycle of the pattern, so that you will then be able to alter the outcome. This is why having “*eyes to see and ears to hear*” is the greatest Spiritual gift you will ever have. Everything else is just an intellectualization of knowledge. Having eyes and ears in this way will inform you of everything you need to know to stay on the Path,⁵⁵ teaching you how the God Energy flows and operates in the Material Plane.

Why do I have a fast metabolism?

Having a fast metabolism is based on the belief that there cannot be any strength. When you have a fast metabolism, you burn off everything that you take in; therefore, you have no power and no authority, and no “weight.” Weight is symbolic of strength, power and authority and it can also be a protective covering. Some people use weight as a defensive shield, making themselves unappealing; therefore, they will not be touched by another person.

55. Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it. Matt 7:14

Seek to understand your concepts relating to authority, power, expression and strength, and look to your example of gender for a better understanding of why you think the way you do. *Was your role model weak or strong? Are you operating with strength and approval as your form of acceptance, or is weakness the demonstrated way?*

Why do I have skin discoloration?

A skin discoloration or depletion of your natural coloring indicates a sensitivity present in your life that may be altering your perception of Self and you may feel that you are losing aspects of your identity. *What was happening emotionally when you first noticed the change in your skin's appearance? What was going on in your relationships? What were you involved in professionally?*

The affect of the discoloration can have many ramifications, such as feeling left out and people not wanting to be around you, and this may cause isolation and feelings of rejection. The questions to ask are: *“What purpose does being rejected serve? What concepts are at work? What am I doing that is stimulating the discoloration?”*

Where on your body the discoloration appears will have a bearing on your answers and will lead to insights when you understand the symbology involved.

Why do I have back problems?

Look at back problems from two perspectives. One is to see the back and spine as a system with nerves running throughout it, as it could be that there are internal and

external communication problems. The other perspective is when the spine or back is involved in a physical problem that generally relates to support. Your spine allows your body to stand upright and this is the way in which you are supposed to go through life, standing straight and moving forward in an upright position. Difficulties with the spine indicate that there is doubt about a person's ability to support themselves.

To get insight into the concepts at work, ask yourself what could be causing you to doubt your ability to support your Self.

Why do I get an upset stomach so often?

Symbolically, food is equal to thoughts, and each type of food has its very own thought energy. You need to be aware of the personal associations you have with particular foods to understand why you get stomachaches. You have associations with everything that you like and dislike, and it is these attitudes that shape the way you feel about the foods in your diet.

Another aspect of food association is cultural and traditional feelings or conditioning about certain foods within your heritage. In the deepest way possible, foods are thoughts because each has a specific association on a deep emotional level.

When your stomach is upset, it is not necessarily a result of the food, or even the symbolic significance of that food; it is, however, the result of some thought that has been presented to you. It is through a mental process

of “*eating, digesting and using*” the thoughts you hear, see and experience that could be the cause. You digest a situation and react accordingly, either assimilating or rejecting. Often, some situations and thoughts are so unacceptable that you literally can’t stomach them.

When you find yourself with an upset stomach or indigestion, ask yourself:

“*What is it that I have just recently seen, heard or experienced that is bothering me?*”

“What is happening that I can’t stomach?”

“Who is upsetting me?”

“What is upsetting me?”

“What thoughts and actions are adverse to my feelings about what I have just experienced?”

Why did I lose my voice box?

Some of the concepts we learn as children work on us slowly and insidiously. From a symbolic perspective, there are a few different reasons why you would lose your voice box. The expression “*children should be seen and not heard*” could be one probable cause. Growing up in a house where you are told things like that can cause many different problems. Sore throats are one form of illness that is in keeping with that attitude from parents and elders.

As a child, what happened when you tried to communicate or express yourself? Maybe every time, someone shut you down. In time, you believed that you should not communicate because it would create a problem, either for you or for someone else; so, you developed a physical reaction to

communicating that was designed to stop you from expressing yourself.

Physically, you may have often developed a sore throat, you may have been susceptible to laryngitis, or you may have often had some type of throat or voice ailment. This would come from within because there would be conflict between seeking to express yourself and the teaching that you should be seen and not heard. Another possibility is that you were not supposed to talk or communicate, or were made to feel guilty for communicating.

One way that the voice box is destroyed is through cancer, which is a disease born out of four energies: anger, resentment, frustration and guilt.

If you have difficulty expressing yourself by talking, that may be because you believe that you do not have the right, authority or ability to communicate. That may also be demonstrated at work, where you have trouble exercising authority.

Thinking back to the early days of your childhood, you might find that your mother or father were domineering, or that you were denied the right to talk. Another possibility is that there was constant fighting within the household, which could have created an environment that made you not want to talk.

To gain a better understanding of the cause of this problem, you will need to look at the concepts you have regarding self-expression. You may have had questions throughout life about what to be, how to act and what to say.

Why can't I lose weight?

Weight loss is a very difficult area to deal with for a number of different reasons. Some people use weight as a protective barrier, while others use it as a way of expressing authority—they like to throw their weight around. Still others use weight to fulfill their expectations of themselves, which is in keeping with the concepts that they maintain.

To lose weight, you must understand the concept that creates your need for having it. An example of how an understanding will help you lose weight involves a high school principal who wanted to lose weight. She wanted to get her weight down to 130 pounds, yet, every time she went on a diet, she could only get her weight down to 135 pounds. When she reached that point, her weight would start to go back up.

In seeking to understand how and what the weight meant to her, she came to realize that the last time she weighed 130 pounds, she was a third grade teacher. So, in her mind, if she went back to 130 pounds, she would be giving up her current authority and her weight and power base in the school system would be lost. Once this insight was revealed and understood, her weight loss was quick and easy to maintain.

Why am I always getting sick?

Sickness is something that evolves from a couple of different angles. In my book, *Disease Symbology Handbook*, I discuss it at length. As a quick summary, some illnesses are the result of family traditions, because the children follow

the same diet and lifestyle, including the same mental diet, as the parents. Another aspect causing diseases is when the individual is in conflict with subconscious expectations.

In the first scenario, you have someone who is following the family tradition, the family lines, the concepts and the diet, and in the second situation, you are diametrically opposed. You don't want to be what the family expects you to be and you want to take your own path. Therein lies confrontation, and that energy manifests as disease.

These are the origins of many illnesses, although sometimes illness, such as a common cold, a sore throat or a migraine headache, is also created to avoid having to deal with something.

Some people will go as far as creating an accident, which would also be in keeping with patterns. You are co-creating your own reality, and with illness there are always emotional reasons. *How does an illness serve you? Do people take care of you? What concept is behind that? Why is it you always need to be cared for? Are there feelings that you can't take care of yourself? Where does that come from?*

Why am I always losing or dropping things?

Losing things and dropping things are similar to getting lost easily. To understand why you lose or drop things, pay attention to the item that you lost or dropped. If you lose keys, then you have lost an opportunity, or it could also mean that you are locked out of your home, your business, or another form of security.

If you lose your glasses or sunglasses, you have lost the

ability to see clearly, which may mean that you are in doubt about your abilities. You need to examine everything that is going on to understand where the uncertainty lies. In losing sunglasses, you have lost the ability to protect your vision from harsh light; and also, sunglasses can be tied to image because they are on your face that you show to the world. Without your sunglasses, you may feel defenseless.

When was the last time you lost a pair of sunglasses? If they are prescription sunglasses, then obviously there is an issue with perception, as well. What is the issue with your perception? Is it fear of looking within or fear of looking without, meaning the uncertainty of the future?

Everything can be lost, and it is necessary to understand the symbology of the items lost to gain insights as to the energies that are at work within your doubt. Everyone has doubt and fear. The opposite of doubt is confidence and the opposite of fear is courage. Examine what is happening and look to identify the concepts at work and their respective patterns.

To understand dropping things, you have to look at the object that was dropped. There is something going on where you feel you do not have complete control over the situation. If you dropped a plate, that might deal with sustenance, while a cup, a mug or a glass may indicate other things.

Think about the last time you were in a cycle of dropping things. You may have been tripping over things, as well. Anytime you trip, there is an uncertainty about your direction. *Where were you coming from? Where were you*

headed? What were you thinking? Ask yourself these questions so that you can have an understanding of what energy may be at work at a such a subtle level that you do not yet have “*eyes to see or ears to hear.*” Your mind is talking to you through symbols.

Why did I lose my wallet?

Your wallet usually contains your driver’s license, credit cards and maybe your Social Security card, among other items, all of which represent your identity, security, and means of sustenance. *What is going on that would cause you to have that much doubt in yourself that you would misplace your wallet, or lose it altogether?*

If you lose your telephone or iPad, you cannot communicate. If you use them for business, then there is an issue going on with expression at work. Everything has meaning and everything is a form of symbolic communication between your Emotional Self and Spiritual Self. Everything needs to be examined, and that is what healing the Self is about. The goal is to gain control over disharmonies and imbalances at every level.

Why am I always breaking things?

Examine what you broke by looking at the symbology of it to understand what energies are at work. There is a Teaching about “*knowing what you are looking at,*”⁵⁶ and if you analyze that, you will learn what is going on.

56. Gospel according to Thomas #5 ...nothing is hidden which will not be made manifest

Breaking things can also be tied into deprivation and denial. If you break it then you no longer have use or enjoyment from it. *What are your concepts relating to enjoyment, worthiness, deserving, having and accumulating?* Each of these are separate but related matters, and there is need to understand these concepts as they have a major affect on your life. Having and acquiring can provide strength and reflect symbols of success. *Are there issues with being successful?*

True resolution to every issue in life resides within. Your mind will guide you to insights and understandings as long as you are reading, understanding and applying the information gathered from symbolic analysis.

Here are a couple of examples of breaking something and the questions to be asked. *If you were in a car accident, were you driving? Did you damage your car? Someone else's vehicle? Cars are vehicles of expression.*

What is going on if you think you cannot express yourself? In what way are you trying to express yourself that does not seem to be working, and what is the cause of the doubt or uncertainty, and the fear?

If you broke a window, that may mean that you need to see more clearly, and/or that your vision is giving you a fractured look at things. Question why are you looking at things through broken vision. *How have you been taught to see? How is it that you evaluate and judge?* Not only is your mind judging through your observations, but you are also evaluating through your Belief System. *What makes you think your Belief System is accurate?* There is a Teaching

addressing the accuracy of perception.

Examine the items you break and when the breakage occurred, as they too are symbols relating to a particular concept and pattern. You may find that breaking things flows in cycles. Make a list of the items you have broken, when it happened and what was going on at the time, and all of that will create a message leading to an understanding.

Why am I always tired?

When I hear people say that they are always tired, it indicates a lack of inspiration and feelings of being overwhelmed. They feel that they cannot handle certain situations. This is also the case when people suffer from chronic fatigue, fibromyalgia, candida and hypoglycemia.

Keep in mind the Teaching: *"You are never in a situation you cannot master."* Every situation is of your own creation, and you are co-creating every situation to fulfill a particular concept. You may have concepts that imply a lack of stamina, resources, authority, knowledge or skill. If you are experiencing any of these conditions, then it is essential to ask yourself what is going on in your life, and in what arenas are you feeling overwhelmed or uninspired? *What would happen if you became inspired and did something? How would that change your relationships with those who know you?*

For some, these conditions allow the success failure-pattern to fulfill itself. This particular pattern is based on the understanding that if you became a success you would

be cut off from the doorway home to the Spiritual Plane. In this scenario, a person has the qualities to be successful, yet, they seek failure and rejection because rejection is their form of acceptance.

Why can't I hold on to money?

The inability to hold on to money creates a depletion and often a codependency on others, whether it is a system such as unemployment insurance or the family. It also demonstrates a disrespect for one's own power and resources because money usually represents the ability to attain and keep employment or your own personal business.

By recklessness and over-spending, you create depletions, which may be expressed as not valuing your own work, or not valuing who you are and what you have to offer. It also shows a dependency in believing that it will be handled by some miracle or by someone else.

Questions arise: *Why do you deplete yourself? Why do you feel you should not have or that you are not entitled to have the nice things in life?* Some with this pattern do not even allow themselves to have necessities such as a pleasant living environment, a nice car or various creature comforts.

In your acts of depletion, there could be elements of atonement. *If so, for what are you atoning? Are you using depletion as a means of punishment?*

As a child of God, as all of us are, you are entitled to the best of everything. Seek to understand what drives you toward depletions and a lack of resources to handle your life.

Why do I look messy?

I once knew a woman whose hair was always disheveled. She looked like she had just gotten out of bed and didn't bother to brush or comb it. I wondered what program went on in her home as she grew up.

Often you can hear the programming in action in a supermarket when you hear a mother say to her child, *"Don't touch this. Don't touch that. You're silly. You're messy. You're lazy. Children are to be seen and not heard."* These are programs going into the child's mind, and depending upon their form of acceptance, they will determine how he or she will respond to particular programs.

What are some of the other things you hear? *"You're selfish. You're sloppy. You never put things away. You never do your share."* All of these are tied in together, and one of the results, as it is for so many of these particular patterns of behavior, is the need for rejection. This is a subtle, but hard, driving force. You may not think of it as approval or rejection; yet, when you examine it and you understand the need, you will see why it is tied into a form of acceptance.

Being messy also affects appearance and how people respond to you. For some, a messy appearance is designed to keep people away and/or is used as a safety device (if you reject me from the start, then I will not get hurt later).

Look within to understand what is being accomplished by this approach to your appearance.

13

QUESTIONS AND ANSWERS ABOUT THE SOCIAL-INTELLECTUAL SELF

Why do I feel rejected by people?

Social beings, we seek to be with others of our kind with whom we have common history and values ranging from ethnic to cultural to traditional. Rejection, dislike and lack of acceptance may be based on the above-mentioned elements, although there are other reasons why people may reject you, reasons that are created by you.

Personal relationships are the most difficult of all to maintain effectively. Most people are raised with the fear of being rejected, a fear that is tied into your entry into the Material Plane. If you find that you are constantly being rejected or failing at what you try in life, that relates back to your entry. Each soul that enters into life, the Material Plane,

is taught immediately what the mode of acceptance will be to insure a safe return to the Spiritual Plane; herein begins all the misconceptions about what you believe life is about.

To gain a safe return, you begin to observe and sense what is expected of you, and by living up to those expectations, you believe you will be safe. For instance, if you were ignored while lying in your crib and you cried to gain attention, then you were learning that making a fuss got a desired result. However, the attention you received may have been yelling, a slap on the behind, anger, or rejecting thoughts and feelings from your mother or father. As this particular form of attention-getting persisted, you learned that to get noticed, you had to create a fuss to become noticed, to be rejected. Through the act of creating rejection by clamoring for attention, your existence was acknowledged. You can see this particular pattern at work in many people who seem to do things to annoy others. This annoyance leads to rejection, and in their mind, that means acceptance and love.

Another cause for rejection is based on the belief that you are not worthy of being loved or liked, or that you are incapable, unworthy, or undeserving. If this is true for you, you need to go within and question your Self to understand the causes for your rejection, so that you can change them and create total acceptance of Self. All acceptance begins in the understanding of the Self.

You create situations for others to reject you because it is in keeping with your beliefs about yourself. You may even reject others before they reject you, as a self-protective measure. Regardless, it is still based on the same concepts that cause you

to believe that you are unworthy of being loved. Love is the Universal key for everyone in the pursuit of Self Mastery. You must first love your Self before another can love you.

Is having a strong intellect a bad thing?

The intellect is another one of the defense mechanisms that people use to protect themselves and to rationalize and justify anything. It is a defensive ploy to use your intellect to ensure that you are right, and to prove that someone else's perception of a situation is wrong. Just as someone might over-develop their physical body because of a feeling of weakness within, someone may choose to over-develop their intellect because of an inner feeling of inadequacy and a lack of faith. It is important to keep all aspects of the Self in balance, not allowing one or two areas to overpower the other aspects of Self. Remember, the four aspects of the Self are Spiritual, Emotional, Physical-Material, and Social-Intellectual.

The intellect can block us from learning new things and it can stop growth, because the greater the intellect, the stronger the attitude that you "*know it all*" and have no need to listen to others. The truth is that everyone has something to teach, and all of us have much to learn.

Why am I the family provider?

Being the provider or "bread winner" is a matter of concepts, training and conditioning with which we have been raised in a male-dominated culture and Belief System. In truth, there is no difference between the male and female

as far as being capable of generating an income or providing for a family. Ideally, provisions for the family should be acquired through a united effort. It is the female who can receive from the ALL, which occurs through the female aspect of Self as well as the individual female. Remember, that we are both male and female.

Women have tremendous sensitivity about knowing and understanding what the Universe seeks to promote. This is why women are considered to be much more intuitive and sensitive than men. The male takes these understandings, the intuitiveness and sensitivities, and manipulates material reality so that he can give back to the ALL. This way, you have a complete cycle of getting, using and giving, and, both the male and female can work together to create balance and harmony in their relationship and in providing for their family and lives together.

Sometimes the female provides for the family as a result of divorce or when the male is physically incapacitated from illness or an accident, or is unemployed or may be a drunkard or a bum. These circumstances prevent the male from fulfilling his man-made role as the provider. This type of relationship manifests because it fulfills the female's expectations of the male. She was raised with a belief that men will not be there, or that men will not be able or capable of providing support for her or her children. This could also be tied into her concept that men are inadequate, lazy, stupid and/or abusive.

Regardless of the concepts involved, the female needs to understand what forces and energies are at the foun-

dition of this particular belief within her Belief System. Once identified, she can begin to make changes, and she will either evolve away from the male, or the two of them will create a dialogue and the male will see and understand his personal concepts and patterns. At that point, there will also be insight into how his beliefs interact in relation to her beliefs. Once this communication begins and there is insight and understanding as to which concepts trigger which responses and which roles are at work in the relationship, the couple begins to realize how the energies of disunity are at work. By learning to identify these energies in all their little nuances, they can begin to gain control over them and move toward a more balanced unity.

On the other hand, the male may be so tied into his patterns and Belief System that he cannot or does not want to change. Now, the female aspect of the unity is dealing with three energies. The first energy is the concept of the unity itself; the second is the Self, which deals with basic self-expression; and the third energy is the external manifestation of the Self as the individual believes they should be in a relationship. This is often exemplified by the mother and how she dealt with her unity in regard to being supported by the male.

At the same time, the male may be dealing with the concept that the mother is the one who does everything for him. In that scenario, his wife is just a replacement for his mother—that person, that energy, and that concept.

When you begin to realize that unity is the result of expectations you maintain about relationships, you will

notice that the circumstances in which you find your Self and your unity are the result of conditioning, cultural environment, traditional influences and concepts that deal with the role of the sexes.

Why do friends take advantage of me?

The feeling that you were taken advantage of or abused by a friend is based on your personal perception. The friend may have even taken something from you. When this happens, understand that there are needs to be fulfilled, both yours and those of your friend. The needs center on the concepts that are maintained by both of you.

For instance, you may feel you are always a victim, that people always take advantage of you and that you are not entitled to have things or relationships. You may even feel that giving away your things is admirable. All of these different aspects of your personal Belief System form your perceptions and expectations, and this sets up the need to fulfill your expectations. You must have someone use you to verify your concept.

Your friend comes into the situation from the opposite point of view, and one aspect of their perspective may be that they think it is clever to take something away from another person, and their friendship takes a back seat. They, like you, are trying to fulfill an expectation that they maintain about their Self.

So, being used fulfills two different needs from two different directions. Each person gets what they need to satisfy the expectations they have about themselves. You can

change your feelings about always getting used by understanding a need that is trying to be fulfilled.

Why do I “nitpick” everything?

Do you invariably find something wrong with everything? Are you argumentative? Whenever you attack someone, that raises defenses, and raising defenses could lead to arguments. Where do your tendencies to nitpick and argue stem from? Who are you emulating? Why must you always find fault?

One exercise that would help with these issues would be this: the minute you think you see something that is wrong, ask yourself, “*Why am I finding fault?*”

You may find yourself focusing on such nitpicking as: “*you don’t do this or that*” or “*this is placed wrong*” or “*that belongs over here*” or “*it’s off center.*” The underlying affect is that your nitpicking undermines the person who is constantly being attacked, affecting their confidence and courage, and no one knows what the long term results of that kind of an approach will be.

Why can’t I keep a job?

Do you quit or do you get fired? If you’re the type of person that gets fired from time-to-time, then the question is why? People get fired for not following instructions or procedures or not adhering to company policy. Other reasons are not completing their work, procrastination and not making their deadlines. These situations end up leading to rejection and getting fired, which fulfills a person’s need for

rejection based on their particular concepts. Keep in mind that if the ultimate goal here is to receive rejection, then you will find a way to achieve it.

Do you often quit your jobs? If so, keep in mind that you will always create a logical, rational and justifiable reason to quit. You always have a reason, and you need to track down the nature of that reason, which you may have distorted, blown out of proportion and built up in your mind as your justification for quitting. In fact, you may have been dealing with what is referred to as a success-failure pattern. With this pattern, you have all the potential and ability to be a success, yet will inherently do something to create a failure, a rejection.

Another reason why you can't keep a job is that perhaps you have so many projects going on at one time that you are not able to complete them; that is another way of diffusing your power and focus. Someone with multiple interests may be a "*jack of all trades and master of none.*" Mastery requires focus of your art, craft and skill, whatever your form of expression may take.

Another reason people quit jobs, and sometimes relationships, is because of too many obligations, too many commitments, both real and unreal. What I mean by unreal are imagined commitments or obligations that you are not committed to do but you feel obligated to do. If this is the case, think about the concept of obligation. *Why do you feel obligated? To whom are you obligated? Do you feel you must always be doing things for everyone else? Are you a caretaker?*

These symptoms of particular concepts at work are cor-

rectable through awareness, and that is why it is essential to know your concepts. The more you understand your concepts, the more you will control them. Mastery over your concepts is important because when you expire in this dimension and you are in the Spiritual Plane, you will be in a classroom revisiting what you came into this life cycle to understand and master. What you accomplish in this reality regarding understanding and control will give you As and Bs and some Cs on your report card! Some things will need to be repeated and new levels will emerge for you to understand. Life is schooling, both here and on the other side. Cleansing the man-made concepts is the way to graduation.

Why do I put others before myself?

The concept at work here is called sacrifice, which is akin to obligation. Are you the kind of person, or do you know a person, who is always doing everything for everyone else, while taking care of themselves last? *What is the concept behind this? Are you following in your mother's or father's footsteps? Were you always the one serving others? How do you really feel about that?* More often than not, people who live or operate with the concept of sacrifice generally have anger and resentment when no one takes care of them and they take care of everyone else.

In some situations there is an air of “*don't do anything for me because you will diminish my sacrifice.*” If this is you, who are you emulating or who are you overcompensating for? Perhaps one of the parental guides or images that you are seeking to manifest or duplicate was the exact opposite:

selfish, self-centered, always about themselves.

Another aspect of sacrifice is tied into denial of Self, which is another area to be examined.

Why do I get lost easily?

Getting lost easily shows a degree of uncertainty within the Self about one's directions and goals, and possibly one's purpose. With uncertainty in direction, the turns are often missed, just as signs or symbols are often missed that would allow for an easier journey. Being unsure of where you are headed relates to self-image on one level. When the path that you are on is not in keeping with your concept, it can result in confusion and uncertainty, and unclear direction. You know where you want to go, yet you are not completely sure how to get there. When turns are necessary, they may be missed and time is lost. You will eventually, sometimes immediately, know you should have made a turn here or there. Turns are symbolic of making adjustments to the goal while in motion toward it. Many times, an alternative way is found to get to where you want to go, yet that way may involve more resistance, certainly with the delay of time.

Here are some questions to ask yourself: *“Why do I create difficulty within my situations? Why is there the expectation that nothing is easy, everything is difficult? Where does that come from?”*

Dig deep into your mind and think of some things that were easy, things that seemed to flow together because in your mind they were meant to be. As you can see, there are some things that are easy to come by and some that are

not. *What would be the result if they did come easily? What would that do for you? Would you feel more empowered, confident, and smarter?*

Understand more about your need to put others before yourself, and what the result would be and what that would say and mean to you and to others if you no longer did that.

Why are there “I know best” people?

We all know the “*I know best*” people. These are the same people who may not take orders, or who have worked to put themselves in a position of power, not necessarily personal power, but man-made power and authority and, therefore, they think they know best. That attitude also leads to its counterpart: “*I’m never wrong, I’m always right.*”

These two energies are probably the quickest things that will destroy a relationship, because in relationships, success comes through communication. Every relationship requires work, communication, tolerance, acceptance and patience. If you are the kind of person who is always right and think you know best, that can lead to disunity on many levels, not only on an emotional level, but on social and professional levels, as well. You may have advanced with titles, but that does not necessarily mean that your communication skills are developed or good or healthy.

Another aspect of this concept is compensation for feeling inadequate. Some will adopt the “*know it all*” attitude. “*I think I know best*” and “*I’m always right*” goes together with “*I don’t need any help. I don’t need any instructions, I have it under control. I know what I’m doing and I know*

how to do it. There's nothing you can tell me."

This concept borders on arrogance, and more often than not, arrogance is overcompensation for feelings of inadequacy. These two tendencies have to be questioned to see how they operate in one's life. Then you can take into consideration the Universal Teaching: "*You are never placed in a situation that you cannot master.*"

Even though there is doubt, once you understand the concept behind it and are mindful and are reading symbols telling you that these concepts are active, you can maintain control and continue your growth.

Why do I have run-ins with authority?

The short answer is this: you are seeking to stop yourself from moving forward.

There are some folks, and you may be one, who from time to time have run-ins with authority, such as getting a ticket, or having a parent come down on you, or having a boss or a state agency come after you. These are all forms of authority impeding your growth. The question then is, "*Why do you bring that authority down on yourself?*" Remember, you are asking and you are receiving.⁵⁷

What role does authority play in your life? Has authority always come along to stop your expression? Who was that authority? Your mother? Your father? An older brother or sister? Why do you continue to seek that authority? Do reprimands continue to provide satisfaction, relief, or acceptance?

57. For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened. Matt 7:8

Until you understand the concept of authority and your unconscious acceptance of the need, you will be at its mercy and it will continue to block your progress.

Why are some people so self-focused?

Have you ever noticed when in conversation with someone that the conversation becomes all about them? They've had the same experience as you, and of course their experience was better, and the conversation then dwells on how great and involved and how loved and wonderful they are, until someone else can manage to interject a word or two and maybe bring the conversation back on course.

These folks are insecure and need to be the center of attention. If you are that type of person and you are reading this, then you are ready to deal with that particular need and to examine the concept. Look at your family history to give yourself some ideas as to which concepts are at work.

If you were doted upon as a child and made the center of attention by one parent or the other, that continues as a concept of how you are supposed to be. In your mind, you are doing the right thing as the center of attention. Unfortunately, that concept also creates a selfish person who makes whatever is going on about themselves, because that is their way of gaining acceptance.

Certain symbols will make themselves known in terms of the particular pattern of "*all about me.*" Your mind will help you get past this concept when you understand the cause, and you will be able to exercise emotional control.

14

QUESTIONS AND ANSWERS ABOUT LIFE

Why are babies born dead, or die shortly thereafter?

For parents that have a stillborn baby, there are multiple symbologies involved. The soul that entered into that body knew that its manifestation was going to be of very short duration, and it may also have chosen the particular parents because of a previous relationship with them. The nature of that experience and what needs to be worked out between the parents and this soul is to be understood on the other side of material reality, which we call the Spiritual Plane of consciousness.

This soul was denied entry into the Material Plane in order to have the chance to work on itself, which in turn furthers the complexities of the relationship between the prospective parents and the stillborn child. There is an element of disappointment or betrayal at work between the

child and the parents; also, a question of non-fulfillment of potential as a family is possible. Every soul must master the Material Plane to move forward on the Path of Enlightenment.

Another aspect of a child being born dead is the symbol that it represents to the parents, which is a symbol of their inability to bring forth life. There could be many reasons for this, from a subconscious desire to discontinue the relationship to the fear of being unable to provide. Here are some possible scenarios of how this situation could arise. Maybe the wife is working, and once the child is born, the male will end up being the sole provider. If there were concepts operating in the father's subconscious that he could not provide, then he would be working with the emotional energy of fear. Uncontrolled fear might work to stop the birth of the baby.

From the female perspective, the mother would have to give up her career for a while, or if they needed the money, she would go immediately back to work. Depending on who does what in the household, the thought of the extra burden could create an unwelcome energy that leads to death.

There are also situations where the child is delivered live and for one reason or another it dies. In this scenario, rejection on multiple levels is at work. The soul within the baby's body knew in advance that it would not survive and yet it chose that body and those parents as a teaching lesson for the parents; for the parents it is the same energy as if the baby was stillborn.

Another possibility is that the couple may resent the

intrusion of a child into their relationship. They may enjoy an affluent lifestyle and most of the benefits that money can provide, including freedom, so, in this scenario, there could be an energy to stop the imposition that the child would bring into that relationship.

An important point should be made here, and that is the importance of avoiding finger-pointing or blaming Self or a mate for what man tends to judge as good or bad, positive or negative, success or failure. Questioning the cause of a stillborn child should shed light and bring understanding to the situation, and should never be used against someone in a judgmental way. Focus on the Self and the pattern at work with the Self, not on those around you. You can never fully know another person's part in any situation. Always take everything back to the Self.

In some marriages, one of the mates may not work in a conventional setting away from home. Their full-time job may very well be the care of the home, office, finances and the like, and there may be enough money being generated that one member of the couple may do this type of work without compensation, and herein lies the problem. He or she may not want to lose this type of situation, and there may be strong energies working against the pregnancy. That energy might be grounded in resentment, an energy so prevalent in our society today that many children are born into an aura of resentment, which leads to rejection.

A possibility from the female perspective would be that the baby may denote authority, aging and responsibility. She may also have resentment toward parenting, motherhood

and her own mother, or there could also be a subconscious energy that has created a feeling of inferiority and an inability to nurture and be a mother.

Parents must remember that subconscious thoughts and actions (energies) come from and through the emotions, and the emotions are killers through words, actions, deeds and attitudes. Because the mind is strong, it can imperil another person's life with an attitude or with a thought.

The power of thought was addressed by Jesus when he said, "*How think ye? If a man have an hundred sheep, and one of them be gone astray, doth he not leave the ninety and nine, and goeth into the mountains, and seeketh that which is gone astray?*" (Matt 18:12 KJV) The Teaching here is: do not let your thoughts stray as they made lead the mind (herd) to harm.

Remember, you are co-creating with God. If there is hatred within you toward another, you are sending that energy to them and that may be directed at creating a scene that will promote that person's death or destruction.

In energy there is power—it is not a matter of good energy or bad energy, it is just energy, powerful, psychic, Spiritual energy. How it is used is up to you.

Why are babies born deformed?

Deformity has to be looked at from a symbolic perspective. What is the deformity communicating to the soul within the body? For instance, if a person is born with a deformed hand and they have come to the level of seeking knowledge and seeking to understand Self, these questions

should arise:

"What are the concepts I work with that tell me I can't handle situations, or that I mishandle situations?"

"Is there a fear of mishandling life to the point that it cripples my abilities?"

A deformity is a strong indication to the individual that there is a misunderstanding; there is a concept at work that is totally distorted and needs to be understood.

Sometimes you will hear someone say, *"That person must have bad karma to be so deformed."* We hear karma as being good or bad, when the truth is that karma is the law of action/reaction. Remember, only man makes value judgments about whether something is good or bad. Karma is an aspect of the law of cycles, referring to the action/reaction energies, which are totally indifferent. So, anything an individual is working with at any given moment is always a reaction to a previous action. The reaction that is taking place sets up other reactions that take place down the line, so, no matter how difficult a person's lot seems to be, it is in keeping with concepts he or she is seeking to question, understand, and master. No one is ever beyond their ability to make gains in any given life cycle.

Many feel pity when they see a deformed or crippled person. Know that the person is working out a previous transaction from a former life cycle. Pity is a useless emotion, implying that a person is in a situation beyond their ability to understand and control. This is never the case. Therefore self-pity is the most useless emotion because it keeps you from gaining control and rising above any situa-

tion in which you have placed your Self.

Why is there suffering?

Suffering comes in two basic forms: personal and non-personal. The latter is what we see happening to other people. It may seem, from your perspective, that suffering is senseless and totally unjustified, yet this is only your perception based on your personal Belief System, which is limited to what you know and think you understand about how life and God work.

To put in its proper perspective, we need to take an overview of life itself, which is the ongoing process of seeking perfection. This is demonstrated easily when we realize that the mind is a goal-seeking device that seeks to fulfill every expectation it has of itself, both good and bad.

Goals evolve from two different places. One is based upon everything we learn as children, when we learn different methods and techniques for handling and dealing with life by watching what our parents do, say, think and feel. We use sight, feelings and responses to correctly assemble a program to follow that we know our mother will approve. We believe this will guarantee us a safe return to the Spiritual Plane.

The second source of goals comes from God. We bring certain goals with us that we seek to fulfill to help us come to better understandings about our role in life. In some instances, we must endure certain experiences to gain insights and understandings, and in this way, we have the opportunity to cleanse misconceptions from our

Belief System. To the outside world, some of these experiences resemble suffering. That means that for every action, there is a reaction, either in this life or in another life cycle. This is in keeping with the Universal Teaching, *“To everything there is a season, and a time to every purpose under the heaven.”* (KJV Ecclesiastes 3:1)

In every life cycle, there are things to be worked out, and things to be understood. Personal experience is the best teacher, so, while someone may appear to be suffering from your viewpoint, it may very well be a lesson that particular soul needs to learn and it may be giving that soul an opportunity to understand the concepts at work regarding the role of service, dependency or limitations.

Always remember that everything that befalls you is of your own choosing, because you chose to be at that place and time to experience that event. You knew that you would learn from it, even if the “knowing” was at a deep, inner level of the Self. Every situation that appears to be a difficulty or even suffering is an opportunity to learn something, to master and move forward.

Suffering is a matter of perception. Change the way that you look at things and there will be less pain and suffering. Learning how to change the way you look at life begins by questioning your Belief System, requiring that you deepen your understanding of how God works on a grander scale.

EPILOGUE: TIME TO ACT AND WORK WITH ME

Join me. Work with me. Let us, together, help others to develop eyes that see and ears that hear, so they can use the Universal Teachings in their daily lives. There is a need in our society for clear thinking, self-aware, emotionally stable individuals who can see and work toward UNITY on ALL levels, within and without.

We teach by example. Putting this information into practice will improve your life on all levels, I guarantee it. Your working faith will bring peace and harmony into everything you do. As you continue on the path of the Universal Teachings, your Spiritual Self and the gifts it contains will become more developed.

Everyone has spiritual gifts and psychic abilities. Whether it is the ability to move pencils around the table with the mind or to levitate an object, or to touch someone and heal them, everyone has gifts. However, you may not know which gifts you have because you may not have been trained to develop them, to manifest or utilize them on a

daily basis. Through the Universal Teachings, the manifestation of your gifts will be natural and in keeping with your levels of understanding and application.

Everyone is endowed, because mankind is here to create balance and harmony. All have talents. However, you cannot know and express your talents until you begin to cleanse some of the man-made misconceptions about who you think you are supposed to be.

Know that you are part of the Creative Continuum called God and that you have something wonderful to share and give.

Now more than ever before there is a need for awareness, strength and courage based on true understanding of Self, your total Self. Continue seeking to discover your gifts, developing them and living that existence.

Please contact me at symbolreader@wildblue.net and let me know that you have this book on the Universal Teachings, and I will send you our newsletter on Teachings, methods and techniques for use on your path.

MICHAEL