

The
Twelve Disciplines
and
Spiritual Gifts

Michael Schwartz

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and
Spiritual Gifts**

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The Twelve Disciplines and Spiritual Gifts

Table of Contents

Introduction

Discipline of Discipline

Personal history

Creating a discipline

The Discipline of Thought

The 4 P's

The Discipline of Emotions

The Discipline of Manifestations

The Discipline of Cycles

The Discipline of Observation

The casual

The keen

The clinical

The judgmental

Enhancing observation

The Discipline of Listening

The Discipline of Sensing

The sense of taste

The Discipline of Touch

The Discipline of Speaking

The Discipline of Health

Faith, belief and expectation

Goal seeking

The Doctrine of Personal Responsibility

The Discipline of Unity

The Twelve Spiritual Gifts

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

Conclusion

The Twelve Disciplines and Spiritual Gifts

Introduction

I started this book because I wanted to learn more and write about the twelve disciples of Jesus. I find them interesting and I figure that each one would represent a spiritual gift we possess. The reason for that line of thinking stems from my belief about the Bible. I believe the Bible is a handbook for spiritual growth and development. When understood it will guide you from the Adam level consciousness to the Christ level of consciousness and material mastery.

Based on the thought that the Bible is a handbook to higher consciousness, then everyone in there, including the disciples must represent an aspect of that consciousness. With that in mind I started to look at the word “discipline” because the word “disciples” has the same Latin root.

I then thought that there might be a correlation with

disciplines, so the following work is based on twelve disciplines and twelve spiritual gifts that we possess. If you look up the number 12 in the Bible, you will find the 12 tribes of Jacob (Israel), as well as the 12 princes of Ishmael (Genesis 25:16). Then you can look at the 12 astrological signs, the 12 months of the year, and other 12's in the Bible, such as twelve wells of water (Exodus 15:27), twelve pillars (Exodus 24:4), twelve cakes (Leviticus 24:5) and many more.

I trust this work will stimulate some thinking, and hopefully intrigue you enough to want to look at some of my other writings and thoughts in terms of mind matters, and especially the Universal Teachings, which are the guidelines that I work with that help me to understand how life works, which I have written about extensively in my dream book and my natural healing handbook.

If you have any questions, do not hesitate to contact me.

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Discipline of Discipline

The origin of the word “discipline” is from the Latin “disciplina”, which means instruction or knowledge. That is the true purpose of discipline, to create a particular way of thinking. This is also why the twelve apostles are considered to be the disciples of Jesus, because it is a particular way of thinking and acting. Thinking comes before acting because all outward actions are based on internal thought processes.

Thoughts are created in the subconscious mind for the purpose of validating subconscious concepts we maintain. The thought then sets in motion the thinking process. *An example is “I need to do a project for work” is the thought. The thinking process creates an outline of what has to be done, the materials needed*

to complete the project and the look of the presentation.

There are multiple definitions of the word “discipline”. In addition to a way of gathering knowledge another interpretation indicates the practice of training people to obey rules. To that end I think all of us have been disciplined as children so we would follow and obey the rules and regulations.

Discipline can also represent a particular code of behavior. This can manifest as social convention all the way to military correctness. The fourth is a way of thinking, a new discipline; e.g. sociology or astrology. These four applications are forms of disciplines.

In examining the definitions of the word “discipline”, the last one was a ‘new discipline’. That’s what I would like to present to you in this book; a new discipline, a new way of thinking, a new way of experiencing life.

Another definition is with respect to creating a habit, a habitual way of doing something. In this case, we are going to talk about twelve specific disciplines. As you incorporate them into your life and make them a habit of doing, then that will manifest in a manner of being, which will further your growth and allow you to accomplish the things you truly want to accomplish. It will also allow you to begin to control, and eliminate the negative occurrences in your personal history.

Personal history.

I know that you have said on occasion, “I’m never going to do that again” or “I’m never going to get involved with that kind of person again” or “I’m never going to take that kind of a job again”. However, as time passes you find yourself back in the same situation energetically. In this situation everything looks different however the same energies are present that have existed in the past. In some cases it is easy to see because the personalities of

the people involved is almost exactly like those from the past. A prime example of this is men who always end up working for an abusive boss or battered women who go from one bad relationship to another.

There is a Universal Teaching that addresses this occurrence. “That which hath been is now; and that which is to be hath already been...” Ecclesiastes 3:15. This is a great ancient example of a pattern of behavior.

Everything may look different, but the fundamental energy is the same. Why? Because your subconscious concepts that motivate you have set you up to fulfill the expectation of a particular concept you believe to be true.

Every concept creates particular patterns of behavior. The goal of a pattern of behavior is to validate the concept as being true. So, you will set yourself up and create a pattern of behavior that, when it is fulfilled, it validates the concept. That is the main reason why your personal history repeats itself.

I mentioned earlier that another form of discipline is punishment. Interestingly, people punish themselves. When you do something you shouldn't have and you feel guilty about it, you end up creating a situation that will literally bring to light whatever the transaction. This is done in order for you to bring the authorities upon you. The authorities could be mom, dad, wife or from the law. You may also create a disunity or disharmony, and ultimately end up with a punishment.

We are not going to concentrate on 'set ups', but I did want to bring it up so you can understand why certain things happen to you. It is you creating the situation. It is no one else's fault.

Here is a Universal Teaching that relates to that: 'For every one that asketh receiveth...' Matthew 7:7. People do not realize that everything they ask for at a subconscious level they will receive. It is through this transaction that each of us are co-creating our personal reality.

In the first definition of discipline, we said that it was the practice of doing something in a particular way, a habit. The

beauty of that is when you create a habit, a discipline, you create a program in your mind, which is like a bio-computer. You create a program and it runs automatically. When you create particular disciplines, they too will run automatically.

The benefit of a discipline is that it will help you achieve your goals. In terms of goals, I would have you set four different goals, since there are four aspects of the self.

The spiritual self, is where all communication begins from the Creator that dwells within. ("Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within you." Luke 17:21) What happens is you get these directives in your spiritual self that lead you toward balance and harmony in the most spiritual of ways. The problem arises when you seek to manifest that directive. It must first pass through your emotional self. Therein lies the distortion.

The emotional self has its own agenda. All of its actions are designed to gain acceptance from mother because she is the way into the material plane. The material plane is the third dimension where we live. On the flip side, there is the spiritual plane. So, throughout this work, whenever I talk about the material plane it will always be about the life we are currently living in our everyday consciousness.

The spiritual plane is where we come from, where we dwell prior to entering into the material plane. The purpose of the material plane is to cleanse the soul of all manmade concepts so that one can evolve out of the material plane into the next level of spiritual evolution. Jesus is the example in mastering death. So, it can be mastered. It is a matter of understanding.

At a deep, subconscious level everyone believes that their mother is the only way back to the spiritual plane, therefore acceptance is essential.

Children will create one of two methods of gaining that acceptance. They will either seek approval and this is exemplified by girls being like their mother and boys being like their dad. Some people are like their parents and are a mixture of mom and

dad. The reality is that it depends upon the nature of the unity of the parents and what the child is seeking. It may appear that the female is more like the male and that the male may be more like the mom, the female. But when the woman is more like her dad than her mom, I would think that there would be a form of rejection in the unity between mom and dad, and then what the female might do is seek out a husband who is like the mom, and therein would also have rejection and disunity as part of the unity.

The other way of gaining acceptance is through rejection. In this modality the girls become the opposite of their mother and boys will be the opposite of their father. It is a very simple process with complex and far-reaching effects.

Creating a discipline.

To create a discipline is very simple. It depends upon what you want to accomplish. For instance, suppose you want to paint, write, sculpt, etc. but you have a full time job that is not what you really want to do. We all have to earn a living and keep a roof over our heads, feed our families, etc. However, one of the most important things we should strive to do is to develop and grow our personal expression.

If you want to be a writer, and allow me to use myself as an example. Here is my basic discipline on a daily basis: in the morning while I am having my tea I play solitaire card games on my computer. This is part of my discipline because I believe that the mind needs to be exercised on a daily basis, above and beyond the work that I do. There should be exercises for both body and mind for the simple reason that the mind is like a muscle.

The muscular tone of the body can become flaccid and weak if you are not using it. The mind is the same category. You need to exercise it. Use it or lose it.

Exercise is so wonderful on many different levels. When you physically exercise, you oxygenate your body, which

accomplishes two things. First, you are feeding your mind, 25% of all the oxygen you bring into your body is distributed to your brain. Now you are feeding your brain the key nutrient it requires for optimal functionality and cognition.

Second, when you oxygenate your blood, you oxygenate your body. Cancer and other types of anaerobic diseases do not seem to be able to establish themselves in an oxygen rich environment.

Another benefit, not so much oxygen driven, is that exercising burns fat and cholesterol, thus opening up your arteries and allowing better circulation.

After my morning tea I go to the gym and work out. Then to work. I get in around 10 and work until 4 or 5 depending on work load. After that its off to home were its news time, then dinner, next is watching Wheel of Fortune and Jeopardy, again from a mind-stimulating point of view.

At 7pm I go into my office and that is my writing time. Every night from 7 to 8:30 or 9, I spend time writing. At 9pm I shut down, go relax for an hour, watch some television, then go to bed at 10pm. That is my disciplined routine on a daily basis.

I suggest that you examine your routine and see where you can instill habits and disciplines that will allow you to grow your expression, whatever it may be. It doesn't matter what it is, as long as you make an effort to grow something within yourself other than a disease or condition.

The bottom line with creating a discipline is to first make up your mind to do it. Know that there will be multiple distractions to try to keep you from creating a discipline. Why, you may ask? The answer is simple, your emotional self does not believe that you can grow beyond where you are. To validate that your emotional self, it will set up everything it can to keep you where you are, thus proving that you cannot move forward. Here is where your personal history is at work. It is a false influence

I've previously written about friends coming and going in your life. Some are there for the long haul and some come and

go. As I had stated, they are just symbolic of a cycle you are going through at the time. So, they become a symbol to help you understand a pattern at work, part of your personal history.

From a different point of view, you could consider your emotional self as a friend, but one of negative influence to your spiritual self, which is your deeper friend, the one that wants you to succeed and move forward, grow and evolve. But, your emotional self friend wants to hold you back because it is comfortable with the relationship where it is. Sometimes you have to end a relationship. The way that you do it when it comes to the self is through understanding what the relationship is built on, which is your subconscious concepts. Therefore, they need to be understood and controlled so they have no impact in your life.

A major distraction is the concept that discipline is restriction or confinement. With that belief the person will resist the implementation of a discipline. This concept is part of the patterns of behavior that use rejection as a form of acceptance. With this pattern in operation the person knows at a subconscious level that a disciplined approach will bring success, and that is not in keeping with rejection patterns.

In truth the resistance to creating a discipline works against the person because it is only through a disciplined approach to a subject or project that you can master anything, especially your Self.

Keep in mind that God never places you in a situation that you cannot handle or master, no matter the situation, disease, condition, relationship, etc. (1 Corinthians 10:13 KJV) Whatever it is, you can handle it and when you understand it, you can begin to control it. Emotional control will lead you to physical mastery.

Remember, a discipline or habit can be a tool for helping you to accomplish whatever you want to accomplish in this life.

The Discipline of Thought

What are thoughts? Where do they come from?

To better understand the concept as generally accepted, I thought I would look up a definition. I copied from Wikipedia what I thought to be a good explanation. Here it is 'Thought can refer to the ideas or arrangements of ideas that result from thinking, the act of producing thoughts, or the process of producing thoughts. Although thought is a fundamental human activity familiar to everyone, there is no generally accepted agreement as to what thought is or how it is created. Thoughts are the result or product of either spontaneous or willed acts of thinking.

Because thought underlies many human actions and interactions, understanding its physical and metaphysical origins, processes, and effects has been a longstanding goal of many academic disciplines including psychology, neuroscience, philosophy, artificial intelligence, biology, sociology and cognitive science.

(Author's comments: when you are reading symbols the moment you 'get it' is when you generate/create a thought. This thought springs from a particular concept in your subconscious mind. A concept has been stimulated and has become active.

Upon that awareness of a symbol the mind goes into thinking to see how to carry out that subconscious thought, the end result, the need, want, desire. Now a pattern of behavior has just been set in motion. Actions follow thought, with thinking as the facilitator.)

Wikipedia continuing: Thinking allows humans to make sense of, interpret, represent or model the world they experience, and to make predictions about that world. It is therefore helpful to an organism with needs, objectives, and desires as it makes plans or otherwise attempts to accomplish those goals.' End of Wikipedia definition.

Thinking is the process of thoughts forming a plan of action for achieving its goal. Thinking is an interesting gift, even though we never think of it as such. It goes without saying all of us think. What is meant here in these writings is to take it deeper. We look at many things and maybe we give them a quick thought, or not, and we move on because everything seems fine.

However there are times in certain situations, essentially when you hear or see a symbol, that you must stop. Stop immediately and start thinking what is your mind saying to you. You need to discern what's taking place. What are the present energies stimulating concepts within your subconscious mind? What patterns of behavior are about to be set in motion?

You need to see what energies are aligned and working against you. They will come from internal and then external forces. The Discipline of Observation must be employed first to read the symbol. Then think.

Take your time to think. Read the symbol from as many angles as you can. Relate everything back to yourself. The best understanding of a symbol is the one you relate to on a personal emotional level.

Some good "thinking" questions might be: What is going on? What am I involved in? Where am I going? What is upcoming? What do I have to deal with? These questions will stimulate certain conversations within, as well they should.

By taking an assessment of everything that is going on and everything you are dealing with, you now have an understanding of where you are in the unfolding of particular patterns.

Knowing where you are may help you through the process of taking thinking to the next level to understand *why* you are there. Once that is understood then you apply the understanding knowing that it is going to take change on your part to get to where you want to go.

The 4 P's

The next thing to start thinking about is a plan of action. There are ways to plan that will ensure success. The 4 P's will offer the greatest chance of success. Here it is: (plan, prepare, project and provide.)

Here is an example of a plan of action: I need to build a 'top bar' bee hive. First (*plan*) I get the blueprint for the hive I am going to build. I make a list of the materials needed.

I then *prepare* the work area and gather the wood for the hive. Next I cut the different parts to the blueprint specifications. Then I nail the sides and ends together. The next step is gluing and nailing strips of wood that make up the top bars.

Projecting ahead I want to attract a swarm of bees to the hive so I rub some of the wood with honey and lemongrass oil. At the same time I make sure the hive is in a location that is suitable for the bees.

I then provide a water source. Before getting my first swarm I made sure that having bees where I lived was allowed by law. Then I planted a garden that is bee, butterfly and bird friendly.

I trust this gives you a quick glance of a 4P approach.

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 that 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: 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. Also examine those things you need to understand and be aware of based on your concepts and patterns.

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 in whatever the project is so that you look at all angles and all levels. Provide for all of that and you are in a position of strength to move forward.

Moving forward requires thinking. It can also incorporate or lead to the further development of the spiritual gift of clairvoyance. The reason being the more you think, the deeper you get into the energy of something, the more likely you are to flow with it. From that vantage point you have a glimpse of its essence and, maybe, what the future may hold. This could also manifest as the spiritual

gift of Prophecy.

Another gift associated with thinking, from my point of view, is perseverance. Perseverance exists on different levels. You can persevere because you have to, and that might lead to resentment on the need and cause to employ perseverance. Or, you can persevere out of determination going through obstacles in order to achieve your goal.

As a gift, perseverance teaches stamina and helps one to build strength. If you have to persevere through a situation, you are constantly thinking about the easiest, fastest way to get it done and that meets your needs. Your needs are either going to be seeking approval or rejection, and your mind will work to set up either event in order to validate, and that process may be unconscious.

Perseverance will provide strength that will help you to have the stamina and the courage necessary to persevere through whatever is presented to you. Remember, you co-created the event, situation or illness. Therefore you are the solution and cure. All you need do is understand what is going on and then make the necessary adjustments on every level to create the reality you want.

The Discipline of Emotions

What are the emotions? How do they work? Why do we have them? These are questions that need to be understood. With that in mind I went to the dictionary on the computer to look up the definition of emotions. Here is what it said: 'a natural instinctive state of mind deriving from one's circumstances, mood, or relationships with others.' It also said: 'instinctive or intuitive feeling as distinguished from reasoning or knowledge.'

In the first definition we see that emotions are stimulated by others. This is where we will need to understand how others affect us. Depending on what your need may be emotionally, that would be your area of vulnerability. The goal is to know the things that

trigger you through reading symbols and listening to what people say. Know what it is that triggers your emotional responses in both a positive and negative way. The more you can understand that, the more you can have a great relationship while at the same time maintaining emotional control.

In the second definition we see more of an etherial understanding. In many ways we would relate this definition to 'chemistry'. It is something we immediately experience and know that we are experiencing it. Examples would be walking into a room and 'reading the energy'. Meeting someone for the first time and immediately hitting it off as if you were old friends is another example.

The first definition is where the effects may not surface immediately but are working in our subconscious mind setting in motion patterns of behavior appropriate for the concept stimulated. Once the pattern is set in motion it will seek to prove whatever concept has been triggered as being true.

Many of the concepts people have in their subconscious mind are man-made ideals, standards and values which are not necessarily in keeping with the truth of the Universal Teachings, the laws of God.

Learning to control emotions is a difficult task for several reasons. On one level, it is your emotions that attach you, along with your senses, to the material plane. To see this in action visualize yourself standing still with a gazillion threads of energy emanating from you in all directions. Also see everyone else doing the same thing, emanating threads like lines of power. It is through your emotional threads you are connected to everyone, as well as material reality.

When the emotions get out of control, they can lead to chaos. You hear so many stories in the news where perhaps a couple is arguing and someone will intervene to stop the argument and ends up dead. Things like that happen for many different reasons, including karma.

Emotions run the gamut from love to hatred and every emotion in between. Going back to our thread example, visualize the same gazillion threads coming out of you in all directions. Now here is how they look when you are angry or experiencing the base emotion of hatred. It looks like a katrillion, smaller than a gazillion, of those lines converging in one area towards one object or situation. Each convergence would be different. In this case it is hatred, so the threads are black and aggressive.

The emotions can lead to entanglements; some good and some bad, some productive and some harmful. One has to be mindful of one's emotional outreach, as well as one's emotional receptivity, i.e. Emotions put out and emotions received.

The Discipline of Manifestation

You are already manifesting your reality. You are co-creating your reality with God that dwells within. What you have before you is a result of what your subconscious concepts are shaping in your life at this moment. There is a Universal Teaching that relates to this statement. '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 made manifest.' Gospel According to Thomas #5.

All of us have certain concepts in our subconscious mind that tell us who it is we think we should be and how we should act. Depending upon your age, most of us have that so deeply ingrained that it is an automatic position one adheres to in life. That does not necessarily mean that it is a good thing because one must evolve.

You would think that I am talking about manifesting the reality you want. And I am. However it also refers to your own personal spiritual growth, because the more you understand yourself, the more you allow the spiritual self to manifest. As faith in self grows, so does your ability to master the material plane.

There are many books written on how to manifest whatever you want. A quick approach to manifesting anything is using deep meditation to program your mind with “I am becoming wealthy” or “I am becoming rich” or whatever it is you want to accomplish, including health.

If you precede whatever your desire with the expression “I am”, you are telling God within you to work for you in accomplishing what you want. The “I am” is one of the many names of God. It was first stated when Moses was in front of the ‘burning bush’ and he asked God “who should I say sent me?” and God answered “I am that I am.” Exodus 3:14.

Another technique for manifesting what you want is visualization. In this approach you see what you want in your mind’s eye, your imagination. At the same time as you are pouring energy into the visualization do your programming. In this way you are re-enforcing what you want.

You can certainly use this technique for healing, except in your mind’s eye see the part you are seeking to heal in perfect health so that your brain knows what to do. Make sure you are giving it the “food” it needs to do whatever it is you want it to do. Food can be many things such as self encouragement, exercise and a great diet so that you have the stamina and endurance to carry you through your endeavor. Another resource to consider are nutritional supplements as a way of fortifying the body.

You must be strong on all levels and in as many areas as is possible to accomplish your goals. You must also understand your self to keep what you create. Perhaps you have heard stories of people who win the lottery, and three years later they are flat broke or they suffered a tragedy and lost everything.

You hear of people who have gone to positive thinking classes and through a couple of cycles everything is working as it should. Then it disappears.

Part of the answer is karma. That is why some have it easy, or so it appears. However what appears to be easy may also be very difficult to break away from. Another possibility is for the

person to become immersed in the culture, traditions and attachment to the material plane to such a degree that the spiritual self does not really grow and develop and it does not express all of the gifts that it has.

The Discipline of Cycles

Everything in the universe flows in cycles. A quick example is our planet circling the sun. This gives us four seasons. What is interesting is that we have four selves. They are the spiritual self where everything begins, the emotional self where things are set in motion to manifest our desired reality.

There is a physical/material and a social self. The physical aspect relates to the body and health. The material aspect is the physical reality which includes lifestyle and possessions. This aspect of self is a reflection of your subconscious concepts and beliefs in action.

The last self is the social self. This is how people interact with each other. Each of these selves have particular concepts that relate to them. When any one of them is triggered or stimulated the manifestation will be created through patterns of behavior that will lead to a specific result. This will validate the concept as true.

There are four cycles that you flow through in your patterns of behavior. They are the same as your four selves. Because of the cycles, your personal history constantly repeats itself.

When you begin to glimpse a pattern or see history repeating it may pay for you to start a journal about your personal history. Think about things that happened to you, see if you can remember the age you were, who you were with and what was taken place.

A simple example might be about friendships and relationships. See what they tell you. You may find that there are two types of friends. Those you have known for decades and those who come and go. Those that come and go happen during

a particular cycle in your life that you were going through emotionally. Those people became symbols to you about what was going on emotionally at the time.

An example of this is when you bump into someone in the supermarket, or you get a postcard, letter, email or phone call from someone you haven't spoken to in years. All of those are your mind's way of using the Living Language of Symbols [™] and the Living Language of the Mind [™] to tell you what you are going through at that very moment in time.

By knowing what is taking place in the now gives the opportunity to alter the future. You can make it what you want through understanding, application and perseverance.

Relationships are a bit different in the sense that there is generally a deeper emotional connection. But even there, look at the relationships you have had, the nature of the relationships and how long they have lasted. By understanding and recognizing the cyclic nature of it will give you an indication of the kind of emotional things you go through on a cyclic basis. Once you begin to identify your cycles, it will help you to pinpoint the pattern of behavior since the cycle is the vehicle, however the pattern of behavior is the driver.

It is always good to be mindful of cycles to understand where you are so that instead of your cycles running horizontally, like wheels on the ground, you can control the flow and direct it upwards into a spiral.

By exercising control, through reading symbols, you are more on a cyclic spiral heading upward into higher levels of awareness and consciousness, manifesting more of your spiritual self. If you look at the construction of a spiral going up you see it gets smaller. It is the same as a whirlpool upside down where it sucks everything into it. In this case, what it is doing is drawing your spiritual self up higher and higher, closer to unification with the Creative Continuum called God.

All personal cycles flow in the same sequence that the

selves evolve. An example of this is how a baby develops into a child. The cycles are: spiritual, emotional, physical and social. In the beginning, when the baby first comes into the material plane, it is truly more spiritual than emotional at that point.

If you have ever been around children when they are being breast-fed or bottle-fed, you can see them staring up and following something in the room, an energy that we no longer see. But because the baby is new to this dimension, he or she still has the ability to see energies, and ethereal bodies.

There is a Universal Teaching that hints to this awareness. It is found in the Gospel According to Thomas. Here it is: Jesus said: The man old in days will not hesitate to ask a little child of seven days about the place of Life, and he will live. For many who are first shall become last and they shall become a single one.

Now we see the baby begins to make an effort to communicate within the first three months. The next three months are more communication and the baby is emoting more than before. The next three months the baby is beginning to become mobile and gaining control over its faculties. By the last three months, the child is now interacting with parents and others, and is able to better communicate so that there is an understanding and a back and forth. Those are the four cycles in every cycle you go through; spiritual, emotional, physical or material, and social/intellectual.

I think the spiritual gift associated with cycles is prophesy because once you can begin to see your patterns at work within your cycles and understand them, that will help you grow your awareness and consciousness to be able to see larger cycles, societal cycles. You may even be able to see how particular national societies around the world are being patternistic in their behaviors.

There is a Teaching in Ecclesiastes 3:15 (That which hath been is now; and that which is to be hath already been; and God requireth that which is past), that demonstrates that humankind is

in an ongoing repeating reality. This will continue until one can understand the nature of it and thus gain control over it and have the cycles manifest differently.

In understanding what is going on, one can speculate and postulate what is potentially going to happen. I think the certainty, from a different point of view, is that if enough people believe it, then they all collectively bring it to be. That is not to say that the person professing is not correct. It is more of a validation.

The Discipline of Observation

What is the purpose of observation? We all have eyes that see, except for those who are blind from birth or from an accident or disease. We have the ability to observe so we can see how to move forward without hurting ourselves on many levels, and, on some levels, to keep others from hurting themselves. That is its basic purpose, to keep you on that narrow path that leads to life. '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. 14. Because strait is the gate, and *narrow is the way, which leadeth unto life, and few there be that find it.*' Matthew 7:13-14 KJV.

The definition of observation is a process of viewing something or someone in order to gain information. This information is designed to provide you guidance. The purpose being to harmonize your Self with the Creative Continuum called God. This is the Spiritual Energetic Flow that permeates everything.

The benefits of observation are simple. Observing allows you, through the process of questioning, the opportunity to change what is taking place. This occurs as you change the energy within, which ultimately changes the energy without.

This means, from a different point of view, that you will be

able to accomplish what it is that you want to accomplish without the emotional self interfering and getting in the way.

There are different types of observations.

The Casual Perspective

The casual perspective is how many people live their lives. Most see without really paying attention to the intent or message they are observing.

On one level you are seeing everyday life and its occurrences. At the same time your mind is using available items, situations and events to 'talk' to you.

Woven into your daily life are occurrences where you may: stub your toe, drop a glass, lose your keys or wallet or get a ticket -- little things like that, and still others more subtle. These are symbols for you to understand which pattern is at work and where in the cycle of its fulfillment you are.

In the domain of Observation is where you create your personal symbolic language. It begins with you tying together an emotional experience with a solid object. This process creates your symbol language.

This is where your PEA (Personal Emotional Association) with a symbol is created. These symbols provide the greatest guidance. Your mind is already using symbols to talk to you every night in dreams. During the day when you pay more attention to something, or something out of the norm occurs, that's your mind talking to you. These are symbolic forms of communication. However you are not seeing or hearing them because you were not taught about symbols.

Nor do you know how to use them and the guidance they provide goes unheeded.

The universal interpretations that are offered through my book *Dream Symbology Dictionary*, available at www.innerhealthbooks.com, will get you started. Once you have a basic understanding of the language is when you will begin to

create your personal dictionary.

You will know when your mind is talking to you. It is when you pay attention to something for more than half a second. If it catches your eye, that is your mind telling you something.

Your mind is talking to you constantly. It depends what you are involved in, what is going on, which particular pattern of behavior is in action and which pattern has just been stimulated based on what you have observed. This is where the language of symbols and the Living Language of your Mind™ comes into play.

On the surface it all looks normal. However, with the discipline of observation you learn to see the energy and thought behind what is taking place. This is the Living Language of Symbols™. This is how your mind communicates with you.

A symbol can be anything from a sensation (Discipline of Touch, a vision (Discipline of Observation) or a smell (Discipline of Sensing). They are things you have associated with an emotional feeling that has been stimulated by what you have observed or experienced.

You can observe something and have the smell of chocolate in the air come to mind. What you do when that occurs is question: what/who/when/where do you associate with the smell of chocolate in the air? It may be when your grandmother cooked chocolate chip cookies, you could smell it wafting through the house.

Now you think back and question: what did your grandmother making chocolate chip cookies represent to you at the time. It could be a sense of love, security, a treat.

Let's assume it was a treat. Perhaps what you just saw (symbol) that triggered that particular memory, is telling you that what you are seeking is a treat.

Then you question why is there a need for a treat. What is going on that you feel the need to reward yourself? Maybe the chocolate chip cookies were a comfort food. So, what is taking

place that you have this need for comfort?

Observation helps you to identify where you are in a particular pattern of behavior, where you are in its cyclic flow and, by knowing that, it gives you the opportunity to change the outcome.

The Keen Eye

I'm sure you have heard the expression, "a keen eye." In my mind I had a definition of this expression. However I decided to look it up. Here is what I found for the word "keen", it means eagerness or enthusiasm. When I think of a "keen eye", I think it is a unique and particular perspective. In fact, in the definition given, it said "eagerness or enthusiasm, as in opportunities." You really do have to have a keen perspective, a different type of a perception when you are seeking an opportunity.

It is the same thing in everyday life. Everyday you need to develop a keen eye to get past the casual look. This look just sees the surface. The clinical look, another type of observation, is kind of what a keen eye is, however I think it is a little different in the sense that the keen eye is one that is more emotionally involved.

The involvement is created because eagerness and enthusiasm are spiritual energies that ride on the wave of emotions. This facilitates using the emotional self to move in the direction of manifesting its desires. Then patterns of behavior kick in.

A keen eye is also analytical and critical at the same time, but more from the perspective of looking for opportunities to gain insights, understandings, and to exercise emotional control.

When you exercise emotional control, you have that energy within your grasp to accomplish whatever it is you want. When you take that same emotional energy that could manifest as anger, resentment, frustration, agitation or anxiety, and you

harness that energy, it strengthens your control and allows you to move closer to mastery.

This is the progression. You go from having an insight or an epiphany, which takes you down a path, as it should. You should be continually questioning what you are looking at, what is going on and why it is going on. That process takes you to other answers so that you eventually come to a place of understanding which aids in emotional control, which leads to mastery in all situations.

The keen eye may actuate, utilize and accentuate some of the spiritual gifts such as clairvoyance, astral projection and levitation. With a keen eye, you can develop the gift of retro-cognition and precognition, the ability to 'look back in order to see ahead', this is a Universal Teaching.

The Clinical Eye

The clinical eye looks at things differently than the keen eye. Of course there are common elements however the clinical eye is more specific in what it seeks to see and understand. As an example a particular event or experiment is created that has certain parameters that are preset.

An example would be drug testing. In this scenario they take two groups of people and give one group the drug and the other a placebo. Everyone in the study is seen by a doctor for continual evaluation and notes are kept. At the end of the study analytics are performed and the results published.

It is through a very similar perspective that a person observes others. This is done to gain knowledge primarily to grow self more than anything else. What the eyes see the mind records.

Our earliest observations were of mom and dad. How they

did things. How they were. We learned by observing that is why some children/people seek approval as a form of acceptance. The other group choose rejection as its form of acceptance. Both work.

Learn to discern what method you use so that you can begin to get a handle on it. As you do there will be less turmoil or and more peace within will manifest.

The Judgmental Eye

This is a particular perspective that some people take. They look at everything with this unique perspective, which is to find something that is wrong. Once discovered they will voice some sort of criticism about something on some level.

This is a person who is unhappy in some arena of their life and feels the need to point out weaknesses or vulnerabilities in other people. When this is done, it is a way of gaining control over someone.

The judgmental eye is a very critical perspective. There is the old cliché about seeing what you want to see. If the person is intent on finding fault with something, they will. No matter how mundane or minuscule it may be, they will find fault with it because it satisfies an internal need they have.

Keep in mind that sometimes you see what you want to see, and because you see it the way you want to see it, you will interpret it in the way that suits what you are trying to achieve or rationalize and justify. Always seek clarity.

Enhancing Observation

One of the ways to enhance your ability to observe is to train yourself to become symbol conscious. As I mentioned earlier, symbols are something that you have already created for yourself.

It is not someone else giving you a symbol such as math symbols.

Math symbols were presented to you in school and they told you that the plus sign means to add the numbers together and the minus sign means to subtract simple examples. Traffic signs, symbols and lights are another form of communication providing guidance and awareness while you are driving.

Your mind provides you with that same type of guidance in the form of the universal perspective and your personal language, which is based on past emotional experiences.

With every past emotional experience, you have an association, like your grandmother's chocolate chip cookies.

Here's a personal symbol of mine: as a young person of 10 or 12 years of age, I was attacked by a black cocker spaniel. Now, when I see a black cocker spaniel in a dream, on a billboard, in a magazine or walking on the street, I know it is a symbolic communication and that my mind drew my attention to it.

That, in turn, makes me realize that fear is at work because I was attacked by that type of dog and, therefore, that is my personal emotional association with that animal. That is how your mind talks to you. It will give you symbols that you can relate to. However, because you have never been taught how to become symbol conscious or to read or interpret symbols, your life continues on its cyclic, patternistic way. This is your personal history repeating. This does not mean that I will be attacked by another dog. It is telling me that fear is at work in my life right here and now. So I look around and see where that is applicable and work on it.

The Discipline of Observation will allow you to gain control over those things observed that would have a tendency to stimulate a particular concept in your subconscious mind. Once stimulated that concept will set in motion a particular pattern of behavior creating a particular outcome.

The goal in life is to create outcomes that you want; not the ones that happen from a patternistic behavior.

As you become symbol conscious you may want to get a small notebook (i.e. journal) to record what it is that your mind drew your attention to that day or hour. Then question it.

As mentioned earlier, some guidance that may help you can be found in my book *The Dream Symbology Dictionary* where I compiled a universal perspective of the symbology of things.

There are three types of definitions for symbols.

First, there is a universal definition, meaning that this is an application or perspective that could pertain to everyone.

However, what is more important than a universal perspective is the PEA (personal emotional association) you have with a given symbol.

The third and last perspective is to look at a symbol as either positive or negative. For those who go through life with rose-colored glasses, that is the biggest mistake and the greatest trap anyone can walk into. When you have rose-colored glasses everything is wonderful and beautiful, and that sets you up for disappointment and hurt.

An aspect of observation that seems to be seldom thought about is seeking to be objective enough to be able to observe yourself in interactions. It is difficult to do, however there is a spiritual gift called astral projection that allows you to get out and above yourself to observe what you are doing.

There is also another spiritual gift called clairvoyance, which allows you to see clearly the thoughts and energies at work. There is an instantaneous 'knowing' of the energy of what appears to be in front of you. There is a Universal Teaching about this ability. 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 made manifest". This Teaching can be found in the Gospel According to Thomas #5.

Clairvoyance is also seeing everything at a glance without

needing the time to do a symbolic analysis.

Another aspect of observation pertains to the imagination, which could be tied into clairvoyance to a degree. Your imagination is you creating something in your mind's eye. These are visual images that you are creating and seeing, and maybe even responding to.

The ability to look back in order to see ahead is another aspect of observation. It is based on two spiritual gifts we each possess, retrocognition and precognition.

From this point of view, you are using your memory to look back into the past to see how you responded or acted in a particular situation or environment.

When you apply looking back to a current pattern, it is easy to see ahead how that pattern is going to complete itself. This, too, is in keeping with the Universal Teaching found in Ecclesiastes 3:15 (KJV). 'That which hath been is now; and that which is to be hath already been; and God requireth that which is past.'

Observation is one of your key disciplines to be mastered. When you know what you are looking at, then you know what you are dealing with. When you can see the thought and energy behind what is taking place, it puts you in a position of strength and power.

Life doesn't get any better when you possess personal power and quiet strength because that is substance, that is real. This is a power and strength that cannot be taken away from you. You cannot lose it like money or possessions or a title.

The more that you grow them and the more you use them, the stronger they become.

Here are Universal Teachings that relate to observation. The mote in your brother's eye (Matthew 7:3 KJV), or as stated in the

Gospel According to Thomas, 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.”

The Discipline of Listening

Listening is another great way of gathering knowledge and information. When you are in communication with another human being, they are telling you things about themselves or things they want you to know for one reason or another.

The way you can understand the person you are dealing with, or working with, and listening to, is to truly listen to what is being said. It is not necessarily the words, although essential, but the attitude, the tone and the implication. You are listening and observing at the same time. Listening will provide you with deeper insights.

What you hear and see on the surface is just that, surface. You have to train yourself to go deeper. What you hear is what you hear, but that does not necessarily mean that what was being said is what you received. This is because of definitions of words. Here is a great example: “I know you heard what I said however that does not mean that you understood what I meant.”

You may say a word and I hear the word, but for me it has a completely different meaning than what you were intending. So, listening “in depth” is an art form and one of your spiritual gifts called “clairaudience”, or clear hearing.

The beauty of listening to others, on one level, is that you will know when someone is saying something to you that is going to trigger you. Assuming that you are on the path of self-knowledge and becoming more symbol-conscious, then you know to pay attention to what people say to you. By listening intently the statement does not slip past your awareness and stimulate a concept and its pattern of behavior you do not want stimulated.

All patterns of behavior work under the same motivation. Therefore a pattern could manifest in any number of ways. Just

look at life and you can see where anger leads to difficulty, damage and, sometimes, even death.

You are already listening to everything around you; people, music and news. The one person that you may not be listening to is yourself.

There are two aspects to this because, on some levels, people will say that they hear that small, quiet voice in their head. They may not pay attention to it, but they hear it and listen every now and then. However that is not the best use of that little voice in your head and more often than not it is good guidance. It is your mind offering you suggestions, direction, and giving you input.

Everything needs to be questioned, even that small voice in your mind because it could be coming from ego loaded with doubt, or it could be coming from the spiritual self infused with inspiration.

You have to decipher where it is coming from, and you can only do that through being honest with yourself and perform an internal examination.

A benefit of listening to yourself is when you do negative self-talk, you can catch it immediately and know that you are indulging in it. Look for that quiet, still voice of quiet strength and let that be your guidance; not the voice of doubt and uncertainty.

The Discipline of Sensing

This discipline incorporates the senses of taste and smell. These senses are both defensive and protective. The sense of smell can help you to avoid eating spoiled food, or can protect you from dangerous situations such as a gas leak.

I personally experienced this recently after using a new outdoor gas grill for the first time. It had an extra burner that I did not have on the old grill, and I never checked to see if it was open

or closed.

It wasn't until the next day while I was sitting outside enjoying the sound of chirping birds that I smelled propane. When I checked the grill, that extra burner wasn't turned off. The knob was set on low. It caused the loss some propane, but if I hadn't been able to smell it, it could have caused serious damage, such as injuries or an explosion.

This demonstrates a way your senses aid you, helping you understand what energies are at work. Using the smell aspect of your senses allows you to have a handle on what is going on and how to protect yourself from what is taking place. There is a cliché that says 'something smells rotten...' and this does not mean a physical substance. It is often said in regards to a situation or a statement made by someone.

The sense of taste

You wouldn't think that the sense of taste would require a disciplined approach to living, but in reality it does. You are tasting things when you eat. If the food was rotten and it passed your sense of smell it may not pass your taste buds. They are there to protect you from ingesting that which could harm you.

The catch 22 is that you may not be able to taste if the food is bad or not. Neither can you symbolically taste the truth of something. Whether it is good or bad for you.

The reason I phrase it that way is very simple. In our dietary habits in America, we will eat anything that is salty or sweet, even if it is bad for us. We have been conditioned to like salty and/or sweet tasting things.

An item could be rotten to the core. If carbon dioxide was not used to preserve meat and give it a fresh red color, it would look like a gray piece of flesh and you would not consume it.

When something is bad, you have to be able to discern it. If not you could consume something very harmful to your life.

Your five senses – sight, sound, taste, touch and smell –

are all designed to protect and help you sort out the truth of things. You have to be able to taste the truth when someone presents an idea to you. If you don't, you could end up buying into an unrealistic approach or an unrealistic proposition and it could end up costing you dearly.

One of the spiritual gifts tied into sensing is called "psychometry", which means that you are feeling and sensing the energy of something. On another level, it is like instantly reading a symbol in the discipline of observation and knowing immediately what is being communicated. It is an intuitive knowing, and is the same with discipline of sensing.

The Discipline of Touch

You would not think that there would be such a thing as a discipline connected to touch because touch is touch. There are two ways that we touch things; physically and emotionally.

Sometimes you can touch someone and inspire, motivate and support them with your words and energy. This is a form of emotional touch. Emotional touch is what needs to be disciplined because inasmuch as you can use it as a tool for inspiration, motivation and support, the exact opposite is also true.

You have seen the example of someone putting a finger into someone's chest and pushing them back. Energetically, the same thing can take place from an attitude that is presented to someone by pushing them away. It touches them emotionally, whether stimulating their inadequacies or their fears. But, you do touch them emotionally.

We all touch each other. That is why sometimes you walk into a room and there is a 'knowing'. Knowing if you are welcomed or not. There are some situations where you feel the energy is either welcoming or rejecting. Overall you may feel/think that it is going to take a lot of effort to get into a conversation with any of these people. They all know each other and seem to have an energetic relationship with each other, and you are the new

energy being brought into the situation. You can sense that. You are being touched and you are reaching out to touch, to feel and on a one-on-one level, the same thing is true.

The Discipline of Speaking

Speaking is interesting. Obviously, it is a form of communication and a form of expression. It can also be a tool or weapon. Words used as a weapon can be very cruel. They can wound someone emotionally. As an example they can stir up anger.

Words are incredibly powerful and they trigger many different emotions. This is why it is vital that, along with the discipline of listening, you become mindful of what you say. You need to control the things you say so that you do not belittle, denigrate, attack or raise someone's defenses. There is a Universal Teaching about this spoken by Jesus in the Gospel According to Thomas. Jesus said: "For what goes into your mouths will not defile you, but what comes out of your mouth, that is what will defile you." #14

You would benefit from examining your language. Record yourself so you hear how you speak and how others might hear what you are saying and how you are saying it. This would be a good exercise.

When you speak it stems from different selves. There is spiritual, emotional and social speech. In spiritual speech there are certain words in every dogma that people will relate to, and they become a normal part of conversation because it is the language of that self and that group. A few examples are 'praise the Lord,' 'God provides,' and 'the Universe provides.' Each self has words that are usually germane to that self.

Discover what it is that you say repetitively both positively or negatively. Then seek to understand why you say that and begin to exercise control over your speech. One of the ways to do this is

through the discipline of observation, as well as listening by looking for symbols – things that you know will trigger you or will seek to stimulate the concept that will trigger the pattern.

The more mindful and disciplined you are, the greater control you will have over yourself, which is truly the only thing you can control. From this point of personal power, you know that your energy is centered and focused, and there is no one and nothing that can disrupt it.

Discipline of Health

Health itself is a multiple-book topic. In fact there are thousands written on the subject. I have written one called the *Naturopathic Healing Handbook* which is nutritional approach to healing. Another book I have written is an examination of health conditions from an emotional and symbolic point of view. That book, *Disease Symbology Handbook*, contains over 70 diseases. Health matters from accidents to diseases are also examined. Nutritional guidance is also provided as well as a discussion of symbolic significance. In that way you see and understand why the need exists for certain nutrients, in high potency, to help bring the body back to balance and harmony.

Disease symbolically represents an emotional conflict taking place subconsciously. It is the conflict centered on being who you think you should be and who it is you want to be. There may also be conflicting energy surrounding who you think you need to be. Ultimately the goal is to have your spiritual self be the dominant self, not the emotional self.

When it comes to the Discipline of Health obviously the very first place you need to examine is your diet. What is it? Which category would you consider yourself to be a part of. Do you have a diet that favors being a: carnivore; lacto-ovo vegetarian; vegetarian; vegan; fruitarian; or based only on raw food?

What are you consuming in the way of beverages? Sodas, juices, water or alcohol. Each have aspects that require

considerations. For instance sodas can create osteoporosis because of phosphoric acid. It carries calcium out of the body. Juices may have too much sugar which will add weight if there isn't enough exercise to burn off the calories.

When it comes to water I am a distilled water advocate. You don't know where the water has been. It could have flowed under a nuclear power facility or paper manufacturing plant. There's no telling. With distilled water I feel 'better safe than sorry.'

To me the body represents many things. In this presentation its about physical health. The healthier the diet, the healthier the body and a slower aging process.

One example of the body is to view it as an orchestra. With each gland, system, organ and function representing a particular section of the orchestra.

In order for a classical piece to be played, each instrument has to be in tune. Together all of those instruments create a great harmonious sound.

However, if strings on one of the instruments break, and somebody's reed from the wind section cracks, the notes they are going to play are going to be a little out of harmony. This would be comparable to only one cell being out of harmony and there in lies the beginning of physical aging and corruption.

In terms of the body illness such as colds, flu, and diseases can occur because of being malnourished. In this state it is susceptible to attack or malformation upon cell division which is naturally occurring. This will lead to conditions and diseases as it multiplies. However it can be slowed, stopped from progressing or be eliminated completely.

Conditions multiply on the imbalance and nutritionally weak body. So what corrects this situation? Diet, exercise and supplementation, and in my mind that means high potency supplements. A good mindset rounds out the fundamentals.

There is a spiritual gift associated with health and that is 'healing'. There are three parts to healing: Faith, Belief and

Expectation.

Faith, belief and expectation

Here's an example of how it works. You may have heard that a certain doctor, naturopath, herbalist, chiropractor, masseuse is really fabulous and if you will work with them they will fix whatever is wrong and you will feel great.

You call and make the appointment to see them. You go. You walked in there with 'faith' at work. Now the practitioner has spent some time with you and upon leaving you're given a prescription, a list of recommendations, or suggestions. Now 'belief' is going to work.

In your hand lies the prescription or the practitioners' suggestions. You go to the drug store or to the health food store because you want to get the recommendation products so you feel better.

The 'expectation' is that once you get hold of everything (meds, vitamins, herbs, minerals, foods, juices) and start taking it, it is going to work and you are going to feel great. Your 'expectation' at work.

Goal seeking

Your mind is a goal-seeking, goal-driven bio-computer that uses the energy of expectation through patterns of behavior to accomplish its goals. The primary purpose is proving the subconscious concept that **WHAT** was stimulated is true.

Patterns are the software program and expectations are the energies that runs them until complete. In essence, you live to fulfill expectations on all levels. Part of that is because expectations validate a subconscious concept that you maintain about yourself.

This is why you *can* change patterns of behavior, because there is an expectation of a particular type of result at the end.

Knowing that gives you the opportunity to change it completely, creating a different result. In this application it would be healing on another level.

Consider that your body is a temple. This was expressed by Jesus when he taught that the 'kingdom is within'. "Neither shall they say, Lo here! or, Lo there! For, behold, the Kingdom of God is within you." Luke 17:21.

The example of Jesus chasing the money changers out of the temple courtyard is symbolic of him cleaning up the temple. This is why it is essential to attain good health. You have to clean up your body. It is taught that the body is a spiritual holy temple. Re-examine your dietary choices. Your health, vitality and life are up to you. Feed yourself well on all levels.

The Discipline of Unity

What is unity? What does it mean? Here are a few definitions I gleaned from Wiktionary: 'Oneness; the state or fact of being one undivided entity. A single undivided thing, seen as complete in itself.'

These are good definitions however for our purposes there are two types of unity that need to be examined; that which exists externally such as demonstrated, most of the time, in an athletic team. The other form exists within the self. This is the unity of male and female and spiritual and physical energies.

The question to ask is, what is within that must be unified? Since you are a spiritual being encased in a material body, your 'vehicle' must be in balance and harmony within. Additionally, you are both male and female. These two must also be unified.

Both gender hormones exist in your body, so you could say, from a symbolic point of view, that although you are a male, you would have empathy and other aspects as a female would. On the other hand, as a female you would have elements and aspects of expression as a male might.

Another very important type of unity is exemplified in a

relationship. There are key components to a good relationship/partnership. They are a common thread, respect for the other person, good communication, enjoying the other person's company, and above all LOVE.

An aspect of this unity ties into the doctrine of personal responsibility expressed below. In that, you are 100% responsible for whatever takes place in your life. This also includes whatever happens to the other person in your intimate relationship you had a part in it occurring.

Of course there are hereditary and genetic situations that you did not participate in creating. In this situation the concepts involved need to be examined by both parties. This should open a series of questions. That will be a good thing because answers will provide insights. Insights lead to understandings. They in turn lead to control and mastery.

The control that must be exercised is emotional.

Unity without is a reflection of unity within. How does one achieve this unity within? You have spiritual gifts that can help you with that task. One gift is the ability of telepathy and another is levitation. These are both connected to unity.

Telepathy is a matter of opening up your mind to be able to communicate within and without through thought. In order for that to occur there has to be the elimination of defenses and complete control over your thinking process. In being telepathic a person is also wide-open. This implies a non-defensiveness.

Some couples have telepathy between them because it is an energetic form of communication. Many times you and your partner will say the same thing at the same moment the same way. Or, you may say "I just had that thought", when your partner brings up a topic.

With training telepathy can be developed to perform at higher and deeper levels.

Here are examples of what I used to do as a salesman when I was in a store to make a product presentation. If there was a person in the store and they were just talking and talking to the

owner without saying anything of value, I know you know people like that, I would stand a few feet behind them and project the thought “I have to go home now” over and over. In a matter of moments the person would say, “I have to go home now” and leave. Now I had the owner to myself.

The spiritual gift of levitation allows you to walk on water, so to speak. Walking on water as demonstrated by Jesus and Peter is symbolic of mastering the material plane.

You walk above the material so that you are not immersed in it. It would be like walking on a concrete floor versus walking on sand. On sand your toes will sink into it and you get immersed and it can slow up your forward movement or if the sand is very wet it could hold you down. On concrete you are solidly on top of it and free to roam.

From this solid footing you understand that you are here to master the material plane on multiple levels. Being above it releases you from it.

The freer you can be, the higher you can levitate; your mind, your spirit and, eventually, your body. When you understand enough of your self and the energy flow of the gravity of the earth you will be able to manipulate it to serve you.

There are ethereal energies as well that one needs to master in order to be able to levitate.

By exercising discipline in any area of your life will have positive growth benefits. Guaranteed.

The Doctrine of Personal Responsibility

The Doctrine of Personal Responsibility is based on the understanding that everything that takes place in your life is the result of your co-creation. You participated in creating it because it fulfills a concept in your subconscious mind.

You create specific patterns of behavior with a drive to achieve a particular result. The result is generated through the

energy of expectation.

You are always seeking to fulfill expectations because they continually validate your subconscious concepts – such as being 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.

Your life is a reflection of the subconscious concepts you maintain. These concepts you have accepted as true and necessary are designed to provide you with a mode of acceptance. The acceptance is from your mother. The reason being is it is through her, the birth canal, you entered into the material plane, physical reality.

Each of us is a spiritual being in a material body. Each of us at a deep subconscious level wants to go 'home' because we know this world we live in is insane. We believe as long as we have mom's acceptance we are guaranteed a way back to the spiritual plane, a place of peace and tranquility.

Acceptance from mom comes in two forms. One of which you are currently manifesting. The two forms of acceptance are 'approval' and the other is 'rejection'. Either of these is based on many factors such as your mother wanting or not wanting to be pregnant; another could be an easy or difficult pregnancy.

As you can see by the doctrine, ultimately you are 100% responsible for everything that unfolds in your life. Even when someone else is involved, they, too, are 100% responsible for nothing happens by itself.

Whatever thought you have, whatever thinking is stimulated by that thought, whatever action is taken based on that, it stems from you. You are the Creator.

It doesn't matter if someone triggers you into any type of emotional reaction such as anger or resentment. You are responsible from two perspectives. The first is your reaction. This must be controlled. The second is to ask yourself 'why did I draw that to me?'

Here is one more reason why you must read symbols and

develop eyes to see and ears to hear. When someone says something to you or makes a facial gesture, you know instantaneously that it has the potential to create a disturbance within you on some level.

Know that you will ultimately be responsible for the way it unfolds. So, no matter what takes place, ultimately you are responsible.

One of the benefits of the doctrine of personal responsibility is that, when it becomes a habit, you become a living example of that discipline. You become a disciple unto the concept of personal responsibility. When you do that, you become a spiritual teacher. You become a living example of what it means to be a responsible human being and exemplify the doctrine of personal responsibility.

Here is your personal doctrine: “I am responsible for everything that happens to me. I created the situation to bring about the result. I set in motion those situations, events, thoughts that would culminate in a particular way to create the particular event. I am constantly co-creating my reality to validate my subconscious concepts of who I think I should be.

I know that I am co-creating my reality with the Creative Continuum called God.”

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 patent¹ 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. When you take in both

1 U.S. Patent #5,307,807

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 differently, 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'² "*

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.

² 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

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 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. 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 equal³.

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.

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

³ 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

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 daydreaming, 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 food.⁴

4 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.

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

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 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

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 copyrighted and the material may be reproduced in whole or in part.

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 understand 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.”*⁵

Strength is like a muscle, the more you exercise and build on it, the stronger you become. Here is one exercise: pick a project

5 KJV Matthew 25:14 -29

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 having 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.*"⁶

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 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

6 Gospel According to Thomas #42

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.⁷ 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,

7 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.

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 healing. 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 evil⁸, 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 a man who

⁸ 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

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.

Conclusion

There's Universal Teaching that states 'every end is a new beginning.' We have reached the end of this book. Now a new beginning for strengthening your disciplines and gifts.

This is now your opportunity to develop and employ those spiritual gifts to even greater depths and heights than ever before. The greater the depths of understanding the greater the heights of your awarenesses.

Now is the time to become a disciple to yourself and a disciple to the Universal Teachings which are a reflection of the immutable laws of God.

Be Well in Peace and Light

Michael Schwartz