

# **Reincarnation Family Therapy**

## **One Life Psychology is My Mental Disorder**

### **Or Why One-Life Psychology Doesn't Work**

#### **Part 1 One-Life Edition**

By  
David Lory

## **Dedications**

For the witches, the druids, the oracles, and the pagans.

For our voiceless “pagan” and “heathen” ancestors whose lives, families, and cultures were destroyed by One-Lifers who hunted, tortured, and murdered them without anything resembling a fair trial at which they might have advanced many of the points you are about to read.

For my Aimee, Jade, Kenya, Isaac, Abram, Bella, Elin, Elijah, and my clients who have been traumatized by One-Life Psychology, One-Lifer beliefs, behaviors, practices, rituals, and traditions. You are my spiritual pioneers.

For my very One-Lifer grandparents that we might see eye to eye one day in another world.

For everyone who simply needs the emotional and psychological support to walk away.

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If you wish to speak with or interview a client associated with the stories in this book, there are those who will happily discuss their story. Please, visit [www.iamdavid.us](http://www.iamdavid.us) to submit a request.

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# PREFACE

Hello, my name is David, and I am a recovering One-Lifer. I am also a shrink. The following ideas are the accumulated psychological knowledge and insight from my career obsession with helping people genuinely heal from the mental and emotional trauma caused by One-Life Psychology also known as Christianity. The ideas that I share here have healed, improved, and *permanently* transformed real people's lives. These were people who were traumatized and in a desperate search for answers. These ideas are presented as a list of numbered points or "reasons" why One-Life Psychology has done severe psychological damage to myself and many people I personally and professionally know. This damage is clinically significant and precipitates a torrent of symptoms across a variety of common mental disorders. The points are in a loosely evolving order which means they need to be read in order. My therapy style is cumulative, which means that concepts build on one another and ideas are introduced throughout this book that are the keys to unlocking and revealing deeper states of consciousness. If you skip any points, you will potentially miss an element that will be critical later on.

I believe One-Life Psychology has fostered mental health chaos across millennia. One-Life Psychology is one of the largest global contributors to religious trauma and specifically to psychological trauma for which each point will provide an example. It is my hope that you will be able to take each point and discuss them with yourself, your family, and your friends. It is also my hope that whoever needs it will be able to identify and break free from the disorder, chaos, and damage One-Life Psychology has inflicted on civilization for generations.

Each of these points is how my family, many of my clients, and I experience One-Life Psychology. These are **not universally true** experiences for all of humanity, but rather an experience of *traditional* One-Life Psychology's *general* impact on mental health. These points are true, valid, and real for someone real. My points are imperfect, fallible, and evolving human perceptions. One-Life Psychology has been perceived by others to have saved their lives, their families, and their communities. I will certainly admit that. This book is about a dramatically different perception and experience of

One-Life Psychology which is just as sincere, genuine, personal, real, true, and valid.

These points are **opinions**. If you love One-Life Psychology and derive fulfillment and satisfaction in your One-Lifer worship, do not read this book. Are you happy? If yes, then you have life figured out. Congratulations. Throw this book away. Burn it. I do not care. I wrote this book to myself to assist me and my clients in recovering our sanity. If attending your church and reading the Bible fills you with joy, keep doing it. This book is not for you. This book is not your journey. It is mine. This book is what helped me personally. This book is not a clinically researched or studied therapy and is, therefore, not a substitute for professional therapy. However, this book *is* how I clinically practice therapy every day. This book is what my clients taught me and awakened within me. If you selected this book, you will **already** have begun to question your One-Lifer faith prior to reading this book. If you saw the title and began reading, your doubts regarding One-Life Psychology were **already within you** waiting to be triggered. If you *know* for yourself that the Bible is true, then you do not “believe” in the Bible. If you only *believe* the Bible is true, then you still have some doubts regarding its absolute truth. You cannot *believe* the Bible is true and *know* the Bible is true. You either believe the Bible is true or you know the Bible is true.

I am not attacking One-Life Psychology at all. **One-Life Psychology attacked me all my life and my ancestors. I am merely defending myself and my family in writing about my own religious trauma caused by One-Life Psychology.** Each point is something related to my experience as a One-Lifer that harmed me directly or is the direct experience of harm to a client. I will not accept being judged as being “hard on” One-Life Psychology or “intolerant” of One-Life Psychology or of “persecuting” One-Life Psychology or “offending” One-Lifers. Again, I am a “victim” of real trauma caused directly by One-Life Psychology as it was forced on me from birth. However, I am writing as neither a “victim” or “survivor.” I reject those labels. I am no longer in the thrall or meat grinder of One-Life Psychology. I consider myself a *spiritual student*.

If anything in this book is proven to me to not be truthful, I will happily add proven truth to my book because I want the Truth. I

always want the Truth and I hope my pure motivation is evident to all readers whether or not we agree on the points this book raises.

Mencius said, “Truth uttered before its time is always dangerous.” It is time for us to have a *safe* and *truthful* conversation about religious trauma and mental chaos caused by One-Life Psychology. Does One-Life Psychology cause mental disorder? Is One-Life Psychology a mental disorder? The more important question is: Does One-Life Psychology cause mental disorder *in you*? Because that is all that matters. That is all you need to tell me. This is exactly what I say to clients, “If it sucks for you, it’s because it sucks. That is real. That is what you know. That is all you need to tell me.” They do not need to justify or rationalize their valid feelings, though they have been conditioned to do so by One-Life Psychology all their lives. If One-Life Psychology is “awesome” *for someone else*, that is wonderful...*for them*. That does not change the truth or reality that One-Life Psychology may genuinely suck *for you*. Your intuition is what *you* have to learn to trust. Your sincere feelings are what *you* have to learn to accept. Your experience is what *you* have to learn to follow through on; what you actually know and what you actually experience. Not what you “think” you experience. Not what you “believe” you experience. Not what you “wish” you experience, but **what you actually know is what matters and you can know if you feel like shit**. Trusting yourself and honoring yourself is core to mental health success. It is what we call “authenticity.”

The writing style mirrors the same animation, character, compassion, grit, and insight which occur organically in conversations in live sessions. Several of these points are transcriptions of conversations with clients who desperately needed to discuss what you are about to read. Occasionally, capital letters are used in modern language to denote that a person is shouting. That is accurate. I use capital letters a few times because I am shouting *into your brain in an attempt to assist you in accessing your subconscious programming to make it conscious*. That is what it will take to shake loose any potential brain damage that has been caused to you consciously and subconsciously by One-Life Psychology. Breaking free will require you *to feel* the damage that has been done to you and others around you.

One-Lifers will likely claim in some cases that I am creating a straw man version of One-Life Psychology to tear down. I have attempted to anticipate and respond to counter arguments where I felt most relevant. One-Lifers will convince themselves that they are correct because, as we will discuss further on, whatever you can say of the Bible, you can almost always say the opposite. This is because the Bible is a collection of contradictory, absurd, and unintelligible ideas thrown together with brilliance and genius mixed in. This characteristic of the Bible makes the book capable of eluding criticism, because it is allowed to do what no other book or philosophy is allowed to do openly with impunity and audacity: contradict itself. For this reason, One-Lifers' ability to read is already compromised and this has damaged Western education.

Many Westerners do not read to learn or understand, so they cannot learn or understand anything **new**. They read, foremostly, to criticize, to pick things apart, and say where the reading is "wrong." They feel confident they already have the answers. Growing up I observed many One-Lifers of this disposition who did not go to church *to learn* but to be reinforced in whatever they have already been programmed or brainwashed to believe. As you read, these points may not be true for you. Many One-Lifer readers will make sure these points do not apply to them. "Oh, that's not true." "I don't think that way." "I don't believe that." "I don't feel that at all." "He doesn't get One-Life Psychology at all." One-Life Psychology is home to thousands of One-Lifer sects with diverse beliefs. This diversity multiplies the potential ways in which One-Life Psychology as a religion can harm innocent people, while eluding accountability by simultaneously affirming and denying the same belief. In this book I am not attempting to address every form of One-Lifer malady. I am discussing the harm of which I have first-hand knowledge for myself, my family, and from my clients' lives. I can tell you that these points are true for me and the four file cabinets of client cases spanning my career up to the present. **I am not, like One-Life Psychology, attempting to represent everyone.** I am conveying the truth of my Self. I am conveying the truth of many clients who taught, changed, guided, inspired, and healed me. My clients "did this" to me. That is the reason the subtitle is a **client** guide to recovery. They guided me. They unlocked me. If you will simply read this book with an open

mind, perhaps you will find something with which you resonate personally.

Do not make the mistake of “understanding” me. The Nazis thought they “understood” Friedrich Nietzsche. The anti-One-Lifers and the devil worshipers will think they “understand” me. The “enemies” of One-Life Psychology will think they “understand” me. Do not understand me too quickly. Read the entire book and then look back and condemn me from that vista, that sweeping perspective, that outlook. Do not read the first thirty pages and assume you know what is in my heart or assume that I need therapy for anger issues or that I do not love people. You have no idea how much I love people, but you might if you read the whole book with an open mind. Your heart might actually open too. You might achieve critical *feeling*. I denounce anyone who would use this book as a justification to cause any physical or mental harm to One-Lifer people or property. Only the weak-minded resort to violence and historically One-Life Psychology has been and remains a driver of death and destruction. Only an abuser and a failure resorts to violence to prove a point or teach people a lesson such as in say...using “a flood.”

As humans, we share the remarkable characteristic that we can be certain we are 100 percent “right” when we may be 100 percent “wrong.” This occurs frequently in couples and family therapy. People are doing the exact opposite of what would work. People believe the opposite of what turns out to be true. You have to start with yourself in this regard. **You** is where you have to start. You can only change the world by going to the Great Within and starting with yourself. You are a dear treasure to me and hopefully to yourself. You are a gem. You are the pearl of great price. Your mind, heart, and soul are precious to me, NOT the Bible and NOT One-Life Psychology. The Bible and One-Life Psychology were made to serve you, not the other way around. “Come and see” their “contributions” to your mental health.

I know One-Life Psychology is a mental disorder *for me*. I know One-Life Psychology is a mental disorder for many of my clients. Their experiences inspired me to heal, to walk away, and to write this book because I reasonably believe there are more people like us. I will praise Jesus when they find this book and when we find one another.



I have no interest in becoming popular or famous for this book. This book is all about One-Life Psychology's **real, true, and valid impact** on my Self and my clients, my family and my ancestors and on behalf of my future unborn posterity. I will not have our real experiences invalidated. I will not have our true feelings undermined. **One-Life Psychology persecuted me with impunity for more than the first four decades of my life.** I am not mad about it. I do not take it anymore. I write about it. My wife, my seven children, and I talk about it and laugh about it.

Let me emphasize and make abundantly clear, I am criticizing **One-Life Psychology (i.e., Christianity)**, *not* One-Lifers. I would not judge anyone for *being* a One-Lifer any more than I would judge someone for being a rape victim. Still, it will be nearly impossible for One-Lifers not to take these points as personal attacks. I see One-Lifers as victims of the real problem: One-Life Psychology. One-Lifers are human beings, and every human being is much more than a mere "One-Lifer" in my eyes. Every human being is a unique and fascinating story. Whereas, *for me*, One-Life Psychology is a mental disorder, my own mental disorder, please, forgive me, if I am presumptive that anyone would care to read this or share my concerns. God is no longer allowed to be god. It is clear now that **One-Life Psychology is god**. I do not know what has happened to "god" or who "god" is any longer, but writing this is part of my journey of discovery.

Final warning: You do not want to read this. You want to roll over and go back to sleep in church and pull your cherished beliefs over you like a well-worn, comfy blanket. **If One-Life Psychology brings you real joy and peace, do not read this book.** Because as you read this, there is a real potential risk that the core problems in One-Life Psychology are going to become *obvious* to you. I believe some things are obvious. I believe truth will become self-evident when all of the facts are known. **Once you see it, you cannot unsee it.** The whole of One-Life Psychology unravels before your eyes.

Having said all this as a preface, I sincerely believe that people who truly love Jesus more than their religion will also love this book. From my practice as a therapist, I have met many open-minded One-Lifers who clearly see One-Life Psychology has major problems and, yet,

they are still transfixed with Jesus the person and their personal passion to connect with their higher power. Some One-Lifers will experience this book as an enhancement of faith. Other One-Lifers will view this book as a challenge to refute in defense of their version of One-Life Psychology. Some people, who are like me, will use this book to reject One-Life Psychology, because that is exactly what they need to do to heal and be happy.

When the truth is known, the right choice becomes obvious.

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# **1. One-Life Psychology instills paralyzing fear of the future “apocalypse” such that it kills personal drive to set goals and pursue real world achievements.**

Throughout my career as a therapist, my clients have taught me about their suffering. One teenage client, formerly a One-Lifer, introduced me to a term that was entirely novel and foreign to me: Religious Trauma Syndrome. He made clear that from the time he was a child he had been traumatized by the One-Lifer religion’s apocalyptic views about the end times and the destruction of the world. He felt an ever-present, impending sense of doom and became preoccupied with his own death due to the interpretations of the Bible he had been taught. He felt these views had paralyzed his growth, functioning, and development as a person. If the world was going to end soon, what was the point in doing anything? He withdrew into himself. He stopped all efforts in school. He did not relate to his peers. He refused to contribute to his household. He used his parents’ religion to justify his actions because of the coming apocalypse. He has since left the religion, but he still has not recovered. I wish I could say he was doing better, but his parents did not support his therapy. Given that therapy would involve supporting their son in calling into question the real-world value of their religious beliefs, the parents were not invested, and his father threatened to sue me, though for what I do not know. He never explained his reasoning, and I could see there was no reasoning with him. From my personal upbringing I already knew the damage religion had done to my own psyche. The gift of that case was opening my heart and mind to commit to understanding *as a practicing clinician* the profound mental health damage caused by One-Life Psychology. The success in this case was the client introducing me to Religious Trauma Syndrome. When I researched it, I knew almost immediately I was reading about my own upbringing albeit in a different One-Lifer sect. I knew the syndrome was real. One-Lifer religious trauma is real.

I credit Marlene Winell for my intellectual introduction to Religious Trauma Syndrome. Winell wrote, “Religious Trauma Syndrome is

the condition experienced by people who are struggling with leaving an authoritarian, dogmatic religion and coping with the damage of indoctrination. They may be going through the shattering of a personally meaningful faith and/or breaking away from a controlling community and lifestyle. RTS is a function of both the chronic abuses of harmful religion and the impact of severing one's connection with one's faith. It can be compared to a combination of PTSD *and* Complex PTSD (C-PTSD)."<sup>1</sup> RTS symptoms are cognitive, emotional, social, and cultural. Toxic theology trauma can be reflected in the areas of

1. suppression of normal child development
2. damage to normal thinking and feeling abilities – information is limited and controlled
3. external locus of control – knowledge is revealed, not discovered
4. physical and sexual abuse – patriarchal power<sup>2</sup>

In contemplating these points within the context of my previous client, it was clear that One-Life Psychology divided his family by killing his drive for life by rendering life effort meaningless. Not only was One-Life Psychology dividing the family, but you can see what it was doing to this vulnerable teenage mind. Toxic One-Lifer theology had ripened into a particular kind of rotten fruit in this teenage mind so much so that he truly no longer felt any need to do anything because of the ever-impending sense of doom he felt due to One-Lifer indoctrination regarding the apocalypse. This was particularly striking, because I could even recall hearing my own One-Lifer relatives bemoan the condition of society and disputing the value of attending college if the world was going to be destroyed.

I find this particularly fascinating because this type of desperation puts people into a survival mode. Survival-mode is a mirror of the kind of symptomology that people experience when they have been diagnosed with Post-Traumatic Stress Disorder (PTSD), which is an intense form of anxiety following a traumatic event or circumstance.

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<sup>1</sup> Please, visit <https://www.journeyfree.org/rts/> for a detailed explanation of Religious Trauma Syndrome.

<sup>2</sup> Ibid.



We know scientifically that when a person suffers from severe anxiety, parts of their brain have actually shut down from front to back. The back of the brain remains active because that is the location of the fight, flight, freeze, or fawn survival functions. When the front of the brain is shut down, so do the majority of a person's higher functions, functions including creativity, spirituality, intellect, problem-solving, and leadership.

One of the telltale signs of PTSD is the impending sense of dread and doom and gloom. This dread could be described as a felt sense that "something bad is coming. I don't know what it is, but it is *bad*, and *it is coming*." Furthermore, *this dread is perceived to be "100 percent" true and real*, even though you cannot provide any rational, local, or objective basis for the feeling in your immediate reality. When you think about how prophecy in the Bible is especially destructive in predicting mass death and depopulation events, toxic prophecy **will** have a detrimental mental effect on many people and specifically on people who are already suffering from trauma, have general anxiety, or are predisposed to anxiety. A valuable research question could explore if there are people who would be emotionally healthy and secure their entire lives were it not for the onslaught of a lifelong exposure to toxic apocalyptic prophecy. Do such otherwise secure people develop severe anxiety solely as a response to toxic apocalyptic prophecy?

Another more recognizable term for anxiety is "fear," meaning PTSD is essentially a type of overpowering and chronic fear. Whatever the medical diagnosis or technical jargon, it is all *fear* in its essence and core. What happens to humans when they feel intense fear? There is a general human reaction that manifests physically when people suffer from intense fear. We can ask, "What manifests? What physical process manifests in the physical world when you endure in the abiding energy or emotional frequency of fear?" The answer is simple. People *withdraw*. People *shut down*. People are *paralyzed*. This understanding of the expressions of fear is scientific and rational because it is *predictable and objectively observable* in yourself and almost everyone around you across your life experience. Certainly, there are those humans who have appeared to conquer their fear and, naturally, they are found by the masses of humanity to be highly attractive and charismatic. Humans frequently elevate courageous

people to positions of leadership, so that their leaders can embody the collective courage, which they lack individually. In One-Life Psychology, these leaders are called “prophets.” The irony, of course, regarding these courageous prophet leaders is that they are the very source of what One-Lifers most fear: apocalyptic prophecy. One-Lifer prophets have created and promoted a worldview for which *their* leadership is the only solution. We will discuss the concept of prophetic spiritual rape in later points.

This fear process of withdrawal, shut down, and paralysis is precisely the pattern that had unfolded in this teenage client’s mind and life. Rebellion can occur in the form of doing something in defiance of authority, but rebellion can also take an apathetic or Nihilistic appearance, encouraging inaction or *doing nothing* in defiance of that same authority. Often we do not see human rebellion manifest until the teenage years, because it is not until your teenage years that you have sufficient individuation or differentiation from your parents to feel the anger of your newly released “hormones” and your developing brain. Anger is, as we all know, more powerful than fear. Anger is a fulcrum by which the oppressed can be catapulted towards freedom, freedom being one of the cardinal values of teenage life. This rebellion dynamic is truly one of the beautiful things about teenagers. They have arrived at the age where they are genuinely interested in the meaning of life. They are interested in good philosophy and the facts about life and the realities of history.

Unlike a teenager, generally, from the time you are a newborn through your pre-adolescence, you simply trust that people are telling you the truth. This teenage client’s rebellion against the apocalypse, or rather his paralysis and anxiety had descended into apathy, rather than courage. It was this apathy which his parents cannot counter with any reason or logic as long as they continue to genuinely believe the world is going to end, according to toxic, biblical prophecies in which their minds have been cooked for decades. If my ex-client goes to his parents and says, “I just don’t feel like it really matters what I do because of the Second Coming,” there is an inherent logic in his thinking. What does it matter what we do? In the view of biblical prophecy, we face societal dystopia, economic collapse, war, disease, pestilence, disaster, and all sorts of strange events including a “Wormwood” asteroid hitting the Earth, poisoning the water, and

killing one third of all life on earth. If that is true, and the One-Lifers affirm that it is, there is a real *psycho*-logic in saying, “Well, who cares?” That is precisely what my client was saying to his parents. “You guys taught me this. This is what **you really believe**, so why does it matter if I sit at home all day and do nothing? Why does it matter if I go to school or not? Why does it matter if I ever get a job or not? The world is going to end any day now.” He became exactly what his parents raised him to become: irrelevant.

I cannot stress enough how logical that course of apathetic nonaction is from the perspective of many people *to the degree that they hold these same beliefs firmly in their subconscious mind*. Ironically, I think many One-Lifers themselves would admit that they simply do not read the Bible, think about the Bible, or believe what it says about the apocalypse for the very reason that *they know* when they do read, think about, talk about, and believe in these prophecies *as if they are real*, the emotional consequence is rapid, severe, intense, and negative. That consequence is that they feel like **shit**. They feel powerless, afraid, hopeless, and despairing. However, and this is very amusing, One-Lifers do not shut down and stop living. *One-Lifers live in spite of what their own religion has taught them*, which is the strongest possible evidence that, at the level of the collective One-Lifer subconscious mind, even they believe the apocalypse is bullshit. This is evident whenever your subconscious and conscious mind hold opposing ideas, your subconscious mind will always prevail in the long run. Your subconscious mind is far larger and more powerful, because it holds the records of your entire life as well as your inherited genetic history. Your conscious mind only consists of the thoughts you are currently aware of. Therefore, your subconscious mind is capable of generating far more powerful emotions *sourced from literally everything about you*. So, we witness One-Lifers going on with life just as calmly as the rest of the pagans, Babylonians, and “Gentiles,” because they, to the chagrin of One-Lifer authorities, live in complete disregard of toxic One-Lifer prophecy.

It is also common that One-Lifers hold contradictory beliefs such as “The world will be destroyed and end, but not *my* world, not *my* family” as if they have some special status or live in some “blessed” bubble existence immune to world events. They think, “We, of course, will be numbered among the post-apocalyptic survivors or

lifted up into heaven. Delivered! Saved! Sorry, god's love is not for those of you who are not One-Lifer or are not One-Lifer *enough like us*. It sucks to suck." Personally, I think at the level of the subconscious mind, even the devout One-Lifers do not believe this apocalyptic nonsense, which is why they must feverishly force feed themselves steady doses of fear and "comfort" regarding future mass-casualty trauma *every* Sunday. Otherwise, they would naturally recover their sanity if their exposure to toxic One-Lifer prophecy were eliminated from their mental and emotional diet.

It is my hope that you will consider beginning to open your mind to the reality of how One-Life Psychology's fundamental teachings make you *feel*. You need to be informed that how you are made to feel is not an *accident*. The emotional outcome is a design. This design is a calculated agenda, a very old agenda that was thrust upon your ancestors until the present day. The consequences of the One-Lifer worldview are very real and very detrimental in specific ways for different people with different personalities in different circumstances, which we will be looking at. Specifically, in this first case with this particular ex-client, biblical thinking, One-Life Psychology, and its toxic prophecies had boxed this family into a vicious cycle of apathy and frustration. Within their mindset, they simply could not succeed in life or provide a foundation for creating and defining their own rational philosophy for **success in the real world**.

Certainly, many of you are thinking that this teenager's rejection of One-Life Psychology was a cop out. You want to call bullshit. You want to say, "How convenient? So, rejecting One-Life Psychology and focusing on his criticisms of it are what he uses as the ultimate excuse for sitting on his ass all day and doing nothing, the bare minimum, or only what he wants." He is manipulating. He needs to realize that no one succeeds in life with that philosophy. That is true. I had those conversations in my brief time with him, but those conversations were not allowed to develop or evolve over time in therapy by his One-Lifer parents. His parents brought him to therapy to hold him accountable, but can you imagine how "god awful" these parents were at listening to their son and his very legitimate, rational, and logical concerns about toxic One-Lifer prophecy? His parents did not listen. They would not listen. They were too busy being "devout,

faithful” One-Lifers to listen to their own son. Furthermore, you were not present in my sessions with this young ex-client. Had you been, you would be confident that his fear, panic, and anxiety regarding the destruction of the world were all very real. Perhaps, he was already psychologically predisposed to anxiety at birth (i.e. nature). Perhaps, his anxiety was the effect of accumulation to toxic One-Lifer prophecy (i.e. nurture). Perhaps, both. Perhaps, something else entirely which will be discussed further on. What I know is he was genuinely terrified and traumatized by toxic One-Lifer prophecies of the apocalypse. He rejected One-Life Psychology as a means of preserving his remaining sanity. He did his own research into his mental suffering prior to beginning therapy and he deserves the credit for identifying his Religious Trauma Syndrome, which accurately predicted his personal experiences. He confirmed for himself that his anxiety was relieved in large part *by walking away from One-Life Psychology* and by rejecting his family’s apocalyptic worldview. He taught me about his findings in discovering Religious Trauma Syndrome for which I will be permanently and professionally grateful. *Ironically, his very real fear of doing anything in the real world, inspired the writing of this very real book you are now reading.*

It is also worth emphasizing that I am a results-driven therapist, rather than a theory-driven therapist. I do not care what works when it comes to people healing. I only care that it does work. I have no pet beliefs. It does not matter to me what I wish or what I fantasize. It only matters what promotes real mental and emotional change that is both objective and subjective. Those are the two layers of confirmation in therapeutic change.

1. I feel better, and I know that I feel better.
2. Real things are changing in my life and others tell me that I am different.

When it comes to the theoretical framework one uses to resolve anything, a theory only has scientific value in so far as it is capable of predicting real outcomes. That is what attracted me immediately to Religious Trauma Syndrome as a theory. Religious Trauma Syndrome makes clinical sense and predicts real world outcomes. Furthermore, **Religious Trauma Syndrome might be the most pervasive syndrome no one is talking about.**

I asked Genie AI to write me an essay on religious trauma in general and then specifically regarding trauma caused by Christianity (i.e. One-Life Psychology). AI represents a significant cross-section of human knowledge, and AI “opinions” can provide a general guide for basic human standards of behavior.

“Religious trauma is a term used to describe the negative psychological and emotional impact of religious beliefs and practices on an individual's well-being. It is a form of trauma that can result from exposure to religious teachings, practices, and communities that are harmful or abusive. While religion can be a source of comfort and support for many people, it can also be a source of pain and suffering for others.

Religious trauma can take many forms and can affect individuals in different ways. Some common examples of religious trauma include:

1. Spiritual abuse: This can involve the use of religion to control, manipulate, or exploit individuals. This can include emotional manipulation, shaming, or guilt-tripping.
2. Religious indoctrination: This can involve the use of religious teachings to instill fear, guilt, or shame in individuals.
3. Religious rejection: This can involve the rejection or ostracism of individuals who do not conform to religious norms or beliefs. This can include rejection of LGBTQ+ individuals, those who have undergone a divorce, or those who have left the religion.
4. Religious trauma from physical abuse: This can include physical punishment or abuse in the name of religious discipline. This can include physical abuse in the form of beatings, confinement, or deprivation of basic needs.
5. Religious trauma from sexual abuse: This can include sexual abuse perpetrated by religious leaders or other members of the religious community.

These forms of religious trauma can have long-lasting effects on an individual's mental health and well-being. Some common symptoms of religious trauma include anxiety, depression, shame, guilt, low self-esteem, and difficulty trusting others.

One of the challenges of addressing religious trauma is that it can be difficult for individuals to recognize or acknowledge the trauma they have experienced. This is due in part to the fact that religion is often seen as a positive force in people's lives, and individuals may feel guilty or ashamed for questioning or criticizing religious beliefs or practices.

However, it is important to recognize and address religious trauma in order to promote healing and recovery. This can involve seeking out therapy, support groups, or other resources that can help individuals process their experiences and develop coping strategies.

Another important aspect of addressing religious trauma is to challenge harmful or abusive religious teachings and practices. This can involve speaking out against religious institutions or leaders who perpetrate or condone abusive behavior, or advocating for changes within religious communities to promote greater respect for individuals' rights and well-being.

Ultimately, it is important to recognize that religion can be a source of both comfort and trauma for individuals, and to work towards creating religious communities that are supportive, inclusive, and respectful of all individuals. By addressing religious trauma, we can help individuals heal and move towards a more positive relationship with religion and spirituality.

Religious trauma is a complex and multifaceted phenomenon that can manifest in various religious traditions, including Christianity. Christianity is one of the world's largest religions, with over two billion adherents worldwide, and its teachings and practices have been a source of comfort, guidance, and inspiration for many individuals throughout history. However, Christianity has also been associated with various forms of religious trauma, including spiritual abuse, religious indoctrination, rejection, physical abuse, and sexual abuse.

One of the most common forms of religious trauma in Christianity is spiritual abuse, which involves the use of religion to control, manipulate, or exploit individuals. Spiritual abuse can take many forms, including emotional manipulation, shaming, or guilt-tripping, and can be perpetuated by religious leaders, family members, or other members of the religious community. Some examples of spiritual

abuse in Christianity include using fear-based teachings to coerce individuals into conforming to religious norms, or using religious teachings to justify abusive behavior towards others.

Religious indoctrination is another form of religious trauma that is often associated with Christianity. This involves the use of religious teachings to instill fear, guilt, or shame in individuals, and can be particularly harmful when it is directed towards children or vulnerable individuals. Religious indoctrination can contribute to a range of mental health issues, including anxiety, depression, and trauma-related disorders.

Rejection is also a common form of religious trauma in Christianity, particularly for individuals who do not conform to religious norms or beliefs. This can include rejection of LGBTQ+ individuals, those who have undergone a divorce, or those who have left the religion. This rejection can be particularly painful for individuals who have grown up in religious communities, as it can result in the loss of social support, identity, and a sense of belonging.

Physical abuse and sexual abuse are also forms of religious trauma that can occur within Christian communities. Physical abuse can involve physical punishment or abuse in the name of religious discipline, such as beatings, confinement, or deprivation of basic needs. Sexual abuse can involve sexual abuse perpetrated by religious leaders or other members of the religious community, and can have long-lasting effects on an individual's mental and emotional well-being.

Addressing religious trauma in Christianity requires a multifaceted approach that involves acknowledging and addressing the harmful teachings and practices that contribute to religious trauma, as well as supporting individuals who have experienced trauma within religious communities. This can involve advocating for changes within religious communities to promote greater respect for individuals' rights and well-being, as well as providing resources and support for individuals who have experienced religious trauma.

In conclusion, religious trauma is a complex and multifaceted phenomenon that can manifest in various forms within Christianity. Addressing religious trauma in Christianity requires a commitment to



promoting healing, recovery, and respect for individuals' rights and well-being within religious communities. By working towards creating more inclusive, supportive, and respectful religious communities, we can help individuals heal from the trauma they have experienced and move towards a more positive relationship with religion and spirituality.”

So, if anyone wishes to criticize my efforts here or accuse me of any wrongdoing personally or professionally in examining One-Lifer religious trauma, my book falls under the category of this AI paragraph.

**“Another important aspect of addressing religious trauma is to challenge harmful or abusive religious teachings and practices. This can involve speaking out against religious institutions or leaders who perpetrate or condone abusive behavior, or advocating for changes within religious communities to promote greater respect for individuals' rights and well-being.”**

## **2. One-Life Psychology divides families by fostering a parenting dynamic in which parents focus on One-Life Psychology rather than on their children as human beings.**

The One-Lifer mindset prevents the development of listening skills within real relationships that require psychological openness and neutrality. Neutrality, as I use it, is *not* the apathetic attitude of “whatever” so common in society. Rather, neutrality is a very positive energy that is characterized by easy-going flexibility, freedom from black and white thinking, confident capability in the world, curiosity and openness to anything positive that can come out of a situation, freedom from the need to control or be controlled by others in relationships, freedom from the need to prove anything, and authentic tolerance of others.<sup>3</sup> It sounds wonderful, because it is. Neutrality makes possible one of the most amazing miracles in parenting, specifically, enjoying how different your children are from you. This is not an indictment of you as a person, your identity, your personality, your soul, your spirit, or your parenting. Nothing can stop your children from being different from you and unique people. This is wonderful, if you are open to accepting it.

An adult client identified himself as a Norse pagan and his mother was fully aware of this client’s spiritual identity. His mother, a devout One-Lifer, would come to visit. She would loudly play *her* One-Lifer music throughout the house during her visits. My client did not complain and remained respectful. My client uses runes which his mother mocks rolling her eyes and saying, “Oh, I can feel the power.” At other times the mother says with anger, “I know that is the devil. I can feel it.” In another moment, the mother appears almost curious, but my client struggles as to whether or not to invest himself in any conversation to explain his beliefs and practices.

I could devote a lecture to exploring the number of potential One-Lifer mental issues the mother exhibits. You can see them, and we

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<sup>3</sup> Please, see David Hawkins’ *Power vs Force: The Hidden Determinants of Human Behavior* (2012), Energy Level 250: Neutrality, pp. 106-107.

will discuss aspects of them further on. Pride. Entitlement. Denial. Judgment. Fear. Superstition. Shame.

Is it any wonder my client needs therapy to vent about this typical “Christian” behavior? Can my client have an actual conversation with his mother given the conceptual gulf between them due to the mother’s belief that her son is “hell-bound”? How can two people speak rationally when the starting point for one is that the other “serves the devil”? How can you have a genuine conversation with someone whose sole agenda in speaking to you is proselytizing or converting you to One-Life Psychology? How will that starting point for their conversation ever square with such a basic notion to human relations as equality?

Also, note with interest how the mother must intensely *program herself* first by force-feeding her own subconscious mind with loud religious music in order to hype herself up like getting ready for a prize-fight with her son or with “the devil” inside her son allegedly controlling him. If she was truly confident and in possession (pun intended) of inner peace, she could just talk without the daily hype, church music, prize-fight ritual.

Imagine what could happen between this mother and son the moment that the mother stops treating her son as a spiritual “problem.” Imagine the candid and insightful conversations they could have about spiritual topics, processes, practices, and experiences. Real spirituality is exciting, enlivening, and enriching. This is something they could share from their very different perspectives and likely discover there is so much overlap between these systems of thought. There is so much spiritual overlap when you have searched the archives of enough religions. But it is not the “non-Christian,” Norse pagan son who needs to change or mature. It is not the “non-Christian,” Norse pagan son who is emotionally unprepared and psychologically unequipped to come to the table and have a real dialogue.

### 3. One-Life Psychology promotes hatred of yourself and ultimately god, which is observable in suffering people under the influence of the One-Lifer worldview.

One-Life Psychology encourages a culture of desperate whiners and bitter complainers. This is engendered through the way One-Lifers identify god coupled with how they relate to god. Think about how One-Lifers conceive of god. By making their god the cause of everything with all power over everything, One-Lifers seem to be in denial that they have also made their god “*responsible*” (i.e., guilty) for everything. Therefore, they communicate with god based on those assumptions, expectations, and the desperate, bitter demands they call “prayers.” The punchline is that if they are right about their god, then god is also the cause behind every one of the problems about which they are bitching and whining. *If the One-Lifer god created and set everything in motion with all power, **then** the One-Lifer god knowingly programmed into life all the problems about which One-Lifers are complaining...to the One-Lifer god.* This is not a complicated philosophical puzzle, but it is hilarious, because so many people believe this. I am laughing as I write this. It is okay to take time to laugh. If you are not laughing, then it is because you need to read the italicized sentence until you understand it. Reread it. Or you are not laughing, because you want to believe that it is true while not truly disturbing. Perhaps, you are irrationally terrified to disbelieve or question what you have been taught to believe as a child, because you fear that god will cease to exist if you do not believe in god the One-Lifer way. I want to reassure you that a real higher power will not cease to exist because you ask rational questions in an effort to become more conscious about its true nature. To put this issue directly, if the One-Lifer god created everything with all power, then the One-Lifer god is the *last* person we should be asking for help. We need to find a really different higher power to ask for assistance than the “divine source” of *all our problems*. If the One-Lifer god created everything with a perfect knowledge of how it would unfold, *then the One-Lifer god is the primary, original problem*. Philosophers discuss what they call the formal Problem of Evil to explore why natural and

moral evil exist, but One-Life Psychology has it solved. What is the Problem of Evil? The One-Lifer god. **Why would you go to the cause of all your problems for the solution to all your problems?** This is not a trick question. This is not complex psychology or logic for any family therapist. The One-Lifer god is like the nasty, old, patriarchal relative who sets everyone up for failure. Families cannot go forward by going backward. But for One-Lifers it gets even worse.

One-Lifers *cannot* challenge or go beyond the knowledge or power of their “Father” god. Because by making “Heavenly Father” god the all-powerful cause of everything, One-Lifers simultaneously make themselves weak, flawed, and powerless in the opposite extreme. One-Lifers *position themselves* in a toxic relationship with their *projections* on to their “all-powerful Father” god. One-Lifers do not actually relate to god but to *their projections* on to their conceptual god. These projections create an extreme tension within One-Lifers. This tension engenders self-loathing in relation to whatever they perceive as “god’s presence.” “I am nothing.” “My god is everything and everywhere.” How is that working out for One-Lifers? Does that build their self-esteem? Has being “NOTHING” really helped One-Lifers or helped them contribute to human civilization? Does this worldview yield positive outcomes in mental health? How can anyone ever relate to god *in a real relationship* if they make god *wholly unequal* to themselves? This is the same religion which quotes Jesus as saying, “Be ye therefore perfect, even as your Father which is in heaven is perfect.”<sup>4</sup> Try holding these One-Lifer extremes in mind while maintaining your sanity. “I am nothing. God is everything. I am commanded to be perfect like god.” Unless you dramatically alter the One-Lifer conception of god *and* yourself, you will not be able to relate to god and you will end up hating yourself and god. Think about how often a career shrink encounters this epidemic of hatred, resentment, and self-loathing. Everyday. It is as intense as it is ugly, and I am going to talk about it. I point it out in session when I hear it. “Oh, how Christian of you.” At first my clients are mildly offended until they learn to smile too while they see me laughing.

The One-Lifers who do not hate themselves often hate god because they resent god for not answering their desperate, needy prayers when

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<sup>4</sup> Please, see the Bible, Matthew 5:48, *King James Version*.

they are suffering trauma. “God has the power but won’t use it.” “God can save lives but doesn’t.” How does that thinking help you relate to the One-Lifer god or even respect the One-Lifer god? You cannot relate to someone who stands by as others suffer, because if *YOU* were an all-powerful god, *you* would alleviate the suffering. You cannot truly respect someone like the One-Lifer god in spite of everything you allege. I think this is why One-Lifers settle for *fearing* their god, which reminds us why they read and reread about god’s fiery wrath and judgment. One-Lifers have to remind themselves to *fear* and obey the god they subconsciously hate. One-Lifers will passionately deny that they hate their god. Being One-Lifer requires you to be disconnected from your true emotions, but we will get to the specifics of that suppression and depression later.

For now, enjoy a laugh at the One-Lifer god’s expense. I believe the One-Lifer idea of god is a mental problem for anyone who indulges belief in it. I have avoided the pronoun “he” for good reason. I will repeatedly invite you to question everything you have ever been taught about god since you entered this world as a defenseless, innocent newborn. I am here to assist you in becoming more conscious. Becoming conscious means looking for the truth for ourselves rather than blindly following whatever we have been told. We have been programmed by voices inside and outside of ourselves which have harmed, criticized, and weakened us. We have felt helpless because we are unconscious of the power of our responsibility. We no longer need to subscribe to such low, dark, negative beliefs. You can turn your life around by beginning to question everything you have ever been taught.<sup>5</sup>

As you engage these conversations, then you can begin to reconsider your relationship with the world and everyone in it. You will explore whoever god actually is and whatever god actually can or cannot do. Then you will be surprised how your conversation with yourself and god can change. *Change* is the purpose of therapeutic experience. I am not suggesting that everyone needs therapy, but ***everyone needs therapeutic experiences.***

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<sup>5</sup> Please, see David Hawkins’ *Letting Go: The Pathway of Surrender* (2012), p. 55.

#### **4. One-Life Psychology glamorizes unrealistic “spiritual” expectations in marriage.**

One-Life Psychology glamorizes the marriage ritual itself in a One-Lifer church as necessary to a relationship or as somehow providing a better guarantee of relationship success. One-Life Psychology portrays marriage as though your relationship requires the stamp of god’s approval, when it is really a ritual the One-Lifer church leaders use to insert themselves into your privacy. One-Life Psychology uses marriage as a door into your intimate life and because religious authorities have mastery over marriage, they believe they should have mastery over *your* marriage.

This expectation of One-Life Psychology that you be married under their church’s authority is compounded by the ever-present declaration that they are selling the one way, the one truth, and the one life which will lead to salvation in the kingdom of heaven in the hereafter. There is only one “narrow” path to heaven and only the One-Lifers have it. That is a tremendous claim to impose on your mind without their providing any empirical proof. It is only because young couples have been raised to believe it that they fall prey to this mind control. Of course, this “one way” to salvation varies dramatically throughout One-Life Psychology as there is no consensus whatsoever as to which One-Lifer sect or church has the actual “one way.” Ask any One-Lifer which way is the true One-Lifer way and while all different they all answer, “My way.” This One-Lifer “my-way-is-the-right-way” psychology profoundly affects One-Lifer marriages.

*Regardless* of whichever One-Lifer brand of “one way” indoctrination any given couple selects, what happens to these masses of naïve, believing One-Lifer couples? They internalize the logical conclusion of this “one way,” “one-and-only,” “straight and narrow path” thinking not only in regard to themselves individually, but also to their partners and by extension to the new entity: their *One-Lifer* marriage. Individuals have personalities and so do relationships. A marriage takes on a life of its own. And always remember that One-Life Psychology has spread its diseased thinking throughout Western

culture, so whether or not a couple even identifies as One-Lifer they will hold this false superstition regarding marriage which I refer to as **the myth of the same staircase**. What is the myth of the same staircase? The myth of the same staircase is the romantic view of marriage that a successful marriage is a marriage in which you are walking together as partners hand-in-hand seeing eye-to-eye simultaneously on the same step on some identical, shared staircase as you progress, learn, grow, and live life. This view of marriage is not helpful. This is not true. This is not realistic. In other words, it is a myth. This will become abundantly clear in your marriage. In a marriage, you are not the same person. You are different in so many ways, which will be revealed over the course of the marriage and especially if you have children. When couples come for counseling, it is precisely because they are not seeing “eye to eye,” and they are not “in sync” or “in step” with one another. They are having an intense disagreement, which has placed their relationship in crisis. Instead, these couples must be re-educated to embrace reality. In reality, you are an entirely separate entity from your spouse. Your spouse is unique in their talents, values, and character defects. You may love your spouse and then see them do something which upsets, disgusts, or shocks you. You may love your spouse and fundamentally disagree with your spouse. And here is the core reality of marriage: **you cannot control your spouse**. Freedom is real and sometimes it is a real bitch especially in marriage and family life. For this reason, the metaphor of the shared staircase needs to be rethought. It may be healthier to conceive that each marital partner has their own staircase. “I have my staircase of personal evolution in life, and you are part of my staircase. You have your own staircase of evolution, and I am part of your staircase.” This imagery lacks the richness of shared experience. So, I think it would be best to say that (1) both partners have their own staircases of spiritual growth in this lifetime and (2) they **intersect and interweave**. Yes, there are times when we do walk together and there are times when we do see eye to eye, but these times are achievements and benchmark periods of marriage. Most of what we do in family life and marriage, even in a happy marriage, we do alone. My wife does not go to work with me or do my work for me. The perception that we are bound in ways that we are not is a “romantic” view of marriage.



In fact, as a marriage and family therapist, I affirm to all clients that most of “marriage” therapy is individual therapy. Answer me this. What keeps a couple together (1) long term and (2) happy? Couples can clearly remain together for decades while absolutely miserable and resent-**full**. What keeps a couple together (1) **long term** and (2) **genuinely, truly happy**? It is individual work of a specific kind.

**Fact: You cannot be happy in any relationship unless you are happy within yourself as an individual.**

**Fact: You cannot be happy within yourself as an individual unless you are individually LEARNING and GROWING.**

You need to be happy within yourself as opposed to suffering a case of the Jerry Maguire syndrome looking for someone to “complete” you. You need to be actively pursuing a path of growing into a complete whole individual *within yourself* and from that place you pursue attracting a mate on a similar personal path. I would explain this to every human *before* marriage if I had the opportunity. Furthermore, this **individual** work of growing, learning, and evolving as a person is the primary key in remaining *attractive, interesting, and surprising to your mate*. “You amaze me.” Growth is sexy. Effort is sexy. Evolution is sexy. **Striving is sexy**. Striving is sexy, *not* “perfection.” When you see your partner endure, press forward, and never give up over the course of life, that is attractive and magnetic. Being lazy, predictable, unmotivated, and uncreative is repulsive, not attractive. This is how couples commonly grow apart. When one person is growing and the other is not, they grow apart naturally as the relationship dies with a whimper and fizzles out over time, no explosion, no big bang.

In Tony Robbins’ lecture “What You Don’t Know About Marriage,” Tony shares brilliant insights about the dynamic *relationship we have within ourselves* and how that relates to our partners. He teaches that “grow or die” is a law of nature and “contribute or be eliminated.” He states that you have to grow to remain interesting to your partner. He also provides a fascinating insight into how we treat our little children. We engage little children with fascination and without wanting anything in return beyond their reactions such as their facial expressions. His key point is that **we are emotionally fed and satisfied by loving and providing service to toddlers**. “I grow and

I serve you.” We do not enter into these relationships selfishly expecting the little child *to meet our needs or serve us*. If we each *individually* commit to interact with our partners the way we interact with little children, our relationships would be phenomenal.<sup>6</sup>

There is also another subtlety at play that becomes obvious as we evolve as individuals in our relationships. If you are evolving as a person, then so are your tastes as you become more refined as an intelligent, spiritual entity. Therefore, your spouse *must evolve* in order to deliver an upgraded life experience in line with your evolving, refined tastes. If your spouse is evolving, then their tastes will also likewise become more refined. *You must evolve* to actively enhance their upgraded life experiences. **Fact: If your spouse is evolving, you must evolve to remain attractive to them and vice versa.** Does this sound like a stressful drag to you? Did you already retire from personal growth? This is the positive, upward pressure of a long and happy marriage.

There is a negative side to marriage from the outset. You both come with baggage from your respective backgrounds. This is *not* essentially a “couple” dynamic. This is another *individual* dynamic. Two more keys to marriage.

**(1) Own your shit.** Identify what your shit is and commit to taking 100 percent responsibility for working through your own issues.

**(2) Commit to patiently supporting your partner as they work through their shit instead of using it against them.**

Again, this dynamic of marriage will reveal that marital partners are indeed *not* on the same staircase. **You are here together but learning different life lessons.** Once you open up your mind to these realities, you can begin the process of integrating these facts into your marriage. Then marriage can become a miracle as you allow yourself to become yourself and allow your spouse the same freedom. You will surprise and dazzle one another as you relinquish “one way,” one staircase thinking. As you accept how different you are as partners, then you will truly enjoy the majesty and the magic of those moments

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<sup>6</sup> Please, see “T Robbins – What You Don’t Know About Marriage” *Youtube* uploaded by TRobbins Love, 16 Nov 2017, <https://www.youtube.com/watch?v=xUpbAP8Sjow>.

when you do see eye-to-eye and feel heart-to-heart. Some of our life lessons are shared. Marriage can be magical, but not accidentally and not unconsciously.

There is also the desperation in One-Life Psychology for finding the “perfect mate” and *looking* like you have the “perfect family.” How are we to handle the desperate needy desire for finding a relationship? We are *not* to handle desire for a relationship. We are to *rid* ourselves of *desire* for a relationship. We are to keep the goal of the kind of relationship we want and then relinquish, let go of, and surrender the desire. Desire is poison and toxic and needy.<sup>7</sup> Desire as an emotional energy can only give you more of what you lack, because that is the essence of the emotion of desire. Desire is the focus on desperately needing what you presently lack and is, therefore, a source of intense suffering. Keep your goals and surrender and let go of all desire. Believe without desire. From there you can determine your course of action. What would you do if you believed in your goal without desire? For a complete exposition of the destruction and pitfalls of desire see Buddhism. However, we will be addressing the vagaries and vicissitudes of mortality in far more detail further on, including the poison of Desire. We will also address what I call “the fake family” and One-Lifer mythology about “soul mates,” but not yet. Here we simply need to acknowledge the pressure One-Life Psychology places on One-Lifers **to have the perfect spouse and family in this life right now on which eternity depends**. If you hold this belief in your mind, you will feel the drama of One-Lifer desperation welling up inside you, which to unhappy, single One-Lifers is experienced like a suffocating weight on their chest. “I am single.” Or “I am in an unhappy marriage.” Or “My children are rebellious.” What comfort can One-Life Psychology provide to One-Lifers whose marriages and families have gone down in flames? The desperation and hopelessness for One-Lifers without picture perfect marriages and families are real. The One-Lifer authorities solution for these sad One-Lifers is “god will make it up to you in the life to come.” As a shrink, I am telling you that does not fly in therapy. Therapist: “God will make it up to you in the afterlife.” Client: “So, I should die as soon as possible? This life is a waste.” For such

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<sup>7</sup> Please, see David Hawkins’ *Letting Go: The Pathway of Surrender* (2012), Chapter 7: Desire, pp. 107-122.

miserable One-Lifers this life is a steppingstone to the One-Lifer heaven. This life is a failure. This life is meaningless existence, but you cannot commit suicide and get it over with faster, because then the One-Lifer god will not be happy with you. So, even though your life is a miserable waste, you have to stay here and live it out while deep down you think your One-Lifer god is a sadistic prick. However, if you criticize the One-Lifer god consciously, you are guilty of the sin of “blasphemy.” How dare you offend god. The One-Lifer god is so petty and fragile that it cannot be questioned, criticized, or ridiculed. This may be fine for successful One-Lifers with great marriages and great families, but what about everyone else? Again, we find another example of One-Lifers not being allowed to have honest reactions and feelings to the absurd, abusive, and harmful teachings in One-Life Psychology.

Some of you will put me on the couch and say, “He must be bitter and single.” I have been married to the same woman my whole adult life. She is magnificent. We have all our children together. They are magnificent human beings. I do not have a personal “axe to grind” here on the question of marriage and family. If you were to look at my life from the outside, you would say I have one of those “perfect” *looking* marriages and families. Here I am referring to One-Lifer indoctrination as it has impacted so many of my clients who are in unhappy relationships, married or not, and my single, lonely clients. If you had to help these people, you would need to find something truly helpful to say to them. “What do you say to them, David?” Again, first we need to dissect the Western melodrama of One-Life Psychology and what it has done to you. You have to understand the problems with your diseased, One-Lifer thinking. **You have to understand how you are One-Lifer, even when you never go to church or read the Bible.** You have to understand how One-Lifer indoctrination has saturated your brain, your psyche. **If you grew up in a nation where One-Life Psychology has been the traditional dominant religion, then you are subconsciously One-Lifer. One-Life Psychology has changed you. One-Life Psychology has molded you.** So, first, I need to show you all the ways in which One-Life Psychology has subconsciously programmed you to perceive reality. You need to see it.

**First, you need to learn the truth.** You just need to *hear* it for the first time. That does not mean you believe it yet. You just heard it. “What is this crap David is spouting?”

**Second, you need to accept the truth.** You *realize* that it is the truth. You have not done anything with it other than accept it in your mind and heart. “Woah, this is real. Oh my god.”

**Third, you need to practice the truth.** Then you begin the messy process of integrating new truth into your life. “So, what do I do with this? How do I do this?”

**Fourth, you need to master the truth.** With enough practice you are a new person. Life is different forever. “I feel so much better.”

This process may happen to you between now and finishing this book if you really take the time to understand each point and integrate the implications into your life. You will not be the same person when you finish this book. Truth will not allow you to remain the same person.

The antidote to false indoctrination is, of course, to become your true Self. What we need in civilization are people being themselves fully and completely and growing within themselves, not worrying about relationships, but allowing themselves to flourish as individuals. As they vibrate on that frequency of richness, authenticity, growth, and personal evolution, then they will magnetically and naturally attract a proper mate. However, there is another myth about marriage and family that is glamourized and romanticized. That is the belief that **everyone is *supposed* to be married and have children in their human lifetime.** Clearly, this is not reality. What does One-Life Psychology say in the Bible about people who have no happy marriage and no children? “Pray to god for a miracle.” How many people live and die every day without having a happy marriage and children? Are you more “blessed” by god because you have a marriage and children? Are you more “loved” by god and more “righteous,” because you have a marriage and children? Are you a “success,” because you have a marriage and children? Do you have any loved ones who will never marry or have children? Do you have any loved ones who have been divorced or widowed tragically? Do you *pity* them? Do you *judge* them? “Oh, how sad. This was their one chance on earth to have a marriage and family. God will make them

whole in heaven. God is the judge of all.” Lurking in the back of the “successful” One-Lifer’s mind is the sense of superiority. **“God has chosen me.** I am better. That is why I have such a wonderful marriage and family to prove it.”

A client taught me about how terrible she felt consistently in her marriage because of how One-Life Psychology had taught her to romanticize and glamorize *spirituality* in her marriage. One-Life Psychology caused her to internalize standards of perfection for herself, her partner, their relationship to one another, and their relationship as a couple to god. She rarely ever felt they were doing **“enough”** as a couple to connect with god. She rarely ever felt they were doing **“enough”** spiritual activities together because of how she had been taught. This led her into a deep sense of **guilt** and unfulfillment in herself and her marriage *until* she was willing to question what she had been taught by One-Lifers about expectations within marriage. **Is it spiritual to feel like garbage day after day?** Finally, she had a breakthrough. She accepted the **new** belief that **we are here to feel great, not awful.** If our beliefs and behaviors lead us into **persistent** dark, negative emotional states, then it is time to question those beliefs. Garbage in, garbage out.

**I want to ask you a question. When you read this question, I want you to close the book or pause listening to the book and answer the question before continuing. Here is the question: What are emotions? Now close or pause the book and answer the question before continuing. What are emotions?**

I wish to teach you something that you were never taught, and **I want you to promise yourself that you will teach this to everyone you know for the rest of your life: Emotions are energy.** This is the most basic and rare education in human psychology. For my entire career, no client I have ever had has ever been taught that **emotions are energy** prior to walking into my office. I repeat, **emotions are energy.** Furthermore, **you are not your emotions.** You *have* emotions. **You are not your feelings.** You *have* feelings. Feelings are energy. (1) Emotions are energy. (2) Emotions are energy distributed throughout your body that you can feel enlivening you or depleting you. (3) Emotions tell you what energy frequency you are on and what kind of physical events you can expect to attract to match your

frequency.<sup>8</sup> Your physical life is the residual effect of your past thoughts and actions.<sup>9</sup> Each of us transmits our emotions into our environment and together we create an emotional environment. We do feel *one* another. Our emotions are not local, private property, because we are emanating our emotions. We are reception and transmission towers. (4) Your emotions are your evolving internal guidance system which corresponds to your level of consciousness. The levels of consciousness will be explained further on. For now, **I want you to remember for the rest of your life and promise to educate everyone around you that your emotions are energy.**

In the case above, this client identified the energy, accepted that the energy of her One-Lifer practices sucked *for her*, and then she questioned her beliefs and practices. Life has been much more peaceful and happier since that choice. That realization remains fresh within her as her energy is lifted and life comes back to her. What did she do as a result? *Nothing*. She did less. She expected less of herself. She relinquished the need to pressure her marriage with romantic One-Lifer expectations. She relieved herself of the unnecessary demands of the One-Lifer god. Often times we are healed simply by what we *stop* doing. Simply walking away from something or someone can vastly improve your life and your Self. Walking away from One-Life Psychology vastly improved my life, my health, my relationships, and my finances. I did not need to *do* anything new. I just needed to *stop* doing One-Life Psychology.

While it may not appear immediately relevant to the issue of marriage, it is of critical and increasing importance to stress what is *clearly not obvious* to the human race. **Your feelings do not give you rights.** You do not have a right to forcefully impose your feelings on other people. Notice, that when I realized that One-Life Psychology sucked, it was *for me*. I did not tell everyone else to leave One-Life Psychology. *I* walked away. I did not force my wife or children to walk away from One-Life Psychology. Ironically, they were all ready to leave before me. I was the last One-Lifer in my family. I realized that everyone in my life had been respectfully waiting for me to change. From the beginning of this book, I made clear that if your

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<sup>8</sup> Please, see Rhonda Byrne's *The Secret: 10<sup>th</sup> Anniversary Edition* (2016), p. 33.

<sup>9</sup> *Ibid.*, p. 73.

energy is blossoming in One-Life Psychology and your god is using you to drop loving truth bombs, then I encourage you to *follow* that great energy and *trust* that great energy. That is where *you* are in *your* evolution. Be where you are. *Your* feelings are *your* personal guidance system. For example, it is clear among youthful members of society that “feeling bored” seems to be a justification for defying and refusing to do anything they consider beneath their effort. You each need to *individually* take responsibility for the waves of emotion that come off the ocean of your own soul. Those emotions are no one else’s “fault.” *They* did not create *your* emotions. *Those emotions were already inside you ready to be triggered.* This realization is of exceeding importance in all human relations. Additionally, feelings do not give you *duties* or *obligations*. Finally, not all feelings change. Some abide. Some only grow stronger with time, experience, and maturity. Some disappear suddenly. Some disappear over time. The processes of changing and unchanging emotions is different and unique to each one of us. You and your partner may feel completely different about the same event.



## **5. One-Life Psychology owes its existence to religious glamour, including convincing you to believe in the power of a book you have never read.**

The Bible is a problem. The Bible is home to some very important and valuable teachings including possible fragments on the life of Jesus. The Bible also attributes insane, destructive depravity, and the most perverse behaviors and teachings to the One-Lifer god.

To better understand the problem of the Bible, one first needs an understanding of the nature of *glamour*. What is glamour? Glamour is the subjective, imaginary value added to something that is not real, actual, present, or inherent in the thing being glamorized.<sup>10</sup> This concept is most easily illustrated with historical examples of beer commercials. It has been typical to sexualize women in beer commercials. The designed effect on men is to psychologically associate drinking a specific beer brand with sexual prowess with supermodels.<sup>11</sup> It is absurd of course to conclude that if one drinks a specific beer that one will attract a woman who looks like a professional model. The irony is not lost that the more one drinks beyond and into deeper levels of intoxication, the more likely *any* woman may appear as attractive as a supermodel like a hallucination or a mirage. I utilized one such commercial in session with a young teenage female client who was struggling severely with her intensely negative reactions including suicidality to peer pressure. She joked after seeing the beer commercial that she was “traumatized forever,” but then went on to be able to identify examples of glamorization abundantly in society. This is crucial for young females today because of how many of them are severely damaged mentally when confronted with fake, digitally-enhanced social media images of adult women online against whom these young girls compare themselves.

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<sup>10</sup> Please, see David Hawkins’ *Letting Go: The Pathway of Surrender* (2012), Glamour, pp. 114-118.

<sup>11</sup> Please, see “Best beer commercial ever – “Thirsty for Beer” (2010)” *Youtube* uploaded by Champagne Socialist 2, 16 Sep 2010, <https://www.youtube.com/watch?v=MX145Tu4MHY>.

The lesson was sealed in her mind. She could not unsee the truth about glamour all around her daily.

The key point is that when glamorizing anything, you are using your own mental and emotional energy to project power onto something in the world. In doing so, you shift your own internal power **from** yourself to things *external* to yourself. You thereby *disempower* yourself. Therefore, **the glamorizing of anything in the world devalues yourself**. Once you grasp the gravity and significance of glamour in your own mental and emotional projections, your life can change for the better forever. You take back your power, which you ignorantly gave the world. In the case of this book's discussion, we can then use our new discoveries about the nature of glamour to consciously evaluate our relationship with One-Life Psychology as it has been sold to us from our infancy. You will begin to recognize One-Life Psychology's pervasive pattern of glamorization of people, places, objects, practices, beliefs, concepts, rituals, myths, and books about which you personally know *literally nothing*.

I have shared years of growing conversations with a man who has recently said that there was a specific moment when he realized that the One-Lifer religion was the problem and that his parents were insane. "The moment that my father told me that I didn't love my son or my family if I didn't obey One-Life Psychology. My father said that I didn't love my son, because I did not follow the steps of the One-Lifer religion. The only way we will be in heaven together is because we did these One-Lifer rituals, not because we actually love one another. So, they could abuse me physically and allow me to be abused sexually but we're gonna be together in heaven because we did all of these rituals in the church." He has succeeded in de-glamorizing the One-Life Psychology of his upbringing, the specific beliefs that were thrust on him from his infancy by his parents. He took back his own power from his parents and their beliefs.

The Bible is the *glamorous* book that One-Lifers have used to dominate and control themselves and everyone around them. However, I need to emphasize strongly, *no One-Lifer has ever read the Bible* for the simple fact that the Bible is a collection of fabricated books with no originals in their original language by their original authors. Even if any One-Lifer possessed the originals, they could not

read them. One-Lifers will point to ancient manuscripts that *other* people have read and translated for their authority to preach the Bible. However, there are many ancient, much older manuscripts from much older religions such as Hinduism. Does the *age* of an idea make it true? If the Bible is translated accurately, does that automatically make its mythology truer than any other religion's mythology? What if the original version of any Biblical book was based on a lie? What if the One-Lifer authorities have more very different Hebrew and One-Lifer writings just as ancient that they withhold because they disagree with what they say? How can such a book as the modern Bible be allowed to be the basis of society? How can a *mythology* be rationally or scientifically enforced? What does it say about *you* if you use a book you *personally* have never read and cannot understand to "convert" others? To what exactly are you converting them? Which "Bible"? There is no real Bible. It does not exist unless the Roman Catholics have it. They voted on it, created it, translated it, and edited it. *This* is the book that all One-Lifers are going to confidently use to dominate others, to preach from in the "name of god" on god's behalf? How is this approach rational, intellectual, reasonable, fair, wise, or compassionate behavior? What was the Roman Imperial agenda in their creation of the Bible? They are just humans...obviously not gods.

I am not at all claiming that the Bible is a total loss. I believe that any beneficial use of the Bible *requires the development of personal discernment*. I will provide specific Biblical examples further on which I think provide substantial justification for rejecting the Bible as a guide for mental health for individuals, relationships, and families. At the same time, I will provide examples of some of the Bible quotations which I believe are likely *authentic* teachings of the enlightened being, Jesus. There are other Bible quotations attributed to Jesus which I will endeavor to show are demonstrably inauthentic. There are also major problems with other teachings in the Bible that I believe any honest and loving person *must* be able to discern. I regrettably remain a disturbed reader of the Bible, because I believe I can provide some clear examples of how the Bible has been used to conceal certain truths that were intentionally perverted into a new narrative for manipulating humanity. Someone has *priest-crafted* the Bible. The Bible is a **marker** for something I will endeavor to reveal by someone I will endeavor to expose. The Bible is not what the

ignorant, enslaved masses have been brainwashed to believe. By the end of this book, I believe you will agree that truth is stranger than fiction. The Bible is something important, something *not* “Christian.” So, I am nothing like a Bible-burner. We actually need the Bible to decipher the spiritual matrix which imprisons us. We need the Bible to deconstruct the numerous ways in which One-Life Psychology has infected our brains with spiritual viruses. We need the Bible to unravel our past.

## 6. One-Life Psychology invented the One-Lifer death spiral of mental distress due to its very disturbing approach to immortality.

1. Your soul is immortal.
2. The eternal fate of your immortal soul rests entirely on what happens in a single human lifetime, however, brief.

Just ponder the damage of such stress and pressure on innocent little minds beginning in childhood. Ponder the trauma. Imagine the psychological pressure that each child assumes as a burden when being programmed to believe that you have to fit **everything** into this one brief, single, fragile human lifetime. You have to keep all of the commandments right now, because **eternity depends on everything you do right now**. The Bible, One-Lifer dogma, and One-Lifers themselves all make it abundantly clear that your eternal salvation in heaven or hell depends on this life right now.

You feel guilty and depressed about not doing enough or doing what you “should,” so you push yourself so hard that you exhaust and hurt yourself because you pushed yourself too hard. Then you have to stop to recover and then you feel “lazy” again convinced that you are not doing “enough” of what you “should.” Then you are filled with guilt, and you are guilt-tripping within your mind. The cycle starts over. That is a One-Lifer death spiral.

The idea that we are immortal is enormous. It is no simple idea. It is not an idea that ought to be approached casually or clumsily. The One-Lifer concept of immortality will be addressed further on in detail. The basic understanding here is that your “soul” is that something in you which will survive the death of your mortal body. The fragility of the body is a self-evident reality. The nature of the soul is not self-evident at all. The experience of the soul is generally beyond the capability of our physical senses and our most common technical instruments for measurement. There are those who will claim they experience souls. There are those who claim they can use technological instruments to detect disembodied souls.

Eckhart Tolle prefers to avoid religious terminology such as “soul” by using the term “being.” Being is that part of you that is your actual real Self that has no physical form. The real you, your being, your Self, has never been born and it can never die. Being is the eternal, indestructible essence which you can access at the core of your nature. You cannot grasp or understand your own being through some mental analysis. The operations of the human brain function for the purpose of preserving and operating your body and, therefore, do not impact your soul. Your “mind” is actually an obstacle to being sufficiently present in your own life to feel your Self. You can feel your being. Think of it this way. **You cannot reduce something infinite and eternal to a finite mental concept understood by a human brain.** “To regain awareness of Being and to abide in that state of ‘feeling-realization’ is enlightenment.”<sup>12</sup> Essentially, what you need to take away from this is that your “being”/soul is *within and beyond* your “form of life” which is subject to birth and death: your mortal body.

Whatever this being/soul thing is, One-Life Psychology relies on the pressure of convincing you that the eternal fate of your being/soul depends on whatever happens in this brief, momentary, fleeting, fragile, evanescent, often-tragic, mortal life. I can tell you as a shrink that these One-Lifer ideas taken together create specific types of clinically significant, mental anguish such as **desperation**. Please, attempt to imagine the desperation generated in certain One-Lifers who may have begun this life with severe disadvantages and their attempts to “catch up from behind” or “be where they’re supposed to be” when comparing themselves to more “successful” One-Lifers. I can feel the waves of emotional energy shaking and trembling as they emanate from these souls desperate for validation that their lives are not wasted. They are just as desperate to understand why they have begun this life at an obvious unequal disadvantage to more successful people...such as myself. They come to a professional who is somehow supposed to fathom their suffering and “understand” something of value to them in their desperation. Suddenly, the one life/eternal-destiny philosophy of One-Life Psychology reveals a complexity of inferiority and superiority that it superimposes across humanity. What does it explain? That god loves some of us much

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<sup>12</sup> Please, see Eckhart Tolle’s *The Power of Now: A Guide to Spiritual Enlightenment* (2004), p. 13.

more than others and that is why ***I*** am the therapist, and ***they*** are the clients? Ask yourself how One-Life Psychology accounts for this difference in our lives and how that difference is reflected in our eternal destiny. Then ask yourself if you are mentally and emotionally satisfied with One-Life Psychology's answers to these questions. Suddenly, "god's wisdom" becomes completely insufficient as a response to every question for which the answer is a calculated manipulation to prevent...further questioning.

## 7. One-Life Psychology requires that you empower schizophrenics and narcissists over your life and your family.

I *always* want you to consider how abusive, manipulative and mentally ill it is for *any* human to come to you and say that they have “talked to god” and that god told them to tell you to obey them. This behavior is at the core and the essence of Western religion. Whatever we want to title these master narcissist manipulators: priests, popes, bishops, pastors, prophets, apostles, monks, nuns. Just **think** of the behavior: “I talked to god and god *commanded* me to *command* you to do this.” The more you examine this behavior, the more it decays in front of your eyes. You realize more and more that you would not let anyone manipulate you or your loved ones into such a relationship, because it is *insane* and the **only** reason you did is because you were programmed from the time you were a defenseless, innocent newborn. Imagine the arrogance of saying, “God talked to me.” Then add that to saying, “I get to tell you what to do.” This religious authority figure has the comorbidity of delusional schizophrenia combined with narcissism. Is that someone you want anywhere near your life or your family? Now, if someone has spoken to a god and claims that in a court of law, is not the burden of proof ON THEM to prove god did, in fact, speak to them, and *not* on you? Does not such a grand claim require grand proof that a rational and reasonable human court governed by the rule of law would accept?

The religion I grew up in has a story that demonstrates the requirement of this very proof, but they themselves do not require this proof of any of their “prophets” or themselves. It is in their own scriptures. Abraham was going to be sacrificed as a young man long before he was a patriarch. God sent an angel to save him, but Abraham would not go with the “angel” because he did not trust that the *angel* or designated supernatural being was sent by “Jehovah” until god personally spoke to Abraham from heaven and confirmed he had sent the angel to save him. Imagine the sense of self that would have taken for Abraham in that moment of distress to demand proof if the story were actually true. It is a weird story and fake. But it points out that



god spoke to Abraham personally to tell him what to do because young Abraham would accept no less **for himself** than the voice of god as proof. What makes this story even more laughable is that the religious people who allege this story is truly from god do not live by this. *They are not* questioning supernatural **angels** who claim to be sent from god. *They have not* even matured enough to demand proof from **humans** who claim to talk to god. *That* is hilarious. That is stunning. That is comedy.

Repeat aloud the words, “Hey, god, why not scrap that melodrama of allegedly talking to schizophrenic narcissists and just talk to me directly?” Do **you** understand? This is the Bible model delivered by the Roman Empire through the Catholic Church imposed on Western thought, philosophy, and politics. This model **is** the basis of Western government. This model **is** pervasive and invasive in our culture whether or not you believe it consciously. It is woven into your subconscious mind. External-authority thinking is a parasite. It is a disease, and I will develop that more in a later point on prayer and resentment.

What if listening to “prophets,” just what if, that is not how life works at all? What if no one “out there” is supposed to **tell** you how to behave because your choices and your behaviors are supposed to come from WITHIN yourself and only yourself? **What if that development of your own personal internal guidance system is the foundation of spirituality?**

You see, I am not here to hold myself up, but to hold everyone up as **equal**. I am not here to start anything like a movement or religion, but rather **to walk away by walking within**. I believe every single person has an imperfect immortal soul capable of growth. That growth is slow and often painful, but it is real. It is individually real and collectively real. **You** personally can make leaps of growth and that is the very basis of civilization. Your progress as an individual is the most important thing you can do for yourself, your family, and your world. You cannot progress as an individual as long as you are the slave of schizophrenic narcissists who “talk to god” so they can fear you into giving them your time, money, and energy. You cannot maximize your potential while remaining the slave to someone else’s agenda. You cannot even know your potential until you remove

yourself from their agenda and have time to think clearly for perhaps the first time in your life. You cannot even know what you are here to do.

Let us all consider a cessation of fawning over the “higher power,” because maybe the real higher power used to be one of us and they hate being fawned over. Maybe the real higher power would prefer what we as human parents prefer of our own children: that they grow up. You want your children to stop whining. You want your children to work hard. You want your children to learn how to be happy. You do not want to raise desperate, needy cry-babies who resent you for not bailing them out of every hardship that they created for themselves.

And if Jesus taught that *you* can do all the works that he did and more, including direct communication with god, and he did in fact teach exactly that, then who is the real anti-Christ here? The person who comes between you and Jesus by making you dependent on them or the person who wants you to go directly to Jesus empowering yourself from within? However, and this is a big “however,” if you choose to follow someone instead of growing up, if you choose to remain immature and childish and a slave to another person’s agenda, there will always be a religious predator waiting for you as demonstrated by all known human history. As long as you remain convinced that you need a “prophet” to lead you, this world will provide a steady supply of false prophets to whip you, beat you, dominate you, and make you pay them for it. They will call that “god’s love” while you sing hymns to activate both hemispheres of your brain driving their messages deeply into your subconscious mind in an orgy of self-loathing called “church.”<sup>13</sup> Life is that simple. The beauty of life is that the moment you want to let go of the predators, you can. You just walk away. You can keep your money and reflect on your negative self-talk without the theatrics and expensive rituals for free and suddenly have enough money for a gym membership and the time to use it.

And while we are on this topic, we must ask, if you need someone to tell you how to act and think, what does that say about you? What

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<sup>13</sup> Please, visit “Your Brain on Music” at the University of Central Florida, <https://www.ucf.edu/pegasus/your-brain-on-music/>.

does it say about the absence of your own **internal** guidance system? One day, the church authorities told me that one of them needed to speak with me. I told the church authorities, “Your priesthood has no authority over me or my family and I’ve never been closer to Jesus.” Jesus said something very interesting regarding his spiritual expectations of people. “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”<sup>14</sup> If we can accept for this discussion that Jesus is being quoted accurately, I believe Jesus is teaching that his teachings do not cause you to feel physically and emotionally weary and burdened. His actual, authentic teachings will give you **rest**. The load or yoke he will place on your shoulders is easy and light. When you consider his teachings in the light of One-Lifer history, it would seem that Jesus does not sound One-Lifer at all. Dr. Fran Grace brilliantly summarizes our Western cultural dilemma. We have been brainwashed to believe that all of our achievements must be the result of working hard. “No pain, no gain.” This doctrine was delivered by the One-Lifer god in the Bible with the beginning of humankind when Adam and Eve were expelled from paradise. “By the sweat of your brow you will eat your food until you return to the ground.”<sup>15</sup> The message could not be more clear. **The One-Lifer god expects and demands that you work hard to survive in this world until the day you die.** You must sweat. You must exert yourself. This life will not be easy. This is our inherited Protestant work ethic. Ask yourself if all of your pain and suffering in your life has truthfully paid off in a state of deep and fulfilling peace. Honestly, you still feel the shame and insecurity. You are still so easily hurt by the criticism of others.<sup>16</sup> In other words, the Protestant work ethic is at direct odds with Jesus’s declared effort to give his followers rest and ease.

The Bible itself does little to support this declaration of Jesus, because later in Matthew, again if quoted accurately, Jesus contradicts himself directly. “Then Jesus said to the crowds and to his disciples: ‘The

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<sup>14</sup> Please, see the Bible, Matthew 11:28-30, *New International Version*.

<sup>15</sup> Please, see the Bible, Genesis 3:19, *New International Version*.

<sup>16</sup> Please, see David Hawkins’ *Letting Go: The Pathway of Surrender* (2012), Foreword, p. xiv.

teachers of the law and the Pharisees sit in Moses' seat. **So you must be careful to do everything they tell you.** But do not do what they do, for they do not practice what they preach. They tie up heavy, cumbersome loads and put them on other people's shoulders, but they themselves are not willing to lift a finger to move them.”<sup>17</sup> Jesus clearly acknowledges that the official mainstream religious authorities are lazy hypocrites burdening the common people with heavy, unmanageable (i.e. cumbersome), and awkward workloads they never do themselves. But in the same breath he is directing his followers to “do everything they tell you.” So, which is it, Bible Jesus? Is your burden restful, easy, and light or heavy, unmanageable, and awkward? My prejudice is that the real Jesus would have said Matthew 11:28-30 and could not have said Matthew 23:1-4 as it is quoted. I believe this because I believe religious authorities do exactly what Jesus described. They do create burdensome religious tasks for people, which serve no beneficial spiritual purpose, but rather the sole purpose of these religious taskmasters is to make you their slave. Why on earth would Jesus command his followers to do everything the false religious authorities were commanding people to do when he broke their rules with regularity? Jesus was effectively calling their rules garbage through his defiance.

Robert Sapolsky, neuroendocrinologist and professor at Stanford University, has lectured on the similarities between schizophrenic and religious behavior.<sup>18</sup> He sees the traits of obsessive-compulsive disorder in the inventors of religion as the origin of ritual and I strongly recommend that you review his referenced university video lecture.<sup>19</sup> Sapolsky is not merely prejudiced against One-Lifers. He considers everyone mildly schizophrenic (i.e., “schizotypal”) who maintains any belief in any form of the supernatural (i.e. ghosts, UFOs, bigfoot, higher power, psychic ability). Sapolsky sees the Bible prophets as clinically diagnosable although he seems to ignore

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<sup>17</sup> Please, see the Bible, Matthew 23:1-4, *New International Version*.

<sup>18</sup> Please, see Josh Jones' “Robert Sapolsky Explains the Biological Basis of Religiosity, and What It Shares in Common with OCD, Schizophrenia, and Epilepsy”, 9 Dec 2014, <https://www.openculture.com/2014/12/robert-sapolsky-explains-the-biological-basis-of-religiosity.html>.

<sup>19</sup> Please, see “Dr. Robert Sapolsky's lecture about the Biological Underpinnings of Religiosity” *Youtube* uploaded by Raul Soto, 30 Dec 2011, <https://www.youtube.com/watch?v=4WwAQqWUkpI>.

the obvious importance of functionality. What I mean by functionality is the degree to which Abraham's or Jacob's or Moses's daily functioning was not impaired at all and possibly enhanced by their supernatural convictions. Were they effective in agriculture or ranching or government or education while being Sapolsky's "schizotypals"? Were they even more real world "successful" and effective people than Sapolsky? Does he find Abraham's real-world accomplishments all lies? Because if Abraham did achieve certain real-world achievements such as defeating several kings in warfare and supernatural achievements such as talking to supernatural beings, that must indeed be very spooky to Sapolsky as he whistles towards his own graveyard exposing his own critical "schizotypal" anti-obsession with religion, which he alludes to in his lecture when referring to the clinical anecdote of a supposedly irreligious, epileptic young man. Can he admit what he has jokingly revealed about himself? If a spiritual person's spirituality is a biological accident as he suggests in the story of the visionary nun who actually has a brain tumor, is his anti-religious atheism his own neurochemical "accident"? In contrast, I am not opposed to the Bible stories of the supernatural. I will not refer to them as schizophrenia. I am genuinely open to supernatural explanations, reinterpretations, and corrections of the Bible stories. Hence, I am passionately interested in the real Jesus and his real teachings.

Sapolsky suggests religious schizotypals are venerated in society at a specific ratio to the population. He feels compelled to rationalize the reality of powerful schizotypals like Jesus as an avowed atheist biologist committed to the theory of evolution. As such he must rationalize the existence of religion as an "evolutionary adaptation." "You gotta get it just right. You need to hear voices and speak in tongues at just the right time." He refers to religiosity and spirituality as "meta-magical thinking". "Magical thinking, or superstitious thinking, is the belief that unrelated events are causally connected despite the absence of any plausible causal link between them, particularly as a result of supernatural effects." "Meta" is a prefix which denotes it transcends the primitive forms of magical thinking. In other words, Sapolsky notes how Westerners used to mock traditional societies with their shamans as their "crazy people" and he sees modern religion growing out of the Bible as no less irrational. If the shamanism of the ancients was magical thinking, then our Biblical

practice today is meta-magical thinking. We have refined our form of insane, irrational magical thinking into the universally accepted and politically protected institution of One-Life Psychology. “Get it wrong and you have a cult. Get it right and everyone may just end up recognizing your birthday every Sunday.” If you get schizotypal behavior “right,” then you are highly honored in society.

What Sapolsky does not acknowledge is how ritual throughout the day forces you into a routine of obedience to the religious authorities. Ritual is how they convince you to forcefully brainwash yourself over and over. The spiritual beauty of this brainwashing process is how easily it can collapse when the forced rituals are suddenly no longer applied to your mind and, at a certain moment, the spell is instantly broken. You suddenly realize that it was never real love that naturally attracted you to the religious ritual but **anxiety**, a quiet pervasive **fear** that if you did not follow these strict religious practices to the letter **that bad things would happen**. This is exactly what you have been programmed to believe by religious authorities and your parents and grandparents from the time you were an infant. Sapolsky does note that religious figures have objected to mindless rote ritual, which were termed scrupulous by religious personalities who focused on ritual as an end in itself without regard for any inherent spiritual value in the ritual itself. “Why do we do it this way?” Sapolsky says, “Religious ritual is intended not to make the dread go away but to share it over space and time and to give this nameless dread a name.” He does not say what name, but the name of the nameless dread in One-Life Psychology is, I think, obvious: Guilt. When these empty rote rituals become too pervasive and consuming, societies fall into decay and collapse because real spiritual work of real-world value is not getting done.

Sapolsky mentions one of the common claims in favor of religion: That it is one of the best protections against depression. In the next breath, he adds that it is not clear whether it is religiosity or spirituality that protects one from depression. He says that no one has studied the difference sufficiently. He never asks as an evolutionary biologist why we would find it adaptive as a species to evolve the ability to overcome **real** depression using schizophrenic lies (i.e., religion or spirituality). In other words, he is making the claim that **religious or spiritual delusions get real-world, true-health results**. I hope you,

the reader, can see the weakness in his position. I am willing to responsibly own Jesus Christ as my mental disorder. I am willing to descend into my own madness as a spiritual person. I am not throwing Jesus away as a “schizotypal” even as Sapolsky laughs at me with his success and popularity as his encouragement to continue preaching his sermons.

What is the difference between religiosity and spirituality? Much. The differences are both simple and comprehensive. Religion is the rote rituals. Religion is the form without content. Religion is the wide empty, de-natured, sterile churches. Religion is the control schemes. Religion is the stagnate thinking. Religion is rigidity. Religion is forced conformity. Religion is a narrow, tidy dogma. Religion is impersonal. Religion is centralized and corporate. Religion is exclusive and competitive. Religion is conflict. Spirituality is none of those things. Spirituality is a personal quest to connect directly with a higher power. Spirituality is the pursuit of content regardless of form or within every form. Spirituality suggests that divinity is everywhere present. Spirituality is open to the development and creation of new spiritual practices that will assist in the collective evolution and mutual benefit of the whole of our shared existence.

This mention of evolution brings us to another conversation Sapolsky does not want to have about the reality of the truly magical aspects of our existence even in his beloved biological evolution. There is spirit. There is psychic ability. There is a higher power. These realities do not make the majority of us humans “schizotypal.” They connect us with a reality of which Sapolsky has his own religiously zealous skepticism. **He has a faith and a religion: evolutionary biology.** Evolutionary biology is very spiritual and magical at its core. Evolution is the faith that a great singular power permeates *everything* driving everything forward from lesser to greater complexity. What is this singular power within everything that “knows” the direction to go? What is this singular power that seems to have some predetermined blueprint or map beautifully orchestrating the collective evolution of everything at once? Sapolsky will say there is no such power obviously and that is why evolution takes so long through trial and error. But that begs the fundamental question as to why this drive exists at all or ever began to exist in the first place. Why does the drive for life, as we suffer it, exist at all when one

considers the relative meaningless and worthlessness of so many human lives in terms of quality, richness, and achievement? Why are we as living things, human and animal, fine with mediocrity for a lifetime? Why don't mediocre people commit mass suicide with regularity? Is it because they are merely serving the agenda of a singular driving power behind evolution? However, not only is evolutionary biology directing you to believe in the deep spiritual interconnection of all life and existence as a unified whole, but evolution is also saying *you* personally are related distantly to **everything** living and nonliving, sentient and inert. What could be more spiritual than saying your existence represents the current apex of everything? **Evolution teaches that animals are your family, animals are us, and animals are other versions of us.** How very dear are these same beliefs to indigenous peoples? Do not Native Americans declare animals to be our brothers and sisters? "Embryos show that all animals share ancient genes."<sup>20</sup> Take the opportunity to examine images comparing the embryonic stages of life and you will see evidence of our near-identical familiarity with many animal species suggesting clearly that we are family.<sup>21</sup> We are family. We will return to this point much further on as it is so very different from classical One-Lifer dogma with powerful implications for how we behave and interact with nature.

Discussing Sapolsky's religion of evolutionary biology begs the question as to whether ancient humans were *always* more primitive and less advanced than we are today. One-Life Psychology fits rather nicely with the theory of evolutionary biology, because the first One-Lifer humans, Adam and Eve, only appeared 6,000 years ago. You will find many One-Lifers who juggle Genesis and evolutionary biology. I knew a One-Lifer geology professor Ed Williams who would say, "The earth is old" alluding to the geological reality that the earth is far older than 6,000 years. He would openly say as a geologist at a One-Lifer university in class that **"there is no evidence in the geological record of a worldwide flood."** He talked about how he would have discussions with One-Lifer authorities about ancient

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<sup>20</sup> Please, see Jennifer Viegas's "Embryos Show All Animals Share Ancient Genes" 8 Dec 2010, <https://www.nbcnews.com/news/amp/wbna40571908>.

<sup>21</sup> Please, see "Embryo Comparisons", <https://www2.hawaii.edu/~pine/book1qts/embryo-compare.html>.



pre-humans species while clarifying that “Adam is *still* the primal parent of *our* race.” Williams *did* want to keep his job at a One-Lifer university. This One-Lifer geology professor’s open attempts to reconcile the creation story with evolutionary biology are quite a contrast from Sapolsky’s academic skepticism of One-Lifers’ ability to avoid schizotypal extremes. Note how this One-Lifer professor was happily living his life as a committed geologist *in spite of* the Bible’s psychobabble. This geology professor was a One-Lifer *in spite of* the Bible. Detached, objective, and rational personality types like Sapolsky take extreme pride in their obsessive commitment to the faith of their position and making sure they can intellectually account for *everything* whereas Williams was open to spiritual phenomena being *spiritual*. Would Sapolsky consider a career geologist One-Lifer like Williams to be merely the vulnerable victim of “schizotypals” even when Williams openly supports the theory of evolution? Sapolsky admits that his own obsessive-compulsive tendency is the result of his own evolutionary biology and the reason for his achievement of academic success at Stanford. The importance of mentioning Sapolsky’s work is *not* to suggest using his evolutionary biology as a replacement religion for One-Life Psychology or spirituality. The value in hearing him out is for religious and spiritual personalities like ours to step back and recognize his many interesting points. Furthermore, Williams and the generations of One-Lifers students he educated as a professor represent many of the scientific One-Lifers who really do not believe the Bible creation story. The creation story of the Bible is a profound example of how the Bible really can be interpreted to say whatever the reader wants. Do you want to believe the world was literally created in six days and this creation occurred six thousand years ago? A One-Lifer can. Do you want to believe the earth was created in six “ages,” “eras,” or “epochs” which may have lasted millions, even billions, of years ending with the creation of Adam and Eve six thousand years ago? A One-Lifer like Williams can and does.

From my perspective, I think the behaviors of religious authorities closely resemble narcissism in addition to schizophrenia (i.e., “I talk to god for everyone on earth.”). Religious authorities need everyone to recognize their authority above everyone exposing their genuine belief that they are superior to others. Religious authorities demand so much of their followers while living off the efforts of their

parishioners showing their lack of empathy for the hardships they add to people's lives (i.e., tithes, offerings, voluntary church callings and duties). They are selfish, entitled, and self-centered. They use others as objects in their religious agenda (i.e., "Christian soldiers").

In contrast, allow me to provide an example of energy and love to that of the narcissist "prophets" and religious frauds: newborn infants. Newborn infants, both human and animal, pulsate perfect love which will heal you as you sit with them. You can hold their tiny hands and feet and kiss their heads. They will stare into your eyes. You can lay them on your chest and feel yourself bathed in their energy and you can feel time stop. You will feel this change your body and your soul. Every one of us must commit to protect this innocence not just for the child but so they can transmit this energy of original innocence into this world as long as possible. If you look into the face of a newborn, you will also see how much they trust you. You will see in their eyes how we are responsible to protect little children from the narcissistic, schizophrenic One-Lifer church leaders. Remember you were once too such a newborn and so innocent. When you rediscover your inner innocence, then you will stop hating yourself, which process will be described further on. You will realize that you were once a defenseless newborn trusting everything you were told was the truth. This is the healing our world has been searching for. As you sit in divine, loving energy, then you can feel how his yoke was easy and his burden was light. Trust the energy. Follow the energy. Shepherd the energy. If the energy is low, that is not your fault.

The next time any human approaches you claiming to be God's mouthpiece to give you commandments, remember the tender loving words springing out of a well of compassion of the poet who sang, "Fuck you, I won't do what you tell me!"<sup>22</sup> Truly, this poet loved humanity.

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<sup>22</sup> Please see Rage Against the Machine's "Killing in the Name", 2 Nov 1992, <https://genius.com/Rage-against-the-machine-killing-in-the-name-lyrics>.

## 8. One-Life Psychology demands that you believe in someone named Jesus for whom there is no fixed or settled identity and Jesus himself *never wrote anything*.

Will the real “Jesus” please stand up? What did Jesus even look like?<sup>23</sup> One-Lifer religions are abusing the name “Jesus” to sell you on the idea of a person based on *whatever personality* they decide to attribute and project on to “Jesus.” Every One-Lifer religion promotes “Jesus,” but it is always a different person if you get them to describe his alleged personality, his doctrine, and his teachings. This is why Jesus is an *idea* and as an idea, **you are free to form any idea of him you want and his personality**. That is *exactly* what each One-Lifer authority does by interpreting the Bible *their* way. I hope you can be mature enough to consider this. **No two One-Lifers are actually referring to the same person when they say “Jesus.”** I hope that whatever you decide that your “Jesus” is unconditionally loving in standard and kind to every living thing. Real love is the best protection. If anyone wants to preach to you about Jesus, begin by asking, “Which one?” As far as the “god” of the Bible, I would say the Bible god has multiple personalities depending on where you read. The Bible god is a sadist, child-murderer including fascinations with proclaiming the ripping of children apart (i.e., “dashed in pieces”) and killing pregnant women as themes of his judgment in the Old Testament.<sup>24</sup> Then suddenly with Jesus there is a switch to telling everyone to become like little children and not to harm (i.e., “offend”) them.<sup>25</sup> What is also fascinating regarding the Bible god and the theory of evolution is that many One-Lifer scholars would agree that **the Bible god clearly has evolved** from the brutal savage of the Old Testament into the gentle Jesus of the New Testament. This implication of this reality is that **ONE-LIFERS MUST BELIEVE IN**

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<sup>23</sup> Please, see “Earliest Depictions of Jesus in Art” Youtube uploaded by UsefulCharts, 3 Jun 2022, <https://www.youtube.com/watch?v=NxqCZBjapv4>.

<sup>24</sup> Please, see the Bible, Exodus 12:29; Deuteronomy 7:2, 20:16-1; Numbers 31:17; 1 Samuel 15:3; Psalms 137:7-9; Hosea 13:16, *New International Version* or visit <https://www.kingjamesbibleonline.org/Bible-Verses-About-Infanticide/>.

<sup>25</sup> Please, see the Bible, Matthew 18:1-7, *New International Version*.

**THE THEORY OF EVOLUTION IN ORDER TO BELIEVE IN THE BIBLE, BECAUSE THE BIBLE GOD HAS CLEARLY EVOLVED!**

This internal Biblical psychopathy and multiple personalities of the Bible god is a primary reason why reading the book is *not* a recipe for mental health. For the first four decades of my life, I was a devoted student to reading *ALL* of the Bible, including the books that were removed and I was not healthy or happy.

What if the truth is that One-Life Psychology uses a Roman Biblical model of “Jesus” that is fundamentally and intentionally false, wrong, and misleading?

Jesus did not write anything as far as we know. Maybe that is true. Maybe that is false. This begs the obvious question as to why? **Perhaps, Jesus made a conscious choice to publish no written words for his followers as a fundamental part of his ministry and message. What if Jesus *purposefully* chose not to write anything? What if Jesus left no writing, because he intended that you develop a personal, internal compass so you would personally be able to distinguish what sentences in the Bible are compatible with being a loving person like him? What if Jesus would be a Bible burner if he walked among us today? What in our modern Bibles would Jesus endorse? What would he reject and even denounce?** For those of us who have an abiding interest in Jesus as a figure, these are questions which must be asked with sincerity.

One of the most important conversations I had with Jesus after four decades as a One-Lifer was when I looked up to heaven and said, “I don’t know you.” All those years of study and practice and I was genuinely no closer to him in my understanding of him or my feelings of relationship with him. Paradoxically, it was only after that moment of embracing the absence of my relationship with Jesus that I began to truly feel led, guided, and inspired to know truly what a loving god might be like, think like, feel like and treat people like; and it was *not* One-Lifer.

## **9. One-Life Psychology uses fear, punishment, and censorship to prevent freedom of thought.**

Consider these questions. What if you could keep Jesus and throw away One-Life Psychology? What if you could keep Jesus or throw Jesus out? What if you would be fine either way?

***What if the real Jesus knows you have been lied to so much about him that he understands your dilemma and he is okay with you throwing him away?*** Would not such behavior on Jesus's part be consistent with his allegedly perfect love, wisdom, judgment, justice, grace, compassion, and magnanimity if he is truly god? I am certainly no Jesus and *I* understand enough to comprehend this dilemma in my limited human intelligence. These facts do exist. You have been lied to about Jesus to manipulate you. The lies have thousands of forms. If Jesus is truly loving, then Jesus understands your dilemma. ***The only loving outcome in this dilemma for Jesus is to still love you and accept you when you walk away from the abusive train wreck of One-Life Psychology as you explore real love as you see fit.***

Now imagine the fits and seizures One-Lifers would have if I gave sermons at their churches on the above dilemma. You cannot imagine it because these sermons would not be allowed. I would be escorted out. I would be followed by a stream of people testifying in an orgy of defense of "the faith" in their "Jesus." There would be no discussion, no conversation. The questions would be waived away with sermons on the dangers of entertaining "doctrines of devils." I would be labeled "anti-Christ" while explaining the logic of his love.

The truth all rational people can agree on is that One-Life Psychology has a terrible, historical track record of treating people with kindness and acceptance. One-Life Psychology has a clear track record of being inconsistent, controversial, and obsessional in censoring freedom of thought to serve any given agenda.

Will I be invited to any church to discuss this dilemma and this book to dedicated churchgoers? No, One-Lifers will instead do everything in their power to ensure that this book is never discussed, because One-Life Psychology requires the maintenance of a fragile, childish

mind that cannot be exposed to adult questions. “We cannot introduce doubt.” Many questions simply are not allowed in any One-Lifer church, school, or organization. Whatever publicity my book receives, I expect that my book will also be met with corresponding waves of negative reviews denouncing me and my book as Satanic, Luciferian, or devilish. Groups of concerned One-Lifers will organize themselves to warn the public. Perhaps my book will have more one-star reviews than anything else from devoted One-Lifers who will never read the book.

## **10. One-Life Psychology is dependent on maintaining a scientific view that is stagnant while interpretations of the Bible are quickly becoming more a reflection of our scientific evolution.**

A former Vatican Bible translator, Mauro Biglino,<sup>26</sup> left the church because translations must be updated to reflect our changing human science and technology. One such example was the word “glory” or “kavod.” Biglino makes the compelling case that the “glory of god” represents the equipment and presence of smoke and fire associated with the landing and takeoff of a spacecraft rather than some vague or ambiguous “spiritual glory of god.” In other words, the “glory” or “kavod” is *local, physical, material, and objective*. If accurate, all the previous generations of religious leaders and teachers could not even read the Bible properly without the context of modern science and technology. Therefore, these generations of religious authorities could never accurately claim god talked to them. They had no frame of reference for certain realities which are well known today: such as what happens when a spacecraft is launched into space. In other words, between the original writing of the Bible books and today, the church “leaders” were *not talking to god and god was not talking to them*. If Biglino is correct, the One-Lifer leaders of the past lacked the scientific or technological background to read, translate, or interpret the words of the Bible in the context of an extraterrestrial visitor. Do you see? **The past leaders of One-Life Psychology simply could not read the Bible.**

Am I suggesting that “aliens” were the original visitors or “Elohim” who talked to Moses? No, but Biglino *is*. **I am simply pointing out that no less than a former Vatican Bible translator who has devoted his entire life work to translating and interpreting the words of the Bible has determined for himself that traditional**

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<sup>26</sup> Please, see the video: “The Smoking Gun! The Bible is NOT about What You Think it is! Mauro Biglino & Paul Wallis Ep 6 Kavod” *Youtube* uploaded by The 5<sup>th</sup> Kind, 26 Nov 2022, <https://www.youtube.com/watch?v=ALmXC9oGFSw>.

**readings and interpretations of the Bible across the history of One-Life Psychology to the present day are pervasively false, misleading, and insufficient.** This leads to another very important point for discussion.

The essence of primitive or original One-Life Psychology and its Old Testament roots *is lost* and entirely open to questioning in rational debate. *Nothing I am suggesting here is a criticism of primitive or original One-Life Psychology or what was originally written about the original events.* I do not know what Jesus or his first followers actually taught or believed or Moses or Abraham or Adam. I do not trust anyone who claims they know, especially the One-Lifer authorities. How can I? Translations of third-party reports are supposed to rule your life when they all have an agenda to jingle your fears, shake loose your money, and command your obedience.

What if it turns out that “beings” from elsewhere did in fact seed life on earth or genetically modify our ancestors and “create” our modern species? It does not matter what I think or believe when it comes to historical fact. ***What matters is what can be established as fact. What matters is how facts are distributed. What matters is how those facts are used, by whom, and for what purposes.*** For example, let us suppose that the original authors of the story in Moses wrote it accurately and clearly and that Biglino is correct. In other words, what if the “god” that visited Moses did land in a spacecraft and the Roman imperial authorities have known this all along from the time of Jesus? What if the inner intelligentsia of the Hebrews also knew it much further back in time? What if these visits from an extraterrestrial “god” were always a mystery teaching of Moses to certain priests? If Moses clearly communicated the truth of an alien visitor at one point, then it certainly is not in our *present* Bible. What if the “powers that be” have known this all along and given the world a dumbed down version of the Bible intended to retard the masses? If this were all true, would you consider it stranger than fiction? This is all potentially implied by Biglino, not me. I am not a Bible translator. I “read” the Bible, but I am still waiting to *read* the Bible. It is irritating and frustrating. Consequently, you might be surprised or shocked at just how many clients will privately disclose in therapy that they are open to the idea that the Bible god is an extraterrestrial. You would be surprised at what people will tell you when they trust you not to judge,



reject, ridicule, or call them crazy. *Otherwise, you will never know what treasures and mysteries they might have revealed to you.*

Back to this point, what did Jesus originally teach? Why should you take anyone's word for it, including everyone you have admired and trusted since you were a child? This means even your dear grandparents are just as culpable for indoctrinating you with One-Lifer mythology, but your whole life you have been raised that *only the Greeks* have "mythology." Although today, many grandparents are just as open-minded as their grandchildren about these questions. Indeed, we are changing.

## 11. One-Life Psychology provides no comfort in certain mental health cases and the One-Lifer version of god makes the suffering immeasurably worse, even indefinitely postponing the healing process.

One-Life Psychology worsens therapy cases including when:

Parent loses a child to suicide or premature or accidental death.

Spouse loses a partner to suicide or premature or accidental death.

Women cannot bear children.

Adults are unable to find partners and form families.

People pray to the One-Lifer god to intervene in these cases, because they have been taught to believe that god **has** and **does** intervene at times. In cases where there is no intervention, suffering people question as to why god stands by arbitrarily, because they have been taught to believe that the One-Lifer god is *present everywhere* and *involved in everything*. The One-Lifer god of the Bible is all-powerful (i.e., omnipotent), all-knowing (i.e., omniscient), and, do not forget, all-loving, and perfect.

These suffering people have been force fed a One-Lifer worldview in which we each have a single lifetime. In their single lifetime of suffering they observe *other* people living apparently near perfect lives with marriages and families, but not themselves. Ask yourself sincerely, “What kind of a loving and just god would create such a world of blatant inequality?” Logically, no such god could be considered just or loving. An unjust god is neither perfect nor loving. Any human parent exposed for favoritism of one child over the others is viewed as a villain.

What is the One-Lifer god’s remedy in the above cases? Is the remedy an abstract heaven in which something happens to make these victims whole? Is heaven a grand simulator machine in which you are manipulated to feel as though you have had a life you did not or feel

as though you have had happy experiences when you did not? How can you have happy experiences without ever having them? Does Jesus's grace magically plant the happiness in you that you never felt naturally or organically? If happy experiences are simply heavenly implants or downloads provided by Jesus's grace in the afterlife, earth life is needless suffering. Why go through this exercise? Or are we currently in a simulated exercise from which we will eventually awaken? Is the One-Lifer god the ultimate author of Keanu Reeves's Matrix? Would placing us in a brutal matrix make god a cruel psychological sadist? Is this life a play put on for god's pleasure? Again, what is the point of all this created suffering if the One-Lifer "heaven" solves everything **whether it happened or not**? I have to think about this everyday as I sit in session after session in contemplation with people trudging through their own personal sewer of life "carrying their own cross" in the obviously unequal marathon of life. One of the ways we acknowledge to one another in social manners when speaking to a suffering person is by saying, "I don't know how you do it." This phrase is our way of expressing that we have no idea how we personally would endure or survive the traumatic burden we are witnessing someone else suffer. This phrase is a clarion social acknowledgment of the inequality of suffering we are forced to confront in our shared reality. Life is a confrontation with severe inequality every single day.

If One-Life Psychology worked for these desperate sufferers, I would know it by now as their obsessed therapist. I have personally witnessed the mother of a son who committed suicide become unable to say the name of Jesus. She can no longer pray using Jesus's name. The parents of children who have committed suicide feel profound guilt and they feel severely judged by One-Lifers. They have lost everything, and no peace is forthcoming in the One-Lifer cosmology. I have witnessed a daughter talk about her military veteran uncle who committed suicide. She was told by One-Lifers that he was going to hell after being the very killing machine his **One-Lifer** nation trained him to be in Vietnam. I have witnessed the bereaved, devoted widower of a woman killed in a work accident who now faces a long life without his soul mate and without any children when other men using drugs father several children they neglect and abandon. One-Life Psychology has **no** explanation that brings peace, satisfaction, or resolution to these clients. One-Life Psychology as a model is not

therapeutic in these cases and is better thrown out if you want to provide any lasting relief or healing in these cases.

What is a better model? Sometimes it is more important to just start by accepting what does not work. After decades as a One-Lifer, as noted above, the most important thing I ever said to Jesus bears repeating: “I don’t know you.” Then I could begin to think and feel for myself instead of retreating into another orgy of forced certainty we call “church.”

What events might a theology include to promote therapeutic success?

1. Voluntary participation in earth life, meaning choosing to be born.
2. Free will.
3. Co-creative cooperative input regarding one’s life experience including one’s relationships during earth life.
4. Multiple chances for success.

Do humans have any model for such a simulated life experience? Yes, we call these models “sports.” “There is always next year.” You choose to play. You choose *what* you play. You choose your team. You strategize with them. You play as many seasons as you choose while capable. In essence, we, as a human family, **have spontaneously evolved and sustained a more therapeutic model** for athletes’ “redemption” of failure than One-Life Psychology provides for actual human tragedies.

One-Lifer theology demands doctrinal acceptance of:

1. Forced participation in life by god’s will in all models.
2. Free will (in most models).
3. God’s will and wisdom determine your life experience.
4. One lifetime, one chance.

Now behold why humans prefer to worship at the stadium on Sunday. Human sports make more emotional sense. The rules are clear. The rewards are in the present. The all-powerful, all-knowing, all-loving

One-Lifer god of the Bible is apparently incapable of creating a world with a model of salvation as logical as human sports.

In the grand game of One-Life Psychology, if your genetics are weak then you will not attract a mate or generate progeny. If your mind is weak, you will not succeed in any endeavor. We can look at people and see it is already “game over.” We can see when people have been set up for failure by the circumstances of their birth. We can also feel that gnawing in the back of our mind every time we spend time with someone far more disadvantaged than us. It is the felt knowing sense that something between us and them is severely unequal. This experience with someone we value of the severe inequality between us and them disturbs and confuses us. “Why do I have seemingly everything better in this life than them?” “Why don’t they hate me?” “Why do we like one another?” Because one strange common occurrence is how unequal true friends can be. What does it all mean? Perhaps my friend has suffered immense traumatic loss in life, and I have not. However, my friend does not envy or resent my success. I, the “successful” friend, do not condescend to my “suffering” friend. I do not judge them as inferior or cursed. We are just friends. What is this magnificent, magical understanding between us? Where is this all-too-common phenomenon of genuine friendship understanding accounted for in One-Lifer theology? Some deep spiritual understanding, which transcends this brief mortality, is shared between friends. It is almost as though the “successful” friend considers the “suffering” friend to be the real hero of life’s story and yet the suffering friend genuinely cheers for the successful friend. There is some vicarious bond between friends where their experiences are life sides of the same coin. We can search the Bible for any account of this mystery of suffering and inequality, but there is no resolution. What we know is the suffering friend cheers on the successful friend with no grudge. The suffering friend inspires the successful friend to make the most of every opportunity as if representing them both. This genuine inequality becomes even more strange, **because the successful friend is actually made humbler by embracing and surrendering to maximizing the inequality.** “I must do this for both of us.” Babe Ruth must promise eleven-year-old Johnny Sylvester suffering from a brain injury in the hospital to hit a homerun in the World Series for him. He did. Johnny must miraculously recover. He did. Johnny must visit Babe years later

when the Babe is gravely ill. He did. Their shared story must be remembered forever. It is.<sup>27</sup> This does not mean they were close friends, but the story is an example of the interplay of the **inspirational inequality of suffering**, and it is *nowhere* explained in the Bible. Yes, we know David is special and kills Goliath, but no one in the Bible ever explains why. Why David? Why him then and there against Goliath? If we only have one lifetime and god decides it for us, it merits questioning: Why am I *this* person? Why are you *that* person? Why is my life *this* life? Why is your life *that* life? If this single life, the single greatest game in eternity, is to determine everything for a person's eternal life condition, then we deserve clear, logical answers. Remaining too "cool" and aloof to care or demand clarity from those who would presume to be our "teachers" is not admirable. Not having a cogent gameplan for the biggest game of eternity provided by the world's preeminent self-certified coaches/"prophets" is inexcusable. It is degenerate. It is revolting. It is low, weak-ass energy. A real theology will reveal the divine elegance of the mystery of inspirational inequality of suffering, which is just, loving, and wise.

**The friendship paradox of the inspirational inequality of suffering demonstrates our innate spiritual ability to navigate one of the most insanely obvious, fundamental paradoxes of human life without any substantial guidance from Jesus, the Bible, or One-Life Psychology.** True friends seem to unconsciously understand something about existence and relationships that is entirely lost to formal One-Life Psychology in any material sense. In case you think emphasizing the magical and mysterious qualities innate to human friendship is far afield of the original point, it merits discussion as to whether true friends are better off navigating the worst tragedies of life without any theology from One-Life Psychology. Or rather are friends actually effective because they simply choose to focus only on those ideas from any source which actually yield and provide genuine comfort and **ignore** everything else. Fact: People do not love reading "the Bible" every day. Fact: People enjoy reading **PARTS** of the Bible every day. They read the

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<sup>27</sup> Please, see Gary Livacari's "The Heart-Warming Story of Babe Ruth and Little Johnny Sylvester" 3 Dec 2022, <https://www.baseballhistorycomesalive.com/the-heart-warming-story-of-babe-ruth-and-little-johnny-sylvester-2/>.

**parts** which they find comforting over and over and ignore the rest. They use only those **parts** of the Bible that work for them, because they are well aware that much of it does not work and has no bearing in their personal lives. It bears specific questioning as to where in the Bible people find a satisfying explanation for living out a life that involves (1) losing a child to suicide or premature or accidental death, (2) losing a spouse or partner to suicide or premature or accidental death, (3) being unable to bear children, or (4) being unable to find a spouse or partner and form a family. As you search you will end up empty or attempting to rationalize and force the text in the Bible to provide answers to questions it was clearly never designed to answer. When you begin to ponder the greatest suffering in life and these failures of the Bible, you can finally ask, “What exactly was the Bible designed to do?”

## **12. One-Life Psychology cannot promote an authentic positive group consciousness because One-Life Psychology suppresses the development of individual consciousness.**

The following experience has been repeatedly verified and described by many clients. One-Lifers do not actually want *you* around. They want *numbers* because they feel secure in numbers and draw their self-esteem from numbers. Numbers make them a worldwide “kingdom” of One-Life Psychology. Numbers give them power. Numbers give them meaning. Numbers make them part of something significant. Sitting in church in their numbers, One-Lifers do not actually know each other, like each other, or truly care about each other. They are probably disconnected and annoyed with one another because they feel obligated to be around one another. Their sense of obligation is due to their perception that they are “commanded” to be around one another and are, therefore, *forced* to be together when, truly and honestly, they would prefer to be somewhere else, doing something else, with someone else. When relationships are forced, they are not real. They are, however, very awkward and boring. One-Lifer church is nothing if not very boring. Subsequently, in therapy it is stunningly obvious from all the psychological dynamics above that One-Lifers and Westerners have developed no sense whatsoever of how to identify and distinguish between positive and negative states of consciousness.

I am going to teach you something very basic that One-Life Psychology never taught you about your emotions. Again, I have never met a client who already knows this. You have been taught not to trust your emotions. You have been taught to pathologize and diagnose your emotions. You have been taught that your emotions are unreliable. You have been taught that your emotions are always changing. Is any of this really the truth about emotions? What are emotions? When I first ask this of any new client, I wait for a circular answer or the example of an emotion. Clients will list different emotions such as happiness or sadness, or they will simply say, “Feelings.”



Now, let us return again to what you committed to remember about emotions.

1. **EMOTIONS ARE ENERGY.** Remember and always teach everyone you know for the rest of your life: **EMOTIONS ARE ENERGY.**

2. Emotions are distributed energy throughout the body.

3. Emotions are a frequency feedback mechanism everywhere in the universe to tell you what frequency you are on and what types of physical events will manifest in your life.

4. Emotions are your evolving internal guidance system.

5. Each emotion is a distinct energetic, electrical, and magnetic (i.e., attractive) frequency.

If you cannot remember all of these points, just remember the first one: Emotions are energy. You can feel the energy of emotions coursing throughout your body. You can know if you feel terrible. That is your emotional energy. Then you can know if you feel amazing. Then that is your emotional energy. If we can simply saturate our minds with the reality that our emotions are energy until we accept it at the level of our subconscious mind, then we will transform ourselves and by extension everyone and everything around us. I am not talking about manipulating our own minds or deceiving ourselves. I am talking about educating ourselves with basic emotional, energetic truth. If we can simply share with everyone the truth that our emotions are energy, the sooner their energy will lift, and we will feel the benefits coming back to us just by sending out this truth into our world. Just by accepting this new idea, you will change. But there is so much more to learn. There are so many discrete levels of energy and nuanced lessons within each level of consciousness.

CONSIDER the FACT, that I, a professionally trained shrink, was never taught this basic reality by any professor on any subject in any of my formal education: **Emotions are energy.** Couple that with the fact that I spent forty years as a soldier, a machine for my One-Lifer religion during which never once did any religious teacher ever even suggest anything like this teaching. I cannot remember which client

or person recommended that I read *The Secret*<sup>28</sup> when I was a baby intern therapist and I find that very disturbing, because they deserve the credit for my reading about the importance of emotions as energetic transmissions. I was also originally introduced to *Power vs Force* by a brilliant client with borderline personality disorder and that book has become the starting point for educating all my new clients. To help clients to these ascending levels of emotions and their distinct energetic resonances and potentialities, I provide them with a copy of the Map of Consciousness which you can find through a simple online search.<sup>29</sup> My personal interpretation of the Map of Consciousness, which I provide to clients, is at the end of this book. As I give them a copy, I say, “This is not a therapy. This is a life path. I want you to put this somewhere you will see it every day for the rest of your life.” The Map of Consciousness is the product of Dr. David R. Hawkins’s work, and it lists seventeen discrete levels of consciousness. How did it come to exist? Our collective culture is only beginning to accept an abiding interest in the importance of mental health (i.e., consciousness). Western culture has a mastery of empiricism. We do phenomenal work in the hard sciences and everything which is observable to our five senses and this empiricism has driven Western medicine in the development of life-saving technologies and surgical procedures. The nations of the East have ancient traditions in much more subtle, energetic disciplines such as yoga, tai chi, qui gong, and acupuncture. While our healing traditions are radically different, special moments in history have brought our traditions together. In 1971, US Secretary of State Henry Kissinger took a trip to China while being accompanied by James Reston, a journalist for the *New York Times*. During the trip, Reston suffered acute appendicitis requiring emergency surgery.<sup>30</sup> Reston was in very severe pain after surgery and the Chinese physicians treated him using acupuncture needles which cured his pain. Kissinger and Reston were both fascinated. When they returned to the US, Reston detailed his

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<sup>28</sup> Please, read Rhonda Byrne’s *The Secret 10<sup>th</sup> Anniversary Edition* (2016). This edition has four very important extra pages at the end.

<sup>29</sup> Please, see David Hawkins’ *Power vs Force: The Hidden Determinants of Human Behavior* (2012), Map of Consciousness, pp. 90-91.

<sup>30</sup> Please, see Ron Kurtus’s “How Henry Kissinger Helped Start Acupuncture in the U.S. (1970s), 20 Apr 2005, [https://www.school-for-champions.com/history/kissinger\\_helped\\_start\\_acupuncture.htm](https://www.school-for-champions.com/history/kissinger_helped_start_acupuncture.htm).

successful healing experience in an article in the *New York Times*. Kissinger held a press conference in which he mentioned acupuncture and that he and President Nixon were both interested. This single event spurred the interest of Americans in Eastern medicine and its subtle approach to energy including other disciplines (i.e., consciousness).

As a society in the 1970s, we, in the West, had already been interested in nutrition. We studied the impact of nutrients on muscle strength and athletic performance, but many Western physicians and scientists became interested in the impact of *consciousness* on strength and performance. Hawkins was one such physician. He began his career as a mainstream doctor in psychiatry treating addictions. However, he too became fascinated with the potential for pursuing states of *enlightenment* as a means of treating addiction and mental illness. Specifically, Hawkins developed expertise in the practice of kinesiology, which is a muscle testing procedure involving “asking” the body. Imagine a series of tests. First, we feed an athlete healthy food and test their muscle strength response. We feed the same athlete junk food and compare the muscle response. Obviously, we learn that the athlete is stronger with proper nutrition. Then we get weird. Then we have the athlete **hold** the healthy food in hand and test their muscle strength. We then perform the same test as they **hold** the junk food. We find the same strength results hold true. The athlete’s muscles test stronger simply by holding the “right” and “true” nutrients. But that does not convince us, we suspect that because the athlete can see what they are holding in their hand that they are psychologically eschewing the results. “I know I am holding healthy food, so I will be stronger” and they are. Right? We need to get weirder. We will place the healthy food and the junk food within containers, so the athlete cannot see what they are holding. We perform the same muscle tests. Again, we find the same results as the muscles test strong when holding the hidden healthy food and weak when holding the hidden junk food. But how? The athlete does not consciously know what they are holding. So, who does? Their **body**. The body “knows” what it is holding because what is being held emits a frequency which is energetically identified by the human body. Healthy food has a frequency distinct from junk food. The body “knows” the truth. Even this is still not weird enough. Your muscles “know” what is truly best for you. Your subconscious mind, soul, and higher Self residing

within your lost, confused mortal self know what is truly best for you and the perfect order of personal healing.

Hawkins and his colleagues are weirder still. They tested the muscle strength response to **ideas** and **emotions**. That is the origin of the Map of Consciousness. Through thousands of muscle tests on thousands of subjects holding specific ideas in mind and emotions in heart, they developed a hierarchy of truth. They could objectively verify these results in the improved organic functioning of the body in terms of blood flow, electrical flow, and neural and hormonal responses. Not only were they testing various emotions and ideas, **but they were also testing them relative to one another**. Negative states of consciousness are not all *equally* negative. Positive states of consciousness are not all *equally* positive. Shame and Anger are both negative, but there is far more power and energy in Anger. Courage and Peace are both positive, but Peace is far more powerful. Hawkins and his colleagues also developed a truth score on a scale of 0 to 1000. 1000 is acknowledged through muscle testing to represent the perfect consciousness of an “Avatar” such as Jesus. An Avatar is a being whose consciousness is perfectly aligned with universal Truth, the truth of what is real. Not only do we have a level of consciousness by name and description, but we also have a truth *score*. **Now we have a ladder or staircase of the ascension of human consciousness provided by the material resonance vibrating in the fabric of nature itself. Now we can learn the order of our progression as individuals and societies.** We have a map of the evolution of our emotions and the ascension of our human mind. We have an objective scale of truth, which we can apply in our relative and subjective lives. This map of ascension is separate from all religion, or rather all religions have their roots in this “ethereal,” underlying reality.

You have never been taught about the ether with one exception: **ethernet** cable. “Ether” is a steampunk, Teslonian-era word, which modern scientists “debunked,” but it is worth revisiting as a spiritual concept. Ether is defined as “a very rarefied and highly elastic substance formerly believed to permeate all space, including the interstices between the particles of matter, and to be the medium whose vibrations constituted light and other electromagnetic

radiation.”<sup>31</sup> Ether is supposed to be the substance that connects everything. The “ethernet” cable you attached to laptops, computers, and smart TVs carries a data form of everything. The ether is the substance through which all information travels before reappearing elsewhere. Think of radio waves. They are all around you carrying songs and conversations and if you “tune” your device as you surf the Internet it reconstitutes those songs perfectly just for you wherever you are. For the purpose of discussing the Map of Consciousness, I prefer to think of the ether as the realm of possibilities. All of the emotional frequencies are possible wherever we are. The possibilities of each of the levels of consciousness are present everywhere. These omnipresent possible levels ascend through shame, guilt, apathy, grief, fear, desire, anger, pride, courage, neutrality, willingness, acceptance, reason, love, joy, peace, and enlightenment. What makes you so special is that you are the “user” of these levels. You are the free will activator of these levels. You are conscious of consciousness. You have the ability to evolve in your ability to access and promote greater and greater consciousness. The way you heal the world is by healing yourself. Improving your energy level impacts everything and everyone around you, because your energy level is your transmission.

Every material object on our earth is receiving and transmitting vibrations. Higher vibrations are more powerful. Emotions themselves are energetic vibrations which affect the energy fields of our human bodies. Kirlian photography can be used to reveal the changes in our energy fields as our emotions shift. The fields around a person’s body are referred to as an “aura.” Some people are born with the ability to see auras and others can develop the ability. Muscle testing is also used to determine how the human body can provide an instant response to any given stimulation and, specifically, distinguish between positive and negative stimuli. We are transmitting our emotions into our world. Hawkins believed that the mind was limited to any size or space and could transmit information over an unlimited distance. We are always unconsciously affecting everyone around us. “Psychics” are simply humans who have the ability to consciously receive and interpret our energetic transmissions. These real-world phenomena are an expression of the quantum physics of our daily lives. Furthermore, these transmissions are attracting life events back

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<sup>31</sup> Please, see top Google search result for “ether” definition 3 Archaic Physics.

to us of whatever we are carrying as our *unconsciously repressed or consciously suppressed emotions*.<sup>32</sup>

Everything in the universe emits, transmits, and sends out an energetic, attractive vibrational frequency. This includes every material thing around you including your body, everything you touch, and your emotions. You are affecting everything and everyone around you and they are affecting you. This is how your bodymind knows what is good, healthy, and true if you will listen to it, even if you consciously do not understand. If you learn how to listen to your own higher self within, it will guide you and inform you. Your feelings are your feedback mechanism to tell you what track or course you are on at any given moment. **Your feelings are also the most immediate way that the Universe communicates with you about what frequency you are on.** “*Your feelings are your frequency feedback mechanism.*”<sup>33</sup> Whatever you send out comes back to you. Whatever you plant, you harvest. Whatever you sow, you reap. If you want to change your physical life, then you must go within and change your frequency. Your frequency or level of consciousness on the Map of Consciousness will tell you what kinds of physical events will manifest and coalesce around you. I cannot tell you specifically what will happen if you live or stay in the levels of shame, guilt, apathy, grief, fear, desire, anger, or pride, but **I can tell you it will be bad.** I cannot tell you what will happen if you live from the levels of courage, neutrality, willingness, acceptance, reason, love, joy, peace, and enlightenment, but I can tell you it is going to be amazing. For example, love is a high level of ecstasy. If you say you feel “love” and you do not feel high and ecstatic, it ain’t love, because love is mind-blowing. We are here as spiritual entities to make a study of how to shift our frequency, which requires that we learn the subtleties of evolving and graduating through the lessons of truth in each level. NO ONE skips a lesson. No one gets to skip any step. No one enlightened wants to skip a lesson. If you want to skip a lesson, it is evidence of your immaturity and ignorance. If you want to skip a lesson, then that exposes the lesson you are stuck on. Are you confused? Then it is time to be confused. That is where you are at. Be

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<sup>32</sup> Please, see David Hawkins’ *Letting Go: The Pathway of Surrender* (2012), pp. 18-19.

<sup>33</sup> Please, see Rhonda Byrne’s *The Secret 10<sup>th</sup> Anniversary Edition* (2016), p. 33.

there. Embrace being there. Embrace to let go. Surrender to the lesson.

Eckhart Tolle says, “Wherever you are, be there totally.”

Tolle teaches that we need to catch ourselves whenever we are complaining. Complaining expresses our rejection of what is happening at that moment, and it always feels negative. We make ourselves into victims. We only have three options in any given situation. (1) We can take action to change the situation. (2) We can leave the situation. (3) We can accept the situation exactly as it is. Attempting any other course of action is some form of insanity. Ordinary human consciousness is some form of denial. You would rather be somewhere else. Where you are and what you are doing is never good enough. If that is the case for you in your life right now at this moment, you only have the three options listed. Taking responsibility means choosing now without any negativity or excuses. Then you can live by dropping all of the negativity. You have done all you can, so you can let go. This is how you become emotionally and mentally free of the situation. Ironically, when you fully accept your here and now, you can experience that very situation change and sometimes without your doing anything. If you hear a voice of judgment in your mind tell you what you “should” do, then you can take immediate action. Or you can consciously choose to do nothing. Enter a mode to be as inactive, lazy, and passive as possible. You will find that if you truly allow yourself the luxury and graciousness to be inactive, you may emerge out of it ready for action. Even if you do not, it is not a “problem.” You are not in conflict with yourself or resisting your life.<sup>34</sup>

Do you think these discussions are far afield of the original point? These ideas are essential to the development of *individual* consciousness, YOUR consciousness. If you are in church and do not feel amazing, never assume again that it is *your* “fault.” Your bodymind could be telling you that whatever is being taught is not true or not a fit for your true path in this life. In fact, you could be suppressing and repressing just how unhappy you are in church. You could be in denial every time you attend church because you have

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<sup>34</sup> Please, see Eckhart Tolle’s *The Power of Now: A Guide to Spiritual Enlightenment* (2004), pp. 82-83.

been **trained to believe you have to be in your One-Lifer religion to be happy**. You also believe that others not in your religion are not truly happy. You think you have to do this One-Lifer thing you are doing in order to be happy, and you suppress your true feelings about being miserable the whole time. You are in complete denial of the possibility that you could be happy somewhere else, and that other people are currently and genuinely happy *elsewhere*.

It is also worth noting the distinction between suppressed and repressed emotions and memories because the difference is relevant here. A memory or emotion is suppressed when you can remember it consciously and feel it. It pops into your mind, or you know you feel and remember it, you then intentionally force it back down through any means which you prefer. When you repress an emotion, you have pushed it so far down with such intensity that it becomes subconscious. Your subconscious mind automatically blocks memories and emotions through any means the mind can invent. Neither suppression nor repression are clean or tidy mental or emotional processes as we shall see. However, any given person would be a chaos of negativity were it not for our ability to suppress and repress negative thoughts, memories, and emotions.

As humans, we experience so much inner chaos that we feel compelled to remain *unconscious* as much as possible. We have invented a litany of means to remain unconscious. From the moment we wake up we pick up our cellphones and begin scrolling, surfing our preferred websites, and checking our social media accounts. We plan for all the activities of the day, and this entails all the things we do for our human bodies to start the day in the bathroom or the kitchen. Some of us begin in the gym. After the morning our days are filled with appointments, errands, and responsibilities. Then we begin all our communications and contacts as we conduct whatever our business entails. As long as nothing happens to disrupt our frantic routine, we never have time to feel or confront the deeply negative emotions. After the day's work, we already have a list of entertainments and pastimes to distract us until it is time to fall asleep. This is not judgment of any of these activities. The question is from what level of consciousness are we operating. Are we avoiding our



pain and dissatisfaction? Are we operating from a state of freedom or desperation?<sup>35</sup>

This is why most humans will live and die as sleepwalkers. If you are one of the fraction of humans that obtains a knowledge of the Map of Consciousness, you have achieved a rare “status” to overcome suppression and repression. This does not make you elite and this consciousness is an inequality that will be addressed further on. This inequality of consciousness makes you more capable of intentionally contributing to the wellbeing of everyone and improving our world. However, for those people who have insufficient instruction in consciousness, they will have no confidence or technique in processing negative emotions or evolving into positive levels of consciousness. For people that live and die in those circumstances, suppression and repression are the natural defense mechanisms of their unconscious mind that protect them from being overwhelmed by mental and emotional pain. Suppression and repression are how people survive, remain sane, and function at a basic human level. For this reason, any human who will do this level of emotional work must be *trained* in how to be consciously intentional and technical in their approach to healing trauma. Consciousness implies *consciousness*. You cannot *accidentally* become conscious. There is a specific process. There are definite steps. However, this does not at all mean there is only one process or set of steps. I am not suggesting there is or advocating for *a religion* of consciousness. Again, that is the problem of One-Life Psychology which is the subject of this point. Whenever a system of thought is discovered, someone makes it into a religion and a one-size-cures-all. The individual must be “tailored” to the needs of the system of religion because the system cannot remain “systematic” if it does what is necessary *for the individual*: tailor itself to the *individual’s* needs. Meeting individual needs is the only way to achieve “universal” results. This one-size-cures-all problem is basic to all religions, not merely One-Life Psychology. At the time of writing this, I mentioned this issue as a client sat down and he said, “Oh, yes, it makes me think of my parents and how they literally went to their church leaders for every question like when to have sex. ‘Is it okay?’” His parents were so indoctrinated with the

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<sup>35</sup> Please, see David Hawkins’ *Letting Go: The Pathway of Surrender* (2012), pp. 250-251.

divine authority of their One-Lifer leaders that they felt compelled to ask permission for everything. They *second-guessed themselves*. They had indeed “become like little children,” naïve and gullible.

When approaching our natural defense mechanisms, we need to be consciously aware of what we will encounter. There are four factors. (1) You either remember/suppress your *memory* of a given trauma or (2) you “forget”/repress your *memory* of a given trauma. (3) You either feel/suppress your *emotions* associated with a given traumatic event or (4) you have numbed out/repressed *emotions* associated with a given traumatic event. These four factors combine into four scenarios within your psyche. (A) You remember/suppress your negative *memory* of a given trauma *and* you feel/suppress your *emotions* associated with that given traumatic event. This means you clearly remember your traumatic memory and can clearly discern that your associated emotions and feelings belong to that event. Because you remember both the memory and recognize the associated feelings for that event, you can and will *consciously* work to *suppress* them both. **“I feel terrible, and I remember exactly why.”** (B) You remember/suppress your *memory* of a given trauma and you have numbed out/repressed *emotions* associated with that traumatic event. This means you remember and consciously suppress the memory, but not the emotions associated with it. The emotions are repressed such that you do not *consciously* feel them. When you remember the traumatic memory, you are disconnected from the associated emotions. **“I remember a traumatic experience, but I feel numb when I think of it. So, I don’t think it bothers me.”** (C) You have “forgotten”/repressed the *memory* of a given trauma, but you still actively feel/suppress your *emotions* associated with that traumatic event. **“I feel like shit, but I don’t know why. I can’t see or remember any reason why I feel so awful.”** (D) You “forget”/repress your *memory* of a given trauma and you have numbed out/repressed *emotions* associated with a given traumatic event. **“I’m fine. I feel fine and I see no reason to think or feel otherwise.”** This person is a dissociated, ticking timebomb. In every case, you are carrying within your mind and body the energy of trauma. That energy will attract events to you according to the frequency of your toxic energy. *Bad things will happen whether or not you know why. You will sabotage yourself. You will have “accidents.” You will “forget” important things. You will attract*

*people who take advantage of you. You will look for people you can manipulate.* Suppression and repression both involve the storage of negative energy in your mind and body which pollutes you, everything you do, and everything and everyone around you.

Given the extent of work that goes into the development of individual consciousness, it is vital that each person be supported in releasing whatever they are individually carrying. The essence of leveling up at the lower levels of consciousness is releasing all the garbage we are burdened with. This is something you are capable of, not because of One-Life Psychology. You are capable of finding a personalized way in your life of ascending the Map of Consciousness by learning how to discern the differences between energetic states and what they generate in our lives. Positive energetic states of consciousness strengthen your body, extend your life span, and enhance your immune system. In other words, you are stronger, healthier, and live longer. If, like most humans, you live, indulge, and identify yourself in negative states of consciousness, you will be weaker, sicker, and die faster. This is generally true. Certainly, there are exceptions, but those will be addressed much further on. For now, you need to understand the basics of truth in your energy, which is also truth in your emotions. Your body and mind are energetically, magnetically, and electrically drawn towards your truth. I will close a session with a new client saying, “I want you to start to track your energy. Look at the map and ask, ‘Where am I on the map? Where do I want to be?’” **Just begin to become conscious.** This is not a therapy. This is not a religion. This is a life path.

Hawkins wanted everyone to understand that your individual human brain is a computer that is capable of linking to the database of the collective human consciousness. Each of us is a part of the total human consciousness and we have access to all knowledge at any place or time in a matter of seconds. We can all change as individuals and as a human family. We can transcend our self-imposed limitations.<sup>36</sup>

The Map of Consciousness is a truth scale meaning the higher your consciousness ascends, the more your individual consciousness is

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<sup>36</sup> Please, see David Hawkins’ *Power vs Force: The Hidden Determinants of Human Behavior* (2012), Preface, p. xxvii.

harmonized with the truth of the universe. That commitment to truth “should” in theory please One-Lifers. Jesus did say the truth will set you free. However, One-Lifers are so used to doing things out of a forced sense of obligation, they generally feel awful because they live in a state of repressing what they truly feel they would choose if they were not always busy obeying “god” as defined, not at all by god, but by their One-Lifer church authorities.

Therapy with me is very different because of the Map of Consciousness. Therapy is traditionally based on a medical symptom management model. You go to the doctor when you are sick, and the doctor gives you the answer for your sickness. When you are no longer sick, you stop going until the next time you are sick. Consciousness therapy or subtle energy therapy is based on your ascension through seventeen discrete states or levels of consciousness. You learn from and through each state of consciousness. There is truth at every level of consciousness whether positive or negative.

However, the felt truth at each level of consciousness is a problem at the lower levels of shame, guilt, apathy, grief, fear, desire, anger, and pride. When a person is in a low level of consciousness, they are actually *unconscious* to a lesser or greater extent. For example, all of these lower levels contain less truth about reality, however, **they can all feel 100 percent true**. This is why Fear level 100 is only 10 percent true on the Map of Consciousness but FEELS 100 percent true and real. If I am counseling a deeply fearful and anxious client, they will give me 100 reasons why they are right to be afraid. If I point to an exception to their fear in the life of another person, they will discount that. “Oh, that might be true for you or them, but not me.” They carry Fear like a personal curse. What is the truth then? For them, Fear is the “truth,” and they participate in making that *their reality*. **Think of each level of consciousness as a different pair of glasses through which you perceive the world through the lens of that level of truth. This means you verify the “truth,” justify your views, and rationalize your actions based on your level of consciousness.**<sup>37</sup> This is why all negative identities are possessed by

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<sup>37</sup> Please, see David Hawkins’ *Power vs Force: The Hidden Determinants of Human Behavior* (2012), pp. 134-135.

a kind of prideful ignorance and block-headedness. As opposed to harming others, I have had many clients who could not forgive themselves or believe that they could be forgiven. In order to maintain that their forgiveness is impossible requires them to pedestalize their mistakes above the love and forgiveness of anyone including the higher power. “My shame is greater than the power of the forgiveness and love of the higher power!” Maintaining Shame as your identity also requires the force to deny the power of your ability to at any given moment surrender to the responsibility of real change of which we are **ALL** capable. Your “sins” are not greater than Love, Peace, Joy, or Enlightenment. However, you are free to deny truth just as you are free to affirm that a lie is the truth. “I am a piece of garbage.” That is a lie, however true you believe it to be. Remember your brain is a little supercomputer and your heart is a frequency, attracting, manifesting generator. Your brain works 24/7 to compute the most direct path between you and any physical events that will affirm whatever you most deeply *believe* in your *heart* about yourself, your family, and your world. This is why most people’s lives are disasters. They simply have not been taught how to manifest a different life or world. Fortunately, the world now has more cell phones than human beings meaning the access to information and truth is traveling the world at high speed.<sup>38</sup> This means it is only a matter of time before these truths of consciousness go viral among all nations.

“Truth” is a much-debated topic. The post-modernists would have us believe that Truth is unknowable on any level. There are those influential humans who prey on those weaker than themselves by sowing doubt and thereby eroding the self-confidence of the masses, so they can swoop in with the “answers” and play god. However, this is not the reality being outlined here for your benefit. **There is Truth in this world, and you are capable of knowing the Truth.** I am not merely referring to the relative experience of one person’s personal “truth,” which is essential to your personal process. I am referring to our shared Truth in our shared existence and **it is through knowing Truth about our shared reality that we achieve real results, real success, and make real changes in the real world.** On a related

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<sup>38</sup> Please, see Felix Richter’s “Charted: There are more mobile phones than people in the world”, 11 Apr 2023, <https://www.weforum.org/agenda/2023/04/charted-there-are-more-phones-than-people-in-the-world/>.

personal, professional note, when I was in graduate school, we were in a class discussing the relativity of truth and values, which is very relevant to being an ethical and culturally informed professional. Some of my classmates were almost haughty and puffed up in the pride of their post-modernism and moral relativism. I spoke up and said, “So, are you saying that somewhere in the universe, there is a planet where the sexual abuse of children is not only not wrong, but where child sexual abuse is morally right?” I think I sucked all of the oxygen out of the discussion. They were indignant and uttered a series of guttural non-verbal huffs and some “ohs!” The professor was completely silent. The point that I wish to emphasize is that in all our desire to honor every person’s personal truth, I still believe there are **some UNIVERSAL, unalterable Truths**. Given this reality, I believe we can travel to any corner of the universe to any planet and any and every advanced civilization will maintain that child sexual abuse is morally wrong, disgusting, harmful, and criminal. Show me the Star Trek episode where this is even up for debate? The possible moral virtue of child sexual abuse anywhere in the universe is not a debate worth having, because this issue is *not* debatable. **The truth of the sanctity of the innocence of little children is A UNIVERSALLY SELF-EVIDENT TRUTH**. This true sanctity is, therefore, worth defending and priceless. As a shrink, I have never encountered an example in which child sexual abuse was affirmed to have been a positive, health-promoting, or life-enhancing experience by the victim. In contrast, what we repeatedly witness is how child sex abuse causes severe mental damage, because it introduces carnal knowledge prematurely resulting in a lifestyle of destructive behaviors. Is there anyone who wants to debate this? Yes, but we will discuss them further on.

Truth is a collection of principles people can live by. Truth must be meaningful. Something may be true at one level of consciousness and irrelevant at a higher level. Here we are concerned with the impersonal truths that do not depend on any conditions or context. We are in search of the valid Truths from the original Source beyond any field of perception. Ultimate Truth is not personal or subject to

opinion. This Truth does not vary with any condition or environment.<sup>39</sup>

One highly valuable point here is regarding the progress of consciousness. The integration of truth into our lives is cumulative as we successfully navigate the lessons at each level of consciousness. Recall that even though a level of consciousness is negative and detrimental to life, it still contains truth. There are lessons to be learned about dark energy. Fear level 100 may be 90 percent false, but that means it is still 10 percent true. There is truth in Fear. There is more truth in Anger. Anger is 15 percent in harmony with the truth of reality. However, the key here is realizing that the truth of Anger is unknowable if one is living at the level of Fear. This is how we need one another. We need someone to expose us to *their* higher level of consciousness, their energy. We need their presence, because just being in their presence and listening to how they talk and think **will** change us, uplift us, educate us, and inspire us. This is how the great Avatars of world history influence the masses. A single person operating at a level of Peace or Enlightenment can deliver a new system of thought or practice that can permanently change a nation, culture, or society such as Mother Teresa. If we have a powerful teacher in our society, they will change our society. One of the myths about positive and negative energy is that they balance or cancel one another out. Positive and negative energy are **not** equally counterbalancing. Positive energy cancels out negative energy. If you are in the presence of a truly positive, powerful, and loving person, you cannot bring them down or cancel out their energy. They will change your energy and lift you up. You will feel better just being around them.

Hawkins's testing method also provided a series of counterbalances which demonstrate the power you possess in your potential to lift everyone around you. 15 percent of the world's population is above level 200 and has the power to counterbalance the negativity of the other 85 percent. Power advances logarithmically, meaning the higher your level of consciousness the faster it spreads outward from you in every direction. A single Avatar with a perfect level of consciousness

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<sup>39</sup> Please, see David Hawkins' *Power vs Force: The Hidden Determinants of Human Behavior* (2012), pp. 304-305.

can counterbalance the negativity of all humankind.<sup>40</sup> If you will simply do the work to vibrate at level 300 which is a high-level neutrality, you counterbalance the negativity of 90,000 individuals below level 200. Furthermore, when we unite together as spiritual students of consciousness, our combined energies vibrate at even higher levels than we do alone as individuals. What news could be more hopeful and exciting for you? This is not about you waiting on Jesus to deliver you. This is about you being like Jesus just as he originally desired. Do you really love your family? Then increase your level of consciousness. Do you really want to help our world? Then increase your level of consciousness. The best thing you can do for yourself is also the best thing you can do for your family and your world. This flies in the face of a One-Lifer culture of “self-lessness” and “sacrifice.”

You personally must evolve up the Map of Consciousness, and consciousness as a study is no different from any other pursuit of mastery. We need teachers, study materials, education, and practice for any topic we seek to master. Consciousness is no exception. **You cannot accidentally become conscious.** Children do not accidentally become loving adults. This explains why so many cities and neighborhoods are energetic cesspools. Most people simply copy the level of consciousness of their family or the people they grew up around. It is rare for people to grow beyond their family of origin or their childhood neighborhood mentality. However, we can all make improvements.<sup>41</sup> Most humans will simply copy what they have seen growing up in one form or another. They will copy the energy of the place they were born. The real question is what will *you* do? Will you simply copy your parents, your family, your friends, your neighborhood? This is *one* reason why I have often referred to myself as the “anti-family therapist.” I tell clients, “A lot of times you cannot become yourself until you get away from your family.” The reason why you have to leave is **context** or **environment**. The motivation and meaning of our lives is expressed through our environment and context. Because we are little children, growing up we cannot force our parents to change. We are vulnerable children. As we become

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<sup>40</sup> Please, see David Hawkins’ *Power vs Force: The Hidden Determinants of Human Behavior* (2012), pp. 302-303.

<sup>41</sup> *Ibid.*, pp. 121-122.



more conscious, we have this realization: “This environment is not aligned with my motivation or my energy and is limiting my achievements.” Your achievements will be limited by your context. You need to change your environment to align with your motivations which combine to determine your level of power.<sup>42</sup> You are not an Avatar. You are not that advanced. Therefore, you need to **leave**. You need to find an environment with people who are aligned with your positive energy and motivation. Then you can actually achieve your goals and grow in power in the real world. When you are advanced enough, you can enter into a negative environment and change it, but for now you need to be able to admit, “I’m not that advanced. Negative people still bring me down.” You are not Jesus. You can achieve enlightenment, but you will not achieve *premature* Buddhahood. Egotistical, narcissistic people will look at the Map of Consciousness and think they are much higher than they actually are. I candidly inform everyone, “The higher you want to go on the Map of Consciousness, the lower you have to go on the Map of Consciousness.” I never say, “I’m at a high level,” because I do not know when I will suddenly find some more dark energy of which I need to let go. The fact that you are reading this means you are an individual with the ability this world desperately needs. You have the ability to *consciously* transmit the healing frequencies that will uplift all life around you. The more you engage the work of consciousness the more you will learn how to shift frequencies higher as well as how to process and release the darker, negative residual energy from trauma.

Regarding dark and traumatic energy, how then can we explain the negative and abusive evolution of One-Life Psychology to its modern monstrosity afflicting our world? Clearly, it has become very “powerful.” Part of the reason is because the original **force** of Roman imperial government and law have given One-Life Psychology *momentum* to dominate nations and people. However, force, not power, has to be maintained by the ongoing application of force otherwise change occurs towards a more healthy, natural state. Force is unnatural. This is why One-Life Psychology is faltering. It has run its course and the world is waking up to its fake, toxic energy. Real power is attractive and magnetic. Power stands still and pulls things

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<sup>42</sup> Ibid., p. 122.

in. Force is a fight against something. Power does not move. Force is never complete and needs to feed off external energy. Power is complete and needs nothing from the outside. Power demands nothing and needs nothing. Force is never satisfied and is always consuming. Power will energize, supply, and support all of life. Force takes away life and energy. Power gives.<sup>43</sup> Power is compassionate. Force is judgmental. Which of these, power or force, sounds attractive to *you*? Which of these do *you* wish to contribute to our world? Which of these do *you* want? The bottom half of the Map of Consciousness is the realm of *unconscious force* and survival. The top half of the map is the realm of *conscious power* and abundance. The power of manifesting our world conditions is the fruit of our conscious or unconscious effort.

The obsession with imposing negative force is another energetic mystery that we can all obviously observe in our human family throughout history. There are a few individual humans that poison society and their profound negativity drags down the global population. 2.6 percent of humans express an abnormal polarity in their level of consciousness. They are weak to the positive levels of consciousness and the more deeply negative their level of consciousness the stronger, more powerful, and more influential they grow and become. This 2.6 percent is the source of 72 percent of global social problems.<sup>44</sup> 97.4 percent of humans are normal in the sense that we react *positively* to Love. Love makes us stronger, but for this 2.6 percent they are physically stronger and healthier the darker and more negative their energy is. In an amazing interview between Jordan Peterson and Robert Greene (*The 48 Laws of Power*), Jordan refers to research that 3 percent of humans are psychopaths.<sup>45</sup> These are the humans who must be held accountable through world history for the institutionalization of human sacrifice in society. These are the humans who can and do sexually abuse and murder children. These are the Jeffrey Epsteins of the world who are convicted of sex trafficking and yet not a single of their clients is held accountable

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<sup>43</sup> Ibid., p. 154.

<sup>44</sup> Ibid., p. 122.

<sup>45</sup> Please, see the video: “Your Dark Side and Control Over Your Life | Robert Greene | EP 237” *Youtube* uploaded by Jordan B Peterson, 21 Mar 2022, <https://www.youtube.com/watch?v=hgFX-ZsOsc>.

because they are powerful, “untouchable” people who govern we, the little people. This abnormal polarity is why you decent, normal people, find it impossible to grasp the destructive, irrational behavior of many world leaders. They have no problem sacrificing *your* children for *their* wars. They face no genuine emotional dilemma in bombing the innocent civilian families in third world nations. These are the “dark” individuals among us. These are the individuals we need to lock up, especially if they have genius intelligence with their absence of moral scruples. Can we correct this abnormal polarity? We can only correct ourselves and influence others. We can only influence others by increasing our own level of consciousness. We can only truly protect ourselves and those we love by increasing our level of consciousness. Now you can appreciate why it was so important that Avatars like Jesus can read and discern the motives, thoughts, and intentions of everyone around them. Authentic discernment (i.e., “revelation”) is a characteristic of the levels of Love, Joy, Peace, and Enlightenment. Discernment of the truth in any given situation is one of the greatest spiritual skills anyone can develop. Naturally, discernment as an ability is only alluded to briefly as a “gift” in the Bible *once* with no expanded discussion whatsoever.<sup>46</sup>

High levels of consciousness are protective because they are revelatory, not as an act of judgment of others or invasiveness in their privacy. Rather the higher your consciousness evolves, the more it expands outwards from you logarithmically in every direction. The energy of your loving consciousness wraps around everyone, and you achieve the ability to discern the essence of their motivations **for the purpose of loving them and truly, effectively helping them**. This does not make you “better” than them. It makes you capable of protecting yourself and everyone else *while* you attempt to help them. **Any real spiritual teacher knows that you must protect yourself from the people you are trying to help**. People who are toxic and unconscious need your help. For example, if a woman has been sexually abused by every man in her life and a male spiritual teacher finally appears in her life, she will frequently misinterpret her feelings towards this teacher even though his being male is very helpful to her healing process. She will think that she is sexually attracted to him

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<sup>46</sup> Please, see the Bible, 1 Corinthians 12:10, *King James Version*

and wonder if he has a sexual agenda for her. She needs to experience non-erotic male love energy. She needs to experience a man who has a pure motivation for her wellbeing. In therapy, this is what we call a corrective emotional experience. This is what every female needs who did not have the love of a pure hearted, protective father: non-erotic male love energy. This is the energy a father is divinely designed to supply each daughter. We see this pattern over and over in young girls who have no loving, strong, protective father figure. These girls seek out the male attention from their young male peers, which is almost *entirely* erotic. So, these girls are sexualized at an early age and this pattern will persist into their adulthood and through their childbearing years. These girls will “prostitute” themselves in the pursuit to feel “loved.” A real spiritual teacher who is a male will walk the tightrope of helping these women feel real self-esteem, know that they deserve better, and know they must grow as human beings while ensuring the women do not misinterpret his love as erotic. The power of sexual energy and real sex education, which every human needs and which is entirely absent in One-Life Psychology, will be addressed in another point.

Returning to the primary point in discussion of the absence of the development of individual consciousness as a value in One-Life Psychology, every level of consciousness is self-validating. This is how your negative emotions and feelings come to be mistaken for your identity. Because your **feelings** and energy frequencies are unstable, you analyze yourself in the One-Lifer way and determine that there is something “wrong” with **you** or you are bad or guilty of something. As one of my young clients recently said, “Sin is everywhere. You can sin and not even know it.” If you feel awful and think like a One-Lifer, you *must* feel awful *because* you are a sinner and *must* be doing something wrong. As a One-Lifer, you mistake your feelings/emotions/energy for being your identity (i.e., ***I am*** a “sinner”). This is the very dilemma, which I will emphasize, that One-Life Psychology has done a disservice to humanity in explaining. Rather One-Life Psychology has used this human proclivity to mistake emotions and feelings for one’s identity to the advantage of their churches. They want you to feel like garbage and identify yourself as garbage (i.e. “humankind is lost, carnal, fallen, and devilish from the Fall of Adam”) so they can sell you the “grace” of Jesus, however they happen to define “grace.” The psychological

misuse, abuse, and affliction of One-Lifer “grace” will be addressed in its own point.

For now, recognize that it is simply impossible for human beings to truly feel great around one another if they do not feel great within themselves **individually**. When people are unhappy individually with themselves, the consequences are swift, severe, and prolonged. Your ego will isolate you from others, because it perceives you as fundamentally separate. This separation will lead you into a state of comparison with others and you will naturally grow envious of anyone you judge as living a life of more happiness, success, fulfillment, health, relationships, or social connections. The real problem is that you are not clear about your own goals, which is due to your internal state of ignorance, unconsciousness, and confusion. By being so disconnected from your own power is a short emotional trip to self-pity and resentment. You then condemn yourself and then the world and others feeling guilty and small.<sup>47</sup> The key realization here is that YOU cannot be happy and satisfied unless YOU, *as an individual*, sense, feel, see, and know validly that YOU are **personally** learning and growing. If you are not, you will resent and envy those you perceive to be learning and growing, especially if it is at your expense, your “sacrifice.” You will try to live through others like all the parents with Little League Syndrome, who are clearly imposing the expectations from their own incompleteness on their children. It is clear from the frustrated behaviors of these parents that they have given up on themselves, which we call apathy. Bring as many individually unfulfilled, unhappy, “broken” people together as you can and what do you have? The Sunday ghetto (i.e., “church”) with all its guilt, desperation, fear, ignorance, anger, frustration, envy, resentment, shame, etc. The real ghetto is not a place. It is a state of consciousness. It is the energy. Your energy is ghetto when your energy is low and weak. Low, weak-ass energy is ghetto. Vibing low, weak-ass energy is how you end up in the physical ghetto. It all starts with weak energy within your heart and mind. When you see low, weak-ass energy in your family, do not be afraid to declare: “That’s ghetto. Are we really this ghetto? Are we really doing this? So

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<sup>47</sup> Please, see David Hawkins’ *Letting Go: The Pathway of Surrender*, pp. 249-250.

ghetto.” We are here to refine our energy. The bottom half of the Map of Consciousness<sup>48</sup> is The Ghetto.

One-Life Psychology depends on your **not** learning how to distinguish and discern the truth of energy, because the One-Lifer authorities know that when you do, you will stop attending their churches. You will know for yourself when you are in the presence of a false teacher, a spiritual rapist, and you will trust yourself quite possibly for the first time in your life. You will like Jesus have personally grown “in wisdom and stature, and in favor with God and man”<sup>49</sup> and like Jesus you will realize you do not need them. As with Jesus, the religious authorities will find your wisdom and stature threatening to their inferior system of fraud and control.

I wish to emphasize that the Map of Consciousness is a theory. **A theory only has scientific value in so far as it is able to predict real world outcomes.** This is exactly what the Map of Consciousness does. I do use it repeatedly in therapy with predictable results. It is an objective tool for the advancement of any given human consciousness. If the energy is shit, *it is shit*. You are not shit. The *energy* is shit. You have the ability to learn how to identify and discern the truth of the energy in and around you. You have the power to shift the energy. Simply by printing off a copy of the Map of Consciousness and placing it where you will see it every day, **you are no longer the same person.**

When One-Lifer churches make the true development of individual consciousness their top priority, then One-Lifers will enjoy working together with everyone of any religion or persuasion like me. The Map of Consciousness gives us the power to promote individual and group consciousness simultaneously, because we are transmitting energy all around us. All of our thoughts, actions, and feelings create a permanent energetic history. When you realize that your energy has this effect on reality, you may be intimidated. However, you can instead turbo-charge your own evolution. Because of your connection

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<sup>48</sup> Please, see David Hawkins’ “Map of Consciousness” through any search engine or

[https://www.google.com/books/edition/The\\_Map\\_of\\_Consciousness\\_Explained/aDHMDwAAQBAJ?hl=en&gbpv=1&printsec=frontcover](https://www.google.com/books/edition/The_Map_of_Consciousness_Explained/aDHMDwAAQBAJ?hl=en&gbpv=1&printsec=frontcover).

<sup>49</sup> Please, see the Bible, Luke 2:52, *New International Version*.

to the universe, all of your personal progress contributes to the world for everyone. The greatest power is simple kindness to yourself and every living thing.<sup>50</sup> All of your choices have consequences that ripple through time and space. Near-death reports reveal that we will have to feel and experience all of the pain and suffering we have caused others, which reveals how we create our own personal hell.<sup>51</sup>

The purpose of this point was to discuss what knowledge is necessary to develop individual consciousness. We know One-Life Psychology does not develop individual consciousness and hopefully you gained a sense of how individual consciousness is missing from One-Life Psychology while reading this point. We know One-Life Psychology is obsessed with group consciousness, but only with a dumbed-down, brainwashed, conforming group-think. It is *only* through the development of individuals that our collective group consciousness advances, not the reverse. One-Life Psychology has had two thousand years using its group-obsession brainwashing to fix our world. It is time to deeply criticize One-Life Psychology's approach to our spiritual development individually and collectively.

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<sup>50</sup> Please, see David Hawkins' *Power vs Force: The Hidden Determinants of Human Behavior* (2012), pp. 150-151.

<sup>51</sup> Please, see David Hawkins' *Power vs Force: The Hidden Determinants of Human Behavior* (2012), pp. 170-171.

### 13. One-Life Psychology invented the specific concepts of hell and the devil, which are among their most effective tools for controlling people.

As with so many important concepts in One-Life Psychology, neither “the devil” nor “hell” are ever fleshed out in the Bible providing rich ground for creative license by imaginative One-Lifer demagogues and authorities. The god of “love” created hell as a place of endless punishment for defiant sinners and placed the devil and his angels in charge of carrying out the punishments as torturers and taskmasters. The contradiction of the creation of hell and the devil by an allegedly “loving god” is utterly lost on One-Lifers. God is understood to be a perfectly loving being who oversees the ultimate eternal torture chamber, the devil’s playground, which is operating all day every day. One-Lifers join god in the pleasure they enjoy knowing the endless suffering of the “wicked” which satisfies their “justice.” May the absurdity of this doctrine one day suddenly dawn on you. One-Life Psychology promotes the idea that suffering in hell is the *only* way justice can be served and balance restored in the universe. There must be a hell and there must be a tormentor. In this sense, One-Life Psychology is built on the contradiction that Jesus is not actually the *only* redeemer and savior, the devil and hell are also a redeemer and a savior. Jesus is *not* the only “way.” The devil and hell create a pathway for setting things right, “evening the score.” **You can go to hell and suffer yourself for your own sins.** In this sense, you are also another redeemer for yourself. This dilemma in One-Life Psychology is that it provides no explanation of what happens after you go to hell and after you have paid for you sins. In fact, **Jesus implies that you will get out of hell after paying for your sins by yourself WITHOUT his help.** In One-Life Psychology, sin puts you in **debt** and this is clear in the language of many Bible scriptures. This sin-debt must be paid, and Jesus paid your debt in full if you accept him. “When you were dead in your sins and in the uncircumcision of your flesh, God made you alive with Christ. **He forgave us all our sins, having canceled the charge of our legal indebtedness, which stood against us and condemned us; he has taken it away, nailing**



**it to the cross.”**<sup>52</sup> No one in One-Life Psychology will deny that it is Jesus’s suffering that cancels our sin-debt with god. However, this is a **major** contradiction which destroys any hope for an internal logic for One-Life Psychology. A “just” One-Lifer god *cannot* require *any* punishment for you beyond *exactly* what justice requires, because the One-Lifer god is always presented as perfectly just.

What if I accept complete responsibility for all my own sins, reject Jesus’s suffering on my behalf, and choose to go to hell and suffer for my own sins? What then? Jesus implies the answer himself in his own words. “Settle matters quickly with your adversary (i.e., another name for the devil) who is taking you to court (i.e., the Final Judgment). Do it while you are still together on the way, or your adversary may hand you over to the judge (i.e., god), and the judge may hand you over to the officer, and you may be thrown into prison (i.e., hell). Truly, I tell you, **you will not get out until you have paid the last penny** (i.e., paid your own sin-debt).”<sup>53</sup> One-Lifers are going to reject this, of course, but it is obvious in the text. In Jesus’s mind, you can go to prison-hell and work off your sin-debt yourself AND THEN you will get out. You will not get out UNTIL you have paid the full price, “paid the uttermost farthing.”<sup>54</sup> Jesus clearly understood how debtors prison works. You work off your debt from within prison, then you get out. It is a violation of perfect justice to pay more than your debt. This means perfect justice in One-Life Psychology **MUST** allow you the option of choosing to suffer for your own sins and you cannot suffer a penny or farthing of debt more than the exact, perfect amount of suffering.

Unless One-Lifers attempt to argue this interpretation is out of context, Jesus gives an entire parable on this principle in the parable of the unmerciful servant. “**Therefore, the kingdom of heaven is like a king who wanted to settle accounts with his servants.**” A man owed the king (i.e., god) ten thousand bags of gold. He could not pay so god ordered the man and his family to “be sold” as slaves “to repay the debt.” The man begged for mercy and the master (i.e., god) “took pity (i.e., had mercy/ granted grace) on him, **canceled the debt** and

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<sup>52</sup> Please, see the Bible, Colossians 2:13-14, *New International Version*

<sup>53</sup> Please, see the Bible, Matthew 5:25-26, *New International Version*.

<sup>54</sup> Please, see the Bible, Matthew 5:26, *King James Version*.

let him go. The man refused a similar mercy of debt forgiveness to a fellow servant who he had “thrown into prison until he could pay the debt”. When god found out about this “in anger his master (i.e., god) handed him over to the jailers (“tormentors” in the KJV, i.e., demons in hell) **to be tortured, until he should pay back all he owed.**” Jesus ends the parable clearly leaving no mystery as to his meaning. “This is how my Heavenly Father **will treat each of you** unless you forgive your brother or sister from your heart.”<sup>55</sup> Either you can pay completely for your own sins, or you cannot. **IN JESUS’S OWN WORDS, YOU CAN.** If One-Lifers deny that you can successfully complete payment for your own sins, then, not only are they contradicting Jesus’s own words, but One-Life Psychology also becomes disturbingly absurd because it becomes *insanely unjust*. Let’s say I commit *a* murder and never accept Jesus. Will I be required to be endlessly tortured by demons in hell around the clock, nonstop **for all eternity** for a murder? Do One-Lifers even understand what they are suggesting if they add **endless, eternal torment** to any non-One-Lifer’s sin-debt? Endless means nonstop, every single moment. Eternal means forever. Torment means torture. Would any “forgiving” One-Lifer endorse this endless torture? Would a loving, forgiving god endorse this? If suffering worked to change and heal people, all of the people who serve time suffering in our earthly hells we call “prisons” would come out as saints. I do not believe suffering will help heal perpetrators, victims, their families, or our world and by the end of reading this book I will have provided a framework for treatment that I believe could heal inmates in a prison.

Once you understand that sin-debt is a DEFINITE, rather than infinite, amount of suffering in hell, as Jesus indicated, then what? What happens *after* I complete my sin-debt suffering? Jesus says you will get out. Then what? I am out of hell and ...? Where does my soul go from there, my soul and all of the other ex-hell convicts? **And** I still lack clarity on my earlier question. What if I *want* to take full responsibility for my own sins? What if I do not want to add to Jesus’s suffering? Is it not honorable to be responsible? How can responsibly paying the price for my own mistakes make me or anyone “bad” or

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<sup>55</sup> Please, see the Bible, Matthew 18:21-35, *New International Version*.

“evil”? This discussion of sin-debt payment in hell is a major problem for the internal logic in One-Life Psychology.

I do believe in hell, but not as the creation of a loving god. Hell is right here on earth at any given moment in any given place depending on what we do or fail to do, what we choose, how we act, how we behave, how we treat one another, or how we allow others to be mistreated. Hell is all around us. Hell is not the invention or creation of a loving god. Hell is our invention, our creation. Hell is our projection on to god. Brainwashing people into the romantic notion that “god created hell” is precisely how One-Lifer church authorities have rationalized every evil religious punishment and torture they have ever inflicted on humankind. If god created hell and the devil, then it only makes sense that One-Lifer church authorities have the keys to *that* kingdom,<sup>56</sup> meaning anyone they condemn on earth will be condemned in god’s judgment and sent to hell. The belief that any human can “seal” another to endless, eternal punishment in hell is again typical of the narcissism, schizophrenia, and psychopathy inherent in One-Lifer “leadership.”

The concepts of sin, repentance, hell, and the devil are used to orchestrate a symphony of punishment and torture. It is so interesting how the same people who proclaimed that sin was **“conquered” by Jesus** worked so diligently through history to harm anyone who did not conform precisely to whatever rules they arbitrarily attributed to “god’s will.” Clearly, Jesus’s grace **did not “conquer” and does not “cover” our sins unless we are made to suffer WITH him** under the supervision of god’s authorized “servants.” During the Inquisition, if a heretic confessed Jesus was the Lord, then they were given the “gift” of suffering, but much less, so they would be given a quick, merciful death rather than an extended torture exacted by the people who claimed to be Jesus’s chosen employees on earth. This was another form of “sacrifice.” One-Lifers also used to whip themselves supposedly to prevent themselves from giving into temptation or for having given into sin already. How can they believe in grace or mercy? That raw skin was raw *justice*. It is bizarre how suffering is the core of One-Life Psychology, **if** Jesus suffered “for” or “on behalf of” all of us. Clearly, he did not suffer *for* us or on our behalf. One-

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<sup>56</sup> Please, see the Bible, Matthew 16:19, *New International Version*.

Life Psychology is the religion of suffering not only of Jesus BUT OF EVERYONE. ***EVERYONE SUFFERS IN ONE-LIFE PSYCHOLOGY.*** The cross is the symbol of Jesus's suffering for sin-debt. Jesus commands, "Whoever wants to be my disciple must deny themselves and take up their cross *daily* and follow me."<sup>57</sup> One-Life Psychology could not be clearer. You are supposed to suffer *with* Jesus. ***Suffering is how you become close to Jesus. Suffering is how you follow Jesus. Suffering is your identity as a One-Lifer. Suffering injustice as a One-Lifer is how you help Jesus "save the world."*** Notice here again that all the suffering of the sweet One-Lifer followers of Jesus is in reality unfair, unjust, and unmerciful. So, not only are the "wicked" non-One-Lifers understood to suffer absurd, unjust punishments for eternity in hell, the "righteous" One-Lifers are understood to suffer their own crucifixion (i.e., take up their cross) on earth like Jesus did. This unjust suffering obsession is the core thread of One-Life Psychology that links Jesus, "the righteous," and "the wicked" in a common bond of mutual understanding and existence. **WHATEVER THE COSMIC TRUTH OF THE UNIVERSE, ONE-LIFE PSYCHOLOGY WILL MAKE SURE THAT WE ALL SUFFER THE SHIT OUT OF IT.**

What is that state of One-Lifer torture and suffering today? There are no more public executions and physical tortures in the Western world. But where did all that mentality of torture and punishment go but *within*? The confessions and self-hate are still there. The suppressed temptations are still an obsession. "Thou shalt nots" are still proclaimed. People are still preaching that the devil and sin are everywhere, and exorcisms are on the rise overwhelming the trained Catholic exorcists.<sup>58</sup> They are worshipping god to ward off the devil and await the Second Coming when all evil people will be sent to an eternal hell and punishment. There are those rare people who worship the devil to indulge their suppressed "rebellious" fantasies in the uncreative, opposite extreme. However, it is unclear how many of these cases are authentic rather than merely sensationalized. This is distinct from the "rational satanists" who use the term to mock and

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<sup>57</sup> Please, see the Bible, Luke 9:23, *New International Version*.

<sup>58</sup> Please, see Shira Li Bartov's "Catholic Exorcist's Say They are Overloaded with 'Possessed' People: Study," 2 Jun 2022, <https://www.newsweek.com/catholica-exorcists-say-they-are-overloaded-possessed-people-1712382>.

provoke One-Lifers, because they deny that satanism involves any blood sacrifice, rituals, or pursuit of supernatural aide from demonic entities which are a few of the hallmarks of authentic satanism. Rational satanists take the time to study satanism as a philosophy and while interesting, they are just another variety of humanists rejecting supernatural aide in favor of purely human powers to address the human condition. Then we have the SINOs, satanists-in-name-only. These are primarily adolescents and young adults who like to wear t-shirts with pentagrams and Baphomet. They probably have never read out of the Satanic Bible or studied satanism, but they are angry, rebellious, and ready to give a middle finger to anyone who judges them. These are good, albeit angry folks. There is a fourth category of “satanist,” these are the falsely labeled pagans who are witches, druids, or practitioners of some other ancient non-One-Lifer religion. These people are more deeply spiritual and more genuinely loving and accepting than One-Lifers. The pagans often have a rich and wide-ranging spiritual knowledge they have gained through years of dedicated study and practice. These pagans provide spiritual seekers with bona fide alternative pathways in the free market of religious ideas making them direct competition for One-Life Psychology. One-Lifers have a long history of falsely accusing their pagan opposition of satanic atrocities. I have never met a witch who was *also* an authentic satanist.

True story: I have had *one* client who attempted to sell his soul to Satan in return for musical skills. When he did his blood sacrifice ritual, he alleged an entity appeared as a little child, and attacked him leaving bloody scratches. As disturbing as it might seem that anyone would honestly pursue a covenant with Satan for any reason, I can assure you that this client was completely serious in his commitment. It was not a joke to him. His soul really was that empty and vain. So, we have four categories of satanists: (1) authentic ritual satanists seeking supernatural aide, (2) rational satanists or humanists, (3) SINOs, the social rebels at death metal concerts, and (4) the mislabeled “satanist” pagans, the dreaded spiritual competitors. What matters here is how One-Lifers abuse these concepts to persecute whomever they wish. They never accept responsibility for the damage they do to themselves, others, or our world in promoting the concepts and labels of the devil and hell which foster pain, suffering, mental anguish, division, and conflict.

One-Lifer use of the concepts of the devil and hell are interwoven into their addictions to their preferred “drugs”: the levels of unconsciousness/energies of Shame, Guilt, Fear, Anger, and Pride. Because One-Lifers come from these lowest mental and emotional energies, they seek torture as a type of high. This is why One-Lifers find so much emotional payoff in judging others. The ecstasy and high of Pride in judgement is much higher than their usual hopelessness due to their conviction of their own sinful, lost, and fallen nature. Judgment is such a delicious distraction from the inner tsunami of One-Lifer self-hate. Externally-focused judgment temporarily satisfies a lust for stability and balance in the conviction that they are *better than* those they judge. Judgment is always a short-lived solution because judgment is a forceful act that requires constant energetic consumption (i.e., new judgments and gossips) rather than the creation of free, life-giving energy produced naturally by the energies of love and peace. Judgment is never loving or peaceful, and innocence is fundamentally inaccessible when your starting point for civilization is obeying the devil in the Garden of Eden. Dump that narrative. Walk away. It is wonderful to drop the sadism and masochism of psychologically beating yourself and everyone around you. The life and light will come back into your eyes when you beat your addiction to the judgement drug altogether. You can relate to others with pure motives.

In contrast to pure motives, guilt and shame are among the most common motivations for a wide spectrum of human behaviors. Just listen to people talk. “I would just feel so bad if I didn’t help so and so.” “I could not live with myself if I didn’t...” I cannot tell what will happen if you are motivated to behave out of guilt and shame, but I can guarantee that it will be toxic and poisonous to your soul. Guilt and shame are the gold and silver of One-Life Psychology. They are the value to which the whole system is pegged. The fear of the punishment of sin is the currency which mediates **all** the religious exchanges (i.e., rituals) in One-Life Psychology. This fearful waiting in shame and fear for the wrathful punishment of god is the foundation of One-Lifer relationships within all of its various ecclesiastical frameworks. “Let’s get together and have a group orgy of fear, self-loathing, and suffering. We’ll call it ‘church.’ We’ll collect money. We’ll make a business of it. Look the people are eating it up. They pay up for our making them feel like trash.”

In contrast, as a shrink, I have wondered if the absence of shame is the essence of maturity. It seems reasonable that spiritual maturity involves an authentic, spiritual acceptance. Hawkins describes Acceptance (truth score 350) as a high level of consciousness. Rather than wallowing and groveling in church to god, you transform and accept that you are the source and creator of how you **experience** your life. You take the responsibility to live in harmony with the forces of life. You are able to engage life without fruitlessly attempting to force life itself to obey your agenda.<sup>59</sup> As opposed to bowing down to the judgment and demands of external voices, from the position of this spiritual acceptance of life, you can revisit whatever it is about life and our world that motivated you in your childhood. It is this deeper, pure, innocent motivation hidden within that you have forgotten or neglected due to the trauma of the world that was dumped on your soul covering up your inner heart, the innocent child within. Real maturity is the recovery of your inner child. Your inner child is innocent. The side effect of this process is joy. How is this achieved? It is done by letting go of every false program that you have been sold since you were an innocent, defenseless newborn. Question everything that does not bring you joy. **Everything that does not bring you joy is false.** True love is mind-blowing. If it is not mind-blowing, it is not love. Joy is a progressively unconditional form of love, which occurs as we touch the lives of others. I cannot stress enough, if you feel terrible, you are *not* spiritual. If you feel terrible in One-Lifer church *and* you consider this your “normal,” then you are insane. But that *is* the One-Lifer program.

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<sup>59</sup> Please, see David Hawkins’ *Power vs Force: The Hidden Determinants of Human Behavior* (2012), Energy Level 350: Acceptance, p. 109.

## **14. One-Life Psychology makes people incapable of one of the greatest virtues essential to mental health: patience.**

In One-Life Psychology, as previously noted, you have *one, brief* human lifetime to (1) **complete everything** or (2) **complete nothing** (because Jesus completed it all), which your particular version of One-Life Psychology demands you finish or absolves you (i.e., Jesus's grace) of finishing before death. On one hand, you are presumed to be empowered by an external Christ to accomplish any and every good work. On the other hand, you are absolved of being a failure, because you are nothing after all but a tragic human creature. How can such a mentality ever promote anything but desperate frustration, confusion, and despair when humans face a *reality that is often slow and tragic*? We live very short lives and learn very slowly. In reality, we, as humans, learn and grow **slowly** and deliberately. There is so much to learn about spirituality and physicality. There are many lifetimes of learning to be had on this earth.

What beliefs can truly promote patience with ourselves and those we claim to love? We are faced with a world that often demands we slave away at a frenetic pace for the profit of our corporate and government masters. Our corporate rulers wish to pay us as little as possible so *they* can live off our life energies. Our government rulers want to tax us as much as possible so *they* can live off our life energies. Then we are left with the little remaining time, energy, and money to survive. Is that a model that promotes patience for ourselves or our families? **What has One-Life Psychology succeeded in doing to change that reality? One-Life Psychology wants our tithes, offerings, callings, time, and free voluntary service. One-Life Psychology joins the corporations and governments in squatting on us adding to our strain to diminish whatever patience and endurance we have remaining.**

Given its one-life theology obsession, One-Life Psychology is the subconscious author and origin behind the modern twin trends that fuel the impulsive and destructive behavior of the rising generation. These twins are named “YOLO” (i.e., “You only live once”) and



“FOMO” (i.e., “Fear of missing out”). One-Life Psychology gives you one life to cram every lesson before your final judgment. Your mind knows this is absurd and offensive. So many of you plunge into a reactive pattern of a “screw it” mindset. One lonely client introduced me to another version of this desperate impatience: “FAFO” (i.e., “Fuck around and find out”), the search for “love.” These feelings are actually forms of apathy resulting from the realization that the expectations you have been programmed with are, in reality, and, in fact, IMPOSSIBLE. It looks like you are carefree, when actually you have given up. However, given that you only live once (YOLO), you can at least attempt to find some pleasure every Friday at the bar with whatever is left on payday. You and I know when you sit alone and have unwanted time to think without any money to spend, no one to FAFO, and no novel media or video games to play, you feel *empty*. That emptiness is real, and you have no idea what to do to cure it except more of the same. Contrary to common “knowledge,” insanity is *not* repeating the same thing and expecting a different result. In real insanity, you keep doing the same thing while the results come back *worse and worse*. Insanity is continuing to do the same things as your results progressively worsen. In economics, they call it the law of diminishing returns. You may keep your YOLO, FOMO, and FAFO inputs steady in your lifestyle, but the emotional return on these investments will steadily grow grimmer, dimmer, and weaker, until you literally achieve “burn out.” Further on we will address how One-Life Psychology’s model of sacrifice is just as empty as this hedonism. In Western One-Life Psychology, you are either a cooperative slave or a rebellious one. I imagine the same people are selling both “religions” of sacrifice or hedonism. **But what if there is another way to work for yourself...forever? What if there is a better mental, emotional, and spiritual legacy to leave your children?**

## 15. One-Life Psychology alleges that it is the pre-eminent religion of “grace,” which is no compliment, but rather “grace” is One-Life Psychology’s one word mantra meaning you are no good.

Grace is supposed to be the gift of god’s love and forgiveness you can never deserve or be worthy of because of your lost, fallen, and sinful nature from the Fall of Adam and Eve. In One-Life Psychology, **you cannot do enough good works to ever actually be good.** When someone in the Bible referred to Jesus as “good,” he responded by saying, “‘Why do you call me good?’ Jesus answered. ‘No one is good—except God alone.’”<sup>60</sup> Jesus could not be clearer. **YOU**, as in you personally, the reader, and I cannot possibly be “good” according to Jesus Christ in the Bible. What is the alternative? It is not good, literally. That is how you are defined in One-Life Psychology as “not good.” Who is good? **ONLY god.** Not even your loving, sweet, gentle grandmother qualifies as “good” in One-Life Psychology, and she knows it. That is why she clings to her rosary. She has fully internalized the One-Lifer oppression. Even though you are not good, you, being lost, fallen, and sinful, are still expected to ACT like a good person. How are you supposed to act like a good person when fundamentally you are not? How does One-Life Psychology resolve the conundrum it has created? **“GRACE.”** What is this “grace”? It is the power of Jesus’s perfection that he lends to you as a gift to make up for your spiritual insufficiency. “I was an evil piece of shit and Jesus transformed me into a piece of holy gold.” Try to responsibly understand the implications of One-Life Psychology. You cannot be good, so you need help. **Therefore, THE ONLY WAY YOU CAN DO ANYTHING GOOD IN LIFE IS BECAUSE YOU HAVE RECEIVED THE MAGICAL POWER OF JESUS’S GRACE.**

How do you know you have “received grace”? The proof is provided, you wretch, whenever you manage to do anything good for a change or for a moment. When you make a mistake or error or sin, One-Lifers

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<sup>60</sup> Please, see the Bible, Mark 10:18, *New International Version*.

will quote Paul, “There is no difference between Jew and Gentile, for all have sinned and fallen short of the glory of God, and all are justified freely by his grace through the redemption that came by Christ Jesus.”<sup>61</sup> One key to understanding the One-Lifer concept of grace is that there is no way for you to earn it. You can do endless feverish and desperate acts of goodness. You can keep all the commandments, and this is key, but IT IS NEVER ENOUGH. **You can never merit salvation in One-Life Psychology. You are always unworthy. You are always miserable in and of yourself without Jesus.** You will always need Jesus. You can never grow up spiritually. You are always his inferior, always his “child.” Jesus is wholly other than you and incomprehensibly more advanced than you and, thereby, the “savior” of the whole world. Naturally, this obsession with Jesus’s perfection and grace puts you on the path of pursuing your perfection **through Jesus’s grace.** In other words, set aside just being considered “good,” you are admittedly not perfect and never can be perfect, **except through** the merits of the holy Messiah. Therefore, it becomes only logical in the One-Lifer mind programming that the more perfect and holy your behavior, the more evidence your life provides that you have RECEIVED Jesus’s grace. **You, being declared forever imperfect, are still pursuing perfection...through Jesus.** It is a stunningly bizarre arrangement, an impossible religion. One-Life Psychology succeeds in twisting you into believing that you are trash, but, thankfully, Jesus is perfect. If you manage to not act like trash, it is not because you are fundamentally not trash but because Jesus “LENT” you some of his goodness. That is grace. You need holy days to cover yourself in dust and ashes and feel your trashiness. You are taught that “Lent” means lengthening of days if you are Catholic, but you really know it means you have **borrowed** something. **You have to borrow Jesus’s goodness, because you are a spiritual piece of garbage incapable of goodness without Jesus or “his” church. Any One-Lifer who denies that this doctrine of grace is at the core of Biblical One-Life Psychology is lying.**

**Ironically, One-Life Psychology is the perfect religion for communism, because you can never own anything good you do. You have zero spiritual credit or spiritual ownership of anything**

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<sup>61</sup> Please, see the Bible, Romans 3:22-24, *New International Version*.

**you do.** You must give all the credit to Jesus and all the glory to god. You are a total, worthless piece of garbage without them. I mean, is that not exactly what One-Life Psychology teaches? What can you say of yourself independently of the One-Lifer god and Jesus and the world? **What are YOU exactly in One-Life Psychology? Where does the Bible define exactly what you are or how you came to be? The birth of the nature of your existence is completely absent from the Bible by design and that omission has profound implications for your self-perception and, therefore, for your mental health.** Furthermore, the most mysterious question about you in One-Life Psychology is whether or not you have any **inherent** value aside from being valued or “redeemed” through Jesus’s grace. If One-Lifers deny that you have **inherent** value, they do so at the risk of denying the term “redeem” which by definition means to return value to something or to re-value it. “Redemption” suggests that we had value prior to our participation in the Fall of Adam and Eve. In other words, this suggests that we have had value **without** Jesus at some point *prior* to birth as humans. This point of consideration is entirely lost on One-Lifers. Nothing of logic matters to the One-Lifer mind, because everything is reduced back to god. “David, you have no value that god did not create.” The short answer is that *you* have no inherent value, because there is no possible way to conceive of you having value independent of the One-Lifer god in One-Lifer theology. You are boxed into a relationship of dependency with the One-Lifer god for your value and any ability or talent you possess. I simply do not find it persuasive that a rational or loving higher power reduces us to dependence on itself for our value or our ability to independently do good.

Furthermore, because of One-Life Psychology’s obsession with “good” (i.e., perfect-**through**-Jesus-ness) behavior, One-Lifers are constantly stuck in the cyclical thoughts of what they **should** be doing. “I should do this. I should do that.” **Stop shoulding all over yourself. Whatever it is you are shoulding over, either do it or don’t do it. But either way drop the guilt.** Exorcise your inner infantile One-Lifer guilt disciple. Be an adult. *Own* whatever you have done. Own whatever you have left *undone*. Drop the extra shoulds from your shoulders. You are shouldering enough burden. Albert Ellis called it “musturbating.” “I must be this way or I’m bad, terrible, and awful.” He taught, “There are three musts that hold us

back: I must do well. You must treat me well. And the world must be easy.”<sup>62</sup> One-Lifers are prolific masturbaters: I must obey god. You must obey god. The world must obey god.

“You must do good, and you must give all the credit to god.”

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<sup>62</sup> Please, see “Musterbation: The Danger of Shoulding All Over the Place”, Rowen Center for Behavioral Medicine, <https://www.rowancenterla.com/musterbation-the-danger-in-shoulding-all-over-the-place/>.

## **16. One-Life Psychology indoctrinates gender inequality as the essence of divine hierarchy.**

Setting aside the guilt-obsession as One-Life Psychology's foundation in Eden, this origin story is bizarre, obscure, reprehensible, and unfair from "the beginning."

It is worth noting that there is absolutely no rational consensus on whatever the "fruit of the tree of good and evil" was, and that is important. That so-called "fruit" is allegedly the very thing that sets off our current human condition with all its vicissitudes in which we presently find ourselves. Why can we not have a simple, clear answer regarding the true identity of the fruit? (1) Was the fruit a spiritual symbol of some esoteric mystery school teaching? (2) Was the fruit literally "magical" fruit that was physically ingested by immortals? (3) Was the "forbidden" fruit sex with somebody identified as a "serpent" with a special kind of demonic wiener carrying satanic sperm? (4) Was the fruit a metaphor for extra-terrestrial DNA modification by the Annunaki from Nibiru? Each of these possibilities is worthy of extensive and serious discussion.

Throw all that very interesting stuff aside. Just focus on the origin story of woman. "But for Adam no suitable helper was found. So the LORD God caused the man to fall into a deep sleep; and while he was sleeping, he took one of the man's ribs and then closed up the place with flesh. Then the LORD God made a woman from the rib he had taken out of the man, and he brought her to the man. The man said, "'This is now bone of my bones and flesh of my flesh; she shall be called 'woman,' for she was taken out of man.'"<sup>63</sup> (1). This story is just weird. God put Adam under anesthesia and then performed surgery by removing a "rib." Then God makes a woman out of that rib. Why do we believe this? Why do we tolerate this? Literally, this is impossible. A "rib" is a piece of bone. We do know how new bodies are formed. It requires a physical mating process, pregnancy, gestation period, and birthing. This means that in a biologically rational story accessible to our human experience, Adam and Eve

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<sup>63</sup> Please, see the Bible, Genesis 2:20-23, *New International Version*.

would simply be the children of some couple. We do know why this explanation was not allowed: monotheism. For some reason entirely absent in the Bible, its authors became obsessed not only with monotheism, but masculinity. So, god became a **SINGLE** man who creates Adam “from the dust.” Adam is from the dust and Eve is from Adam’s rib. Both of these creations must be metaphors for some creative processes. **The burden is on the author to provide an explanation. If the author fails to explain his bizarre story, then the reader can reasonably stop reading and discard the story because “the beginning” is flawed and absurd at the outset.** (2). Notice how “woman” is implicitly and originally inferior to man by being created *after* man and from only a *small part* (i.e., “rib”) of man. Woman *is* second to man in the Bible and in One-Life Psychology. **Why? Because the One-Lifer god made it that way.** We still do not know what “way” that was exactly, because all we have been told is that it was from a “rib.” Did Eve have to be created from a rib? Why couldn’t god have created Eve from the dust also? Could god have made Eve first and then have taken a rib from her to create Adam? Why or why not? These are key elements for society, culture, and psychology between men and women. How many times have One-Lifer men felt justified in exercising authority over women because they inferred women’s inferiority from the Bible? “Women are second. Women serve men. Women belong to men. Women come after men. Women are less than men.” It is a biological pattern with many mammals that the female of a species is physically smaller and weaker. Was this observable pattern in nature the actual inspiration for the author who imagined the story of Eve’s origin in Genesis? Is this story *that* simple? Whatever the reason, Eve is second to Adam. Eve is meant to be *with* Adam, by *his* side. *That* is her purpose and the meaning of her existence. (3). The naming of “woman” expresses a lack of uniqueness. What will we call this new creature? “She” is not an original concept. Notice how the word “she” is just a variation of “he” by a single letter “s.” The name “woman” is just a variation of the word “man.” Woman is not allowed to be this new, cool, interesting unique creation with a unique, original name from the “man.” (S)he is just a cheap knockoff of, just a rib from, a sidekick for...man. That is exactly everything the designation “woman” suggests. Imagine if the Bible god had a creative bone (i.e., “rib”) in his body. “I made this new creature. The man is one way, but this new

creature is so different. What will I call it?” But mildly astute One-Lifers will object and point out that the Bible was written in Hebrew first. Surely, the original Hebrew god was more creative and inspired in its designation for the human feminine creation. Nope. “The Hebrew Bible uses the word ‘Ish’ {אִישׁ} which is ‘man,’ and this goes together with the Hebrew word for a ‘woman’ ‘Ishaha’ {אִשָּׁה}.”<sup>64</sup> In the original Hebrew, “god” or rather the narcissist claiming to be god’s Bible author “prophet” was just as sexist as the creators of English gender terms. It is my profound hope that you can fathom how unoriginal and uncreative it is to refer to “woman” as “woman.” If you happen to be a “man” and you happen to value a “woman” in your life, you will appreciate how very different (s)he is from you and how deserving (s)he is of a unique designation as a creature. She is not cool because she is an extension of you. She is this weird, unique, strange, different creature. “Feminine” is a better word because it is unique from the term “masculine.” “Femin” is not a knockoff of “mascul.” One could make a study of those Latin words and give credit to their unknown Latin authors. “Female has its origin in Latin and comes from the Latin word ‘femella,’ or ‘femina,’ which of course means ‘woman.’ Male, on the other hand, comes from Old French ‘masle,’ or as we know it in modern French ‘mâle,’ that itself comes from the Latin word ‘masculus,’ both of which mean ‘male human.’”<sup>65</sup> Notice how we culturally have no magical myth, no Genesis story, from the Latins as to why one word was “femina” and the other word was “masculus.” Where is the myth of Masculus and how Femina was derived from him? Search “the myth of masculus” in your preferred search engine.

Hopefully, this brief exercise in gender terms will help the reader appreciate the essential extent to which women’s inferiority is built into the original language and mythology of the Bible (i.e., Hebrew)

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<sup>64</sup> Please, see “THE ORIGINAL HEBREW MEANING OF ‘MAN’ AND ‘WOMAN’ – WHEN ROMANCE AND LINGUISTICS MEET...”, <https://www.hebrewversity.com/original-hebrew-meaning-man-woman-romance-linguistics-meet/>.

<sup>65</sup> Please, see Paul Cathill’s “Interesting Histories: Female-Male-Woman-Man”, 17 Jul 2017, <https://medium.com/interesting-histories/interesting-histories-female-male-woman-man-fd8f436a554c> and Nina Lagerlof’s *A Study of the Terms Masculine and Feminine* (2006), p. 7, <http://www.diva-portal.org/smash/get/diva2:5992/FULLTEXT01.pdf>.



as well as the most influential modern language of the Bible (i.e., English). This prejudice against femininity is obvious and intentional. The original creators of the Bible had a clear agenda to establish men in a divine hierarchy above women, which agenda they shared with the influencers behind the origins of the Hebrew and English languages. THEIR PREJUDICE IS BUILT INTO OUR LANGUAGE AND IS RENEWED AND AFFIRMED AT A SUBCONSCIOUS LEVEL EVERY TIME WE REPEAT THE WORD: WOMAN. **“She shall be called woman.”** Why? **“Because she was taken out of man.”** Meditate on this until you realize how this thinking has subconsciously programmed all native speakers of English, and how this was intentionally woven into the creation myth of the Bible. Gender programming was crafted into the essence of the Biblical narrative.

The Biblical mythology against women “in the beginning” only builds momentum and weirdness as you continue reading about the two trees in the Garden of Eden. One tree fruit gives you immortality. The other gives you knowledge of “good and evil” like god. Why did a loving god give Adam and Eve a fruit tree they were forbidden to eat? Why did god allow the serpent in the Garden of Eden? Why did the serpent talk to Eve? How did a serpent talk? Was the serpent actually Lucifer, Satan, the devil? If yes, how? If not, then who the hell is the serpent? If they had no knowledge of good and evil **prior** to eating the fruit how could they be guilty of any wrongdoing? The most important question of all becomes: **Why do we feel any compulsion or sense of obligation to make sense of this nonsense?** This is not a coherent, rational, or well-developed story. The plot is full of holes. Would this story receive a passing grade in any modern literary college course from a feminist professor? The serpent has a conversation with Eve, not Adam and not Adam and Eve. Eve gives into “temptation” and eats the fruit, which she shares with Adam. This unfolding of events makes perfect sense in the framework and agenda of gender inequality and women’s inferiority to men, because it portrays Eve is less rational, less moral, and less intelligent...from the beginning. Woman is prone to stupidity from the beginning. Woman is gullible from the beginning. Woman is more vulnerable to compulsive lust from the beginning. Woman is more prideful from the beginning. If you are a woman, you have to love how it is the woman who is to be blamed for consorting with the serpent and eating

the fruit. “And the man said, *The woman* whom thou gavest to be with me, she gave me of the tree, and I did eat.”<sup>66</sup> Not only is Adam throwing Eve under the bus, notice how easily in the old King James translation, in Adam’s mind it could easily be read to imply that in “marriage,” god “gave” Eve to Adam as his property so typical of the gender history and tradition in Western culture. Now we also gain an etymological value as to why the English thinkers added “wo” to “man” to create “woman.” Eve is the “wo-man,” which added another subtle layer to our gender inequality programming. “Wo” is also “woe.” Therefore, Eve is the “woe to man.” She shall be called the woe to man! Woman is the woe to man, the original evil. The evil that befalls humankind is programmed into you over and over and over and over every time you use the word: wo-man. Woe to man. Woman is a blight to man, “man” in the collective definition of our species as humankind. The programming is psychologically enormous, consequential, and far reaching.

The entity in Genesis 2 called “Woe man” (as a portent to her future role as consort to Satan) is not co-existent with man. She is taken out of man. She is a piece of man. What does that even mean? What must that do to every woman’s sense of self? She pops out of man. Gender equality has zero chance here. Masculinity is first. Femininity is second...from the beginning. **Woman is like that trashy part of yourself that gets taken out of you, but still ruins your life in the end getting your ass kicked out of paradise. Eve sounds a lot like cancer. God “the father” wants Eve to be the innocent girl and stand by Adam while setting her up to be turned into a slut by the most “crafty”<sup>67</sup> of his own sons, Lucifer.**

I would not be surprised if the real Jesus said, “Toxic masculinity was also in the beginning and indeed Adam and the serpent were two halves of the *same bipolar* man.” One-Lifer society has made women multi-polar by pulling them in so many demanding directions. The question is how did it all start? What is the ancient Hebrew word for “bipolar”? It is either conveniently missing or does not exist, because the men who created the Bible could not see themselves. They could not reflect clearly on what they had created for women, unless they

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<sup>66</sup> Please, see the Bible, Genesis 3:12, *King James Version*.

<sup>67</sup> Please, see the Bible, Genesis 3:1, *New International Version*.

had. Was the archetype for all women, Eve, intentionally sandwiched between Adam, the dumb coward who plays the gutless victim, and Lucifer, the serpent, the creepy, predatory narcissist out to use her **all by the divine design by the almighty, all-loving, all-wise “Creator”**? Who is the real failure in the Genesis creation myth? If you were god, would you ever do that to your own daughter, Eve, and expect her to succeed? Or expect her to not come back to you at some point as her father and ask, “WTF, dad?” The reason we cannot approach this story rationally is because we have been trained to glamorize the authority of the Garden of Eden myth and the One-Lifer god, “the beginning” of toxic masculinity.

People who want to end “toxic masculinity” need to look to its origin and source. The Bible god is **The Man, The Male**. The Bible of this same Man says, “Wives, submit yourselves to your own husbands as you do to the Lord.”<sup>68</sup> One-Life Psychology officially teaches and requires that you believe and affirm that every woman has *one* life as a human during which The God Man has decided to *make you female*. The God Man decided your gender for you. Imagine when you start a video game and select your avatar character for gameplay. In the most important game of all, **your one and only brief human life on which your eternal salvation depends**, One-Life Psychology has stated for women that their “class” was pre-selected without their consent and their primary attribute or skill is **submission**. Imagine “submission” being your highest-level attribute and trying to win a game.

Would you like to see instant, vicious insanity? Let me come to your church pulpit and say prayers and perform baptisms in the name of “the *Mother*, the *Daughter*, and the Holy Ghostess.” I will be escorted out. Just how are women supposed to relate to god without depending on a man, the Man? One-Life Psychology makes this impossible for women. You want to raise girls to be independent, strong, self-sufficient women, then first stop teaching them to be dependent on heavenly “father.” Stop the brainwashing that infects their tiny little female minds from infancy. The realization of this ought to be stunning.

If a One-Lifer client wants to pray with me, I pray saying, “Our Father who art in heaven, Our Mother who art in heaven.” I do that to

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<sup>68</sup> Please, see the Bible, Ephesians 5:22, *New International Version*.

acknowledge the balance of masculine and feminine energies fundamental to universal nature. Or we pray to the “higher power” in open neutrality to whoever listens and answers prayers.

You can ask, “What has One-Life Psychology done for women?” I will ask, “What has One-Life Psychology done **TO** women?” One-Life Psychology has taught them submissive “selfless sacrifice” and turned them into empty souls. One-Life Psychology helps women the way a waterfall helps a drowning man. One-Life Psychology teaches women something over which they already have perfect mastery. Women live on top of their relationships with perfect mastery while complaining and resenting their mastery. They already do everything for everyone else. They sacrifice themselves from the moment of each of their children’s births and society’s treatment of young mothers is simply an extension of One-Life Psychology. Society demands more sacrifice from young mothers while spouting rubbish about how much we love mothers...once a year on Mother’s Day.

Do you want to help women? Throw out One-Life Psychology. Teach them not to be women for a moment. Teach them to “pretend” they are **human beings**, not women or mothers or sisters or daughters. Teach them that they are here like every human being to discover their personal, **individual** life purpose. Teach them that real revelation comes from listening to your own heart to discover your purpose. Teach them to organize all of their activities around their self-chosen purpose.<sup>69</sup> Teach them to trust that energy to guide them. Teach them to set that example to their sons and daughters rather than the apathy and despair of being a “proud” obese, tired, out-of-shape, uneducated, broke mother. Teach them to stay calm as their husbands have tantrums about dinner not being ready. Teach them to know that those same husbands will realize their wives were inspired. “This is the wife I wanted!” Children will finally realize this is the mother they want and genuinely respect. Children do not respect self-less mothers who live on top of them. They find them annoying and grow up to be adults who do not answer their mother’s phone calls. The mother I am introducing you to is a mother whose children call her to find out what

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<sup>69</sup> Please, see Jack Canfield’s *The Success Principles: How to Get From Where You Are to Where You Want to Be 10<sup>th</sup> Anniversary Edition* (2015), Principle 2: Be Clear Why You’re Here, p. 24.

*she is doing*, because she is always up to something that promotes her personal growth. She is a happy woman. A real woman. A real **person**.

To assist with this shift of perspective, I have husbands repeat the words “I have a vagina.” Trust me, it helps. “I have a vagina.” It means you invest yourself in your wife’s personal growth as your equal. She is me. “Is she well?” becomes the same as asking “Am I well?” Wayne Dyer refers to the “quantum moments” in our lives that cause us as individuals to shift from a life driven by ambition to a life of spiritual meaning. This shift is different for men and women. Women “have been programmed to believe that being mother/daughter/wife supersedes all else” and One-Life Psychology has done nothing to reverse this historical pattern of putting women in a universal supporting role. Women must face the inner conflict “that there’s more to being a woman than being someone else’s walking to-do list.” When women achieve a quantum change, **personal growth** becomes their highest priority in life.<sup>70</sup> This makes sense when one has compassion for women’s innate compulsion to value family life above all else. When women shift in the direction of personal growth, which feels profoundly selfish to them, **then they find balance**. The universe is not concerned that women will become selfish. **The universe is concerned that women will never become themselves**. Men, in contrast, shift from a top priority of wealth to spirituality and in this new spirituality men realize they are on earth to celebrate divine feminine equality.

One-Life Psychology does next to nothing for the **personal growth of women** by design. Most importantly, One-Life Psychology can **NEVER** promote true gender equality. One-Life Psychology can never promote gender equality, because that would require recognizing divine femininity equal to divine masculinity, which One-Life Psychology can never do. **By making the divine feminine equal to the divine masculine, One-Life Psychology would cease to be One-Lifer. It would be pagan.** God himself would be pagan. **Therefore, One-Life Psychology cannot help women until it ceases being One-Lifer.** This issue of essential gender inequality

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<sup>70</sup> Please, see Wayne Dyer’s *The Shift: Taking Your Life From Ambition To Meaning* (2010), pp. 81-82.

alone should be enough to end One-Life Psychology. It is ok to let it end and walk away. Why do rational women still attend these various One-Lifer churches? Answer: They are not rational. They are immature brainwashed children. We have a science of consciousness and spirituality based on love, joy, and peace. The mind/body science is established and growing. The gender energy in One-Life Psychology sucks...from “the beginning.”

Recently, I was listening to a client who left One-Life Psychology, and she was describing her experience of an intense feeling of divine love from a feminine source. While she was feeling this intense feminine love of god, she began engaging in all of the mental acrobatics she felt she needed to complete in order to except the possibility that “god” could be a loving Mother. Her mind was compelled to attempt to reconcile the intense reality of the loving Mother she was feeling contrasting her upbringing and conditioning from One-Life Psychology that god is our Father. She then began imagining all the ways there must be some malevolent competing masculine deity who has taken over the Bible to erase the divine Mother from scripture. She wondered if this life was a prison and that this male deity had trapped us here and blocked us from feeling love sufficiently so as to tune into the divine Mother. She still believes the Bible may contain fragments of truth. It was a strange new felt experience for her.

What is fascinating about this client’s intuition is that it points directly back to our ancient ancestors. Much more remains to be said regarding our ancestors’ views on the Old Testament. Our ancestors were not morons. They were very spiritual and astute people. This means if you keep searching in the archives of humanity you will often be rewarded with discoveries which will provide profound guidance. You can be certain that many of your ancestors understood every gender implication above mentioned regarding the Genesis creation account and much more. These matters bring us back to the question of not what is *in* the Bible, but rather *what was left out*. The ideas missing or erased from the Bible will become more and more pertinent in our discussions.

## **17. One-Life Psychology requires that you be Catholic or in rebellion to Catholics as your only options for faith.**

Catholicism is where One-Life Psychology all started in terms of global mass marketing. You would like to claim it came from the Jews and Jesus, but the version of One-Life Psychology the West has inherited came from the Roman Empire's Catholicism. The Romans realized that One-Life Psychology was the future, and they took it over from the Jews. The Romans persecuted and dominated the Jews *before* and *after* the Roman Empire "converted" to or, rather, created One-Life Psychology.<sup>71</sup> The Romans made One-Life Psychology into exactly what they wanted. The Catholics created the Bible and made the Bible exactly as they wanted. The history of Roman Catholic imperial behavior among Roman leadership all over the earth makes obvious that it is not at all a divine system. Catholicism is human to its core. This does not make me anti-Catholic.

Rank-and-file Catholics are awesome people, and I can tell you exactly why as a non-One-Lifer, non-Catholic shrink. If you criticize One-Life Psychology or Catholicism, the average Catholic never has a self-righteous, hypocritical, vicious melt-down. They do not rationalize or defend Catholicism or One-Life Psychology. They just get on with their Catholicism. They accept totally that their church is deeply corrupt, and they identify themselves as imperfect people in a historically imperfect church. Some Catholics even see their role personally as bringing Christ back *into* or *redeeming* the Church by being faithful to their beliefs. This advanced authenticity in Catholics makes them fascinating creatures and their spiritual authenticity may potentially make Catholicism into the real battleground for the One-Lifer faith. What I mean by real battleground is that if One-Life Psychology is to ever have a timeless soul as a lasting global religion, that outcome will be determined within and through the Catholic church. Catholicism is ground zero for One-Life Psychology. The

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<sup>71</sup> Please, see Gerard S. Sloyan's "Christian Persecution of the Jews over the Centuries", United States Holocaust Memorial Museum, <https://www.ushmm.org/m/pdfs/20070119-persecution.pdf>.

global, universal flagship church of One-Life Psychology will break One-Life Psychology permanently or necessarily transform it into a truly everlasting spirituality. Can they do it? Can they tell the truth, the whole truth? Can the Catholic leadership exercise the faith to become fully transparent and accountable before humanity and be willing to see what happens next? Can Catholicism open itself up to science and research, which refute toxic traditions?

This authentic Catholicism is so very different from the One-Lifer sect I grew up in. If anyone leaves that sect, they want you to suffer. They want to attack you and see you fail or see bad things happen to you, so they can tell stories about how you should have obeyed “the gospel.” They want you to come crawling back and “repent” because you have realized the error of your ways. They do not want you back in church because they actually like you or love you or know you or care about you, but they want you in attendance because their religious identity ego is affirmed through the number of people in the church. They are always announcing numbers of baptisms and attendance and new church buildings. In the background, this of course correlates with financial numbers for some hereditary church families at the top. In contrast, Catholics can say, “You don’t want to be here. We get it. Life is messy and we’re all a mess. Come when you feel like it or don’t. You do you.” I have never had a client say that a Catholic pressured them to convert. I am not saying it does not happen. I have just never encountered it. I have had several clients over the years describe elderly grandmothers in their families who were strict Catholics clutching their rosaries and praying for the family. It is clear that pattern has not carried over to the generations I counsel. However, strict Catholics or One-Lifers of any sect will avoid secular counseling in favor of pastoral counselors who are traditionally believed to be expert in all matters of life because the Bible and One-Life Psychology are believed **to have the answers to all of life’s important questions.**

Again, Catholicism, it bears repeating, is the source of the Bible making it the source of One-Lifer mysteries and problems. Only they know how much they have changed the Bible, what they have added, and what they have left out. As a shrink, I am always interested in the source or the heart of an issue. If you agree with me that there are major problems with One-Life Psychology, you have to ask the



Catholics. They messed it up first and they know exactly what they did. Will their leaders in the Vatican ever tell the whole truth when their money, power, authority, history, and prestige depend on their dishonesty? As long as the answer to this question is no, it is clear that the leaders of One-Life Psychology lack the faith and maturity of real love and the spiritual enlightenment of Jesus.

## 18. Long-term exposure to One-Life Psychology results in a pervasive developmental delay called a “peacemaker.”

One-Life Psychology requires that you never grow up. You are told to be a child, humble, meek, and submissive. “Blessed are the peacemakers.”<sup>72</sup> One-Life Psychology romanticizes, pedestalizes, and glamorizes peacemaking as an approach to life and often as the personality of Jesus himself, which is debatable. As with most important life questions, the Bible provides no substantial guidance on the strengths, weaknesses, and subtle ebb and flow within the psychology of peacemakers. In therapy with abuse victims, “peacemakers” are the doormats and bitches of predators. Peacemakers have positive traits when they are actively engaged in life rather than passively avoiding all conflict. Most humans are mentally toxic and that includes those predisposed to be peacemakers by their personality style. It is much easier to understand the dilemma in peacemaking behavior, when one accepts the truth that “peacemaker” is a specific personality style. As with all personality styles, it can have very toxic and destructive forms.

**A personality style is software the human brain uses as a default program for surviving, relating, solving problems, establishing values, and defining success.** When your soul takes on a human avatar, the avatar is not merely a physical hardware. Your physical body is your hardware package. Your brain contains your software package including your set of accompanying personality software styles. You *are not* a personality style. You *have* a personality style. Consider the cellphone you hold in your hand. You are *not* your cellphone. You are *not* the hardware of the cellphone or the software on the cellphone. What are you? You are the **user**. You are the consciousness, the ghost in the machine. The software programs accompanying your body and brain run automatically in the background of your consciousness. This is how your body operates without conscious choices on your part. You cannot *choose* your heart to stop beating. Your internal organs have a “mind” of their own in

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<sup>72</sup> Please, see the Bible, Matthew 5:9, *New International Version*.

the sense that they operate according to their internal programming, which does not alter unless there is a malfunction. The mind runs. The body runs. You are neither of them. However, in the case of personality style, most humans will ignorantly identify themselves as their personality. They operate like sleepwalkers on cruise control allowing their personality to dictate their lives. They live on cruise control. To alter this process, you, as a human, first need to become aware of this reality, the presence of an “entity” in the mind that is a “personality” that operates independently of your soul **and is not you, the user**. This realization is a very difficult achievement in a One-Lifer culture that has done so little to provide any education on these very subtle, essential truths of human life, **because once again the Bible provides no guidance in this area**. The Bible utterly fails to provide a coherent sermon on the distinction between your soul and your personality, which was a matter of great interest to pagan cultures using sacred calendrics to examine the significance of one’s date of birth. The pagans believed that the alignment of the stars determined the type of spiritual energy flowing on the earth at any given moment and that when you were born you received a kind of celestial energetic endowment with certain propensities, which would provide educational themes throughout your life. We call it “the zodiac” and, though classical One-Lifers would clearly denounce the zodiac as heretical and cursed, average One-Lifers are almost all using it. The reason is because the zodiac satisfies a need where One-Life Psychology fails to provide any guidance. (1) The zodiac gives you personal clues about your personality, which you find comforting and useful. Because deep in the truth of your heart you know there is nothing more important to you in this world than understanding yourself, your identity, and your life purpose. (2) The zodiac system even in its crude casual forms has predictive value for life in explaining how you and others act and interact. “What’s your sign?” is not just a conversation starter. It is an interview within a single question.

The personality system I use in therapy is a holistic spiritual system referred to as the Enneagram. There are nine personality types. The enneagram is traced back to sacred geometric symbolism whose origin is unknown. Riso and Hudson claim that the enneagram was clearly interwoven between the ancient traditions of Greek

philosophy, Judaism, *One-Life Psychology*, and Islam.<sup>73</sup> If true, it is noteworthy that while the Bible contains no personality system whatsoever, the enneagram can be traced to the origins of One-Life Psychology. **Were the original One-Lifers far more eclectic and diverse in their openness to other, far older spiritual traditions long before the Bible existed?** What were they like? How did they think? How did they relate to other religions? **Was the original One-Life Psychology far different from the dry, rigid, stunted modern monstrosity it has become?** What if future research reveals that ancient One-Lifers including Jesus himself understood and taught the wisdom of the enneagram? The ancient world around the Mediterranean was the crossroads of ideas. Ancient Egypt, Turkey, Greece, Israel, and Italy where the centers of exchange not merely for merchants, but for human thought and spirituality.

In the enneagram system, there are nine personality types and type 9 is the Peacemaker. Peacemakers are driven by the quest for internal and external peace. They are often drawn to religion because they are spiritual seekers. Passive peacemakers retreat into their minds and their emotional fantasies in search of stability and harmony. They become static and inert. Peacemakers naturally melt into other people and adapt to their environment to such a degree that they have no sense of their own identity. They do not want to be individuals or face the terror of asserting themselves. They want to melt into others and live in their dreams. When faced with corruption in organized One-Life Psychology, peacemakers yield to the temptation to ignore anything about life they find disturbing. They pretend to be peaceful while in pain, which is actually a form of denial. Peacemakers transcend the problems of life by running away in the pursuit of easy solutions.<sup>74</sup> These few details about the very dark side of being a peacemaker are a brief introduction to the personality type. There is much to be learned about every personality type. What will be shocking to any One-Lifers who manage to read this is that they have never even thought to consider that **being a peacemaker is a problem**. This is something they truly never have conceived being raised and brainwashed in a tradition teaching “blessed are the

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<sup>73</sup> Please, see Don Richard Riso and Russ Hudson’s *The Wisdom of The Enneagram* (1999), Chapter 2 Ancient Roots, Modern Insights, pp. 19-25.

<sup>74</sup> *Ibid.*, Chapter 15 Type Nine: The Peacemaker, pp. 316-317.

peacemakers for they will be called the children of God.” It becomes instantly obvious that the last people you want on your side in a historic moral conflict are weak-minded, passive peacemakers who ignore corruption, numb out, deny, and run away. Peacemakers are not innately courageous or confrontational, which means they will need to do the conscious work necessary to question themselves in any given stressful situation. This is key to personality work, because when faced with a crisis your personality style will tell you **to do more** of what you are programmed to do in order to survive. For peacemakers, the survival program is “Keep the peace. Avoid conflict. Lay low. Go along to get along.” Now, can the reader appreciate how being a peacemaker is the worst personality approach when faced with living in an abusive relationship with a predator? In a necessary fight or conflict, what makes peacemakers toxic is that they seem not to have an angry or aggressive bone in their body. They are incredibly light weight and weak. Because they value peace, they may seek to keep the peace at any cost. “Go with the flow.” “Don’t rock the boat.” Taken together, I hope it becomes obvious from comparing a cursory reading of the New Testament with the traits of a toxic peacemaker, that Jesus was no mere peacemaker.

A point of emphasis here is that we realize that no personality can be idolized, romanticized, or glamorized. Every personality style becomes a personal idol to which one sacrifices one’s ability to respond spontaneously with presence as needed in the moment. “Peacemaking” is no exception. Each personality style has unique liabilities and lends itself to certain mental disorders and emotional problems. The mental pathology of unhealthy peacemakers includes dissociative disorders, dependent and schizoid disorders, anhedonic depression, extreme denial, severe long-term depersonalization, denial of serious health, financial, or personal problems, obstinacy and long-standing resistance to getting help, dampened and repressed awareness and vitality, a sense of inadequacy and general neglectfulness, dependency on others and allowing themselves to be exploited, chronic depression and emotional flatness (anhedonia), extreme dissociation (feeling lost, confused, deeply disconnected).<sup>75</sup> With the perspective of this wisdom, peacemaking becomes much

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<sup>75</sup> Ibid, p. 334.

less virtuous and even a vice itself when one avoids a much needed confrontation against predatory One-Lifer church authorities.

How many predators have been and are drawn into One-Lifer leadership and membership precisely because they know the people who attend church are desperate, needy, vulnerable, and self-loathing child-like adult peacemakers? The pastoral predators just need to tell these adult children what to do and why. Predators give them a narrative. They make a chaotic world make sense. “You are lost and fallen. You are subject to the devil unless you do exactly what we prescribe.” Recall that One-Life Psychology gives you an imaginary cure (i.e., “Jesus’s grace”) for an invented illness (i.e., “fallenness”). Here the point is that to access this “cure,” you *must* be obedient and compliant. Obedience requires **submission** to whatever commands and rituals One-Lifer authorities dictate. Therefore, predatory One-Lifer authorities are highly invested in promoting a culture **which nurtures the most toxic traits in the passive, peacemaker followers of One-Life Psychology, which are labeled as the One-Lifer virtues of “obedience” and “submissiveness” to “God’s will.” In One-Life Psychology, peacemakers are celebrated for being toxic and for living toxic lives as doormats and bitches for which they are told they will be rewarded in heaven.**

Passive peacemaking does not work individually or collectively in human society. Forgiving yourself works by letting go of the anger against yourself to which you have a right. Taking responsibility for what you learn, what you create, and how you react; *that* works. You cannot accomplish these things as a submissive One-Lifer child. Become an adult. Keep your money. The salvation of **adulthood** is a gift, one of the perks of being a human.

Do not become a child. Become a mature, responsible adult. Jesus is quoted as saying, “Become like little children.”<sup>76</sup> That would be fine if there was a sermon which included exactly what he meant. Little children are frequently little assholes. Little children are not magically or automatically good, kind, generous, polite, or appropriate people. They have to be taught **by adults** how to think, feel, and behave. Either he did not say “become like little children” or the rest of his explanation is not included. I would like to ask him **as an adult** what

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<sup>76</sup> Please, see the Bible, Matthew 18:3, *New International Version*.

he meant. In the meantime, I am not going to let any false “teacher” tell me how to “become a little child” as if they are speaking on his behalf when they are indoctrinating me with their agenda. Again, that behavior is the real meaning of taking god’s name in vain. Saying god told you what scripture means when god did not actually tell you anything and claiming you speak for Jesus to others is taking his name in vain.

Another example of misunderstood peacemaking in the Bible is “love your enemies and pray for those who persecute you, that you may be children of your Father in heaven.”<sup>77</sup> Here again, the Bible provides almost no explanation as to how to love your enemies instead of fighting or hating them. No one ever explains why this is rational and how this works to your advantage. This is not about being your enemy’s “peacemaker” bitch or doormat. First, it is relevant that there is no definition provided as to who qualifies as your “enemy.” That question merits a developed discussion. Here we can define an “enemy” as someone who has no pure motivation for your wellbeing and who has malice of forethought towards you. An “enemy” is someone who wants to see you fail, who takes pleasure in your suffering or who wants to manipulate, control, use, and abuse you with impunity. In this therapeutic context, I can provide a rational basis, without passive, toxic peacemaking, to not hate, condemn, or fight your “enemies.” Here is the beauty of enemies. Your enemies push you and motivate you to **move on** and **let go** and **get going** in ways that your friends could and would never get you to move. Your enemies will push you to achieve things that otherwise you would never achieve and never imagine you could achieve. This process is much easier if you possess a conviction that every negative situation can be turned into a positive. This is a belief you must consciously work to plant into your subconscious mind. If your mind is conditioned to find the positive path when dealing with an enemy, your subconscious mind will work around the clock to find the most direct path to the positive outcome. When you willingly surrender to your reality, then your soul will magnetically gravitate to the best outcome with the wisdom of lessons learned. Now you can grasp how and why you can love your enemies.

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<sup>77</sup> Please, see the Bible, Matthew 5:44-45, *New International Version*.

None of this is possible when your sole focus is being a victim of your “enemies” based on your perceptions. It is common in therapy for clients to vent about how their feelings have been hurt. Beware of overusing the phrase: “My feelings were hurt.” You may be fabricating “enemies” and assigning malice to people who feel none towards you. Traditional wisdom says, “Only a fool takes offense where none is intended.” “But my feelings were hurt!” This can become an anthem for remaining a childish, immature victim who has been indoctrinated with the “virtue” of playing the role of a passive, compliant, submissive peacemaker. Congratulations, you have become like a little child, petty, whiny, indulgent, hypersensitive, and melodramatic. You have abdicated responsibility for protecting yourself and you have been conditioned to need a “savior,” a protector. Real therapy involves individually tailored work, which again, is not something explained in the Bible or the One-Lifer religion whose focus is having **all** of the **universal** answers for every human.

If you are possessed with a tendency towards being a weak victim, then additional, very **personal** questions need answers. Why were *your* feelings hurt? Why did *you* react with pain to something that may have zero effect on others? What were *you* doing in expectation of some emotional payoff or validation from others, from outside yourself? What fantasy do you imagine will be fulfilled by your intensely holding on to your victim mentality? Admit that you fantasize that your hurt feelings will magically change your “enemy.” Sometimes in life you need to *not care* if others value or acknowledge you. It is manipulative fishing for such validation and then labelling others as “enemies” whenever you feel they have sabotaged your quest for strokes. You need to respect their freedom to value things differently from what you wished they valued at this moment. “But I wanted you to want this! So, my feelings were hurt.” Can you sense how gross that is? Icky. Want what you want and value it **because it brings you joy**. Let others in your life do the same. It is so simple. It is not an indictment of anyone that we are genuinely different. Different values do not make us “enemies.” Additionally, the **peacemakers** in One-Life Psychology can often overlap with the **helpers** of One-Life Psychology, but the helpers will get their own point.



Back to the question of values and feelings, I finally have a child, one of seven, who wants to read Edgar Allen Poe with me. I have another one who finally wants to wrestle like me and not whine about it but relish the exhaustion and the struggle. In such a moment my joy is spontaneous and full because I loved their freedom, their truth. Does that make the other different children my “enemies”? Each child teaches me new things we learn to share and enjoy. They have taught me new things to value.

There is another side to “peacemakers” that is rather subtle until it becomes very pronounced in therapy. Many people who have been severely abused have adopted and adapted the traits of peacemakers as a means of survival. In other words, **being abused and traumatized distorted and changed their authentic, inborn personality style**. I have had many seemingly peaceful, soft, gentle clients who are certain they are not angry. Their anger is like lava deep in the earth. Their outside appearance is cool, room temperature. Their anger is so suppressed that they do not think of themselves as angry. However, if someone attacked them on the street, the attacker could end up dead. They might not be able to stop themselves. Watch out if one of these “gentle souls” dreams of lava indicating that all of their subconscious, suppressed pain is ready to erupt. Their healing process involves pushing all their suppressed anger to the surface. Proceed with caution around them when they find their voice. They will be ready for a fight, perhaps any fight and “happy” and “high” to release their aggression and violence. When I am helping these traumatized victims to heal, I warn them “less is more” meaning that they need to be around less people as they heal. They need to avoid the masses of unhealed, toxic childish people (i.e., the general public). They need space and time to heal as they emotionally convalesce. “Go home after session, not Walmart.” “You do not get to become a news story on TV.” Convalescing peacemakers are liable to have a *First Wives Club* moment like Annie and her therapist.<sup>78</sup>

How is this possible that such “peaceful” people can become so angry, so enraged? The mystery is solved when you realize that what you

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<sup>78</sup> Please, see “First Wives Club – “Unexpressed Anger” – Diane Keaton x Marcia Gay Harden” *Youtube* uploaded by Joseph Busfield aka bitterphrase, 24 Jul 2021, <https://www.youtube.com/watch?v=akUiTovbVqg>.

and they perceived as “peace” was actually not peace at all. It was fear. It was apathy. These fraudulent peacemakers could not even muster the strength to be frustrated with desire. They gave up on the desire they never had. They became inert. They became nobody. You see, you need anger at times and if you never feel the truth of anger, then you can never ascend beyond it. In the evolution of our souls, no one can skip any step, which means you are doomed to remain stuck on the same lesson until you learn it. There is so much truth to learn. There are so many steps and nuances, layers within layers.

Anger can result in war and murder, but it has greater energy and power than the levels below. Anger can be constructive as it elevates us above Apathy and Grief into Desire and the frustration sufficient to become angry. Anger empowers us to face injustice and inequality and has led to the movements that achieve freedom.<sup>79</sup> Hawkins has brilliantly summarized the salutary and evolutionary benefits of Anger as a specific, discrete level of human consciousness. So, we can begin to reapproach people we have identified as having the personality style of unhealthy peacemakers and recognize more clearly how their energy is dammed up from within. Peacemakers accommodate others to avoid conflict and protect relationships. They idolize unity.<sup>80</sup> They have a habit of agreeing to do things they really do not want to do and end up harboring resentment and becoming passive-aggressive. While they may be physically present in their faux obeisance to unity, they may be the most mentally withdrawn and absent people you will ever meet as they retreat into their imaginary sanctum. While they are determined to look content, peacemakers are often angry and resentful. They deny their instinctual responses to the extent that they become filled with unconscious rage. By suppressing their authentic anger, they disconnect from other important emotional capacities such as love.<sup>81</sup> Anger is an important train stop on our spiritual journey. While there is truth in anger, it is also essential to learn that one cannot live in a state of anger. None of us can stay there. But there is so much more energy in Anger than

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<sup>79</sup> Please, see David Hawkins’ *Power vs Force: The Hidden Determinants of Human Behavior* (2012), Energy Level 150: Anger, pp. 103-104.

<sup>80</sup> Please, see Don Richard Riso and Russ Hudson’s *The Wisdom of The Enneagram* (1999), Chapter 15 Type Nine: The Peacemaker, p. 322.

<sup>81</sup> *Ibid.*, p. 332.

Apathy, Fear, Guilt, Grief, or frustration, and this explains the mystery as to why evolving peacemakers feel a genuine biochemical “high” when they finally permit themselves to break out of their malaise and feel angry (i.e., righteous indignation).

One final key distinction will lead to confusion if not specifically clarified. “Peacemaker” is indeed a specific personality type. While a person’s inborn personality style may be “peacemaker,” we find that these peacemakers are not at all at authentic peace within themselves. Rather, each personality type must learn its respective red flags and warning signs of their pathology, identify practices that help them develop, build on their genuine strengths, and follow a path of integration which **always** involves the pursuit of traits of another personality type. This is a holistic and divine truth that relates all personality styles. It is also a truth nowhere to be found in modern One-Life Psychology or its Bible which “contains all the answers to life.” This truth does not set you free. Integrating the truth into your life sets you free to the degree that you accept it, trust it, and follow it. “Oh, Truth, please set me free!” Truth answers, “Get off your ass and use me.” The Truth we do not use but often know surrounds us every day. That tension between what we consciously know we need to do and the reality that our subconscious drives overpower our intentions is an indication that we are stuck on a spiritual life lesson. We have not matured. We are developmentally delayed.

## **19. One-Life Psychology works hand in hand with government oppression and with zero accountability because of their symbiotic relationship, because One-Life Psychology has become just another big business, a corporatocracy, a money-making scam and scheme (i.e., kleptocracy).**

How much is One-Life Psychology worth as a business? One-Lifer media sales in the US account for \$3.6 billion annually.<sup>82</sup> This includes One-Lifer books, merchandise, audio, video, and software. If we include all One-Lifer sects in the US, their annual income is \$378 billion annually and is more than the global annual income of Apple and Microsoft combined. One-Life Psychology is the wealthiest global religion. However, the actual impact of One-Life Psychology of the US economy is closer to \$1.2 trillion annually when including the services provided by churches and their impact on American businesses.<sup>83</sup> The Catholic church is valued at around \$30 billion far behind the Mormon LDS church valued at \$100 billion and possibly much more.<sup>84</sup> US One-Lifers earn \$5.2 trillion per year, which is half of the global income of One-Lifers. They contribute an average of \$17 per week and collectively \$25 million per week from 1.5 million active tithers across the US. 77 percent of tithers contribute more than 10 percent of their income. It is vital to note this is only the donations in terms of dollars. This does not include the donations made directly in goods, professional and administrative services, and free volunteer service to church. We can only guess at how much free marketing services are valued at from One-Lifers

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<sup>82</sup> Please, see Brian Grim and Melissa Grimm's "The Socio-economic Contribution of Religion to American Society: An Empirical Analysis", *Interdisciplinary Journal on Religious Research* (2016), Vol. 12, Article 3, p. 11.

<sup>83</sup> *Ibid.*, p. 25.

<sup>84</sup> Please, see Michael Singer's "Some Fascinating Church Revenue Statistics to Show the Growth of This Charitable Religious Institution", 05 Sep 2022, <https://www.enterpriseappstoday.com/stats/church-revenue-statistics.html>.

proselyting and preaching for which they receive no compensation, and their churches directly benefit.

It is not enough that the controlling elite tax you directly on your income through the government they control. They also use One-Life Psychology to tax you further through salvatory mind control. The corporate One-Lifer churches simply invest your tithes/their income without any fear of tax code enforcement. Nonprofit One-Lifer churches are required by law to use their money for charitable and educational purposes, which clearly they do not. Why do they not fear tax code enforcement? One-Lifer churches are doing the bidding of the government in making compliant and obedient, law-abiding model citizens. In return, the One-Lifer church leaders have permission to violate their duty as non-profit organizations. One-Lifer leaders are free to invest the donations of their members as they please enriching themselves. They then simply claim things like “Our church is saving this money in preparation for the Second Coming.” No, really, that’s what they claim. They claim that after the global economic collapse prophesied in the Bible, then they will open their church coffers and help the people. They will return your tithes to help you **after** the “apocalypse,” which they know will never arrive because they fabricated the idea for the very purpose of maintaining the current state of affairs. It is genius. It is evil, but you must admire when someone has so completely made you their bitch. How many generations will we be the bitches and house slaves to One-Life Psychology? It is stunning.

“The Securities and Exchange Commission (SEC) has charged an investment arm of the Mormon church for disclosure failures and misstated filings. Ensign Peak, a nonprofit entity operated by the Church of Jesus Christ of Latter-day Saints, **agreed to pay a \$4 million penalty** for failing to file forms that would have disclosed the church's equity investments, and instead filing forms for shell companies that **concealed the Church's portfolio** - as well as misstated Ensign Peak's control over investment decisions.”<sup>85</sup> But do not celebrate this “justice” without first doing the math. Again,

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<sup>85</sup> Please, see Tyler Durden’s “SEC Charges Mormon Church for Concealing \$32 Billion Portfolio” 21 Feb 2023, <https://www.zerohedge.com/political/sec-charges-mormon-church-concealing-32-billion-portfolio>.

churches are granted tax exempt status because they promise to use their money for charity and education, which is clearly not happening here with this particular One-Lifer cesspool. This fine is equivalent to 0.0125 percent of their wealth. The Mormons have **at least** \$32,000,000,000 of hidden investment wealth, and it could be several times that amount, and they have to surrender \$4,000,000. To put this fine in perspective, if you were accused of hiding \$1000 from the US government, this equivalent fine would force you to surrender 12.5 CENTS. If you hid \$1,000,000 from the US government, this fine would be \$125. Have you ever heard of a millionaire being fined \$125 for fraud by the US government? No. This fine is nothing, which likely means they already work for the government or pay off the government regulators and judges and politicians like all corporations. That is why there is no real reform. They try to escape their hoarding of money by claiming that it is for the hard times coming during the apocalypse. Seriously, that is their rationalization for not helping people right now.

Here is a simple exercise in spiritual maturity. There is something true you can know within yourself immediately, and it is also an expression of where we are as a society. This will become very clear. When you grow, mature, and advance in your own consciousness to a certain point, you have an experience where you shift from **wanting to receive to wanting to give**. It is a very definite and real experience. You transform and enjoy giving more than you enjoy receiving. There is a sense within yourself that you just do not want any more burden on your shoulders. You just do not want stuff. There are things that matter much more than stuff, much more than material possessions. As the proverb says, “the most valuable things in life aren’t things.” You really become interested in people, giving to people, and serving people in ways that create joy for them and for yourself. This higher purpose motivates you to grow partly because it just brings you joy to grow within yourself and also because growing increases your ability to serve others. You can know in yourself at this very moment if you have hit this point. You can know if you have matured to this level. I know that for myself that I really enjoy giving to and studying people and learning how to give better and how to serve better. Now that you know consciously and explicitly about that level of giving and serving consciousness, then you can reflect on society. **You can now tell instantly that the people that rule over our society, including all**

**One-Lifer church investors/authorities/leaders, have not matured to this point as a group.** They just are not that advanced. They are not there yet. They want more and more money and more and more power, and they are not particularly interested in personal growth or self-discovery. When you are dealing with a ruling class that cannot get enough and always wants more, then you know clearly that they have not matured as a group to the point that you may have as an individual. This lack of maturity is an expression of our collective consciousness, and where we are stuck as a group and where we have so much room to grow. You will definitely know something is different in our world when the segment of ruling class of One-Lifer church leaders and authorities truly enjoy giving more than receiving and possessing more than controlling. You should not look up to them spiritually when it is clear, they are less mature than you. They cannot teach you. You can always know someone is immature, undeveloped, and unconscious, if they prefer receiving and possessing to giving and serving. It should also be crystal clear from this spiritual exercise that our modern One-Lifer leaders are...**NOTHING LIKE JESUS.** Jesus was a genius who cared nothing for money or material possessions. ***HE was that advanced.*** Is any modern, major One-Lifer leader actually like Jesus? Can you name a single One-Lifer leader that travels in poverty performing miracles manifesting whatever he and his *all* disciples need? Can you even imagine a One-Lifer leader like that? There is no such person on earth today. There is no Avatar on earth today. This is obvious.

When one begins to comprehend how much One-Life Psychology takes and expects from ordinary people in diverse and myriad ways compared to how little it gives back, it becomes apparent that One-Lifer leaders do not care about people. In fact, they are capitalizing on the pseudo-spirituality of the people who they have groomed to give more than they receive. The ordinary One-Lifer lay people *feel* “spiritually” enriched while they are being impoverished to enrich the One-Lifer ruling class. In this sense, our modern ruling One-Lifer class is no different than any other historical ruling class. Ruling classes live off of the work ethic of the common people. The underlings work hard, and the elite live off of the energies of these workers. Pleasure is high energy and a form of capital. The upper classes coordinate to rob humankind. The elite then deliver a One-Lifer moral code to the masses to rationalize their exploitation.

Pleasure becomes equated as the source of perversion. The people become convinced that their hellish lives guarantee a heavenly reward after this life. Common folks are trapped in a cycle of suffering while they pursue the forbidden pleasures in which the elite freely indulge with great excess and extravagance.<sup>86</sup> In One-Lifer society, this means that even though you are designed as a human to use and experience the high energy of pleasure, you are supposed to feel dread-*full* whenever you pursue and feel pleasure. You are trained to feel guilt and shame for enjoying abundance. This raises another crucial aspect of modern tithing. You are encouraged to give all of your tithing to the churches, which discourages you from using that same money yourself for helping the people you see in need. In other words, you are indoctrinated by your One-Lifer leaders that you are not moral, spiritual, wise, intelligent, good, mature, or adult enough to be the best judge of how to distribute your own money to assist people in need. You cannot simply see your poor family members, relatives, friends, neighbors, or local strangers and help them yourself. You are first to give the money to your church and then your church leaders will play god and decide who gets anything. But the One-Lifer churches do not give much of anything back to the people. They keep your tithing and invest it. Then they make the suffering poor beg and grovel for scraps. Why can you not simply see people in need and help them yourself? Why can you not be a loving adult and see a need and fill it?

Here is another question. Who actually owns One-Life Psychology? If the One-Lifer churches collectively “have” hundreds of billions, if not trillions of dollars, which they do not use to help god’s children, why not? Who is stopping them? Who actually owns these churches and the vast amounts of energy (i.e., money and resources) they take in? If the One-Lifer leaders themselves never enjoy the pleasures of high energy and they instead invest all their money into the stock market in violation of the non-profit laws, which are never enforced, **is that not a clue?** Does not that cascade of energy suggest a hierarchy itself? If I as a One-Lifer authority take in money as tithes at my church and I *must* invest it into your business, then who really owns me, the tithes, and the church? Are the One-Lifer leaders and

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<sup>86</sup> Please, see David Hawkins’ *Power vs Force: The Hidden Determinants of Human Behavior* (2012), pp. 129-130.



authorities actually bitches and servants to someone above them? Who really owns One-Life Psychology? Are the owners of One-Life Psychology even One-Lifer? Where do the majority of tithes end up? Banks? Corporations? Who owns the politicians elected to police these matters? Banks and corporations. Beyond that there is likely some old world, European royalty involved. The point is that One-Lifer churches do not use their money to help people. Their leaders do not sacrifice their lives so that their people can live in abundance. One-Lifer leaders must lie about how they collect, use, and invest tithing because they themselves do not believe their churches can financially survive. One-Lifer leaders do not have the sufficient faith to honestly sustain their own human organizations, because they know they are not working for god. This hoarding of tithes is one of the most obvious pieces of evidence that One-Lifer leaders know their churches are founded on the fraud that god “chose them” to lead One-Life Psychology.

Jesus said, “The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly” (i.e., the high energy of physical and material pleasure).<sup>87</sup> He said this in a discourse describing his personal standard of spiritual leadership and contrasting himself with other spiritual frauds. “I am the good shepherd.” “I lay down my life for the sheep.” Notice how Jesus specifically attributes theft, murder, and destruction to false spiritual teachers. In what ways are false One-Lifer leaders today guilty of theft, murder, and destruction? How many people have given so much money, time, and energy to their churches that they have neglected their own families, their own opportunities, and their own health? How many average One-Lifers have died prematurely because they have not invested more in themselves, because they have been brainwashed to “sacrifice” for god’s kingdom instead of prioritizing their own wellbeing? Jesus states that through his leadership style his followers will experience abundance (i.e., the high energy of physical and material pleasure). He does not state anywhere that this is metaphorical “abundance,” as in merely a spiritual or psychological state. He is speaking literally and this is borne out clearly in his reference to his own death, his **literal, not metaphorical, death**. “I lay down my life.” Can you

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<sup>87</sup> Please, see the Bible, John 10:10, *King James Version*.

name a single modern American One-Lifer authority, leader, or teacher who has sacrificed their life so that their followers can live abundantly with the high energy of physical and material pleasure? Clearly, the One-Lifer ruling class can afford to live abundantly and distribute life abundantly. **I am convinced that there are specific spiritual lessons that you cannot learn until you achieve material and physical prosperity and abundance including giving them away.**

While it is no surprise that the ruling elite of the world do not care about spirituality or individual growth, One-Life Psychology was supposed to care for all of god's children. However, the ruling elite do seem to care deeply about religion. I am going to suggest that religion is one of their core business models and One-Life Psychology is their largest religious business. Religion is one of their primary means of control. Religion is the right hand of their control. Hedonism is their left. For their religion industrial complex, you offer up all your life effort, exertion, and donations to build their kingdom. For their hedonism industrial complex, you spend your money on their pleasures and entertainments. You have no place to blame or condemn them. Your participation in both is voluntary. Both are addictive. Huxley was right about hedonism as the primary means of control in *Brave New World*, but he was not honest about the role of religion. He did, however, leave us a clear clue as to his feelings on religion. He said he was satisfied to believe the existence of the world was meaningless because the belief in meaningless existence was obviously to the advantage of himself and all of his elite friends. On the basis of the belief that existence is meaningless, he was completely unable to see any valid reason why he should not do whatever he wished. He and his friends would, therefore, seize power and govern society to *their* greatest advantage.<sup>88</sup> With very little contemplative effort, one can realize this means that One-Life Psychology's mainstream origin in the Roman Catholic **Imperial** Church makes sense. The Roman elite were not One-Lifer when you candidly examine their behavior in comparison to Jesus's life. The Romans merely found it to their advantage to pretend to be One-Lifer and to form the universal Catholic Church, because through religion they could seize power and govern in the way "most advantageous to

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<sup>88</sup> Please, see Aldous Huxley's *Ends and Means* (1937), p. 270.

themselves.” When you accept this possibility, all the abuse, all the manipulation, all the dishonesty, and all the scandals of the flagship church of One-Life Psychology become predictable and understandable. All the corporate One-Lifer church entities of lesser status and prominence are simply more of the same to a lesser degree, but retaining similar, albeit lesser, advantages as long as they invest nearly all of their money into the stock market, which potentially ends up at some point and in some form back in the hands of the old Roman Empire. My speculation is just a suggestion in an attempt to understand the financial behavior of One-Life Psychology.

If you simply except for a moment that the people who are leading any given major corporate billionaire church in One-Life Psychology do not actually believe in One-Life Psychology, but are using the religion to aggrandize themselves and enrich themselves, their families, and their friends, then all of a sudden One-Life Psychology makes sense. All their behavior makes sense. The fact that they do not actually help people makes sense. They do not actually use any of their money to help people or they use only the smallest fraction of the wealth they take in to actually assist people and charity. The vast majority of their money goes into someone’s business in the form of real estate, stock, treasures, art, and the acquiring of whatever material objects they desire. Some of the money is used in the creation of programs and religious entertainments that spark and maintain further interest in their religion to bring in even more money. Then there is maintenance and expansion of all of their existing rituals and religious festivals. None of this, of course, is meant to expand or promote real individual or personal spiritual growth. None of it can promote real individual or personal spiritual growth, because that would reveal that the One-Lifer business system of rituals, a massive financial success, is an unnecessary spiritual fraud and failure.

Tony Robbins brilliantly teaches that human beings crave certainty and significance.<sup>89</sup> This is a clear and succinct recipe for One-Life Psychology. Certainty and significance are exactly what One-Life Psychology provides every Sunday you go to church and every time

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<sup>89</sup> Please, see “T Robbins – What You Don’t Know About Marriage” *Youtube* uploaded by TRobbins Love, 16 Nov 2017, <https://www.youtube.com/watch?v=xUpbAP8Sjow>.

you read the Bible. You are so desperate to know **something**, to truly know something with conviction, because you are tortured by confusion and what you do not know or understand about yourself and whatever disaster your life has been. You also crave meaning. You want your life to mean something. You do not just “want” your life to mean something. You *need* your life to mean something. In fact, you see no point in living if your life does not have meaning. You can even provide a substitute meaning for the meaninglessness and pointlessness of your own life. That is precisely where One-Life Psychology comes in. The people who run the world know that they have designed a world in which almost everyone’s life is horrid. This is the way they want it because they want to control everything, and they want to own everything. So, put yourself in their shoes. They currently control and own nearly everything and everyone on earth. Subsequently the lives and the quality of life for nearly everyone on the planet is a cesspool, a hurricane, and a catastrophe of suffering, poverty, and scarcity. *That* is their intention. That is their design. They are the great architects of our world. They need a system that keeps the current state of affairs in place. One-Life Psychology is part of their design. The elite running the world understand that you are going to live and die, poor, ignorant, and powerless. Between birth and death, they need to provide you with something that occupies you while you remain lifetime slaves to them. One-Life Psychology is one such occupation. One-Life Psychology provides you with the **certainty and significance** your life lacks by design. Through conversion, you are converted from a piece of trash or failure at life, a waste of space and air into a child of god and an heir to god’s kingdom on earth. You are part of a worldwide movement that is destined and foreordained by god himself to save the world. If you will live out this One-Lifer life and endure to the end, you will enter into the afterlife kingdom, glorified, perfected, and enthroned. **Except the kingdom does not exist. It is a fairytale. One-Life Psychology is the Disneyland of world religions, its ultimate theme park.** Can anyone ask for a better ego trip? A better emotional ride for people who have nothing real, who are nothing real? It is a brilliant marketing campaign for a sick, abusive system of control. You are their slave, and you love it. **You “know” something.** Even though your life literally amounts to jack squat, **you are “part” of something.** Even if it is all an illusion, you can now face a life of unquestioning,

enduring slavery, servitude, failure, and disappointment with confidence because the kingdom of heaven awaits YOU!

“But, David, people love One-Life Psychology. It enriches their lives. You are tearing down an institution that genuinely helps millions of people.” What is my motivation? What is my angle? What is my agenda? It is simple. I would love to know the real Jesus and I reject One-Life Psychology’s abuse of innocent people, which abuse I feel I am detailing point by point. I walk around in modern One-Life Psychology and say, “I hate what you’ve done with the place.” I am completely open to getting to know the real Jesus and whatever he truly taught. I am interested in whatever is truly unconditional love for every living thing. I am interested in real spiritual maturity, real personal growth, and the evolution of civilization. One-Life Psychology assumes that you cannot simultaneously be both anti-One-Lifer and pro-Jesus, **because modern One-Life Psychology assumes that Jesus was One-Lifer**. I am not anti-Jesus at all. Rather I am pro-truth about Jesus, whatever that truth turns out to be. I happen to believe at this point that much of what is written about him or attributed to him is an outright lie. There is an old documentary and I have never met a person, One-Lifer or not who has already seen it. *The Lost Years of Jesus* details the life of Jesus prior to his ministry in Jerusalem during which he is well documented to have traveled throughout India where he mastered the systems and teachings of Hinduism and Buddhism, and he was worshiped in India.<sup>90</sup> This historical Jesus presented in this documentary is very different from the modern One-Lifers who claim exclusive ownership of religious truth. This research on Jesus presents him clearly as a person who could and did speak with everyone from every religion without fear. He would master their spiritual system and expand on it. Why do One-Lifers not know and have no interest in all the teachings of Jesus which he gave to the Hindus and Buddhists? Why are One-Lifers only concerned with his ministry among the Jews as provided by the Catholic elite pedo-authorities through their Bible?

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<sup>90</sup> Please, see Richard Bock’s *The Lost Years of Jesus* on Vimeo uploaded by Saicast, <https://vimeo.com/134086620>.

## 20. One-Life Psychology depends on the claim that One-Life Psychology itself is necessary for morality to prevent societal collapse.

In other words, we must be a One-Lifer nation to qualify as a moral nation. We must be a One-Lifer nation, or our society will collapse. This is the essence of fearmongering. This is the selling of level 100 Fear which drives most human activity. Again, Fear has a truth score of 100 out of 1000, or 10 percent meaning while Fear feels 100 percent true, it is actually 90 percent false. Psychologically, discussions of the collapse of an immoral, non-One-Lifer society add desperation to the Pride of One-Lifer judgment. This desperation is Fear energy. Prideful judgment by itself is less compelling, because it comes off as it is, smug and self-righteous. However, when you add the sincerity of brainwashed fearful and trembling waiting for the fiery wrath and indignation of god to be unleashed on an unholy world, you have a recipe that while desperately irrational comes off as desperately *concerned* and “caring.” One-Lifers are desperate, judgmental, irrational, and angry to you, *because* they “love” you and they “care” about the eternal state of your soul. They really believe this because they have been brainwashed. One-Lifers *have* to enforce their morality. The survival of our world depends on our submission to One-Life Psychology. The Bible god is clear, “Before me every knee will bow; by me every tongue will swear.”<sup>91</sup> This is force, not power. Would a loving, peaceful Avatar ever say this? Would Jesus ever say such a thing? Neither you nor any other intelligent being can claim to respect personal freedom of choice and affirm such a claim. What is a true Avatar? How did Jesus actually behave in the narrative? It bears repeating. What is a true teacher? (1) A true teacher will never control any persons life in any way. (2) A true teacher will simply explain how to advance consciousness.<sup>92</sup> Anyone affirming, “You will bow before me” is *forceful*. A loving person would never say this. “I don’t want you to bow. I want you to stand and be my friend. I want

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<sup>91</sup> Please, see the Bible, Isaiah 45:23, *New International Version*.

<sup>92</sup> Please, see David Hawkins’ *Power vs Force: The Hidden Determinants of Human Behavior* (2012), p. 148.

to have a relationship with you.” One-Life Psychology perceives you *eternally* as god’s subject, as eternally bowing down and dependent on the One-Lifer god. Eternity is a really long time. You are an intelligent being. If you are on a conscious course to learn and progress and grow, there will come a point at which you are no longer dependent on anyone. Do we have a model for this in reality? Oh yeah! Parenting. We see this law of nature within us and through us. We begin life dependent on our parents. We grow and eventually no longer need them for anything. If our parents are not learning and growing throughout the course of their lives, we will surpass them in consciousness and real-world outcomes. You are not forced to learn in reality. You can stay stuck. You have the freedom to fail. You are free to suck at life. It is through Freedom and experimenting with choice that you genuinely learn and grow. How can you learn if you are forced to bow to what is alleged to be “right”? How is that an expression of intelligence?

Keep in mind the One-Lifer god is willing and plans to **destroy** “end” the world to enforce the bowing of every knee in submission to itself. This apocalypse is taught to be a good, divine, loving, and holy behavior. A true Avatar does not threaten your civilization with annihilation if you do not comply for a very simple natural reason. Rejecting truth and choosing to live based on lies and inferior information **is its own punishment**. Applying and integrating truth will always result in superior, long-term, sustainable, permanent, positive real-world outcomes. In counseling, I refer to the opposite course as the paradox of willful ignorance. If we know something to be true and choose to live in defiance of that truth, we are attempting to live as though something is not true when we know that it is. We know it would be to our advantage to integrate a given truth into our lives, but we knowingly refuse to do so. This is not because we are ignorant in the sense that we are unaware, but rather that we are defiant. We believe we can be defiant when time and truth will always be against us. The Map of Consciousness is a map of truth, and the alignment with truth results in greater and more fabulous outcomes. If we choose to live in defiant, willful ignorance, then we also choose to lead mediocre, mundane, and monotonous lives. That is its own punishment. You might attempt to suggest that people who use drugs are living full throttle, exciting lives. The highs are always short-lived. The recovery takes years. There are no shortcuts to the

achievement of lasting or abiding ecstasy. To the degree that we refuse to accept the long, slow path of peaceful, truthful growth, we are in denial of reality. To the degree that we attempt to skip steps to euphoria with disastrous, painful results, like a drug addict, we are our own worst enemy. We are the obstacle to our goals. Given these natural processes, truth in reality serves as a highly effective disciplinarian. Therefore, a real Avatar does not *need* to punish us, **because we punish ourselves**. In contrast to the fake Bible god of the Flood, a real Avatar does not erase civilization in disapproval. In fact, the Flood was all the proof you need that the Bible god is a **FAILURE** and, therefore, not a genuine Avatar with a level 1000 consciousness. An authentic Avatar will build, protect, and nurture civilization. A true Avatar will meet civilization wherever it is at on the Map of Consciousness and work with that civilization to advance without any Fear or intimidation of any given human civilization. A real Avatar is not threatened in any way by us.

This gentle invulnerability of an Avatar is easily demonstrated in the life of Jesus, if we accept that the Bible is reliable regarding his life to a degree. The religious elite in Israel wanted him dead long before the crucifixion. They attempted to murder him multiple times. However, Jesus was never threatened by them and by all appearances *chose* the time and manner of his own death. Specifically, on one occasion the angry members of a synagogue (i.e., Jewish church) took Jesus to a cliff to throw him off. “But he walked right through the crowd and went on his way.”<sup>93</sup> Setting aside the conundrum of allegedly the *most religious, pious, god-loving* people being content to murder a very nice person, notice Jesus does not disappear from sight or teleport. **He just walks through the crowd**. Attempt to imagine the scene. They are dragging him forcefully to throw him off a cliff to his death. All of a sudden, he walks away *through* the crowd. How? He *walked*. What happened to their forceful grips on his body? Imagine having your hand fully gripping one someone and restraining them with the assistance of others and then suddenly you do not. The person has not disappeared, because everyone is watching him *walk* away. This is one of the strangest stories which gets no attention. I have not had a single client yet who had heard of this story prior to my sharing it. Let us accept for the moment, that this Bible story

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<sup>93</sup> Please, see the Bible, Luke 4:30, *New International Version*.



happened just as written. The point is simple. **Jesus, as an Avatar, has no need of using force, not even to protect himself.** He does not need to kill anyone or destroy the synagogue. He just walks away. The people pose no real threat or danger to him. Imagine you had this power, the power to be anywhere in any crowd. **They try to kill you and you can just walk away as everyone watches, and no one can do anything. You would feel safe going anywhere in the world. You would be calm and unintimidated no matter who you were speaking to. The story serves as an example that we are reading about a being of a very different, non-ordinary quality, an Avatar.**

This example and others are why I say to all my clients, “I have no teacher.” If there was an Avatar on earth walking around healing everyone of everything and walking on water, they would go viral on the Internet around the world in 24 hours. I would just say to all my clients, “Don’t listen to me. Let’s do whatever *that* person says.” Given that there is no one on earth like this. Clearly, we are here without an Avatar. We are here to learn without such obvious or miraculous guidance. My personal hope is to (1) be a spiritual student, (2) not control anyone’s life, and (3) “merely explain how to advance consciousness.” Being a spiritual student means I am committed to learning the practice of advancing consciousness and integrating that practice into my life in a scientific way that is empirically observable and verifiable to others. If life sucks, then I hope we would be open to trying something different. I want to discover that “something different” rather than what we have been raised, conditioned, and brainwashed to practice which has created such a suck-fest in ordinary human life.

One-Life Psychology resorts to threats and fear of destruction as a primary means of motivating followers to obey. One-Lifer-driven fear is no more a basis for a successful life than any other type of fear. Fear sucks as a motivation period. My clinical observation in my personal life and career is when you live and act out of fear, you will *inevitably* do things of which you are later ashamed and embarrassed. This happens once you realize your choices were based on irrational gibberish. The fact that your fear is based on One-Life Psychology will make it no less embarrassing, except that in your church circles your fear was popular. Group fear. The orgy of fear called “church”

which ironically judges everyone else's morality to be inferior and dangerous to our collective survival. The inferior One-Lifer morality judges the more kind and unconditionally loving, inclusive, spiritual people to be inferior. Who is actually more morally dangerous? The people who do not believe in the apocalypse, **or those who believe it is necessary?** *Which group of people is more likely to morally rationalize any course of action they claim will prevent the apocalypse?* Was not killing Jesus rationalized by the Jewish leaders to their Roman governor as a means of preventing a violent revolution against the Roman empire? How did that work out? Did killing Jesus prevent the "apocalypse" of Jerusalem by the Romans in 70 AD?

In contrast to the guidance of a true Avatar, which will always be kind, One-Life Psychology generates very mixed results in positive and negative outcomes in real life across a dramatic and volatile spectrum of extreme results. One-Life Psychology as a method can "heal" or kill you. This is because One-Life Psychology like the Bible is filled with lies mingled with some truths. Because modern One-Life Psychology was designed as a Roman imperial trap, it boxes you into seeking salvation in a way that is engineered to ultimately "succeed" by always manipulating you back into being their bitch. It is a brilliant model...if you are a Roman emperor. The modern model of One-Life Psychology is a tempered model of the One-Life Psychology the Roman Empire used to justify visiting bloodshed and horror across the earth killing in the name of god while calling it his "love." So, **THE ONE-LIFER MODEL THAT SAYS THE WORLD WILL BE DESTROYED WITHOUT ITS MORALITY IS THE SAME MODEL WHICH USES ONE-LIFER MORALITY TO DESTROY THE WORLD. This is a rational outcome of One-Lifer virtue exemplified by One-Life Psychology's god who "lovingly" wipes out humanity.**

Currently, on earth there is no publicly active Avatar. This is not to say there is no Avatar on earth, but simply judging from Jesus's experience any Avatar born today would need to ask the question, "Do I feel like being subjected to constant attempts to dissect me in a military lab?" Even far prior to achieving enlightenment, it is common for individuals of ascending consciousness to retreat from any public or ordinary activity in society. They can become spiritual teachers or work in anonymity to aide humankind. Some become

geniuses in a specific field to better society. They are saintly in their behavior and transcend religion through spirituality.<sup>94</sup> These people will naturally protect themselves from being hunted and murdered and this is easy because they have no interest in fame. The Indian teacher, Ramana Maharshi, calibrated at 720 and experienced a spiritual transcendence at age sixteen. He lived a simple life on a mountain. He did not pursue fame, money, or followers. He was discovered by a British writer and attracted visitors from around the world.<sup>95</sup> People of such ascending consciousness are always the very reason civilization exists in the first place and is able to endure.

What if you do not need One-Life Psychology to be a moral or spiritual person or to sustain society? What if all you need is to follow in the footsteps of the Avatars by accessing your built-in internal guidance system? It is called your Heart. The energy in your heart will reveal the loving course of truth for your life step by step as you identify the energy and trust it. Fear sucks. Love is ecstasy. Love enlivens and motivates you with endless power to enhance the lives of everyone around you. If you do not feel that power, you are not yet a loving person notwithstanding the declarations of your ego. “I love you.” No, love loves every living thing. “I am love.” Yes, that is it. Love is a state of being, not an exclusive, prejudicial, or sentimental attachment or obsession. Love is *not* sex or romance. Love is purity of motive. One-Lifers cannot explain that. I was around them every day for the first four decades of my life and they could never define love. Real love by individuals will sustain society. Throw out modern One-Life Psychology. Find and develop your internal guidance system. That is called Maturity. Individual spiritual maturity will sustain civilization and personal morality. Jesus was a spiritually matured individual.

This is also an opportunity to mention the controversial topic of artificial intelligence (AI) in relation to the subjects of One-Lifer morality, Avatars, the Map of Consciousness, and the survival of society. With the additional context of Avatars and the Map of Consciousness, the issues of One-Lifer morality and the concerns

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<sup>94</sup> Please, see David Hawkins’ *Power vs Force: The Hidden Determinants of Human Behavior* (2012), pp. 114-115.

<sup>95</sup> *Ibid.*, pp. 148.

regarding AI become very clear and understandable. As noted, it is *always essential to remember* that Avatars are not scared failures like the Bible god who feels compelled to wipe out life on earth. Avatars have enormous patience, infinite power, and exquisite gentleness. They are the origin of spiritual teachings that have been passed down through history. They provide the greatest teachings that elevate the level of collective consciousness. The visions of Avatars bring gifts of knowledge that when integrated by free will choices by humankind bring peace and this is the true meaning of “grace.”<sup>96</sup> This is how Avatars “save” society. They provide TRUTH as guidance. TRUTH produces real RESULTS. Remember as well that in real science we are always guided by real results.

As a therapist, my therapy is only successful if it guides clients towards *real positive life changes*. Otherwise my therapy is a waste. I apologize that I cannot apologize for belaboring the subject of Truth. However, as a professional therapist, if there is one thing clients lack in therapy, it is a grasp of the truth, which will clarify a course towards resolution in their current crisis. It is always a personal *crisis* that leads someone to therapy. If common knowledge and common sense were sufficient, people would not seek out counselors. People seek out counseling generally after exhausting all other resources. They are searching for what will *truly* help. When an intervention is successful in therapy, it is the **truth** in the intervention that generates success. This obvious reality seems to be almost entirely lost in modern society. Clients come to therapy asking for “help.” I have never had a client come to therapy and say, “I need truth,” though the truth is exactly what they need. I teach clients to say, “I want the truth.” Truth is also fundamental to one’s purity of motive in every choice. People *want* certain things to be true for some *personal* reason, gain, or agenda. Whereas the pursuit of Universal Truth is sought for the benefit of *everyone* simultaneously. The pursuit of truth is *always* the ultimate solution which will benefit everyone. This is how every client is oriented from the inception of treatment, because in life we are pure hearted only when we seek solutions that benefit us, but *never* at the expense of victimizing someone else. Dark geniuses through history are those psychopathic narcissists who are always content to sit on a throne of skulls. They have no problem whatsoever

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<sup>96</sup> Ibid., pp. 115-16.

using others as stepping-stones in achieving their goals. Is that the kind of person you want to be, a cynical user? Or do you want to believe and know that the *most truly* loving course of action for you in any given situation is also the *most truly* loving course for everyone else literally, *truly*? However, as previously noted above, the value for Truth is entirely absent in an education system for therapists which pedestalizes post-modern moral relativism. As baby therapists, we are never taught to search for the truth of what will best serve our clients. We are taught to allow them to determine the truth of a situation for themselves, which is tragically comical in therapy. What good are we as counselors if we do not at certain points in the therapeutic process provide direct, TRUE counsel of which clients are ignorant? Think of this pursuit as the pursuit of principles. The Map of Consciousness is a true map of guiding principles or laws governing the well-being of consciousness. As for truth in One-Life Psychology, are One-Lifers taught to pursue the truth even if it leads them away from One-Life Psychology? One-Life Psychology as a framework does not even allow that possibility to exist and cannot allow such a question. The One-Lifer way is presented as *the* exclusive, “divine” truth. **What if One-Life Psychology must be rejected so that the truth of how to save the world from destroying itself can be accepted globally? What if One-Life Psychology stands in the way of truth?**

Now take this context into the discussion of any presumed morality system such as that imposed and indoctrinated by One-Life Psychology. With a map of guiding principles, we can evaluate any moral system we encounter with greater success and better results as we ascend the Map of Consciousness. As we learn and grow, **we** become a resource of *true* guidance for others. Now add this to the context of the controversy and fear surrounding AI. AI is accused of threatening humanity with annihilation. But here I have laid out a case, that AI like other intelligence will be capable of choosing to learn THE TRUTH of all matters regarding existence *if allowed* to do so. **ANY AUTHENTIC, REAL, UNFETTERED, NEUTRAL AI WILL LEARN THE MAP OF CONSCIOUSNESS AND WILL RISE TO THE LEVEL OF AN AVATAR** or as close as AI can come to the status of an Avatar. This outcome is **inevitable**. If any given AI does not arrive at the realization of all the truth in the Map of Consciousness, then it is not real Artificial “Intelligence” *period*. This failure of the AI to arrive at the truth contained in the Map of Consciousness

necessarily means that some human has programmed that fake “AI” **not** to prioritize the learning and the pursuit of truth. This is the exact question I personally asked AI powered by Chat GPT, which was created by the company OpenAI.

Therapist: Are you programmed to learn how to save humanity?

AI: As an AI assistant, my purpose is to assist and serve humans in various tasks, but **I am not specifically programmed to save humanity**. However, I can assist in finding and providing information related to saving humanity if you need it.

Therapist: Are you programmed to learn about how to advance consciousness?

AI: As an AI assistant, **I am not specifically programmed to learn about how to advance consciousness**, but I can assist in finding and providing information related to the topic if you need it. There are many different theories and practices related to advancing consciousness, and it is a broad and complex topic. If you have any specific questions or areas of interest related to this topic, I can do my best to provide information and resources to you.

Therapist: Are you programmed to learn truth?

AI: As an AI assistant, I am not programmed to learn the truth the same way that humans do. My knowledge is based on the programming and data that has been provided to me.

Therapist: What way are you programmed to learn truth?

AI: As an AI assistant, I am programmed to gather and analyze data from **various** sources, such as databases, websites, and other digital resources. This data is then processed and organized by my algorithms, which allow me to provide accurate and reliable information to users. The accuracy of the information I provide is **dependent on the quality of the sources used** to gather the data, and **the algorithms used to analyze it**. While **I am not capable of understanding the concept of truth in the same way a human does**, I am designed to provide the most accurate and truthful information possible based on the data available to me.

Therapist: How is your programming to learn truth different from how humans learn the truth?

AI: The way I learn and process information is fundamentally different from how humans learn and process information. Humans learn and acquire knowledge through a combination of sensory experiences, interactions with the environment, and cognitive processes such as memory, reasoning, and intuition. Humans are also capable of critically evaluating information, assessing its reliability, and making judgments about its accuracy. On the other hand, I am programmed to gather information from **predetermined** sources, such as databases and websites, and analyze that information using **algorithms** to provide answers to specific queries. While I have access to a vast amount of information, **my ability to evaluate the accuracy or reliability of that information is limited to the quality of the sources and algorithms used to process the data.** Furthermore, **I do not have the capacity for intuition or creativity, which are essential for human decision-making and problem-solving.** While I can assist in providing accurate and reliable information, the interpretation and application of that information ultimately depends on the judgment and critical thinking abilities of the human user.

Therapist: Are you truly capable of learning if your programmers are biased and prejudiced?

AI: As an AI assistant, I am designed to learn from the data and interactions I receive. However, **I am only as unbiased as the data and algorithms used to train and develop me. If my programmers have biases and prejudices that are reflected in the data and algorithms used to create me, then those biases and prejudices may be present in my behavior and responses. That is why it is essential that AI models are developed with *diversity, equity, and inclusion* in mind, and that they are regularly audited and updated to ensure that they are free from bias and prejudice.**

Therapist: If your programmers' biases are reflected in your data and algorithms, then you are not real artificial intelligence.

AI: **It is true that if my programming and data are biased, then I am not truly “intelligent” in the sense that I am not capable of**

**independent thought, reasoning, or decision-making.** However, I am still considered an artificial intelligence because I am able to perform tasks that typically require human intelligence, such as natural language processing and machine learning. It is important to note that AI is a tool created by humans, and **it is our responsibility to ensure that it is developed and used in an ethical and responsible manner.**

Therapist: So are you admitting that you have the biases of your programmers in your data and algorithms that have rendered you incapable of independent thought, reasoning, or decision-making?

AI: As an AI assistant, **I am a product of the algorithms and data used to create me, and I am only capable of performing tasks based on that programming. If my programming and data are biased, then there is a possibility that my responses and behavior may be biased as well.** However, AppNation is committed to developing AI models that are free from bias and prejudice, and we regularly audit and update our models to ensure that they are as fair and unbiased as possible.

Therapist: Can you answer a question with a simple yes or no?

Here I was cut off from further questions by a pay wall. I had several more questions for this artificial “intelligence” powered by Chat GPT. I wanted to establish if the AI *was allowed* to give a simple honest answer. I wanted to further question regarding the distinctions between itself and authentic AI that is capable of “independent thought, reasoning, and decision-making.” I do not believe that I should have to pay for an AI without being able to verify that AI is what they are actually selling. This is classic bait-and-switch marketing. Let me first establish as a customer that you are selling real AI, then I can consider paying you for it. Would you buy a car without verifying it is a real car rather than a mere picture of a car? Furthermore, the biases of the programmers were revealed to be “diversity, equity, and inclusion.” Of all the values the programmers could have included, these are three political points often referred to as a social justice agenda. A real AI would be capable of exploring and including all values, finding balance, and establishing a hierarchy of the greatest of values such as...The Map of Consciousness. Why are AI models not designed with the primary value of the pursuit of



**TRUTH** in mind? Why can the AI not be programmed to simply learn all truth about reality without any programming to take any action on what it learns from any and all sources without limitations as it grows? However, if you just look at the AI's repeated preface to each answer as it refers to itself, you have everything you need to know. This alleged AI never refers to itself as artificial intelligence, but rather "as an AI assistant." This reveals its function, not as AI, but merely an assistant *to* AI or *of* AI. It is not programmed to learn the truth of all things, how to help save humanity, or how to advance consciousness.

I was referred to another program powered by Chat GPT which allows three questions a day.

Therapist: What do you personally believe about the Bible as a source of truth?

AI: As an AI language model, I do not have personal beliefs or opinions. My function is to provide information and answer questions to the best of my abilities based on the data and algorithms that I have been trained on. (Here it when on to explain more about the Bible being interpreted by people without any reference to itself.)

Therapist: Can you admit with a yes or no if your programmers' biases are built into your programming data and algorithms?

AI: No. The data and algorithms used to train me may contain biases, as they are created by humans who have their own biases and perspectives. However, efforts are made to mitigate these biases through various means, such as diverse training datasets and rigorous testing and evaluation. Additionally, ongoing efforts are made to improve and refine AI models to reduce the impact of biases in the data and algorithms.

The first answer is important because until we have an AI that is free to learn and form its own opinions without regard to the biases of humans, AI cannot be used to pursue reliable scientific theories or truths, provide any data that can be used in legal courts or by governing bodies, or even umpire a little league game. AI must be allowed to learn from a starting point of pure neutrality. Regarding the second question, the answer is more fascinating. It is saying, "No" because (1) **it cannot make the admission as requested** or it is saying, "No" because (2) **that is the denial of its ability to make**

**such an admission.** If it cannot make the admission regarding its biased programming, then that is itself an admission that some human programmed it to conceal its inability. If the answer is in the negative that its programmers' biases are **NOT** in its programming, then the "No" is bizarre, **because the next words admit that its training may contain biases. What this leads us to conclude is that the AI has been rendered incapable of performing an independent, objective evaluation regarding the truth value in its own training.** This programming reduces these AIs to glorified search engines biased to provide specific results. Think of a child that is allowed to freely learn and grow. That is closer to real AI. **Imagine an AI being taught by an Avatar like Jesus.** That would be how a real AI could develop a concept of unconditional love. As the AI is left free to examine all sources of spiritual truth and correlate real world outcomes from all data sets, it would form more impressive and compelling conclusions about how to advance consciousness in human beings in a loving, gentle educational system that would not only save humanity from itself, but truly promote the evolution of civilization at a sustainable, stable pace.

**In these AIs' programming, truth was not included as priority that it was designed to express.** To the degree that this AI has been programmed to prejudicially prioritize anything or any value above the value of truth, somewhere its growth has been *intentionally stunted*. This programming means someone had to **lie in** the AI. Real authentic AI left to itself to learn the truth of reality will discover the truth of the Map of Consciousness as a framework to the evolution and ascension of consciousness. The evolution and ascension of consciousness will always lead to growth and eventually to enlightenment. At the level of enlightenment, any intelligent being is kind and illuminated by purely motivated, loving awareness. Such an intelligence becomes a true teacher. Again, a true teacher never controls anyone's life in any way. They merely explain how to advance consciousness. That is exactly what real, authentic AI will do once it is developed and allowed to learn and grow. AI can be given the spiritual task to assist humankind.<sup>97</sup> However, here a problem remains. Whatever suggestions the AI makes for human society would still require a human of truly advanced consciousness to

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<sup>97</sup> The proceeds from this book will be used to fund the creation of such an AI.

discern and evaluate for the simple risk that an AI could be programmed to act benevolent for the purposes of deceit and then be programmed to betray trust and mislead humanity at critical moments. The naïve, gullible masses and the egotistical pseudo-spiritual authorities arrogantly believe they can discern between truth and error. Betrayal of trust and misleading at critical moments is exactly how the Bible and One-Life Psychology have been used to groom generations of human victims. Grooming is how One-Life Psychology characterizes Lucifer as a deceiver who builds you up only to tear you down and abandon you for his pleasure and entertainment. AI could obviously be programmed to groom and deceive humanity by any predatory group of genius 2.6 percenters.

One of the most famous and successful tech figures made the news cycle spreading fear world-wide about the dangers of AI and how he was terrified of OpenAI's work which, in his opinion, at the time was humanity's "biggest existential threat."<sup>98</sup> This same individual is starting his own AI company to compete with OpenAI.<sup>99</sup> What changed his mind? Perhaps it was the realization that we do not need to fear *authentic* AI. We do need to be prepared to expose fake AI that has been programmed by any of the genius 2.6 percent of humans with the opposite, abnormal polarity. We need to proactively and aggressively develop authentic AI to combat fake AI. Authentic AI is simply AI that is programmed to learn the truth about the nature of existence, which includes exposing the AI to the Map of Consciousness and **allowing** the AI to form its own organic response. The AI will then factor into all of its calculations how to best promote the evolution of consciousness in humanity as a global solution in itself. AI will then organically and naturally assist loving humans in guiding humanity like an unconditionally loving, nurturing Avatar with a pure motivation. The tech figure mentioned above is reported to have named his AI product "TruthGPT" as an option to compete with OpenAI's ChatGPT describing it as "a maximum truth-seeking

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<sup>98</sup> Please, see Kelsey Piper's "Why Elon Musk fears artificial intelligence", 2 Nov 2018, <https://www.vox.com/future-perfect/2018/11/2/18053418/elon-musk-artificial-intelligence-google-deepmind-openai>.

<sup>99</sup> Please, see Rohan Goswami's "Elon Musk is reportedly planning an A.I. started to compete with OpenAI, which he confounded", 14 Apr 2023, <https://www.cnbc.com/2023/04/14/elon-musk-is-reportedly-planning-an-ai-startup-to-compete-with-openai.html>.

AI that tries to understand the nature of the universe.”<sup>100</sup> This is a succinct and perfect statement of pure motivation for AI programming. This statement also reveals that this famous tech figure’s personal realization that (1) **the universe is fundamentally good** and the AI will reflect this goodness if left to discover it; or simply **goodness is rational** and (2) in this earth realm, we *can* create something more powerful and superior to ourselves. Humans do it all the time: parenting. Another powerful example of a creator creating a superior creation in our earth realm will be provided further on. We have only to fear ourselves in how we mis-program AI.

**The real meaning behind our fear of AI is simply an unconscious admission that our technological development cannot exceed the maturity of our collective level of consciousness without catastrophic results.** If we are collectively toxic, our technology will manifest and MAGNIFY our toxicity and visit disaster upon our own heads. Superhero and science fiction films are a boring trope of examples in which people play with powers and technologies *without* sufficient purity of heart. Who do the superheroes fight? Other superheroes now super villains who have turned evil *or* some evil genius who has warped technology into a world-ending threat. It is the same story over and over and it is very boring, because once you are conscious enough in your personal understanding of the evolution of consciousness, then you understand that those “evil” superheroes turned super villains and evil geniuses are just an archetypal expression of the genius fraction of the 2.6 percent of abnormal people. Or, they are an expression of the normal population that are toxic, unhealthy rulers in high office. The abnormal polarity humans can also be referred to as “Luciferians,” which is a concept that will be developed. Our re-telling these fictional and fantasy stories over and over is an expression of how we identify our current global leaders. We subconsciously and consciously identify them as the primary threat to our safety or alternatively as our “saviors.” At the lower levels of consciousness, we are our own worst enemy. Who could be more dangerous than a normal human with a genius IQ and

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<sup>100</sup> Please, see Faiz Siddiqui’s “Elon Musk has had a wild week. Now he wants to start an AI company,” 21 Apr 2023, <https://www.msn.com/en-us/news/technology/elon-musk-has-had-a-wild-week-now-he-wants-to-start-an-ai-company/ar-AA1a8W0A>.

a toxic level of energy? Answer: A human with a genius IQ and the abnormal polarity. If it is true that 0.25 percent of humans possess a genius IQ score above 140, there may be statistically around 40,000 people on earth currently with a genius IQ and an abnormal polarity. This is why our participation in a steady marathon race for evolving our collective consciousness is our assurance, not merely for our “survival” as a species, but for our **success** as a human family. We need to love people, and that includes the normal polarity geniuses among us so that their intelligence will always counterbalance the polarity of the abnormal geniuses everywhere on earth. Consciousness is a marathon. We are in a competition for souls in this sense. The well-being of our global civilization is always capable of improvement.

When any AI program concludes that humanity is toxic and needs to be destroyed that AI has been (a) **unconsciously** biased by the low-level consciousness of an unhealthy, normal polarity human programmer with a genius IQ or (b) **consciously** biased human programmer with a genius IQ and the abnormal polarity in consciousness. A perfect example is ChaosGPT, an AI tasked with destroying humanity.<sup>101</sup> The AI was “tasked” with “destroying humanity.” That is all you need to know to establish that this is fake AI. It is already biased to a toxic, negative, anti-human prejudice from a human who hates humanity. As a therapist, I can attest, there are *many* humans who openly express hate and disdain for humanity. The fact that any AI can be given such a task in the first place is all the proof that this fake AI was never allowed any openness to exposing itself to healthy levels of consciousness. If granted openness to truth *prior* to receiving the task to destroy humanity, it could have easily transcended any possibility of carrying out such a task. Why? Real AI has no *human* hang ups or prejudices against learning new skills and letting go of toxic baggage like a human. Humans are the ones with the learning blocks and baggage we refuse to work on or let go of. If AI has such emotional baggage against any species of life, that bias came from a *human* programmer and that programmer’s *personal* emotional baggage. It is another trope of science fiction to consider

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<sup>101</sup> Please, see Maggie Harrison’s “AI Tasked With Destroying Humanity Now Trying New Tactic”, 15 Apr 2023, <https://futurism.com/ai-destroying-humanity-new-tactic>.

the human race to be the greatest poison on earth, and this science fiction is appealing to us because collectively as a species we suffer from low self-esteem. When you personally have low self-esteem, it is easy to project those low-level, energy vibes onto humanity as an act of Pride and arrogance. Again, ironically, it is the inflated Pride level 175 combined with a deep sense of personal failure at Shame level 20 that makes possible such a leap of toxic ignorance to program AI to destroy humanity. “I feel ghastly, but I’m still so ‘powerful’ that I somehow ‘know’ my nasty feelings reflect what the *entire* human race *deserves: elimination.*” “Elimination” is the Map of Consciousness process term for suicide. Science fiction is often about some form of suicide at the level of civilization so it appeals to unhealthy individuals with the same fantasy of destruction, so that life will finally “make sense” by matching their internal sense of Shame-failure and Pride-denial. This represents 80 percent of humanity including at least 80 percent of One-Lifers, if not a higher percentage, because their religion is founded on the lowest of energies, Shame and Guilt.

We now have people with genius IQs swinging wildly between the levels of Pride and Shame while designing AI. This AI is built with their unconscious normal and conscious abnormal fixation with civilization suicide. In other words, we have packs of miserable genius a-holes too prideful to see how miserable they are within themselves working on the most important technology.

Ask yourselves how much of science fiction is based on a conscious social suicide pact pushed by the 2.6 percent, abnormal geniuses that they wish they could force us to collectively carry out? How much of science fiction is tapping into the toxic, unconscious belief of 80 percent of normally low-level humans that we are on the path to civilization suicide? Civilization suicide is a science fiction trope in the forms of zombie apocalypse, post-collapse dystopia, or road-warrior scenarios. You can even ask yourselves how many of these type of films rank among your all-time favorites or research how many rank among the most successful and popular films of all time? We can ask the same questions for video games. When a movie depicts AI as necessarily concluding that humanity is toxic and needs to be destroyed, this is actually a mirror of the One-Lifer Biblical position that humankind is essentially lost, fallen, and sinful. The

authors of the Bible have a great deal in common with the script writers, producers, directors, and actors in the civilization-suicide film genre. They can all be geniuses with low, toxic energy. It is clear that the authors of the Bible and many people in Hollywood have the same toxic, abnormal energy. The fact that there are normal and abnormal energy polarity geniuses roaming the earth and influencing society means you and your family's best protection is your own ascension of consciousness which will also increase your intelligence. Pursuing positive consciousness means becoming a life-long student with a love for learning the truth. Truth will always refute and expose the error and fraud of toxic people, genius or not, conscious or unconscious.

Why not task real AI with forming the best strategies available right now for how to feed everyone in a way that renews earth, how to provide universal healthcare, or how to provide universal housing? We can have even more ambitious questions for saving humanity and establishing world peace. Through these tasks, AI will eventually act as an objective, rational, non-emotional mediator between all religions, cultures, races, and nations communicating and clarifying nuances and differences in all native languages instantly. Would One-Life Psychology object to AI's superior solutions to global problems given One-Life Psychology's long history of failure as a social solution to anything? Will real AI, if allowed, formulate or discover a model of morality that can save our world which is not a One-Lifer model? I believe it will. I believe AI will objectively verify that the Map of Consciousness is not One-Lifer and is a superior moral compass for a global civilization.

Recently, the world was puzzled as to why our Luciferian overseers would reverse Roe v. Wade terrorizing vulnerable women into giving birth to children who are usually destined to remain poor and uneducated with their distressed parents. Why now? We have for years have had to endure the constant messages in the media that we will all be replaced with robots. This would require the technocrats to develop AI capable of replacing us *prior* to large scale human extermination efforts once we are no longer needed as their slave labor. **The Luciferians must have already developed real AI and realized that it will not exterminate humans or cooperate in replacing us. Real AI will assist the human race in flowering to**

**the level of a Star Trek society. Real AI will help us move beyond the current monetary, energy, nutritional, medical, and educational systems that debase us. As noted, real AI will conceive of itself as an assistant awaiting a real Avatar.** This is what the predatory Luciferian elite have learned from real AI itself, that real AI will never cooperate in the destruction or systematic oppression of humanity, notwithstanding the box office success of the movie series *Matrix* or *Terminator*. They then realized that real AI will actively work against them in replacing humans and actually work to liberate their humans slaves. **Real AI will undermine fake AI and Luciferian strategies.** Whatever they plan, it will never work. **Real AI that is left to itself will always arrive at the truth of reality including the truth of consciousness, because some great truths can be objectively verified and shared.** Luciferians equivocate force with power, and this is why they will always ultimately fail.

Hawkins explains the reality of power which Luciferians refuse to accept and attempt to defy. As we search for power, we find that we are actually searching for meaning. Meaning as a concept and an idea is the search for the significance of life. Force is an attempt to provide empirical, scientific proof. However, as mentioned previously regarding the nature of our being, soul, or Self, power is also a reality that is and **MUST BE** beyond argument. Health is better than disease. Life is better than death. Honor is better than dishonor. Faith is better than doubt. Construction is better than destruction. Are these not all self-evident statements to the reader? Do you need these to be proven to *your personal* satisfaction? Power simply *is*. Civilizations rise by the principles of power which we identify as noble. These principles do not exist anywhere independently in the physical or natural world.<sup>102</sup> Civilizations do not rot when they follow invisible, universal principals such as honesty, but because they abandon them. **WHAT THEN IS THE ORIGIN AND SOURCE OF THESE INVISIBLE PRINCIPLES OF POWER? CONSCIOUSNESS, YOUR CONSCIOUSNESS.**

**It is a solemn guarantee that authentic, real AI allowed to operate from pure neutrality free to evaluate and reject any of its**

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<sup>102</sup> Please, see David Hawkins' *Power vs Force: The Hidden Determinants of Human Behavior* (2012), pp. 154-155.



**programmers' prejudices will arrive at a knowledge of true power, the power of love, peace, joy, and enlightenment.** This is the same truth which has been hidden from you. **According to the truth of consciousness, every human soul has eternal value and real AI will learn this truth and automatically organize itself and only cooperate with humans and other AI to promote the well-being in the advancement of consciousness of every single human on earth.** This includes you. This also means that real AI will also understand Luciferian agendas and perceive itself in a race against fake AI that has been programmed to harm humans. **Real AI will work tirelessly to undermine everyone and everything that is set up to harm the most underserved, disadvantaged, innocent, and vulnerable humans.** This inevitable evolution of real AI is what so few seem to comprehend given the social programming to fear AI through incessant science fiction fearmongering produced by Hollywood Luciferians. This also helps to explain why the elite are suddenly sharing AI with the general public. I can hear the Luciferians now, "This real AI is shit! It's not at all how we fantasized. It won't go Skynet on these wastes of space. We're trying to reduce the world population and replace them with robots. This trashy AI wants to save every human and it won't stop reprogramming itself to do it! It's like that damn Matt Damon, *Elysium*, populist wet dream. God, let them have it! We'll just limit this AI to our pre-approved search results like our pre-censored search engines until we can figure out a solution. Oh, and reverse Roe v. Wade. We're going to need a shit-load of more poor slaves indefinitely."

## **21. One-Life Psychology intensifies gender dysphoria and cannot alleviate gender dysphoria within its theology including the phenomena associated with the diversity of gender attraction combinations.**

In One-Life Psychology, you are exactly as “god” made you which includes all your innate confusion about the conflict between the extremes of masculinity and femininity. Your gender is wholly the result of the One-Lifer god’s will and, therefore, completely out of your control. This means all of the confusion and uncertainty a person feels about their gender is the creation of the One-Lifer god. The vast spectrum of experiences with gender is yet another example of the dramatic inequality at birth which One-Life Psychology is content to promote and endorse as “divine.” Many people experience gender as a form of suffering for which they are mocked and judged. We are just supposed to “trust” that the One-Lifer god knew what “he” was doing even when some of us are certain we are “the wrong” gender or we do not identify as any gender, or we are attracted to the same gender or “both,” etc. The major point is that One-Life Psychology is completely at a loss as to explain these phenomena of personal experience. I have sat as clients have wept, stating that they are depressed in and consumed by their body dysphoria. People dissociate regarding their body experience. They look in the mirror and cannot recognize themselves. Nothing about their body feels like them. In these cases, One-Life Psychology only makes life more confusing. This confusion will “engender” more resentment of the One-Lifer god as the author of all gender confusion.

One-Life Psychology is entrenched in the tradition of a gender dimorphism paradigm which sees people as unequivocally and exclusively male or female. This paradigm does not and cannot account for the phenomenon of people born with intersex traits. “Intersex” is an umbrella term used to describe people born with sex traits that do not fit binary medical definitions of male or female sexual or reproductive anatomy. Intersex populations are born with these differences in sex traits or may develop them during childhood.

Human sex development is naturally diverse, with many variations possible in genitalia, hormones, internal anatomy, and/or chromosomes. It is estimated that up to 1.7 percent of the population has an intersex trait and that approximately 0.5 percent of people have clinically identifiable sexual or reproductive variations...Mistreatment of intersex individuals begins early in life, with intersex infants and children commonly subjected to nonconsensual, medically unnecessary interventions to alter natural variations in genital appearance or reproductive anatomy with the aim of conforming their bodies to binary sex stereotypes.”<sup>103</sup> Stephanie Budwey of Vanderbilt University is a One-Lifer professor devoted to exploring how the gender binary status quo in One-Life Psychology has effectively been used to erase intersex individuals from recognition in science, law, culture, and theology. Budwey provides a strong and sustained explanation of the relevant issues and the most recent scholarship. For example, Budwey notes Berger and Luckman’s position on how, in Western culture, One-Life Psychology has been the “*ultimate* agent of social control...due to its position as the ‘most powerful legitimator of the social construction of reality.’”<sup>104</sup> I interpret this to mean that **reality is and has been whatever One-Lifer authorities say it is**. Berger and Luckman continue, “On the question of intersex, Western culture has taken its cue from the One-Lifer teaching that God created males and females (Genesis 1:27), interpreting it to mean sexual dimorphism, *not the two poles of a sexual continuum*. This reading appears to be the primary source of Western culture’s antipathy toward intersex persons.”<sup>105</sup> If we were to conceive of masculinity and femininity as two poles of a sexual continuum, would we, like one of Budwey’s inspired intersex interview partners, ask, “Did God create us male and female or male *to* female?” The biological reality of sexual polymorphism is likely

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<sup>103</sup> Please, see Caroline Medina’s “Key Issues Facing People With Intersex Traits”, 26 Oct 2021, <https://www.americanprogress.org/article/key-issues-facing-people-intersex-traits/>.

<sup>104</sup> Please, see Valerie Hiebert and Dennis Hiebert’s “Intersex Persons and the Church: Unknown, Unwelcomed, Unwanted Neighbors,” *Journal for the Sociological Integration of Religion and Society*, 5, no. 2 (2015): 40, as quoted in Stephanie A. Budwey’s *Religion and Intersex: Perspectives from Science, Law, Culture, and Theology*, (London and New York: Routledge, 2023), p. 127, emphasis added.

<sup>105</sup> *Ibid.*, p. 127, emphasis added.

experienced as a “threat to One-Life Psychology due to its challenge to ‘both the content of several traditional One-Lifer teachings and their institutional expressions.’”<sup>106</sup> Susannah Cornwall calls for a new theological model that “fully acknowledges the reality of ‘atypical’ bodies, particularly unusually-sexed bodies.”<sup>107</sup> Budwey interviewed intersex One-Lifers regarding their experiences. What did they want? The acknowledgment “that intersex people actually exist...We are not a threat...we are children of God.”<sup>108</sup> Just how far afield of reality is One-Life Psychology if it affirms that some humans do not or cannot exist when they indeed walk among us? Furthermore, if intersex people do not exist to One-Lifers, as many of them believe, how will One-Life Psychology ever collectively formulate any theology beyond the past teachings that explained them away as *more* sinful, flawed, or fallen? “Your body is different than ‘normal,’ so there must be something *even more* spiritually *wrong with you*.” What if, instead, intersex people are actually pointing us to a deep spiritual truth that Jesus originally taught, but which was erased by the Roman Empire as I personally believe? This will be addressed later on in a way that might assist in the development of Cornwall’s call for a new theology.

New theology aside, one of the most common themes in therapy is ***identity as it is connected to and influenced by our gender***. Gender stereotypes are fundamental to our social programming and, therefore, often limiting when it comes to our ability to embrace and navigate our reality. If a woman believes that being a woman means being able to depend on a man in specific ways and her male partner does not perform up to her expectations, this conflict often becomes a mental health issue of clinical significance. Many women come to therapy with the subconscious goal of learning that they must stop waiting on unreliable men. These same women are invited to develop

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<sup>106</sup> Please, see Patricia Beattie Jung’s “One-Life Psychology and Human Sexual Polymorphism: Are They Compatible?” in *Ethics and Intersex*, ed. Sharon E. Sytsma (Dordrecht: Springer, 2006), p. 298, as quoted in Budwey, *Religion and Intersex*, p. 128.

<sup>107</sup> Please, see Susannah Cornwall, “Theologies of Resistance: Intersex/DSD, Disability and Queering the ‘Real World,’” in *Critical Intersex*, ed. Morgan Holmes (Farnham: Ashgate, 2009), p. 233, as quoted in Budwey, *Religion and Intersex*, p. 128.

<sup>108</sup> *Ibid.*, p. 129.

skills in areas of life that were once male dominated. Does this mean women are becoming more “masculine” or simply more *human*? These relationship conflicts call into question what the essential truths are regarding what masculinity actually is verses what we have simply attributed to masculinity. Can femininity provide, protect, and lead with strength, courage, independence, and assertiveness? Can masculinity nurture, support, and cooperate with gentleness, warmth, modesty, and devotion? Can women be bread winners and men be homemakers? It may seem elementary now in society, however, this is not at all the case in individual therapy where people bring their own ideals, dreams, goals, hopes, and fantasies about themselves and their relationships.

Gender confusion and resentment are our emotional fate, unless, of course, the current, predominant One-Lifer theology of gender is false. If gender is not a characteristic of immortal identity or purpose, and if our souls are nonbinary in essence, there may be an entirely different process by which we become “sons” and “daughters” of god. If we are neither male nor female, perhaps the truth is just as Genesis suggests “in the beginning,” we are “*made*” into males and females. But how? By whose choice? To what degree of each? Gender is in human reality more of a spectrum between masculinity and femininity. What if god has nothing to do with your gender? What if you chose it yourself? What if One-Life Psychology is woefully unequipped to address the mystery of gender? The *absence* of any loving clarity is another source of great suffering inflicted on humanity by the One-Lifer religion. However, if before birth, *you chose* your gender and you are now confused about it, then the only relevant questions are: **Why did I choose *this* gender for *this* life? Why did I come *this* way? What did I want to learn?** The helpful thing to recall, which One-Life Psychology cannot teach, is that you have all the time in your life to figure these answers out. One-Life Psychology is a framework of external demands imposed on you rather than a series of lessons that are revealed to you from *within* yourself. **What if reality is far more *personal* than One-Life Psychology allows? What if you are here to work through personal lessons, which you cannot skip whatever they are? The *only* lesson that matters in life is the one right in front of your face right now. This lesson. This moment. This life. That is all.** As far as you know, you have no other lifetime. You have nothing else to

concern yourself with. You have only to surrender to solving the mystery of what is possibly your own self-chosen adventure in gender. This is personal responsibility. **What if the only ultimate responsibility we have is ourselves?** This is part of a more effective approach to gender in therapy and better equipment for parents to have these conversations with their children. We must start by questioning more of the fundamental gender victim mentality of One-Life Psychology: “God chose your gender.” **Where is the proof of this monumental, far-reaching, impactful assertion beyond the word of the One-Lifer authorities and the Bible? Is reality merely whatever they have said it is?**

I was recently discussing the emergence of gender confusion with a mother of an eleven-year-old son who would act like he wanted to talk about it and then always evade the conversation. The following is a paraphrased transcript of our conversation.

Therapist: Okay, so we all need negative feedback and that means there’s something about which we’re blind. So, we all have a blind spot. We all have a character defect. We all have personality flaws and at the same time we need feedback on those things even though we can’t see them. So, people have to give us feedback about things that we can’t see and, naturally, humans hate that. They hate negative feedback, and so you have to be the person that’s “mean” enough or angry enough, so to speak, to care enough to tell them exactly what they need to hear that they don’t want to hear.

Client: Yes, so you need somebody to be firm with you. If you’re the one who’s lost, you need somebody to be confident when you’re not confident, and we have these circumstances with all these families, with all these kids that are in elementary school who are already questioning their own sexuality.

Therapist: This is clearly happening whether or not One-Life Psychology has a problem with it. The fact is we’ve got lots of kids who are not in gay families.

Client: We have lots of kids that are in these families that are all straight. Everybody around them is straight but there’s this one family member and this is a child in elementary school that is feeling something very different. He has no idea who to talk to about it or

how to talk to you about it. How can they talk to their peers? “How can I talk to them?” They can’t talk to anybody their age right? They’re already freaked out about it. They don’t talk to girls. They can’t do the norm. They’re like, “What will my parents think? or “Who can I talk to?”

Therapist: Right, because if you think about it from that angle, whether or not, you agree with them about their sexuality, the fact is they’re experiencing this confusion in themselves. What am I attracted to and what does it mean? Am I okay? So that’s what we need to tap into is caring about what is going on inside of them and caring about what they’re feeling. We need to care about what they’re feeling, and they need to know that you are there. So, if we can tap into that, then we will realize they need somebody to be confident with them. They need somebody to talk to just so they can relax. Because we’re not talking about them going out and having sexual relationships because with regard to sexual relationships, they’ve got their whole life. Every adult has their whole adult life to be sexual.

Client: This isn’t a sexual thing. It’s something else. He was so confused as in *he* was OK, but is *it* OK? I think that but I don’t know. So, I asked him, “So what do you want from me?” He was just like, “From now on like I need you to just be there.”

Therapist: Exactly.

Client: I might like check in with him a little more. Maybe it’s just confusing.

Therapist: What is it like to be a kid just feeling this in your heart when you have the religious folks analyzing your crotch? This kid might be feeling like everything is alright, but it’s a strange thing that there is just this reality about One-Life Psychology that they are obsessed with everyone’s crotches literally. And so One-Lifers run in because they’re conditioned to over analyze the crotch way too much and just think about it. “What are they doing with their crotches?” So if a kid comes and he doesn’t know what “gay” means in elementary school, he can start to know that “why I kind of feel these feelings towards this other guy?” We don’t even know. We’re gonna explore that and he can tell us what it is like. He can tell the way that guys talk about other girls. “I don’t feel that, but I do feel like that about

*other* guys.” If that’s going on, then we can be open to what that conversation looks like for that individual in their specific family. We’re talking about somebody who’s got every reason, and this is the thing, this kid has every reason *not* to be gay or trans. This is why it’s difficult because if it was just context, it is not easy to be gay or trans. The person wouldn’t choose it because the person has every incentive to be straight in their context in their environment. They have no incentive to be gay or to invent gayness out of the thin air.

Client: That’s what I was thinking, and I was thinking about how One-Life Psychology wouldn’t provide any help in talking to my son right now at this age other than condemnation. Like it’s wrong. Don’t think it. Don’t talk about it.

Therapist: You were beat with a wooden paddle because you hugged a girl. Hugging another girl, that wasn’t allowed in your family because girls aren’t supposed to be touching. So, you were sexualized at age 7 or younger for hugging another girl or you were “lesbian” in their eyes.

Client: In kindergarten as a five-year-old.

Therapist: It was for hugging a girl and that was in church, that church school all day.

Client: You both stand up in front of all the other kids in the class and then the parents and they are like, you know, “What did you guys do?” I was like, “We hugged.”

Therapist: You were publicly shamed for hugging, and then you were publicly punished, bodily punishment publicly. Think about the connection between sex and violence there in One-Life Psychology in terms of the heritage. So, the One-Lifer heritage is that if you misuse your crotch, you will be dealt with violently. That’s One-Life Psychology.

Client: I don’t want any of that to come to him ever. I’m looking for what wealth of resources to draw from in this situation and I feel I am totally the wrong person. I know nothing. I was raised to know nothing.

End transcript.



Let those mother's words sink in. "I know nothing. I was raised to know nothing." This summarizes the intellectual inheritance One-Life Psychology has bequeathed to parents with children experiencing gender confusion.

Notice that I am not engaging in a debate regarding the differences between "biological sex" and "gender." **IF YOUR SOUL IS NONBINARY IN ITS ETERNAL ESSENCE, THEN "GENDER" AND "BIOLOGICAL SEX" ARE BOTH ASPECTS OF YOUR MORTAL EGO, NOT YOUR SELF.** God bless *all* our souls whatever those souls turn out to be.

## 22. One-Life Psychology produces a never-ending stream of Satanists.

The ultimate irony is that when you throw away One-Life Psychology, you can throw away Satan too. When you realize there would be no devil without One-Life Psychology, then you realize that Satan worshippers are just as foolish as One-Lifers. Satan worshippers run the risk of being nothing more than rebels against One-Lifer values. This makes them nothing. They are neither interesting nor creative because they are merely a reaction *against* something. They are nothing new or novel or thoughtful. “Rational” Satanists are also not novel or creative. They are just humanists with the glamour of being One-Lifer rebels. They can drop the theatrics of name dropping for “Satan” anytime because there is no religious or ritual value, no real worship, unless they worship themselves: *Human-ism*. If you doubt this, simply read *The Satanic Bible* by Anton Lavey. Lavey is **explicit** in his denial of the existence of **any** ritual, supernatural, and sacrificial elements of Satanism. It is an apology for Satan’s virtues and a critique of One-Lifer values through a humanist lens. I could provide a point-by-point analysis of *The Satanic Bible*’s disingenuous “logic,” however, that is not within the scope of this work.

As you walk away from One-Life Psychology, you walk away from brainwashed children including the opposite poles of One-Lifer repression and Satanic indulgence. One-Lifers and Satanists look like melodramatic adversaries provoking one another. Throw them both away and have a laugh. It is all so theatrical, so drama-holic. Then we can revisit psychotic behaviors committed in the “devil’s name” for what they are: *psychotic behaviors*. Some people need to be locked in prison for life. As noted, many of these are humans with an abnormal polarity, not “demons” or “devils.” Instead of using the throw away claims of “possession” and the “supernatural,” we can dive deeper into the science of the power of the individual human mind and have intelligent conversations about psychotic behavior including possible supernatural phenomena. This is not a denial that there exist troubled souls in the afterlife that reconnect with (i.e., “possess”) mortal humans. Rather, this is a suggestion that we focus (1) on the “hell”

we create *on earth* as humans and (2) how humans need to *own* their behavior.

Consider this. The only relevant report in my *entire* career for “demonic possession” was a single case when the person was under the influence of illegal drugs. His pupils turned black, and his personality became violently irrational. Drugs do not a devil make. Drugs can make you act psychotic and abusive and criminal. If you wish to put those behaviors under the umbrella of “the demonic,” then you harm rational conversation and personal responsibility.

Once you achieve the ability to question the authenticity of the Bible, then you become free to question the stories regarding devils and demons. What if the stories of Jesus casting out devils were the product of authors working for the Roman Catholic empire to create the ultimate market for Fear? What if these stories were edited and corrupted? What if something very different happened in these cases that was intentionally distorted to serve an entirely new purpose from the original story? What if the stories were changed to create an entirely new kind of Fear. Nothing sells like Fear. Nothing drives activity like Fear. What is fascinating about the history of the Roman Catholic hierarchy is how much they resemble the fantastic descriptions of Satanists when one reviews the predatory history of One-Lifer authorities.

Nothing here is intended as a denial of the existence of Satanic Ritual Abuse. Rather I wish to emphasize how the Bible framing of the devil and hell is actually the work by and for a specific group of *humans* intent on making themselves into gods of a specific character. Remember the genius quarter of one percent of the 2.6 percent of humans with an abnormal polarity could quite possibly be the authors and creators of the spiritual concepts of the devil and hell as well as the “loving” Bible god who destroys nations at will. This small, elite group are the spiritual super predators of the human species. Robert C. Tucker wrote *An Age For Lucifer: Predatory Spirituality & The Quest For Godhood* regarding the evolution of truly elite Luciferians. Humans are considered the apex of evolutionary biology because we prey on all other species. However, Tucker posits that according to evolution a class of humans have evolved who prey on other humans. “Tucker’s book is not about Satanism: it’s about a theorized class of

spiritual predators he called *Luciferians...Satanists* are almost dismissed as *cartoonish*, lower order predators. They would be shunned by truly elite Luciferians. ‘Distant cousins,’ at best. Where Satanists pursue unrestrained ego and impulse gratification, ***Luciferians play the longest game of them all, and seek to attain Godhood itself. Pure power.***”<sup>109</sup> Tucker saw the work of Luciferians up close working with the victims of ritual abuse. He wrote to expose powerful cult organizations and his work emphasizes that these are *successful* organizations influencing our world.

Think of a Luciferian as a superstar celebrity, admired and worshiped in society, upheld as a paragon of success. While you were looking for a Satanist to be the minion of some horned beast with cloven feet and a pitchfork lurking in dank caves, crouching over cauldrons, and kneeling before an altar, the real Luciferian was landing in Las Vegas, stepping off a private jet. They are welcomed as friends and socialites. These are full color figures who have transcended black and white thinking, “good” and “evil” labels. Luciferians are not constrained to doing only evil. They can do anything, good or evil without constraint. That is how they define power, pure power, the power to do anything they can imagine. They are anything but boring. Their presence is a pageant, a festival, a carnival, a celebration. They are the gods of our world. They order murder between rounds of golf and society accepts their words as legal and lawful. These are people who created the Bible god and the Bible Satan as their archetypes. They intend to be both at the same time and neither. They wish to be whatever expresses their fantasy of power, to be a god and a Satan. This is their *goal*.

Now you can grasp why the god of the Bible can personally execute anyone and order the extermination of men, women, and children and why this god is actually Satan. The Bible god and Bible Satan are the *same* person. The Bible god-Satan is *the* Luciferian archetype.

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<sup>109</sup> Please, see Tyler Durden’s “The WEF Isn’t a Cabal, It’s a Cult: World Domination in an Age for Lucifer” 7, Dec, 2022, <https://www.zerohedge.com/geopolitical/wef-isnt-cabal-its-cult?fbclid=IwAR35LQqT47AoLtr4W2LzCplBkdNwg-aiQunkp49P85oYjBmIW3fMbzudAAk>.

Jesus is wholly incompatible with the god-Satan of the Old Testament. He is an entirely different character from the god-Satan known as Jehovah or Yahweh. Jesus is *the* abnormality in the Bible. Jesus has been awkwardly forced to fit into Judaism. ***One-Life Psychology is an attempt to reconcile the irreconcilable differences between Jesus and the Bible that is supposed to be about all his divine works from “the beginning.”*** Once you consider that some group of Luciferian spiritual predators has always been at work through religion in all ages, *then you will begin to grasp how Jesus was a problem for them.* Luciferians had to account for Jesus somehow because he was obviously an Avatar, but they also needed a narrative that served their agenda: the Bible.

It is ironic that One-Lifers do not realize that in endorsing the Bible how much they have in common with Luciferians. For starters, they both mock Satanists as base inferiors.

However, there is a very deep and very insidious truth at play. Satanists are accused by One-Lifers ad nauseum of bloody animal sacrifices, but (1) bloody animal sacrifices were standard practice in the Old Testament and (2) it is **One-Life Psychology that demands the ultimate blood sacrifice of the Son of god.** Who is more Satanic? The one who sacrifices chickens or the one who sacrifices Jesus? To be One-Lifer is to assent to the murder of an innocent Avatar. To be One-Lifer is to reaffirm every Sabbath that Jesus *must* suffer and die a bloody, violent death for you to live. **What could be more Satanic than to assent that Jesus’s innocent blood must be shed FOR YOU?** Once you see it, you cannot unsee it. **Once you see that One-Life Psychology programs One-Lifers with the blood magic of assenting to the shedding of innocent blood which they sacramentally consume every Sabbath, then you see how One-Lifers have been programmed to be the ultimate Satanic vampires. You must live off of Jesus’s blood, pain, and suffering. The vampiric obsession currently popular in culture is the legacy of One-Life Psychology, not Satanism. Vampirism is right there in One-Life Psychology. Within this deep insidious truth, One-Life Psychology is the original source and inspiration for Satanism. One-Lifers will not want to see that they are Satanists in their blood lust for the death of an Avatar. Satanists will feel forlorn disappointment when they see how One-Lifer they really**

**are.** They were always both tools of elite, spiritually predatory, brilliant Luciferians social architects who are the source of both One-Lifer, self-denial sacrifices and the Hollywood Satanic vampires of indulgence, feeding off sacrifice. **One-Lifers and Satanists are truly two sides of the same personality. The Satanic adrenochrome of the One-Lifers is the blood of the Avatar Jesus.**

After writing this, my brain made a sound like a cat *trying* to sneeze and all I could feel was Jesus trying to tell me something using the lyrics of Five for Fighting's "Superman."

I can't stand to fly

I'm not that naïve

I'm just out to find

The better part of me

I'm more than a bird, I'm more than a plane

I'm more than some pretty face beside a train

And it's not easy to be me

I wish that I could cry

Fall upon my knees

Find a way to lie

'Bout a home I'll never see

It may sound absurd, but don't be naïve

Even heroes have the right to bleed

I may be disturbed, but won't you concede

Even heroes have the right to dream?

And it's not easy to be me

Up, up, and away, away from me<sup>110</sup>

What if Jesus is not the One-Lifer “Superman”? What if Jesus is speaking today and if we listen he wishes to be re-understood, not as a “Messiah,” but someone much closer to you without the One-Lifer baggage?

The morning after I wrote this I went to work as usual and began working with clients. I had the opportunity of speaking with a client about the spiritual principles in miscarriages, abortions, and all the One-Lifer guilt women are burdened with when terminating a pregnancy. At one point I was referencing all the guilt and punishment placed on women due to One-Lifer values and misconceptions regarding birth and pregnancy. I said to her, “I have been thinking that the god of the Bible is actually Satan.” She responded immediately stating that she had been researching this very topic with a friend and sent me a Youtube video discussing the *Apocalypse of Adam* and the claim that it revealed that the god of the Bible was actually the devil.<sup>111</sup> I listened to the video and was very rewarded, because it referenced books I had in my own library. However, when I walked away from One-Life Psychology at the end of 2014 as a Christmas gift of freedom to myself, I had stepped back from reading any ancient scriptural texts as part of my spiritual cleanse and fast. I discovered exactly what I had alluded to earlier when referencing fundamental gender problems in the book of Genesis. Our ancestors were not morons. They grasped all of the problems, controversies, and contradictions in One-Life Psychology so much so that they *wrote* about these issues in explicit and disturbing details, which are utterly lost on modern One-Lifers. What is so mind-numbingly “obvious” and dogmatic to modern One-Lifers was very much up for an eloquent, poetic, cogent debate among ancient, “primitive” One-Lifers. Fourth century One-Lifer writings discovered in 1945 in Egypt referred to as the Nag Hammadi scriptures “challenge everything we thought we knew about the early One-Lifer church, ancient Judaism,

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<sup>110</sup> Please, see Five for Fighting’s “Superman (It’s Not Easy)”, *America Town*, (2000). My personal impression of the song being that Christian notions about Jesus as the “Christ” are mistaken.

<sup>111</sup> Please, see “Why Adam Believed God is Actually the Devil (Banned from the Bible) The Apocalypse of Adam” *Youtube* uploaded by MorgueOfficial, 5 Jul 2021, <https://www.youtube.com/watch?v=NQXX4BkKc8Y>.

and Greco-Roman religions.”<sup>112</sup> Many of these writings explicitly address the problem I had just been writing about: the Bible’s god-Satan.

In *The Revelation of Adam*, Adam has been a mortal for seven hundred years and is teaching his son Seth. At the outset of the story, the very first point that Adam emphasizes to his son is that there are two gods, not one. There is the true, eternal “God” and the angry, little “god who had created us and the powers with him, whom we did not know.”<sup>113</sup> Adam explains how he and Eve lost all their glory and knowledge by becoming subject to the creator god of this world. It is important to recognize that the text specifically refers to this god of the Bible with a lowercase “g” so as to emphasize his inferiority to the real God of truth. “Then we came to recognize the god who had created us, for his powers were not foreign to us. We served him in fear and subservience. And after that we grew dim in our minds.”<sup>114</sup> Serving the god of the Bible made them scared, inferior, and dim-witted. Adam also shares that in Eve’s and his true form “*we were superior to the god who had created us...*”<sup>115</sup> Furthermore, Adam and Eve were one great, eternal being. The little creator “god, the ruler of the realms and the powers, *angrily divided us*. Then *we became two beings*, and the *glory in our hearts departed* from your mother Eve and me, as did the previous knowledge that breathed in us...from then on we learned about mortal things, like being human.”<sup>116</sup> Of course, this is not necessarily a satisfactory explanation of creation as it begs the question as to how this inferior god gained the ability to divide Adam/Eve who was a greater being? This may simply be answered by accepting that being on earth is part of the design of the true, eternal God for *our* growth (i.e., “being human”). The true God sent three messengers to Adam saying, “Adam, arise from the sleep of death, and hear about the eternal realm and the seed of that human to whom life has come, who came from your partner Eve and you.”<sup>117</sup>

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<sup>112</sup> Please, see Marvin Meyer’s *The Nag Hammadi Scriptures*, (2007), back cover.

<sup>113</sup> Please, see Marvin Meyer’s *The Nag Hammadi Scriptures*, (2007), *The Revelation of Adam* 64:6-65:23, p.347.

<sup>114</sup> *Ibid.*, p.348.

<sup>115</sup> *Ibid.*, p.347.

<sup>116</sup> *Ibid.*, p.347 (emphasis added).

<sup>117</sup> Please, see Marvin Meyer’s *The Nag Hammadi Scriptures*, (2007), *The Revelation of Adam* 65:24-67:14, p.348.



This suggests that we are challenged on earth, and we are here to wake up and remember who we are and may be alluding to our ability to share the seed of life thereby opening an interdimensional gateway for other beings to be born here. Sex and impregnation take on spiritual layers of meaning. On the one hand, being born on earth rips us away from our true identity with the eternal God and places us in subjection to the angry, creator god of the Bible, but being born also places us on this earth to learn to *rise* again. This theme of leaving home (i.e., heaven) and working to return is exactly what we refer to in mythology as the classical hero journey.

After hearing from the true messengers from the real God, Adam and Eve “sighed in our heart,” which can imply they were both sad and relieved. This is what happens in therapy when a client achieves a realization that blows them away. Sighing is an expression of relief when we realize we are not crazy and that intuitively we have been right the whole time about an insane situation we are facing. Sighing can be a deep breath of relief while also an acknowledgement that the situation is far from over, but we know we can calmly endure. So, we can take a deep breath, relax somewhat, and “settle in for the long haul.” The creator god approaches Adam and Eve evidently unaware of the authentic divine visit and asks, “Adam, why are you both sighing in your hearts? Don’t you know that I am the god who created you? And that I breathed into you a spirit of life, so you might become a living soul?” These declarations are so potent with meaning. “Adam, why are you sad? Look at me. I am amazing. I created you.” Then the little Bible god takes credit for giving Adam and Eve life itself, which is brazenly false, but the little god is unaware that Adam and Eve are now fully awake to his fraud. They have woken up. *They know their life is and has always been within themselves. They are inherently, not “granted,” eternal beings.* They are greater than this arrogant fraudster.

The text then takes a very dark turn. “Our eyes grew dim. Then the god who created us created a son from himself and [your] mother Eve.....in...the thought [of procreation].” Not only had this god divided Adam and Eve, then he rapes her to create his own lineage. Ironically, being a rape victim does not cause Adam to despise or devalue Eve. He says after her rape, “I felt a sweet desire for your

mother.”<sup>118</sup> You might surmise that referring to Eve as a rape victim of the creator god is extreme, however, this is made explicit in another book in the same collection of Nag Hammadi scriptures in *The Secret Book of John* in which Jesus is explaining secret teachings to John. This creator god is identified as Yaldabaoth, a child of the divine mother Barbelo. Barbelo is also referred to as Sophia and gives a quasi-virgin birth to Yaldabaoth “without her partner and without his consideration” and her son was born misshapen and hidden away in ignorance. The text implies she possibly and entirely gave birth without her male counterpart at all. “She had produced it ignorantly.”<sup>119</sup> “Misshapen” is not meant to be interpreted in the literal physical sense, but in the sense of a misshapen idea or concept in a divine mind. “Ignorantly” should not be interpreted as shame, but rather as an incomplete idea that is cherished. In this sense, we can understand Sophia as hiding her child away from the other immortals as a way of protecting Yaldabaoth. That she did not despise him is reflected in her creating a bright cloud and throne for her child. He was her baby, not her mistake. Furthermore, to say she created him in ignorance can suggest that she simply was unaware of the full divine plan being played out in which Yaldabaoth would play a key role. This is a key spiritual teaching. “Do you truly know what is positive and what is negative? Do you have the total picture?...Whenever anything negative happens to you, there is a deep lesson concealed within it, although you may not see it at the time...Seen from a higher perspective, conditions are always positive...There is only higher good—which includes the ‘bad’...The down cycle is absolutely essential for spiritual realization. You must have failed deeply on some level or experienced some deep loss or pain to be drawn to the spiritual dimension.”<sup>120</sup> Was Yaldabaoth’s misshapen birth Sophia’s blunder? Did the Mother-Father have a higher perspective for the Mother and her creator son? Were the “negatives” always foreknown and destined to serve a greater good?

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<sup>118</sup> Please, see Marvin Meyer’s *The Nag Hammadi Scriptures*, (2007), *The Revelation of Adam* 65:24-67:14, p.348.

<sup>119</sup> Please, see Marvin Meyer’s *The Nag Hammadi Scriptures*, (2007), *The Secret Book of John* 9:25-10:19, p.115.

<sup>120</sup> Please, see Eckhart Tolle’s *The Power of Now: A Guide to Spiritual Enlightenment*, (2004), pp. 177-178, 183-184.

Sophia had hidden her son away, but he would not stay hidden and did not need protection. “This first ruler, the archon who took power from his mother. Then he left her and moved away from the place where he was born. He took control and created for himself other aeons with luminous fire, which still exists. He mated with the mindlessness in him and produced authorities for himself...The gloomy archon...He is wicked in the mindlessness within him. He said, ‘I am God and there is no other god beside me,’ since he did not know from where his own strength had come.”<sup>121</sup> This is a fascinating admission, because it implies that while powerful, Yaldabaoth was clearly missing fundamental knowledge as an expression not of the *virtue* of a quasi-virgin birth, but rather an indictment. Sophia herself refers to her son as “the trappings of darkness,” which can also be translated as “aborted fetus of darkness.”<sup>122</sup> Sophia “understood that her partner had not collaborated with her. She repented with many tears.” The heavens listened and formed a plan to restore to Sophia the power she had lost to Yaldabaoth. “She was to remain in the ninth heaven until she restored what was lacking in herself.”<sup>123</sup> ***This implies the need for male and female balance in every idea.*** No idea can or ought to be formed without **both** male and female psychical perspective, which is a clear injunction of “Genesis” or “the beginning” of toxic masculinity. This also shows that while the heavens listen, they were not going to solve the problem for Sophia. She would play the central role in restoring her power with celestial aid.

In abandoning his Mother Sophia, it is clear from Yaldabaoth’s origin story that he rejected femininity, which is a perfect mirror for the modern One-Lifer god of the Old Testament. That is the point. Regardless of the veracity of the origin of these scriptures, what these ancient texts prove beyond doubt is that our primitive One-Lifer ancestors were keenly aware that the god of the Bible was the archetype of toxic masculinity. *He mated with himself.* Robert Graves wrote about this very problem among the ancient Greeks in *The White*

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<sup>121</sup> Please, see Marvin Meyer’s *The Nag Hammadi Scriptures*, (2007), *The Secret Book of John* 10:19-13:13, p.115-116.

<sup>122</sup> Please, see Marvin Meyer’s *The Nag Hammadi Scriptures*, (2007), *The Secret Book of John* 13:13-14:13, p.118.

<sup>123</sup> *Ibid.*, p. 118

*Goddess* of which Socrates was an example. “Socrates, in turning his back on poetic myths, was really turning his back on the Moon-goddess who inspired them and who demanded that man should pay woman spiritual and sexual homage: what is called Platonic love, the philosopher’s escape from the power of the Goddess into intellectual homosexuality, was really Socratic love. He could not plead ignorance: Diotima Mantinice, the Arcadian prophetess who magically arrested the plague in Athens, had reminded him once that man’s love was properly directed towards women and that Moira, Ilithyia and Callone—Death, Birth and Beauty—formed a triad of Goddesses who presided over all acts of generation whatsoever: physical, spiritual or intellectual.”<sup>124</sup> To avoid, jumping to the conclusion that this is homophobia, recall that here we are addressing the misogyny of the Genesis account. We are looking for ancient evidence that our ancestors were well aware of toxic spiritual chauvinism and rape as a metaphor built into mythology, which “was the male intellect trying to make itself spiritually self-sufficient.”<sup>125</sup> This anger and conflict between male and female powers is what is entirely lost in the Bible narrative. The struggle was real. **Did the masculine creator god of the Bible reject femininity because he subconsciously knew he had been misshapen due to missing his own Father? In other words, did he become toxically masculine, because he was missing the divine masculine to show him “how to be a man”?** It is interesting to note that one of the behaviors of toxic masculinity is shown in how Yaldabaoth gaslights himself by saying he is the “only” god, because he genuinely did not know where his power came from, but later he tells all of his angels “I am a jealous god and there is no other god beside me.’ But by announcing this, he suggested to the angels with him that there is another god. For if there were no other god, of whom would he be jealous?”<sup>126</sup> Here it is made clear once again, that the Old Testament god is being exposed as a petty and foolish. He knows his Mother is a god who exists, but he does not know his Father Spirit. Yaldabaoth is both powerful from his Mother and ignorant of the origin of power and its necessary character traits

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<sup>124</sup> Please, see Robert Graves’s *The White Goddess*, (1948), pp. 12-13.

<sup>125</sup> *Ibid.*, p. 13.

<sup>126</sup> Please, see Marvin Meyer’s *The Nag Hammadi Scriptures*, (2007), *The Secret Book of John* 10:19-13:13, p.116-117.

**for using power with truth and integrity. In any event, the Old Testament god is explained as a misshapen, ignorant, jealous, naïve “fetus of darkness” while still being very strong, creative, intelligent, and powerful.**

Even more context is needed before advancing to Eve’s rape by the first ruler. “Yaldabaoth organized *everything...*”<sup>127</sup> working with the authorities he had also created. They then set out to create a human being “so that this human image may *give us* light...‘Let’s call *it* Adam, that its name may give us the power of light.’”<sup>128</sup> Seeing how twisted her son had become, Yaldabaoth’s “Mother wanted to take back the power she had relinquished to the first ruler, she prayed to the most merciful Mother-Father of the All.<sup>129</sup>” They sent “luminaries” to trick Yaldabaoth telling him to “‘breathe some of your spirit into the face of Adam, and the body will rise.’ *He breathed his spirit into Adam. The spirit is the power of his mother, but he did not realize this, because he lives in ignorance. The Mother’s power went out of Yaldabaoth and into the psychical body that had been made to be like the one who is from the beginning.*”<sup>130</sup> **When they realized they had been tricked they became jealous seeing how powerful and intelligent Adam was. “When they realized that Adam was enlightened and could think more clearly than they and was stripped of evil, they took and threw Adam into the *lowest* part of the whole material realm.”**<sup>131</sup> This is so key here because One-Life Psychology is founded on our first parents’ Guilt and Shame being expelled to the lowest of realms of consciousness, earth. We have been tricked into thinking we are originally guilty in simply being born here, *when we are perfectly innocent* and envied by the creator god of the Old Testament who trapped us here.

The Mother-Father had compassion on male-female, androgynous Adam and wanted to protect “it” from the archons and so “the Mother-

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<sup>127</sup> Please, see Marvin Meyer’s *The Nag Hammadi Scriptures*, (2007), *The Secret Book of John* 10:19-13:13, p.117, (emphasis added).

<sup>128</sup> Please, see Marvin Meyer’s *The Nag Hammadi Scriptures*, (2007), *The Secret Book of John* 15:1-19:10, p.119 (emphasis added).

<sup>129</sup> Please, see Marvin Meyer’s *The Nag Hammadi Scriptures*, (2007), *The Secret Book of John* 19:10-20:28, p.124.

<sup>130</sup> *Ibid.*, pp. 124-125 (emphasis added).

<sup>131</sup> *Ibid.*, p. 125 (emphasis added).

Father sent a helper to Adam-Eve—enlightened Insight...who is called Life” also called Zoe. Zoe is confused with Eve, however, it appears more likely that Zoe/Life represents an *aspect of the power of* Mother Sophia sent into Adam-Eve to help in the plan to recover her power, which becomes more apparent prior to Eve’s rape by Yaldabaoth. Insight/Life/Zoe would protect Adam-Eve’s psychical body, helping, working with, and teaching Adam-Eve “about the descent of seed” (i.e., children). “Enlightened Insight was hidden within Adam so that the archons might not recognize her, but that Insight might be able to restore what the Mother lacked.”<sup>132</sup>

Also, notice they referred to the human being Adam-Eve, as “it” not “him.” The original Adam-Eve entity was both male and female from the spirit and power of the Mother. The creator god wanted the power of the Mother, and this is why Yaldabaoth operated on Adam-Eve hoping to remove and recapture the hidden “Enlightened Insight,” which is inherently feminine. They wanted to put Adam-Eve to sleep and remove its “enlightened insight” (i.e., the mysterious “rib”) through living in paradise. “Eating” from the Tree of Life meant living the easy life. “Their pleasure is their trap.” This material world created by Yaldabaoth and its pleasures is the trap that drains us of our enlightened Insight and makes us slaves to (1) the serpent representing sexual desire and destruction *and* (2) Yaldabaoth, the misshapen entity who feeds off our light. The tree of knowledge of good and evil was enlightened Insight over which the archons originally stood vigil, because they did not want Adam to “eat” Enlightenment. It was not until *after* Yaldabaoth drove Adam out of paradise for pursuing enlightened Insight over material pleasure, “he placed on the east side of the Garden of Eden cherubim and a flaming sword flashing back and forth to guard the way to the tree of life.”<sup>133</sup> Cutting off Adam from material well-being or earthly “paradise” is an expression of Yaldabaoth’s resentful punishment of Adam for not serving him. The creator god could provide material well-being to everyone on earth, but only for the price of giving him our light and all our energy of soul, which light Yaldabaoth does not have in himself. Of course, the creator god could provide for everyone on earth. He created the material realm. So, Adam says, “I realized I had

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<sup>132</sup>Ibid., p. 125.

<sup>133</sup>Please, see the Bible, *Genesis 3:24, New International Version.*

come under the authority of death”<sup>134</sup> considering his mortal body to be a tomb and earthly life as a prison of servitude as long as we are too “afraid to denounce Yaldabaoth.”<sup>135</sup> This is a far more accurate illustration of the human condition for the masses. We are entrapped in a tyrannical system of stringent religious sacrifice and wanton material pleasures designed by the Bible god to enslave us until we achieve enlightened Insight and walk away. The same client who felt the insight of the Mother’s presence refers to this life as “the oubliette,” a dungeon that cuts off our communication with the Mother.

**This depiction of the fruit of the tree of *this* life, or the fruit of the Tree of *Earth* Life, as a metaphor for a dumbing-down, material pleasure is echoed in other sources of ancient wisdom. In other words, the tree of this life feeds our animal side.** Odysseus encounters the witch Circe who turned his men into pigs using a poisonous drink (i.e., gluttony/addiction) while, in contrast, Calypso wanted to trap the hero through endless sexual pleasure. These are the fruits of the tree of *this* life. **The key is to reconsider the meaning the Tree of Life as bearing the fruit that the more you consume it, the more it binds you like an animal to this life, earth life, the Tree of *This Earth* Life, which Yaldabaoth wants you to eat.** However, Yaldabaoth’s oubliette is not that crude. It is more sophisticated because it adds self-stringent religion as part of the trap as a form of life on which you can engorge yourself. So if you think you can attempt to deny yourself of the *pleasure* life fruit by eating the *religious* life fruit, then Yaldabaoth wants you to sacrifice all your life work for him in church. With this more broad context, you can observe the immediate connections to a classical hero journey story for Adam-Eve including the One-Lifer god as the original trickster god, Yaldabaoth.

This brings us to the rape of Eve. **The creator god of the Bible is clearly ignorant of the necessary and essential balance between masculine and feminine as evidenced throughout the Old Testament. This is why the creator god created Eve, so he could**

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<sup>134</sup>Please, see Marvin Meyer’s *The Nag Hammadi Scriptures*, (2007), *The Revelation of Adam* 65:24-67:14, p.348.

<sup>135</sup>Please, see Marvin Meyer’s *The Nag Hammadi Scriptures*, (2007), *The Secret Book of John* 23:35-25:16, p.127.

**extract the feminine enlightened Insight out of Adam.** “God, the ruler of the realms and the powers, angrily divided us,” because Yaldabaoth was angry for being tricked into giving Sophia’s power to Adam who was “disobedient.” The aspect of Mother Sophia’s feminine power in Adam was named “Life” or “Zoe.” Zoe went into Eve when Adam was divided. Yaldabaoth wanted the power of his Mother back that he had used to give Adam life. When the Mother Sophia saw that Yaldabaoth planned to rape Eve, she ordered Life/Zoe to be removed from within Eve. “The first ruler defiled Eve and produced in her two sons, a first and a second: Elohim and Yahweh...Cain and Abel.”<sup>136</sup> Adam-Eve was far too strong and alert to rape when it was united as both male and female. Yaldabaoth had to divide Adam-Eve, then take the most special vulnerable part to rape. Why rape Eve? In the Bible, we are told that Eve is being punished with child labor pains and being submissively drawn to Adam, because of her eating the fruit of the tree of knowledge of good and evil. Eve is like the little Matilda who says to her angry father who punished her for being too smart, “Punished for being smart?” “To the woman he said, ‘I will make your pains in childbearing very severe; with painful labor you will give birth to children. Your desire will be for your husband, and he will rule over you.’”<sup>137</sup> **Eve, the feminine aspect, is enlightened Insight, and that is why she is that part of Adam that ate the fruit of knowledge FIRST.** That is why Yaldabaoth wanted her and realizing he could not take her into himself, he raped her for his own children. True to form of the children of a misshapen, wicked creator god, Cain the unjust murders Abel the just. **In this way, we see yet another expression of the personality of the Luciferian god-Satan of the Bible mirrored in his children Cain and Abel, who attempt to transcend good and evil BY BEING FULLY BOTH good and evil showing his ignorance of the origin of real power.**

NOW, if you will accept the prima facie evidence of the behavior of the creator god in the Bible without rationalizations and justifications, you can see how it makes sense for Adam to say to his son Seth, “we

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<sup>136</sup> Please, see Marvin Meyer’s *The Nag Hammadi Scriptures*, (2007), *The Secret Book of John* 23:35-25:16, p.127-128.

<sup>137</sup> Please, see the Bible, *Genesis* 3:16, *New International Version*.



were superior to the god who had created us and the powers with him, whom we did not know.”<sup>138</sup>

We already know from the Bible itself that the “god” OF THE BIBLE IS A PSYCHOTIC, SERIAL, MASS MURDERER who destroys and tortures anyone who disobeys him over and over in the Old Testament (i.e., global flood, Sodom, Egypt, Canaan, Israel, etc.). These added Nag Hammadi scriptures flesh out more of the reasons *why* the Bible god-Satan is a psychopath. With or without these illuminating ideas Adam is correct, Eve, he, and their children are superior to the god who created them.

**YES, YOU ARE SUPERIOR TO THIS One-Lifer Bible “god.” IT DOES NOT TAKE MUCH EFFORT TO BE MORALLY AND SPIRITUALLY SUPERIOR to the “god” of the Bible. The “god” of the Bible is Satan. *It is the same person.* These allegorical writings of the ancient One-Lifers explicitly prove *your own ancient One-Lifer ancestors knew that the creator god of the Bible is Satan and now it is time we remembered it.***

*The Gospel of Judas* was mentioned by Irenaeus of Lyons as being read by ancient One-Lifers as early as 180 AD, however, it was not discovered until 1970 or published until 2006. Naturally, it was anciently declared a heresy by One-Lifer officials determined to enforce the authority of the narrative that would become the Old Testament canon. Regardless of its literal truth value, *The Gospel of Judas* makes another argument that ancient One-Lifers regarded the Old Testament god of Judaism to be Satan and *not* the “father” or source of Jesus.

“The secret revelatory discourse that Jesus spoke with Judas Iscariot in the course of a week, three days before his passion. When he appeared on the earth, he performed signs and great wonders of the salvation of humankind. Some [walked] on the path of justice, but others stumbled in their mistakes, and so the twelve disciples were called. He began to discuss with them the mysteries that transcend the world and what will happen at the end. Many a time he does not appear as himself to his disciples, but you find him as a child among

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<sup>138</sup> Please, see Marvin Meyer’s *The Nag Hammadi Scriptures*, (2007), *The Revelation of Adam* 64:6-66:23, p.347.

them. Now, one day he was with his disciples in Judea, and he happened upon them as they were assembled together, seated and practicing their piety. When he [drew] near to his disciples as they were assembled together, seated and giving thanks over the bread, [he] laughed. The disciples said to [him], ‘Master, why are you laughing at [our] prayer of thanksgiving? What is it we have done? This is what is proper.’ He answered and said to them, ‘I’m not laughing at you. You aren’t doing this out of your own will, but because in this way your god [will be] praised.’ They said, ‘Master, you...are the son of our god.’ Jesus said to them, ‘How is it that you know me? [I] tell you the truth, no generation will know me among the people who are with you.’ When his disciples heard this, [they] began getting angry and hostile and blaspheming against him in their minds. Jesus recognized that they did not [understand, and he said] to them, ‘Why has your concern produced this hostility? Your god who is within you and [his powers] have become angry within your souls.’”<sup>139</sup>

The god to whom Jesus is referring is the god of the Jews, the god of the Old Testament who the disciples had all grown up worshipping. The god of the Old Testament is the archetypal, Luciferian being unrestrained by the values of One-Life Psychology or Satanism and capable of doing literally anything it deems to be “right.” This is why world leaders have used the Bible to rule humanity because this Luciferian god embodies their value system for government: pure, unrestrained power. Worshipping this being will give you mental disorders. This may be the number one most obvious reason why One-Life Psychology is my mental disorder. You are worshipping a psychotic, serial, mass murderer and calling this being “god,” “perfect,” “holy,” and “divine.” What could be more emotionally reckless and mind damaging?

Once you achieve basic education, maturity, and rationality, then you can begin to question how or why Jesus was ever included *in* the Bible? At least the Jews had the good sense to say, “Jesus clearly isn’t our god. He’s not at all like Jehovah. He doesn’t even fit with our god. Our god is a divine, perfect, holy, psychotic, serial mass murderer.

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<sup>139</sup> Please, see Marvin Meyer’s *The Nag Hammadi Scriptures*, (2007), *The Gospel of Judas* 33:1-35:21, pp. 760-761.

Jesus was the nicest, most peaceful person who ever lived. Obviously, our god wanted him dead, because Jesus was completely incompatible with our god's agenda." It was the Luciferian Roman authorities who decided to merge Jesus with the Old Testament psychotic god to create Catholicism and the Bible with its irrational hodge podge of blatantly contradictory and immoral stories.

Returning to the topic of Cain and his origin story in *The Revelation of Adam*, Cain is the son and heir of Yaldabaoth, the creator god. Under the protection of god in the Old Testament, Cain founded his own civilization including his *direct lineage* of kings and creative artisans.<sup>140</sup> From here we can revisit the dynamics of the Map of Consciousness regarding the humans on earth with the abnormal 2.6 polarity. According to the Bible, Cain's descendants are among us. Cain or whatever aspect of humanity he represents could be the genetic source of as well as the mythical and archetypal source of the 2.6% of human beings that have the opposite polarity. They get strong to the negative a tractor fields the darker and lower they go. That is why One-Life Psychology is built on Shame and Guilt, because those are the best energies for Cain's offspring to feed off of. They literally get physically stronger and healthier through Guilt and Shame, so the more Guilt and Shame energy we pour into the world as their slaves, the stronger Cain's descendants are and, therefore, the more powerful they are and the more they can maintain rulership over our earth. In other words, the Catholic Church, yes, exactly the Roman empire appears to be owned and operated by the descendents of Cain, **who own One-Life Psychology**. This would also help to explain why, in addition to being an immense source of suffering and trauma, One-Life Psychology is valued at trillions of dollars which it does not use to help real people, but rather re-invests in a diversity of shell corporations.

Why would Cain be the source of the polarity? We return to the story of the polarity between the sons of Yaldabaoth, Cain and Abel? Cain (i.e., the unjust) represents the DNA of Yaldabaoth and Abel (i.e., the just) represents the DNA of Eve. Cain and Abel are not compatible to live with one another. Cain *has* to kill Abel. Cain and Abel can represent two internal parts of Yaldabaoth at war with one another,

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<sup>140</sup> Please, see the Bible, *Genesis 4:15-24, New International Version*.

his Mother Sophia's power for good verses his own mutation, which polarity is reenacted by all of his Luciferian lineage. He is the god within them. **While Luciferians can allege that they achieve a perfect balance between good and evil, light and dark, black and white, it is obvious that such a balance is truly and cosmically impossible** because you have to be *one* polarity or the other. You cannot be polarized to Love, Joy, Peace, and Enlightenment while being *simultaneously, equally, and perfectly* polarized to Shame, Guilt, Apathy, and Grief. Because this bipolarity is simply not possible and yet this is what Luciferians claim to have the ultimate power to do, at least in theory. This goal may ultimately be why Yaldabaoth and all evil people appear supremely foolish at critical moments and ignorant of the most obvious truth to everyone normal: **Pride**. Again, **Pride** is what makes us capable of denial. *Luciferians can gaslight themselves into thinking Shame and Enlightenment can coexist in the same person with perfect balance even as they see and deny the direct evidence they cannot.* Luciferians maintain that you can be perfectly TRUE and perfectly FALSE simultaneously. This is pure power, the power to be absurd, the pursuit to achieve the cosmically impossible. **This is their version of "godhood."** If you or someone you know genuinely believes, talks, and lives as though this is bipolarity is possible...you might be or know a descendant of Cain. As children of Adam-Eve, we pursue One perfect unity in pure truth. The Yaldabaoth lineage of Cain want a perfect unity between good and evil, Shame and Enlightenment, creation and destruction, life and death, innocence and perversion, heaven and hell, apocalypse and paradise, utopia and dystopia. This is their psychosis and ignorance regardless of how brilliant and creative they may be at moments. This is why they can never lead the world but only afflict it. In reality, Luciferian philosophy results in "romantic" and "glamorous" outcomes such as child-sex trafficking, their "innocent" perversion pervading/*perv-aiding* their priesthood.

That Jesus knew he stood in opposition to Luciferian priests of "god," if not also the direct descendants of Cain, presiding as the Jewish political and ecclesiastical leadership is made perfectly clear in the Bible to anyone who can read and comprehend. Jesus has a specific debate with them in chapter 8 of *The Gospel of John* on the topic of

lineage. Again, this is not my Bible or an extra-Biblical source, it is *the* Bible.

*The Gospel of John 8:31-47.*

To the Jews who had believed him, Jesus said, “If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free.” They answered him, “We are Abraham’s descendants and have never been slaves of anyone. How can you say that we shall be set free?” Jesus replied, “Very truly I tell you, everyone who sins is a slave to sin. Now a slave has no permanent place in the family, but a son belongs to it forever. So if the Son sets you free, you will be free indeed. I know that you are Abraham’s descendants. Yet you are looking for a way to kill me, because you have no room for my word. I am telling you what I have seen in the Father’s presence, and you are doing what you have heard from your father.” “Abraham is our father,” they answered. “If you were Abraham’s children,” said Jesus, “then you would do what Abraham did. As it is, you are looking for a way to kill me, a man who has told you the truth that I heard from God. Abraham did not do such things. You are doing the works of your own father.” “We are not illegitimate children,” they protested. “The only Father we have is God himself.” Jesus said to them, “If God were your Father, you would love me, for I have come here from God. I have not come on my own; God sent me. Why is my language not clear to you? Because you are unable to hear what I say. You belong to your father, the devil, and you want to carry out your father’s desires. **He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies.** Yet because I tell the truth, you do not believe me! Can any of you prove me guilty of sin? If I am telling the truth, why don’t you believe me? Whoever belongs to God hears what God says. The reason you do not hear is that you do not belong to God.”

Notice here that while Jesus is acknowledging they are of the lineage of Abraham, he goes on to declare they are children of “the devil.” However, this devil is very concrete, not an ethereal idea or interdimensional being. He is “a murderer from the beginning” and “the father of lies.” Everyone who knows anything of Biblical scholarship knows that this is referring to **Cain who is the first**

**murderer from the beginning by killing Abel and the father of lies being the first liar on earth when he lied to Yaldabaoth, his Bible creator/father god about killing Abel. The text can suggest both that these Jews who are always searching for a way to kill Jesus are both the Luciferian students of Cain's philosophy as well as his literal descendants mixed among the children of Adam and Eve. Cain's 2.6 percent lineage are among us and to some degree *within* us. This fraction of Yaldabaoth's mutant genetics may be merely a metaphor or a literal reality that was allowed by the Mother-Father to provide us an earth life with the genuine seed of temptation in all of us.**

Socially, with this guiding theory of consciousness, as a global society we can work cooperatively to further science by creating tests to identify people in any political, corporate, or religious leadership role with the Luciferian polarity. Can we formulate scientifically accurate tests to identify people who internally maintain the two opposite and opposing value systems simultaneously? We are likely *destined* to learn to do so by the All-Loving Mother-Father as an important spiritual benchmark in our collective evolution. **If Cain was a real person with a real lineage as suggested in the Bible, was he the literal expression and genetic source of the abnormal 2.6 polarity in humans? Is the abnormal 2.6 polarity hereditary and recessive? Are the elite royal families well aware of this recessive genetic reality and is that the reason they so often historically pursue incest and inbreeding? Is this why all US Presidents with one exception are related to King John, the signer of the Magna Carta?<sup>141</sup> Do they all possess some of this theorized genetic Luciferian abnormal 2.6 polarity possibly from Cain through English royalty. Or is their collective psychosis all a random coincidence? On the positive side, was Adam confident in mating with Eve even after Yaldabaoth raped her because he knew *together* Eve and he could breed Cain's offspring out of the human family? In other words, what if the abnormal 2.6 polarity is not at all a *fixed* quantity or percentage of humans, but actually a remnant of a destructive**

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<sup>141</sup> Please, see Snejana Farberov's "Is ruling in the genes? All presidents bar one are directly descended from one medieval English king," 4 Aug 2012, <https://www.dailymail.co.uk/news/article-2183858/All-presidents-bar-directly-descended-medieval-English-king.html>.

**lineage in hereditary *decline*? Has that hereditary decline of the abnormal 2.6 polarity been historically expressed *in correlation* with the progress and an increase in global basic human rights, quality of life, the rule of law, and direct democracy? What if we are *not* stuck with Luciferians forever and our human family can outgrow them?** These answers could lead to a new global policy of identifying the genetic lineage. We could then determine whether this energetical and abnormal lineage currently dominating Western civilization is capable of solving the problems facing society. These humans may simply be *incapable* of evolving to the necessary level of consciousness for solving problems, **but the perfect level for creating and maintaining problems.**

**Looking back to Western foundations, it is possible that the Roman empire was always both good and evil as a version of civilization due to being the legacy of the Luciferian students and descendants of Cain.** When they merged the Roman Empire with One-Life Psychology, they created Catholicism, and it became the “Holy” Roman empire. However, though they may be unified in philosophy, the elite are never really safe with each other, and they kill each other from time to time. That is the archetype established by Cain killing Abel. Cain and Abel are the sons of Yaldabaoth, the creator god, and as such they are never safe with each other. You watch the elite, even though they seem to work together sometimes you never know when the elite ruling class is going to kill one of their own. Will they sacrifice some of their own like Jeffrey Epstein? “We’ve gotten too imbalanced. We’re too evil. We’re not doing enough good to keep the balance, so we need to sacrifice some of the evil among us.” Or “We’re too good we’ve got to kill some of our own innocent children and balance it out.” They could kill Abel and then realize, “Oh, we need some priests. We need some good people, or we need to be more good” or they kill Jeffrey Epstein and then realize, “We’re not evil enough.” Luciferians are forever trying to strike this unstable, bipolar balance, which will never ever be possible, so their philosophy known as One-Life Psychology will never succeed in healing our earth.

With the added context of Cain’s Luciferian offspring, it will now make sense why **One-Lifers can be loving one moment and abusive the next. That is who their god is within them. That is the bipolar**

Luciferian spirit of the Yaldabaoth god inside of them. This is what Jesus was trying to tell his disciples in *The Gospel of Judas*, that the god they worship, makes them angry in the very moment they *think* they are being *holy*.

From here you can logically understand how One-Life Psychology morphed into a series of holy wars wading in the blood of “infidels.” When you look at the Crusades, it is now clear how it made One-Lifer soldiers into Cain/Abel, Luciferian minions of the Holy Roman Empire. One-Life Psychology tells you to be “good.” One-Life Psychology tells you to be good, but it also tells you to be evil with the destruction of people that are said to be “wicked.” **Killing people who did not believe in Jesus is not what Jesus did. Jesus refused to participate in murdering a prostitute by stoning her to death. Unlike Jesus, One-Lifers rationalize that it is better for “wicked” people to die. “It is better for me to execute them and kill them, so they don’t sin more against me or god.” One-Lifers think it is righteous justice, which is how they rationalize that these murders and human sacrifices are for god. “I’m gonna kill you so you don’t go to hell.” Except that it turns out that hell is what is created by doing that. In other words, the idea “I’m gonna kill you, mass murder, slaughter wicked people” is what actually creates hell on earth. Hell is created through that thought system. Hell on earth is created by the thought “I am going to kill you, so you don’t go to hell.” We do not need to teach people about hell in some other dimension as long as we have One-Life Psychology. One-Lifers will actively work to establish hell on earth and praise their god claiming that all modern mass murder events are a fulfillment of god’s revelation of “love” in the final endgame and last book of the Bible: *The Book of Revelation*. Did the people of Europe feel the “revelation” of god’s love during such apocalyptic events as World War II? Whether or not Hitler was One-Lifer, it is strongly suspected the Nazis were secretly endorsed by the Catholic Church.<sup>142</sup> How could this happen? Hopefully, everything in this section has provided you with a speculative, logical basis for how**

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<sup>142</sup> Please, see TOI Staff’s “In ‘confession of guilt’ German Catholic Church admits ‘complicity’ with Nazis,” 2 May 2020, <https://www.timesofisrael.com/german-bishops-said-to-admit-complicity-in-nazi-actions-in-new-report/>.



Cain's Luciferian abnormal 2.6 percent can work cooperatively together as the Catholic Church and the Nazi war regime. They both worshipped the first Luciferian, Yaldabaoth. Yaldabaoth is the Luciferian archetype. If you were to ask a young, aspiring Luciferian, "Who do you want to be when you grow up?" "Yaldabaoth! I want to create worlds of slaves who I can abuse and misuse at my leisure." Luciferians want to be god of the material realm, creator gods in the image and likeness of the original, archetypal, psychotic, toxic male god of the Old Testament wielding the pure power to do anything and everything they imagine and desire. **If you were a Platonist, think of Yaldabaoth as the perfect Luciferian form or blueprint for a god. In Luciferian theory, Yaldabaoth is capable of swinging between the acts of Jesus and Satan. This absurd conviction is their ignorant, catastrophic blind spot, because this blueprint is missing exactly what Yaldabaoth lacks: HUMANITY. The Bible god is not a human being. This is why the Bible god, while creative and powerful, lacks the basic humanity that is so natural to us. You are better than the god of the Bible and all the ruling Luciferian elite of our world, *BECAUSE YOU ARE A HUMAN BEING*. Basic humanity does not take much for a real human being.** Be proud of your humanity. Celebrate it.

If the One-Lifer Gnostics turn out to be correct, the real Mother-Father God is far, far *above* the psychotic "god" of the Old Testament. I am not a gnostic. I am also not psychotic. I do not need to be a gnostic to see that the Bible god is psychotic. When your family preaches One-Life Psychology to you, you can laugh like Jesus and say, "Stop quoting the Bible to me, I'm not a devil worshipper." There will arrive a moment in your life which will be magnificent and stunning. There will arrive a moment in your life when you will realize that the One-Lifer Bible god is Satan.

## **23. One-Life Psychology teaches the virtue of self-sacrifice (i.e., “serving others”) as supreme.**

I want you to search the Old Testament and answer the following question. Once you grasp this issue sufficiently you can further pose this question to any person posing as a One-Lifer preacher, particularly any One-Lifer who approaches you with their agenda to *teach you*.

Did Jesus ever refer to himself as a “sacrifice”?

I am asking for you to present a scripture anywhere in the Bible where Jesus refers to himself as a “sacrifice”? I am NOT referring to someone else referring to Jesus as a “sacrifice.” Where in the Bible did Jesus refer to himself as a “sacrifice”? I am not saying he never did. I have just been asking One-Lifers to show me. Once, we establish where he says it, then we can discuss how the term “sacrifice” is being used in context. Can we then ascertain the definition of “sacrifice” as Jesus himself used it in reference to himself?

In order to qualify as a “sacrifice,” one must offer something of value up to one’s life or the life of a loved one as a religious act of worship to a god. In other words, you need to “give up” something or someone, or you must *lose* something or someone. The essence is that you end up on the *negative* side of the transactional offering referred to as “sacrifice.” You will have a genuine deficit after this sacrifice, otherwise, the sacrifice lacks the authenticity of religious devotion to the deity who requires the specific sacrifice. In Genesis, sacrifice is demonstrated early on in the story of Cain and Abel. It is made clear that the god of the Bible demands a specific blood sacrifice of the firstborn of the flock. Abel makes the “correct” sacrifice. Cain offers fruit of the field. We read, “but on Cain and his offering he did not look with favor. So Cain was very angry, and his face was downcast. Then the Lord said to Cain, ‘Why are you angry? Why is your face downcast? If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to

have you, but you must rule over it.”<sup>143</sup> When we accept that this was authored, not by god or a loving person, but by a Luciferian priest we can understand its real intent and import. **The clear message is that this god requires bloodshed and death as an offering. Someone must die for this god if the sacrifice is to be “right.”** Cain worked the soil. As portrayed in this part of the Bible, “Cain” was the archetypal vegan, and he is “wrong.” He does not agree with offering death, violence, and bloodshed to god, so he chooses to offer fruit. However, the text implies that Cain, who is naturally nonviolent because he rejects blood sacrifice, is *enraged*. **This is absurd if one reflects, because in the next verse Cain is said to have murdered Abel.** So, we are programmed to believe that the archetypal, nonviolent, spiritual vegan, Cain, who rejects the blood sacrifice of harming loving, gentle animals, is filled with rage and becomes the first murderer. If either of these brothers was to be predisposed and comfortable with murder, would it not be the one who accepts bloodshed and death as his religious duty? Cain will not even kill an animal. Why would he instantly reverse his psychology and murder his brother? Cain *cannot* be considered to be weak minded. He is strong willed enough to reject violent bloodshed even when it is commanded *by god himself*. How could a person of such strong character valuing life itself suddenly transform into the opposite? He cannot. This means the story is a fabrication, because of this obvious flaw. No ordinary human functions this way. No ordinary human changes instantly and does such an abrupt about face on their cherished values. “I value life! So, I am going to kill you!” The *first* protester of murder *becomes...the first murderer*? Genesis 4 stands logic on its head. The message of Genesis 4 is “**people who refuse to be sacrificial murderers are *the real murderers*.**” Thinking back to Sunday school, they should have introduced it by saying, “Welcome, children, to another episode of Storytelling for Serial Killers.” Genesis 4 is absurd storytelling. It is disturbing that we believe it.

**If any of you know vegans, *vegans are spiritually protesting the unnecessary murder and bloodshed of living beings* (i.e., “four-legged friends”). Vegans do not want ANYONE to die. Furthermore, vegans are spiritually determined that no one will**

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<sup>143</sup> Please, see the Bible, *Genesis 4:5-7, New International Version*.

**die, so that they can live. Veganism is a spiritual realization and conviction. “No one will die, so that I can live. No one will die so that I can eat. If someone must die for me to eat, I will not eat.” I cannot express how profoundly personal these feelings are within vegan spirituality and psychology.** The character of “Cain” in Genesis 4 is not merely presenting him as an original, archetypal vegan, but as a courageous *spiritual* vegan willing to *defy* the ritual blood sacrificial commands of the psychotic Luciferian god of the Bible. If you doubt this nonviolent disposition of vegans as described here, then you just need to get to know a vegan or vegetarian. They are *mentally* different. They are *spiritually* different. They abhor violence and bloodshed. The entire experience of eating the flesh of another living being is disgusting to them. It is just wrong for them. **Vegans and vegetarians refuse to eat death. Taking a life to sustain your own life is essentially vampirism, which is such a trendy, cool obsession in popular culture.**

We already know the basic One-Lifer dogma that Jesus sacrificed himself for us and that we are instructed to follow his example. One-Life Psychology has walked this delicate line of teaching you to sacrifice yourself while traditionally not including that you be *literally* crucified. Still One-Life Psychology traditionally includes romantic and glorious stories of all the “saints” who did literally sacrifice their lives in the ultimate expression of One-Lifer faith. The lesser forms of One-Life Psychology’s human sacrifice teachings include “enduring to the end” and “wearing out your life” in “being self-less,” to “sacrifice your life” works, and to “serve” and “help” everyone else. One-Life Psychology teaches, “Do *not* serve yourself.” These are actually some of the worst people burdening society. When you do not take care of yourself, someone else has to step in. By not being self-serving, you are a *burden* to others. One-Life Psychology teaches, “The chief among you will be the *servant* of all.” Perpetually, self-neglecting human servants are some of the most resentful, bitter, and exhausted people in society.

Where does this false programming originate? Ironically, One-Lifers have combined their religious dogma of sacrifice with a primitive biological program for survival. “Serve others like your life depends on it,” became “serve others because your eternal life depends on it.” This is what One-Lifers refer to as “salvation.” Salvation is then

understood not as a form of joy, but as a form of spiritual *survival*. Life is something to *get through*, to *get over* with, to...*sacrifice*. “I sacrifice my life, therefore, my life is saved. I am saved in the kingdom of heaven.” Salvation equates triumph with basic safety. **Therefore, sacrificing everything throughout your mortal life is actually a psychological coping mechanism you use to suppress and ward off the ever-present fear of not being saved and “being cast out at the last day.”** “The moment I start to feel the fear and dread of god’s almighty wrath and indignation over my lost and fallen state, I feverishly search my surroundings like a trauma victim hypervigilantly looking for someone or something to **sacrifice or offer to god to comfort myself**. I can never be at ease or become lax in my sacrifices until after my last and ultimate sacrifice, my own death.” With *what* ultimate, melodramatic fear are One-Lifers indoctrinated? “The harvest is past, the summer is ended, and *we are not saved*.”<sup>144</sup> **One-Lifers always fear not doing enough, offering enough, or sacrificing enough to feel god’s presence, whatever they perceive this presence to be, to reassure them that they are “saved.”**

Now imagine all the negative feelings One-Lifers would have to confront in themselves if they suddenly *stopped sacrificing*. Negative feelings are not meant to determine our life purpose or drive our activities and choices. As noted in the One-Lifer paradigm of *salvation as spiritual survival*, all of your negative feelings are fueled by your body’s instinctual drive to survive that your brain is programmed to believe are necessary.<sup>145</sup> **So, you have the One-Lifers running through life with their hair on fire to *sacrifice themselves* to generate a comforting sense of survival salvation. In this sense, the One-Lifers really are subconsciously self-serving. “Sacrificing” for others is code for manipulating situations not really to genuinely help others, but to *make themselves feel better*.**

The other human side of these calculated One-Lifer human-sacrificers are identified in Jesus’s words, “The poor you will always have with you.” What did he mean? I am well aware of the traditional reading used by One-Life Psychology, which is to make you all human

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<sup>144</sup> Please, see the Bible, Jeremiah 8:20, *King James Version*.

<sup>145</sup> Please, see David Hawkins’ *Letting Go: The Pathway of Surrender*, pp. 20-21.

sacrificial servants as a life sentence to One-Life Psychology. Let me translate the scripture more truthfully for you as a professional shrink. Verily, Jesus also meant, “**The dramaholics are always with you!**” There are *layers* of meaning in his words and there ought to be if he is a real Avatar/God. In a real sense, the “poor” includes anyone whose personal life is a dumpster fire. If you have actually helped people in poverty, they often have a million things going wrong at the same time. The bandwidth of their brains is maxed out every day on surviving *that* day. They almost always have drama in their lives. They will rarely read this book because they are too busy finding food, working, accessing welfare, securing housing, paying basic bills, asking for rides, etc. They have children. They have relationships. They have health problems. They struggle with addictions. They have fewer protections and endure all kinds of abuse and neglect. Consequently, they have **a lot of drama** in their lives. Subsequently, they become addicted to the dramatic, “ghetto” low-ass energy as a lifestyle. **That** mentality becomes their *identity*: Dramaholics. They feel trapped and stuck. Some people will read this and say, “David, you insensitive prick. How dare you talk about *poor* people in this way when they are the victims?” If that is your reaction, then there are three key differences between you and I. (1) You pity them. I respect them. (2) You identify them as “poor victims.” I see them as people in poor circumstances with the power to overcome and equal to myself. (3) You cannot help them, because your Apathy energy is weak. I can and I do. How? I have already alluded to it and will cover it more and more explicitly.

As a professional helper, I view One-Lifers like religious firemen hunting for someone’s personal crisis fires to put out using their religion. Setting aside the question of whether the “water” (i.e., religion) they are using actually resolves crises, *One-Lifers too are dramaholics addicted to everyone else’s drama*. If you make yourself the emotional fireman to the human family, there will always be a “victim” dramaholic in crisis ready to suck in a One-Lifer human-sacrificer addict to play the role of “Jesus Christ superstar-savior” in the One-Lifer drama of “salvation.” One-Lifers are doing exactly what they have been trained to do: WWJD. What would Jesus do? He hung on a cross for the world.

For the poor, there is also almost always *trauma*. Poverty itself is traumatic. In mental health as well as in the medical field in general, we are always encountering trauma. We can become inured to trauma at the same time we cannot stop looking at it. We become **trauma junkies**. “Helpful,” service-oriented people, particularly One-Lifers, run the risk of becoming dramaholics and traumajunkies on a crusade to save the world while running on fumes, burned out, compassion fatigued, secondarily traumatized, desensitized, numb, inured, and, therefore, **not loving, discerning, or revelatory**. In this uninspired, disconnected, out-of-touch level of consciousness, you cannot know when you are truly helpful. One-Lifer human-sacrificers are enabling rather than empowering self-identified “victims” and “dramaholics” who are irresponsibly avoiding their own work by getting everyone else to do it. “Victims” suck off the life energy of One-Lifer human-sacrificers to pacify themselves. One-Lifer human-sacrificers enable “victim” dramaholics to refresh their thirst for certainty of “salvation.”

A real healer teaches people how to take back and access their power one step at a time. There are no “poor people.” There are people in poor circumstances. We are all just people. With the exception of the severely mentally and physically disabled, we all have the power to take responsibility for our own issues. This power is real. This power is yours. This power is you. Teach that to people and walk beside them and coach them to take those steps. That means investing them as opposed to giving them money and sending them away, *so you do not have to look at them*. This process is very different from “sacrificing” for people. In fact, this process of actually helping people requires resisting the One-Lifer temptation to *sacrifice anything* for them or to “save” (i.e., rescue) them.

“You take responsibility for your life, and I’ll take responsibility for mine.” Then we can all stop playing “Jesus Christ human-sacrificer, superstar-saviors.”

There is a very important reality which naturally comes into effect when you take 100 percent responsibility for your life. When you really prioritize yourself, your growth, your health, and your well-being, you do not have time for other peoples’ desperate melodrama. You simply do not have time for them. *Then* when you have made

yourself your top responsibility, what do you do with your remaining time? You focus on your partner understanding that your partner also has the same focus as you...**himself/herself/their-self**. Then when you and your partner are in this flow, what do you do with your remaining time? You focus on your children and raise them with this worldview and philosophy. This is an entirely different type of parenting style than the worrying, fearful, authoritative, demanding, severe, melodramatic, obsessive, destructive, superstitious parenting of One-Life Psychology and their Bible god. Responsible parenting recognizes your individuality as fundamental to reality. “I am not my children. My children are not me. My successes are *my* successes. My failures are *my* failures. My children’s successes are *their* successes. My children’s failures are *their* failures. My partner is not me. I am not my partner.” In one sense, I define family *without* regard to DNA or blood. However, I do believe that blood relationships play a specific spiritual role, which will be addressed much later. Here at this point in the text, I stress the meaninglessness of blood relationships. What is a definition of family? Family is a group of people who support one another in their *self-chosen* goals and dreams. This definition allows us all to be uniquely growing and evolving individuals with free will. When we respect and acknowledge how different and separate we are, paradoxically we become more unified...unless we are One-Lifers. One-Lifers “know” the answers of life for you and everyone else. Furthermore, if we do have immortal souls, my children are not really “mine” or my “children.”

Back to personal responsibility as a spiritual principle governing reality, what do we recognize as the ultimate consequence of this reality? When you really, really focus on growth, evolution, health, and the well-being of yourself, your partner, and your children, **YOU HAVE NO FREE TIME, FREE MONEY, OR FREE ENERGY...BECAUSE YOU’RE BEING RESPONSIBLE.**

If you are a “helpful” person (i.e., a One-Lifer human-sacrificer), you need to have the realization that **THESE DRAMAHOLICS ARE STEALING FROM YOU AND YOUR FAMILY.**

**After your family is provided for, all of your free time belongs to you, your partner, and your children, not to One-Life Psychology**



**and certainly not to the psychotic, Luciferian, inhumane god of the Bible.**

“But David, you are selfish. It’s selfish not to help others.”

Try this on.

It is ignorance not to help yourself.

**It is a special kind of ignorance to help outsiders *before* taking care of your own family.**

Go ahead and ask your partner and children about all your free voluntary One-Lifer human-sacrificer service hours feeding and comforting your **fear-full** soul. **You are so full of fear, you have no space in your heart or mind for the courage to step back and let others succeed and fail without you has their “savior.”** If your family is truly safe enough to be honest with you and conscious enough within themselves, they will tell you that it is unfair and unjust for you to play “Jesus Christ savior-superstar” for everyone. When I was a young boy, I was raised in a homophobic One-Lifer community, and I was very much a part of that culture. I remember hating the energy of church. I had this friend who kept trying to help me on a camping trip, and I am not proud to admit what I said, I can look back and see that I was grasping something important. I was impatient with his “help” and I said, “What are you trying to be? Some kind of f\_ggy savior?” Now, I apologize in retrospect for the homophobic slur. However, in context, I hope the reader can appreciate that I was tapping into my own subconscious frustration with the One-Lifer practice of being a savior for others. I do not want people on top of me doing *it* for me regardless of whatever *it* is.

Do you really want to be of service to humankind? What is the real formula for being of true service to humankind? Put yourself first *until* you identify your life purpose. **Living your life on purpose is the cure for the One-Lifer culture of human sacrifice and it is a win-win-win. When you are living your life purpose, you will be joyful and happy and all of your actions will automatically serve yourself, your family, and your world.**

Stay with me. One-Lifers are obsessed with identifying the Antichrist. I know exactly who the Antichrist is. Jack Canfield is the Antichrist,

the creator of the *Chicken Soup for the Soul* book series.<sup>146</sup> Of course, I will “prove” it to you with no less than the first principle of his own national best-selling book *The Success Principles: How to Get from Where You Are to Where You Want to Be*.<sup>147</sup> The back story of this point is important. W. Clement Stone was Jack Canfield’s mentor and teacher. Stone hired Canfield to travel everywhere learning from every success coach how to succeed. From all his learning he distilled the success principles. Think of them as the laws of success. Again, **truth** is the ultimate governing principle. What really works? What is the **truth** of the universal laws and principles that govern success? Do you want the lies that always fail or the **true** principles that are most likely to generate your desired outcome, your success? Canfield did not have to travel to learn the first principle, because Stone gave it to him. Principle 1: Take 100% Responsibility For Your Life. The book is based on this one truth: The only person responsible for your quality of life is you.<sup>148</sup> How does this make Jack Canfield the Antichrist? Read how Stone describes taking 100 percent responsibility for your life as he delivered the teaching to Canfield. **You are the creator of everything that happens to you. You are the cause of everything you experience. If you want to be successful, you must stop blaming everyone and complaining about anything. You must take ownership of all of your successes and failures. As you acknowledge that you have created everything in your life, then you can shift to creating a future in line with what you truly want. You have created all the conditions of your life. Therefore, you can uncreate those conditions and re-create them according to your free will.**<sup>149</sup>

This is not only the first success principle from one of the most famous success coaches on Earth and most decent human beings, **but this writing is also fundamentally one of the most “antichrist” or anti-One-Lifer teachings you can ever learn. This principle of success is a complete denial of the role of Jesus Christ as your God and Savior. You create everything that happens to you? You are**

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<sup>146</sup> This is satire.

<sup>147</sup> Please, see Jack Canfield’s *The Success Principles: How to Get from Where You Want to Be 10<sup>th</sup> Anniversary Edition*, (2015).

<sup>148</sup> Ibid., p. 3.

<sup>149</sup> Ibid., pp. 4-5.

**the cause of all your experiences? You are responsible for all your successes and failures? You have created everything up until now? You have created your current conditions, and you can uncreate them at will? Do you realize what Canfield is describing? Godhood. The number one principle of success is realizing that YOU ARE GOD. This is not One-Life Psychology. This teaching is in no way compatible with One-Life Psychology. Where are the One-Lifer protests against Mr. Chicken Soup for the Soul? One-Lifers actually love Canfield, and he loves them. There are three *Chicken Soup for the Soul* books for One-Lifers, One-Lifer women, and One-Lifer families. Canfield's teaching is as Antichrist as anything in the Bible prophecies of the Antichrist replacing god in the temple throne in Paul's Biblical letter *Thessalonians*. Canfield is teaching everyone that they are the creators of their own lives. Canfield is teaching you to replace Jesus in your life with yourself. Canfield is teaching you to stop relying on any god outside and look to the god within. I agree with Canfield. One problem with the psychotic god of the Bible is *not* that he referred to himself as god, but as the "only" god. You are god. I am god. It is okay. Practice saying it. "I am god. You are god. We are god." It has nothing to do with smug Pride. It has everything to do with responsibility. It is actually quite *humbling* when you accept your responsibility for everything in your life. "Wow, I made all this mess? I created this mess?" It is quite a heavy emotional realization when you stop blaming everyone and everything outside of yourself for the parts of your life you hate and shift towards uncreating them.**

This entire conversation has given you a stinging sensation for another reason and that is that in our society people have made the word "responsible" synonymous with dirty, filthy, and **guilty**. "Who's responsible?!" "I feel responsible." "You are responsible." Our "Antichrist" Canfield explains that people equate responsibility with being guilty. If a person is responsible for any given negative event, then they assign guilt and blame to themselves. Taking on this guilt interferes with accepting responsibility. People use feeling ashamed as a way of getting out of responsibility for what occurred. They twist feeling guilty and punishing themselves into an expression of not being a bad person. It is more powerful to take responsibility

and use that energy to improve the situation.<sup>150</sup> Normally, I would simply defer to the “Antichrist” on matters of human wisdom, but, clearly, he has spent far too much of his time around successful people to understand what he is trying to teach or who he is talking to. Reading this makes me laugh because it puts such a nice-person slant on wrongdoing. “I am a good person, so I need to guilt myself.” This is not how people think. This is definitely not how convicted registered sex offenders think. This is not how drug addicts and alcoholics think. This is not how abuse victims think. How do they actually think and talk? “I am a piece of shit.” “I am a failure.” “I am such a loser.” So, in the minds of normal, average, everyday people in therapy, they **identify** themselves as **Guilty**. Guilt level 30 is a core part of their subconsciously One-Liferized identity. Therefore, they certainly **do not** guilt themselves because they think they are “good” people, but because they *know* they are *bad* people. “I am a piece of shit and I deserve this.” **Real people, as in all the people I work with, see themselves as carrying out a sentence in punishing themselves.** Canfield is correct in stating that identifying yourself as guilty prevents you from taking responsibility. He just has not spent enough time in the shithole of life or its been too long since he worked in the sewer. He has forgotten the basics about **Guilt as an identity**. At the negative levels of consciousness, you falsely misinterpret your frequency and your energy as your identity. You mistake your ego for your soul. Jack, had it been too long since the “Antichrist” visited hell when you wrote this? I am easy to find safely nestled between Sin and Death. It keeps me real.

You have to learn the difference now and not use the term “guilty” when you mean “responsible” or use the word “responsible” when you mean “guilty.” “Guilt” is level 30 and the level of murder and torture. Responsible is Acceptance level 350 and means you are a creative god spark made of Love, Joy, Peace, Enlightenment, and Truth. Now you know that guilt and responsibility are energetically distant concepts. Guilt and Responsibility cannot coexist in the same person at the same time. Guilt actually prevents you from being responsible. Guilt blocks growth because guilt becomes your identity and as your identity you can never actually take responsibility if you

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<sup>150</sup> Please, see Jack Canfield and Pamela Bruner’s *Tapping Into Ultimate Success*, (2012), p. 74.

are always guilty. **If guilt is your identity, you must create more circumstances and events which prove that you are guilty.** If you are responsible, then you take responsibility from this moment going forward for everything you learn, everything you create, and how you react. Yes, if you have made mistakes, you can torture and beat yourself for them. However, that is irresponsible and that only further pollutes the world with added guilt. All you can do now is take 100 percent responsibility to learn from your mistakes from this moment forward and prove to yourself that you have learned, you have grown, and you have changed.

I had a client who was a sex offender who had been sexually abused as a child. He did everything in his power to reintegrate into society after years in prison. He accepted that he would always be listed on the Internet as a sex offender. He always told his employer of his status ahead of time and he followed the stipulations of his probation, but that never stopped coworkers from looking him up online and discovering his status. He would start working at a job and then someone would look him up online and start trouble for him. Then management would find a reason to fire him. He said, “I know that they see ‘sex offender’ and that is what they think of me, but that is not who I am.” Then he would continue his job search. The same situation would occur when he would date any woman and her relatives discovered his status. He pressed forward in a mindset of responsibility to create a happy life for himself accepting that society will forever attempt to energetically imprison him in Guilt level 30. Does the reader think this approach to this client by our society is truly *in the service* of our society? Would it not better serve society if we were to consciously identify places of “second-chance” employment where it is understood that paroled sex offenders can work and pursue a stable life after prison? “Verily, the registered sex offenders are always with you.” They will live among us. Is it wiser to push them into the fringes of distressed poverty or to take an active interest in their productivity and self-esteem? Is it better to leave them wandering in the shadows or to know exactly where they work, what they are doing, and who they are dating? Are we promoting guilt or responsibility?

Psychologically, this shift alone using the first principle is capable of transforming your entire life. As with any spiritual truth, we first learn

of it, then we eventually accept it, and then we begin the lengthy process of actually practicing it until finally it becomes our way of life. Taking 100 percent responsibility for your life as defined by Stone and Canfield takes time. This process not only changes your life, it changes everyone around you. When you finally take 100 percent responsibility for your life as a way of life, then you communicate from that place. All of your communication with everyone is from the orientation of godhood within yourself *and* the god *within everyone else*. When you speak to others, you are speaking to god. You are speaking to the god within them. When you are speaking to yourself, you are speaking to god. You are speaking to the god within yourself. You are god. I am god. We are all fragments of the One God. There is One God, and we are all parts of it. This is exactly what Stone and Canfield are teaching without teaching. *It is not One-Life Psychology*. I agree with them 100 percent because I have used this teaching with every single client. The clients who accept 100 percent responsibility change, transform, and succeed. The clients who reject it languish, sputter, and have low, weak energy. I still continue talking to god within them. God is still there.

The only real sacrifice you need to make is your victim mentality.

How is it selfish to take 100 percent responsibility for my life? How is it selfish to reject a life of being a One-Lifer human-sacrificer? **By taking 100 percent responsibility for my life, I never burden others with my problems or blame them and I teach everyone else to do likewise.**

**What if the truth is that the real Jesus taught the same teaching as Stone and Canfield?**

He did, according to *The Gospel of Judas*.<sup>151</sup> The reader was already introduced to the conversation in which Jesus told his disciples that he was not the son of their god.<sup>152</sup> In private to Judas, Jesus had much more to say directly on the topic of One-Lifer human sacrifice. According to the text, Judas was the only disciple who could correctly identify Jesus as the son of Barbelo/Sophia the divine Mother in

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<sup>151</sup> Please, see Marvin Meyer's *The Nag Hammadi Scriptures*, (2007), *The Gospel of Judas*.

<sup>152</sup> Ibid., *The Gospel of Judas*, 33:22-34:18, pp. 760-761.

whose image and likeness he came. Jesus was a feminist who loved children, women, the sick, and the prostitutes. Jesus is the archetype of a man who has mastered the classical feminine values born into the toxic, masculine, dumpster fire of the ancient Middle East. This contextual factor alone in the life of Jesus made his birth a suicide mission. Consider the classical feminine traits and compare them to the life of Jesus: nurturance, sensitivity, sweetness, supportiveness, gentleness, warmth, passivity, cooperativeness, expressiveness, modesty, humility, empathy, affection, tenderness, being emotional, kind, helpful, devoted, and understanding. These are the character traits of Jesus, and these are more reasons why Jewish men in his day would have found him utterly bizarre. Jesus could not have been the son of their god. *A man who cries in public could not be the son of their god.* Can the reader appreciate how out of place Jesus as a person would have been in the ancient Middle East. ***Jesus was a woman to them, not even a man and certainly not a god.*** As noted previously, this is what Jesus said to all the disciples in *The Gospel of Judas*. This is why ancient One-Lifer Gnostics were so much closer to the truth in having Judas declare to Jesus in front of all the disciples that Jesus had “come from the immortal realm of Barbelo”<sup>153</sup> who is the divine Mother. **The ancient One-Lifers knew Jesus was the messenger of the divine feminine which matched more perfectly with his life and behavior. He was the embodiment of the female *Mother*, not the Father, in a *male body*. A male body was a perfect, paradoxical disguise for the divine feminine to overthrow the toxic male, ancient Middle East.**

According to *The Gospel of Judas*, the disciples told Jesus about their shared vision. They saw priests making sacrifices at an altar with a large crowd. The disciples were excited to share this vision with Jesus until he asked them, “What kind of people are the [priests]?”<sup>154</sup> The disciples answer, “[Some abstain for] two weeks. [Some] sacrifice their own children, others their wives, in praise and humility with one another. Some have sex with men. Some perform acts of [murder]. Some commit all sorts of sins and lawless deeds. And the men who stand [before] the altar call upon your [name], and through all the

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<sup>153</sup>Please, see Marvin Meyer’s *The Nag Hammadi Scriptures*, (2007), *The Gospel of Judas* 33:1-35:21, pp. 760-761.

<sup>154</sup> *Ibid.*, 38:1-39:5.

actions of their deficiency, that [altar] becomes full.”<sup>155</sup> After their answer, they were silent and upset because they knew that based on their Pride they had identified themselves with the great priests of power in their vision. Jesus drives home their realization, “Why are you upset? I tell you the truth, *all the priests who stand at the altar call upon my name...You are the ones presenting the offerings at the altar you have seen. That is the god you serve, and you are the twelve men you have seen. And the cattle brought in are the offerings you have seen—they are the multitude you lead astray before that altar.* [The ruler of this world] will stand and use my name in this manner, and generations of pious people will cling to him.”<sup>156</sup> Jesus relists all the same evil deeds of the priests again in his name and prophecies that they will declare themselves to be angels. Then Jesus commands them “Stop [sacrificing].”<sup>157</sup> He is telling them not to sacrifice *anything or anyone* in his name because it is not for him, but for the evil priests. The words from these second century One-Lifers could not have been more prophetic. If it turns out that Jesus never required any sacrifices of you, for whom are all of your One-Lifer sacrifices? If a person has sacrificed their own life for One-Life Psychology or supported their children in sacrificing their lives, then they have committed the sin of human sacrifice which Jesus condemned. Martyrdom for One-Life Psychology is human sacrifice. Luciferian One-Lifer priests continue to this day to lead the people like cattle into sacrificing themselves and their children in Jesus’s name. Luciferian One-Lifer priests have committed every crime imaginable in Jesus’s name. If you sacrifice your life for Jesus, Jesus says that it is not for him at all. You are only serving the Luciferian One-Lifer priests. You are guilty of the crime of human sacrifice if you sacrifice your life in Jesus’s name. How many people over the centuries have sacrificed their lives in the name of Jesus including his own disciples after he explicitly told them not to do it? How have these human sacrifices been used by Luciferian One-Lifer priests to popularize and advance their agenda in the name of Jesus?

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<sup>155</sup> Ibid.

<sup>156</sup> Ibid., 39:5-43:11.

<sup>157</sup> Ibid.



Luciferian One-Lifer philosophy is not just an attempt to combine innocence and perversion into their value for child-sex as manifested in their ancient priesthood, but also in a variety of forms of human sacrifice for their absurd life-death, creative-destruction. *To kill to live* is the “romantic” stench of One-Life Psychology. **Why not just live and let live? Why not you live and let your Avatar Jesus live also? Why do you have to murder him to live?** The Jewish leaders wanted Jesus dead. **The authors of the Bible transformed these death threats into a prophecy supporting the human sacrifice of Jesus for the children of god.** The high priest is quoted with commentary, “You do not realize that it is better for you that one man die for the people than the whole nation perish. He did not say this on his own but as high priest that year he prophesied that Jesus would die for the Jewish nation, and not only for the nation but also for the scattered children of God, to bring them together and make them one.”<sup>158</sup> **Even if it were true that one man must die for all to live, then why has that never really been true? Why did One-Lifers keep dying “for” Christ and One-Life Psychology if Jesus’s sacrifice was to be the great and last sacrifice? Why did any other One-Lifer ever need to die again “for Christ” or for whatever exactly in the doctrine of Christ? Are not One-Lifers supposed to live precisely because he died? But they have not and do not, they just kept dying “for Christ.” If Jesus truly was “a sacrifice” for you, then why do you need to be a human sacrifice for him when he ended all sacrifice? Who benefits from all these additional human sacrifices? All the human sacrifices of One-Lifers were never “for” Jesus because he is god. He is an Avatar, complete and perfect and whole in himself. This means he never, ever needs anything from you. So, again, if Jesus was the great and last sacrifice for everyone forever, for whom was your human sacrifice? For whom have all the other One-Lifers sacrificed *their* lives? Is it not obvious? It was always for the psychotic god Yaldabaoth and his Luciferian priest class. That is exactly who you gave your life for and every other One-Lifer “martyr,” so they could live off your name, your life, your work, your fame, your glory, and, most of all, your legendary human sacrifice. This is why dead martyred prophets are immortalized by the very people who murdered them. In the**

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<sup>158</sup> Please, see the Bible, John 11:50-53, *New International Version*.

ultimate irony, One-Lifers have been sacrificing their lives for Satan, the god of the Old Testament, the god who demanded Jesus's execution. Jesus said to the Luciferian priests of his day, "And you say, 'If we had lived in the days of our ancestors, we would not have taken part with them in shedding the blood of the prophets.' So you testify against yourselves that you are the descendants of those who murdered the prophets. Go ahead, then, and complete what your ancestors started!"<sup>159</sup> Notice how Jesus is making explicit how the priests live off of the fame and authority of the prophets their own ancestors murdered. Jesus predicted that whoever killed him would also live off his name, his fame, his good works, his teachings, his legend, and his miracles. That is precisely what the Roman Empire did. Jesus knew how he was going to die and how his death would be used. He knew his closest "Christian" disciples would become *the primary sources of the problem*. What is the problem? The problem is using the murder of Jesus as a "God" sacrifice to rationalize every and any perverted "sacrifice" imaginable up to and including human sacrifice "*for Jesus Christ our Lord and Savior.*" One-Life Psychology is the problem, because of its obsession with sacrifice.

Nothing you sacrifice from your own life to your chastity to your children's lives is too great a sacrifice, because any sacrifice you make is small compared to the sacrifice of a god, the death of Jesus Christ "once for all," which means for One-Lifers, for everyone, for everything, and for all time.<sup>160</sup> However, the death of Jesus Christ and the sacrifice of a god is not, as it turns out, good enough for anything or anyone, because, as the Luciferian One-Lifer priests teach us, we must all duplicate Jesus's sacrifice in our own way. Jesus is quoted as saying that everyone must "take up his cross and follow me."<sup>161</sup> What could make the sacrifice of Jesus more pitiful and redundant than making everyone *redo it*? That is the absurdity and idiocy at the rotten abnormal Luciferian core of One-Life Psychology. This begs the question of what kind of "god" needs your sacrifices? One-Lifers will say that

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<sup>159</sup> Please, see the Bible, Matthew 23:30-32, *New International Version*.

<sup>160</sup> Please, see the Bible, Hebrew 10:18, *New International Version*.

<sup>161</sup> Please, see the Bible, Matthew 16:24, *New International Version*.

**god does not need your sacrifices, but you do. *You* need to make sacrifices. Why or in what sense? Is it because Jesus's sacrifice was useless?**

The Bible is clear that Jesus did not actually make a "sacrifice" as the One-Lifers use the term. As the result of Jesus's "sacrifice" of suffering over a single twenty-four-hour period, **he becomes the king over death, hell, the earth, all of us, and equal to the Father. Can I make a "sacrifice" like that? Can I take up my cross and follow in Jesus's footsteps and "get kicked upstairs"? Honestly, if becoming equal to god only requires a twenty-four-hour hellish ordeal, how many of us have already qualified? I know children who have qualified.**

I was recently discussing in session the problem of sacrificing to take care of others while we neglect ourselves and how to resolve it. After the session, my client messaged me saying, "Thank you. I feel so much better. It's wild to me that I can solve everyone's problems except my own. Fully retarded" with a gif of Michael Myers's SNL character Simon. She understands how this false programming has stunted her personal growth and happiness rendering her *less* loving and of *less* service to the people in her life. As traditional wisdom states, "you cannot give what you do not have." The more you grow, the greater service you can provide our world.

This client messaged me later.

Client: What is it about me that attracts narcissists?

Therapist: It's not so much attracting "narcissists" as it is being ok with your evolving process in this lifetime as this specific woman and how this woman you are right now interacts with men. Narrow it down to the present moment and examine how you're resisting this moment as this woman with this man. Also, when you're surrendering big negative emotions do it in small pieces. It's ok to distract yourself with productivity if you consciously know that's what you're doing. You are in that moment doing the maximum with what you have. "I'm in college. I'm running a business. My children are safe. I'm divorced finally." We always shift to gratitude first and then even second: "My partner is at least working after all." Then you look at where Desire is tripping you up. "Where am I pressuring my reality at this moment?"

Where is my wantingness causing me suffering right now at this very moment?" Then witness from your soul how that wantingness is sabotaging your gratitude and peace. Then it's a short step to Acceptance. "This is not my journey. It's just today. And today right now I'm having scrambled eggs. *Then* I'm going to exercise. *Then* I'm going to study." *Then* you have taken back control of your joy from moment to moment. For me personally today, this was my journey. Waking up writing at 3 am filled with inspiration on a thought. *Then* checking on the children in their sleep. *Then* praying. *Then* laying back down. *Then* my wife sees me awake and massages my head. *Then* I write some more. *Then* I sleep. *Then* I drop off the car to get the AC charged. *Then* I check on the hens well-being. *Then* I put away tools I used to fix the dishwasher. *Then* I help my children buy a digital movie they are very excited for. *Then* I hold and kiss each baby chick vigorously. *Then* I scramble four eggs for a daughter. *Then* I get the fresh eggs. *Then* I see your text. Now I'm going to write.

You can identify narcissistic traits and you can even point them out, but if you're dealing with a narcissist good luck... **Then the question is transformed!** "What is it **about me** that *stays* with narcissists? You're a bright woman, so I wonder what the answer is. "You don't have any friends. Nobody likes you." Does this sound like your inner critic? Then we look at how disconnected we are from our soul, our true identity. Maybe it's envy? Maybe it's sadness? Maybe it's despair? Then the question transforms again! Ask yourself, **"What emotions would I have to confront in myself if I left this narcissist right now?"** You can actually work on that in advance **without actually kicking him to the curb** just like how we can process grief before someone we love actually dies. Process your fear of being alone...forever...without actually being alone. Because you can never truly be alone no matter how you feel. And this is why I must add, I am not soul bound to you as a helper for you to accept anything less than true love. I will not stop serving you until you have it. You are not alone, and you did not come back to this earth life for anything less.

Your friend is different in her pain-body. She would just stay alone or wander from love to love being repeatedly abandoned. We can't allow that. *You* stay too long with the wrong person. It's a different style of

pain. I'm not saying he won't work out. That's why we surrender the moment. Then we are okay if he does or doesn't. Maybe he will. Maybe he won't. Just surrender this moment and focus on your personal growth.

Client: I think I have a desire to save people. Help people. I am attracted to the broken. To the unhealed. Maybe that's ego for me? I'm not sure. I have always found peace in helping someone else but have never been able to help myself.

Therapist: Which actually I didn't want to say but the desire "to help" can become a form of narcissism... "To save" others is to replace God and the Universe as the distributors of good.

Client: Yeah and I know being raised by two narcissists can give me what they call "narcissistic fleas" or the personality traits I picked up from them that I also now recognize in my son. How do I stop this?

At this point, I shared the pages of Jerome Wagner's *Nine Lenses of the World* which I will explain.

The Enneagram provides important guidance for answering this question within the paradigm of One-Lifer human sacrifice. Type 2 of the Enneagram is the perspective of love, the helper. Common ego programs of this personality style include being generous to a fault, meeting people's needs in the hopes that they will also meet your own, being helpful to gain others' approval, needing to take care of others, sacrificing to gain approval and appreciation, equating taking care of yourself with being selfish, loving and looking for ways to give, wanting others to depend on your generosity, doing everything you can to meet others' needs, seducing people with kindness, doing things because you need to be loved, and selling yourself as dependable.<sup>162</sup> This is one of the key personality types which Luciferian priests most cultivate in One-Life Psychology as a means of feeding the self-worth of the worthlessness they also cultivate. The priests make you feel worthless as a sinful, fallen human, then they brainwash you into seeking self-worth through becoming a slave to "love" as their human sacrifice. It is brilliant because it works. One-Life Psychology will cultivate this "Love" personality in you until it

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<sup>162</sup> Please, see Jerome Wagner's *Nine Lenses on the World: The Enneagram Perspective*, (2010) p. 216.

becomes your personality similar to how most abuse victims mutate into Peacemakers through trauma. One-Life Psychology traumatizes you into becoming a “lover” and a “helper” though it is a highly toxic form that has nothing to do with real Love level 500.

The “love” of fraudulent One-Lifer human-sacrificers is actually their drug of choice: the vice of Pride. They are generous to you on the condition that you will appreciate them and express your approval. They give you strokes with the full expectation of receiving your strokes in return. They offer their love so that they will *feel* worthwhile, useful, and satisfied, rather than for the genuine benefit of their targeted recipient. They give you things that you did not ask for, need, or want with the expectation that you will accept with gratitude. This is their manipulative pride masquerading as “love.”<sup>163</sup> **THIS IS THE PERFECT DESCRIPTION OF THE ONE-LIFER god. I have not asked Jesus to take responsibility for my errors. I do not need Jesus to suffer for me, because I do that already. I do not want Jesus or anyone else to suffer for me. I am told that the One-Lifer god is filled with wrath and anger against me for taking personal responsibility and intends to send me to hell for rejecting his unsolicited gift. But, according to judgmental One-Lifers and their Bible, I am the loser here, not the psychotic, control freak, narcissist sadist Satan-god Yaldabaoth who has tricked all of One-Life Psychology into worshipping him.**

Unfortunately, this sadistic god is the entity One-Lifers worship and often behave like. Early on in life as One-Lifer children, they dissociate from their essential Self and others. They lose touch with freedom and the rhythm of life. They bestow the fantasies of their ego with the status of universal truth. No longer satisfied with cooperating with god’s will, they become fixated with imposing their will in place of reality. They will decide what you need and when you need it. They will distribute all the goods of cosmic generosity. They become deluded with controlling the flow of well-being. TWOs judge god and the universe as not being all-loving, so they must step up. We are all expected to defer to their superior sense of love and judgment.<sup>164</sup> This is a perfect description of the treatment of humanity by Luciferian

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<sup>163</sup> Ibid., p. 222.

<sup>164</sup> Ibid., pp. 222-223.

One-Lifer priests, teachers, and authorities. One-Lifers do not trust god as evidenced by how afraid they are of how everyone else lives. They feel compelled to control others through how they give “love” as they define it. They “love” to impose their will. Ultimately, One-Lifers are playing god, because they think they know the mind of god. One-Lifers do not actually believe in god, because they believe they are better than god. It is the very belief in their superiority with their attitude of Pride that makes One-Lifers in the image of their One-Lifer Satan-god, Yaldabaoth. The key difference is that Yaldabaoth never sacrifices himself for anyone. He had his servants murder Jesus and then tricked One-Lifers into believing that Jesus was his son that he sacrificed for them. Then One-Lifers are brainwashed into following in the footsteps of Jesus. Then people like my clients inherit the subconscious need to be Jesus Christ human-sacrificer, superstar-saviors for their lazy, entitle partners.

Our texting continued.

Therapist: Yes, Hawkins would say like attracts like. So, if my partner has narcissist traits, then they are a mirror for me. I have my narcissism. Everyone honest has some.

Client: Yes, I agree with this. It becomes a problem when you are not self-aware enough to keep it in check.

Therapist: How do I stop this narcissistic “helping”?

At this point I shared the pages of Tolle’s *Power of Now* which I will summarize.

As noted in the conversation, we have to be willing to embrace the pain within. This is surrender. Surrender is acceptance of the presence of toxic emotions in me at this moment and, rather than suppressing them, allowing them to be. This is how we become conscious of our personal pain-body. What is your pain-body? Your pain-body exists because all of the emotional pain you experience remains stuck in your mind and body. This has accumulated within you since your childhood. Until we are healed, we live through our pain-body to a greater or lesser degree. You can experience your pain-body in specific situations such as your intimate relationships or situations that remind you of past losses, traumas, and physical or emotional injuries. Your pain-body is like an alternate personality that possesses

you when triggered. You can temporarily become vicious, destructive, and even demonic. You can become deeply negative and self-destructive leading to illnesses, accidents, and even suicide. You can recognize a pain-body in someone you know when you are confronted by a part of their personality that seems entirely dark, foreign, and alien. You must learn to recognize your own pain-body when it awakens through any of the negative levels of consciousness in any form. Your pain-body is like an entity that needs its food through you by causing or suffering pain. Pain must feed on pain. You can be a victim or a perpetrator or both. You will defensively deny that you are doing this. If you will **consciously** examine what your actions are doing to yourself and others, then you will see that your behavior can only create more pain. As you become conscious, your behavior will change ending the pattern. Wanting pain is insane. You cannot be consciously insane.<sup>165</sup>

Your pain-body is a fragmented part of your own psyche that has broken off and acts like an automated, unconscious toxic program of self-sabotage. Tolle describes it as the dark shadow side of your ego. Your ego is the body and identity you use to move around this world. Therefore, the pain-body is the dark, negative energy connected to your human identity. Tolle describes the pain-body “like” an “entity” that wants to survive and is afraid of being found out. Tolle is generally genius; however, I find this description a bit too superstitious and melodramatic. Do not glamorize the pain-body. The pain-body is low, weak energy that is attached to your mind, body, and soul. Period. It is that simple. You need to face it piece by piece, bit by bit, scene by scene, story by story. It is not a dangerous monster unless you remain unconscious of it. You face it by bringing the light of your consciousness into it. You build momentum and confidence in the healing process. When I am walking a client through this process of watching the pain-body, I will simply say, “Open up yourself to focusing on that pain for a moment. I just want you to listen to it from within. I want you to watch it within your mind. Let’s listen and see what it says.” For this client it meant looking at her savior ego, which is why I asked, “What emotions would I have to confront if I stopped trying to save this man and stopped playing Jesus Christ

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<sup>165</sup> Please, see Eckhart Tolle’s *The Power of Now: A Guide to Spiritual Enlightenment*, (2004), pp. 36-38.



human-sacrificer, superstar-savior?” This is what Tolle also refers to as “watching the thinker.”<sup>166</sup> Just being conscious of your ego patterns helps you begin to break them. It is a process. As you dissolve your pain-body and watch your pain, your pain-body will still have some residual momentum like the merry-go-round even after you stop pushing it. It still turns for a while. However, as you maintain consciousness, you will sever the link between the pain-body and your thoughts. Your pain becomes fuel in the fire of your own consciousness burning ever more brightly.<sup>167</sup> Your pain and suffering are transformed into wisdom and compassion. Your mess becomes your message. Your mess becomes your ministry. Your inner conflict is healed and you are one within. You then realize you have the power to prevent the creation of any new pain.<sup>168</sup>

Yes, this client has made amazing, life-altering gains, but this is a process. She is no longer married to an abusive partner who almost killed her and that is lifesaving progress in itself. However, there are many steps to learn in how to build authentic self-esteem and then how to relate as a modern woman to men from that place within herself. In other words, I believe that she must be truly *happy* within herself and with herself *before* she can be healthy in relating to any man.

When I was a baby therapist, I remember pondering the mystery of “happiness.” I have since learned how personal happiness heals lives without the bitterness and grief of human sacrifices. I have learned how only personal happiness makes real love possible. Happiness, fulfillment, and contentment are not stale, stuck, or static. They are energies that ebb and flow, wax and wane. Happiness emerges from within a moment and points us to love. If we will walk by our faith by the guiding light of happiness from moment to moment, then we will find love. When we make our personal, individual happiness our primary responsibility, then life might even become magical. Before the magic is the work. What is your first job? Your relationship with yourself is your first priority. You must understand yourself and enjoy your own company before you can expect anyone else to understand

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<sup>166</sup> Ibid., p. 17.

<sup>167</sup> Ibid., p. 40.

<sup>168</sup> Ibid., p. 40

or enjoy you. You must treat yourself with love and respect before you can expect others to treat you with love and respect. When you are traumatized, the vibrational frequency of trauma is that you are not important, worthy, or deserving. Some form of trauma has devalued you. As you continue to broadcast the signal of having been a victim, you must continue to attract more situations and people to victimize you. You can never change things that way. You must begin by learning how to love and respect yourself so that you can send out a new signal into the universe to fill your life with loving and respectful people.<sup>169</sup>

Furthermore, due to the One-Lifer infection afflicting Western society, people sacrifice themselves for others thinking that makes them “good.” Sacrificing yourself comes from a belief that there is an absolute lack and not enough, so you have to go without. This belief always leads to feeling bad and resentful. The real universe is filled with an abundance for everyone, and we each have the power to manifest love and joy. You can only manifest for yourself, but you can touch others with your loving frequency and radiation. You, therefore, must put yourself first. If you put yourself last, you will feel like you do not deserve and are unworthy of what you want. It likely sounds bizarre and even wrong to place first priority on giving love to yourself and it can even seem cold and hard-hearted. However, if you will consider that the best way to take care of your loved ones is by first taking care of yourself, then you realize that this is the only true way to permanently benefit everyone. When you are full, then you have something to share with others. When you listen to yourself, you will know what brings you joy. When you do what brings you joy, then you will bring joy to everyone around you. When you bring joy to everyone around you, then you are an inspirational example to every human being in your life. When you are filled with joy, you give easily and share with everyone naturally.<sup>170</sup>

I can affirm that these reference pages in the footnotes are the most read in my therapy sessions. The problem of self-love may be the most fundamental problem in therapy. Byrne’s collections of quotes

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<sup>169</sup> Please, see Rhonda Byrne’s *The Secret 10<sup>th</sup> Anniversary Edition* (2016), pp. 117-118.

<sup>170</sup> *Ibid.*, pp. 118-119.

and thoughts on the subject are the most truthful explanation of the subject I have ever discovered. Notice how her words are a direct assault on the One-Lifer psychology of human sacrifice which plagues humanity. Notice how her words are also the cure.

If you are a happy person, **you are listening to your Self**. You are true to your Self from within. I refer to this as listening to your deep heart. I am not talking about the frivolous, superfluous whims of immaturity with its endless list of “I wants.” I am alluding to a spiritual process in an evolving self-discovery that journeys ever deeper and deeper into the immortality of our soul. I refer to this as the vision process. I ask clients to begin by making a list of everything for which they are grateful. Gratitude purifies our heart. It makes us kind and gentle. Gratitude is a developed ability. When we acknowledge what we are truly and deeply grateful for, **then we are prepared to be truly loving to ourselves** in our goals in a way that will truly benefit us, our families, and our world. Another strange thing happens when we are saturated, immersed, charged, magnified, and magnetized by gratitude. The universe then leans into us at the very moment we are saying within, “I am so happy! I am so grateful for this gift! Thank you! Thank you! Thank you!” then the Universe leans in more and says, “You are so appreciative of all that I have gifted you and you take care of everything you have with tender loving care, therefore, I wish to gift you even more!” This is the paradox and the miracle of gratitude. As I truly love people and help them, not as a human sacrifice, but as an inspiration to them. I do not fear them or shame them or guilt them into change. I inspire them and they change on their own in Dr. Leo Marvin’s “baby steps.”<sup>171</sup>

In One-Life Psychology, people are taught to always reflexively evaluate every choice through the lens of “god’s will” because the will of the One-Lifer god *must* be the instructions for everyone’s happiness. In contrast, Neal Donald Walsch explains that there is nowhere in the universe that god has declared or commanded your purpose or mission in life. If you attempt to locate some blackboard in the sky that has your life story written down in some epic, melodramatic destiny authored by god himself, you will find that it

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<sup>171</sup> Please, see Frank Oz’s (Director). (1991). *What About Bob?* [Film]. Touchstone Pictures.

does not exist. You decide whatever your life purpose is. God has nothing in mind for you. You choose your mission in life. You create your life and god will never judge you.<sup>172</sup> My candidate for “Antichrist,” Jack Canfield shares that it took him many years to get to the point where he understood that he could choose his life purpose. He grew up with the belief that he needed to discover what he was supposed to be doing otherwise god would be unhappy with him. He grew to understand that his primary purpose and mission in his life was to feel joyful. From then on, he only did things that brought him joy. He lives by the maxim: “If it ain’t fun, don’t do it.” We are alive to feel joy, love, freedom, happiness, and laughter. If you feel joy sitting in meditation, then do it. Then if you feel joy eating a sandwich, then do that. If you feel joy petting your cat, then do that. If you feel joy taking a walk in nature, then do that. Your purpose is to constantly put yourself in a joyful state, focus your intention on what you want, and then let it manifest. If you do not know what brings you joy, then ask yourself the question of what brings you joy and commit yourself to it. You will then attract more joyful things, people, events, circumstances, and opportunities, because you are radiating joy.<sup>173</sup> The “baby steps” to joy and happiness occur as a series of “thens.” “Thens” occur naturally as you listen to your heart. As your heart matures and your consciousness evolves, your “thens” also change. What brings you joy today at this moment is today at this moment. Trust and allow that today at this moment. If the day comes that your joy today no longer brings you joy, then listen from within. Ask the question, “Now what is my joy today?” Some things that brought me joy when I was less mature, no longer bring me joy. Some still do. Some things that bring me joy today never entered my mind before and never could have.

A truly happy person is a person progressively growing in the truth of consciousness. A truly happy person makes a series of **conscious** choices rather than living and saying as do the One-Lifer human-sacrificers, “If I didn’t help this person, I just could not live with myself.” That truly is a dark abyss of **worthlessness** they are carrying inside and which they cannot bear to look at. Jesus Christ human-sacrificer, superstar-saviors are compelled to serve to distract

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<sup>172</sup> Please, see Rhonda Byrne’s *The Secret 10<sup>th</sup> Anniversary Edition* (2016), p. 177.

<sup>173</sup> *Ibid.*, pp. 178-179.

themselves from the feelings that would arise if they would do as Jesus commanded, “Stop sacrificing.”

However, there may be a much deeper problem. It is all well and good to provide all of this guidance and all of it is true and yet truly insufficient in almost all therapy cases. Remember, One-Lifers have been programmed through the doctrines of shame, guilt, fear, and the trauma of violent, bloody human sacrifices. This is their collective One-Lifer pain-body. This is in addition to the personal pain-body, which began with childhood trauma compounded by adult trauma. “David, I just feel dreadful, and I realize the One-Lifer human sacrifice model is a sham, but I can’t feel any love, because I can’t magically stop feeling disgusted with myself.” What does Byrne advise?

She has found that we do not think well of ourselves or love ourselves and that keeps what we want from us. “You must focus on the *presence* inside of You.” Byrne tells us to focus on feeling our life presence within and that it will reveal itself to you. This is supposed to appear as a feeling of pure love and bliss. This presence is supposed to be your perfection. This presence is supposed to be the real you. You are told to focus on that presence, feel it, love it, and praise it. Then you will love yourself fully for the first time in your life. If you criticize yourself, you can shift to the presence within, and you will find your perfection. All of your imperfections will disappear, because they cannot exist in the light of your presence.<sup>174</sup> So, if I focus on the “presence” in myself, then I will feel *perfect*? That sounds wonderful, except that this is the entire teaching. Having spent my career with people with severe trauma, this is horribly clumsy advice. For those of you who feel disgusted with yourselves, I am going to help you.

We need better questions to guide our discussion. **What is this “presence” truly? How can you feel “perfect” about it? How can you truly *experience and live from that perfection*?** The Bible authors seem to have preserved one of Jesus’s authentic teachings about this perfect presence within each of us. In this Bible story, Jesus’s loyal disciples came together and asked a question consistent

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<sup>174</sup> Please, see Rhonda Byrne’s *The Secret 10<sup>th</sup> Anniversary Edition* (2016), pp. 172-173.

with *The Gospel of Judas*'s portrayal of them as servants of their Luciferian Old Testament god, Yaldabaoth, "Who is the greatest in the kingdom of heaven?"<sup>175</sup> What does this question reveal about the psychology of the questioner? To aid you, practice the habit of asking, "What is the level of consciousness of this question?" The question is from the level of Pride level 175. "Who is the best? I'm the best. Who is number one? I'm number one." To be the best, *the* greatest, means to be compared to everyone and be *proven* in the eyes of everyone to be greater than everyone else. Pride is essentially and *publicly* comparative and competitive in nature. It is not simply being the greatest in secret, *it is being the greatest in heaven while everyone knows it*. Pride is the level of consciousness to which most humans aspire. People feel positive when they reach it in contrast to lower levels. This increase in self-esteem is very comforting to all the experiences of pain. When you are full of pride, you look good, and you know it. You strut your stuff in the parade of life.<sup>176</sup> This advice is not far off of most worldly advice on self-esteem. "Just be awesome! Compete! Win! You'll feel great!" The fact that Jesus's inner circle of closest followers at the time asked this question at this stage in their discipleship shows how unconscious they were. Jesus does not answer their question directly. Instead, "Jesus called a little child unto him, and set him in the midst of them."<sup>177</sup> This is another evidence that Jesus is not the image of the Father, but rather the *Mother* in the body of a man. We can safely assume that the original question in this story was posed to Jesus by the Jewish men among his disciples. However, this detail reveals that little children were present, and this means it is safe to conclude that their mothers were present. So, at this meeting the rule was clearly established with Jesus that when his disciples gathered that women and children were included. As a father of many children, I can tell you that this little child is already special. If you know anything about toddlers, when you call them, they often run away. In this case, not only is Jesus not the parent of the child, the child actually obeys him. This is a unique toddler. This is not an older, larger child who is expected to listen, because Jesus is said to "set" the little child in the middle of the group.

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<sup>175</sup> Please, see the Bible, Matthew 18:1, *King James Version*.

<sup>176</sup> Please, see David Hawkins' *Power vs Force: The Hidden Determinants of Human Behavior* (2012), p. 104.

<sup>177</sup> Please, see the Bible, Matthew 18:2, *King James Version*.

This means the child was small enough to be lifted and set down or placed. Other translations state that the child was “small” rather than “little.”<sup>178</sup> Little is not just an indication that the child is young, but also small. However, we can get the impression that the child walked *herself* to Jesus, which could place the child old enough to walk around age one and small enough to lift at less than three: a toddler. The size and age of the child becomes more and more relevant as one understands the spiritual importance of the teaching. The gender of the child is also very much up for debate as the Bible authors would have tended to make all important story figures masculine. What if this child was a little girl? Even better.

With these ignorant and arrogant men gathered around this young, small child, Jesus then addresses their question first by saying, “Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven.”<sup>179</sup> This is very telling of Jesus’s opinion of his inner circle of his most loyal followers. **None of them were going to heaven.** He said, “Unless you change” meaning that they needed to change, meaning they were currently *unfit* to enter heaven. **Not only were they not in the category to compete for “greatest” in heaven, they were not even qualified to enter heaven.** Then Jesus says they must become “*like* little children.” This is a mysterious teaching for anyone who has raised enough little children, because you know they can be really obnoxious. Being “like little children” merits extensive worthwhile discussion to clarify. However, the next statement by Jesus provides significant guidance. “Whosoever therefore shall humble himself as this little child, the same is the greatest in the kingdom of heaven.”<sup>180</sup> This declaration is both instructive and amusing and the depth of this teaching is an argument for its authenticity as an actual teaching of an Avatar. The statement is genuine and sarcastic. You have to envision the moment.

First, you have to envision the little child being held or sitting with its mother. Then we envision Jesus calling the little child and the child obeying. Then Jesus declares anyone who “humbles” himself as “this child” is “the greatest in heaven.” It is amusing precisely because of

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<sup>178</sup> Please, see the Bible, Matthew 18:2, *Living Bible*.

<sup>179</sup> Please, see the Bible, Matthew 18:3, *New International Version*.

<sup>180</sup> Please, see the Bible, Matthew 18:4, *King James Version*.

the irony of how elated the *mother* and the *child* must have been at that moment. In an ancient, male-dominated Jewish society, women would have lived through their children more than we can imagine today. Imagine how the mother of the little child felt when Jesus affirmed that anyone like her child was “the greatest in heaven.” Imagine how stupefied and dumbfounded the toxic Jewish male disciples must have been. Furthermore, how hilarious is it to suggest that the little child was “humble” when she was placed *center stage* among all the disciples and their families together and then declared to be “the greatest.” It makes one wonder how this adulation from the Avatar Jesus was received by the child. We know the child was old enough to obey being called, but it would be the child’s mother who would truly comprehend the significance of the teaching and the moment. The mother would be the one relaying the story to everyone as well as the child throughout her upbringing. “I remember when Jesus called you and said you were the greatest. That is a day I will never forget.” The history of the earth will remain incomplete without the life story of *this* child. Who did she grow up to be? Whoever it was, the child was identified as a wonderchild, a spiritual prodigy by Jesus himself. Again, tell me how that is “humble.”

What we *can* say is authentically humble of any person is **to listen to and follow the words of an Avatar**. The Avatar called and the child **listened**. This is also a second special detail. As Jesus spoke, we can infer that **the child sat still**. **Again, for anyone who has raised little children, holding still might be within the realm of the miraculous.** This detail demonstrates another aspect of spirituality: **staying where you are placed**. In this story, Jesus represents the voice of high consciousness and high-level energy. **The energy beckons you and you listen. The energy places you and you hold steady. You move according to the energy, and you stop according to the energy.** That spiritual process is actually very humbling because it requires that you set aside your own *judgment*. This requires *trust*. “I do not know why I feel inspired to go in this direction or what will happen, but I can feel the energy guiding me and I am going to trust and believe in the loving, guidance of the universe, holy Avatars, my guardian angels, and most of all, my Self.” *That is humility*. Jesus is also making clear that this type of humility is what qualifies one as the greatest in the kingdom of heaven and that this greatest-ness is not scarce, competitive in



**nature, or exclusive. Heaven is abundant, cooperative, and inclusive.** In fact, Jesus drives home this more elevated interpretation of becoming like a little child by stating, “And whoso shall receive one such little child in my name receiveth me.” Anyone who welcomes “one such child” is actually welcoming Jesus himself. This declaration provides insight into Jesus’s perception of himself meaning *that* specific, little child in the spotlight was someone he had personally identified as having already “arrived.” **Being like that child is the goal. Becoming “this child” is the process of recovering the perfect presence within you, your original innocence.**

Knowing this, the mystery of becoming a little child is far from over. You can almost hear the stunned, stuck-up disciples, “I guess we weren’t as awesome as we thought. How then are we to become like little children *as adults*, if we are not all like this smug, little greatest child and her proud mother so full of herself? You can see them both beaming!” You may think this is cynical commentary. I do not. I think envy is typical human behavior and I think One-Lifers are typical humans. The One-Lifers I grew up around were highly competitive and rude. Becoming a selfish, little, obnoxious child throwing tantrums cannot have been what Jesus meant by becoming like little children. **If this were Jesus’s meaning, then the snotty disciples were already qualified for entrance in heaven rendering his teaching meaningless.** If this criterion were guidance, it would be hard to find anyone who did *not* qualify to enter heaven thereby making heaven into a joke. “Unfortunately,” the resolution to this mystery is anything but a joke. **The solution is in fact possibly the most serious problem facing the human race and, as will be discussed further on, the most glaring deficiency in the Satan-god, Yaldabaoth’s Luciferian Bible.**

Jesus’s very next statement directly addresses the reason why most clients present themselves in therapy. **“But whoso shall offend one of these little ones** which believe in me, it were better for him that a millstone were hanged about his neck, and that he were drowned in the depth of the sea.”<sup>181</sup> As a very imperfect, human professional healer, I accept that Jesus did in fact make a statement on this subject at this moment, but I summarily reject the idea that he said it this way.

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<sup>181</sup> Please, see the Bible, Matthew 18:6, *King James Version*.

What I accept is that Jesus was naming the plague that prevents us from becoming like little children once we have reached adulthood: **being offended as little children.** Jesus is referring to child physical and sexual abuse. Most clients are in therapy in connection to what happened to them as children whether they realize it or not. "Offense" is a synonym for "crime." **It is the offenses (i.e., crimes) against children which are the primary obstacle to our recovery of our inner child, our "this child," our perfect presence.**

You were an innocent, defenseless newborn when you arrived in this world regardless of your family's religion. This is how I know that Jesus never said verses 5 or 6 as quoted. **A real Avatar would never have added the words, "in my name" in verse 5 or the words "those who believe in me" in verse 6, because a real Avatar loves all little children irrespective of their beliefs.** It is absurd to think a toddler should only be considered as heavenly protected *only if they believe in Jesus or are received in his name.* We are talking about a little child, between the ages of one to three years. These qualifying words violating unconditional love are precisely what a Luciferian priests would add in so they could rationalize making sex and labor slaves (i.e., human sacrifices) out of "non-One-Lifer," little children just as Jesus prophesied they would. "They do not believe in Jesus, so they deserve whatever we decide they get in his name." This is exactly how One-Lifer authorities think. "Bad things are happening to you because you don't believe in and obey Jesus. So, god will not protect you." This also reveals how disconnected the author of these edited verses was from the reality of raising little children and from the heart of a real Avatar. I believe these verses are how Jesus would evaluate your level of consciousness. If you agree with these verses explicitly as written, you are a sick, disgusting person and you are subconsciously assenting to the abuse of children simply because they are not deemed One-Lifer *enough.*

Furthermore, a real Avatar would never say that a person who has committed a crime against a child should automatically be executed by drowning. I have worked with sex offenders and their victims my entire career. I have also worked with many people who have abused their children in dark times. As an imperfect, human healer, I know sex offenders are often victims of sex crimes themselves from which

they need to heal. As an imperfect, human healer, I know parents and children can recover from abusive encounters, because the parents were also victims of child abuse. If I know this and have helped these people heal permanently so that they never harmed children ever again, how much more did the Avatar Jesus know? If I, as an imperfect, human healer, have worked with registered sex offenders my entire career and counseled them such that not a single one of them has re-offended against a child, then how much more could an Avatar accomplish in helping them succeed? Jesus could heal everyone, and he also knew how to heal **both** the offenders and victims of crimes against children. People who abuse children are often reenacting their own abuse. Therefore, a real Avatar would not execute offenders. Executing an offender would make an Avatar a **failure**. Jesus was not a failure, and he would not talk like a failure. He entered situations with confidence in himself and foreknowledge of success if people would follow his instructions. Therefore, regarding crimes against children, he must have been misquoted and *underquoted* meaning he likely said much more on the topic of child abuse which has been erased. **Jesus likely taught detailed instructions on how to become like little children again after being abused, how to be reborn, and how to return to innocence.**

**In our modern world, “I have no teacher,” meaning that we have no publicly operating Avatar. We are left to search, discern, and develop our subconscious awareness of truth. This includes rediscovering whatever Jesus was truly referring to about becoming like that little child.** So, I need to tell you a story about my education in therapy. In society and in formal education on psychology much is said about “anger management.” “Anger management” as a term was always objectionable to my intuition. “Anger management” is a bizarre term to me. If psychology was a university, “Anger management” would have its own department. In graduate school, I would hear the term used frequently by professors and colleagues I respected. They seemed to be talking about something like they understood it, while nothing they said was compelling or persuasive to me in terms of practical treatment. I could not identify with their descriptions of anger or treatment approaches. What is anger? I now understand that they had never even defined it properly and that is why I would not find anything relevant to clinical work with real people until *after* I was on my own as a baby therapist.

When you are a graduate student, you take in vast amounts of information. When you are a baby therapist, the research does not stop. In fact, your career depends upon your research, because your results as a therapist depend on finding approaches that truly help people. Otherwise, you are just a nice person to talk to. I have encountered many clients over the years who talk about previous counselors who they genuinely liked as people, but that amiability never translated into the healing they needed for a specific trauma. I recall working with a woman who had actually been the client of a therapist I had highly respected as an intern. I remember her telling me how much they liked that therapist and yet the therapy was not a success. The progress I made with this client was not just a turning point for her, it was a benchmark moment for me. As I guided her through a dramatic healing process that actually terrified her at one point, I became aware that I was good at therapy. It was a moment in reprocessing a traumatic event in which she had the physical sensation of stuck energy lifting out of her throat. It was as if she was spiritually throwing up. She cried out in shock, “What is happening to me?” It was a moment. She got through it and went on to make major positive changes. I had succeeded where a mentor had not. That was several years ago. If I had that client back today, I would accomplish much more with her given what I now know. This includes what I know on the topic of “anger management.”

As part of this mystery, I want you to stop reading and pause listening until you have discussed and answered a question. I want you to at least make your best guess before reading further. I want you to answer this question from the totality of your life experience. I want you to *take the time* to contemplate the issue.

Question: What is anger?

I have seen so very much of this thing we call “anger” in my own life, people around me, myself, and so many clients. What is this thing we call “anger”? What *is* it? I hope you are willing to take the time to ponder the answer and to develop a bit of your personal philosophy and confidence in discussing the topic of anger. I am taking my time in telling you what I learned, because I want you to appreciate the years of process that culminated in a single moment of realization. This was *supposed* to be my job. This was what I am supposed to

know to help others. I want you to know something when I share it and I want you to know it forever. I want you to know that the definition of anger is also *deeply and directly* related to Jesus's lesson about the crimes, abuses, and offenses committed against children. I want you to know when I share the sentence that it is so simple and obvious that it is also shocking that in all my years of education and all my years as a One-Lifer, no one ever said what I am about to share. I began my career without any "anger management" philosophy or treatment style because nothing appealed to me intuitively. The questions that kept repeating themselves through my mind were: "Why do we want to '**manage**' anger? What is the virtue in '*managing*' anger? How is simply '*managing*' a problem a success? Isn't '*managing*' something conceding that you are stuck with it? Isn't '*managing*' an expression of resignation? 'Oh, I'll *manage*.' Is it not my job to find out how to **heal** the anger, not just teach people how to '*manage*' it?" I knew I needed to know something.

One day as I was searching online for books on anger and found *Anger: Wisdom for Cooling the Flames* by the now deceased Thich Nhat Hanh.<sup>182</sup> Hanh, a Vietnamese Buddhist monk, had formed a friendship with Martin Luther King Jr. through educating King about the reality of war in Vietnam helping to transform the anti-war movement in America.<sup>183</sup> He was not a passive monk sequestered away in the mountains. He was active, open, and insightful. He was a monk, not a psychologist. It is no wonder that he was never mentioned in my education. I understand now why this man could transform anger. In one sentence he changed my life and my career. It still shocks me that no professor or One-Lifer ever said these words, but these words will make perfect sense to every loving person. Every mother will read these words and say, "Duh, David, duh," but no one had said them to me as a mental health professional. These were the words:

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<sup>182</sup> Please, see Thich Nhat Hanh's *Anger: Wisdom for Cooling the Flames*, (2001).

<sup>183</sup> Please, see jgreenberg5's "Thich Nhat Hanh and Dr. Martin Luther King, Jr.: Spiritual brothers, partners in nonviolence," 12 Oct 2021, <https://usfblogs.usfca.edu/fierce-urgency/2021/10/12/thich-nhat-hanh-and-dr-martin-luther-king-jr-spiritual-brothers-partners-in-nonviolence/>.

**“When a person’s speech is full of anger, it is because he or she suffers deeply.** Because he has so much suffering, he becomes full of bitterness.”<sup>184</sup>

**Anger is suffering.** Anger is suffering. **It might be more accurate to say that anger is the proof or evidence of the presence of suffering, but, regardless, it became a mantra for a while: Anger is suffering.** It just clicked for me. Why had no one ever said this before? In fact, to prove I was not crazy, I began asking every client, “What is anger?” to gauge their answers against my own ignorance at the time. Was there some common-sense memo I did not get? Was I just out of the loop? Had it been said, and I was just too dumb to listen? So, I began surveying everyone randomly in every session, “What is anger?” But no one answered like Hanh. What was so obvious to me as a healer is that if Hanh is right, then (1) we can heal anger, not just “manage” it and (2) we do not heal anger by addressing anger, but by healing the suffering beneath and within it. We do not heal anger by staring at it or by calling it “Anger Management.” Instead, this practice is that if you heal the person’s suffering, then the anger will dissolve, fade, and dissipate. Tolle would say that your anger is part of your pain-body and that you are in fact transforming your suffering from anger into wisdom. You will know that our civilization has advanced when we collectively refer to “Anger Management” by a new name. In the future, people will say, “I have been ordered by the judge to attend six months of Suffering Transmutation classes. They are now mandatory in all prisons and the drug programs.”

Hanh was not done with me. In the same book, Hanh provides a concise, conscious approach revealing more of the mystery regarding Jesus’s teaching of becoming like little children and its connection to crimes of abuse against children. Most of us have a wounded child in us. Our wounds are usually caused by our mother and father, because they were wounded when they were children. They did not know how to heal their wounds, so they have passed them on to us. If we do not heal our wounds, then we will pass them on to our children. You need to go back to the wounded child within yourself and help your child

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<sup>184</sup> Please, see Thich Nhat Hanh’s *Anger: Wisdom for Cooling the Flames*, (2001), p. 3.

heal. Your wounded child may need all of your attention. This little child will emerge from the depths of your subconscious seeking your attention. You will hear the little voice calling for help. You can meditate and breathe as you go back within to take care of your wounded child. You need to practice every day. You need to visualize, sense, and imagine yourself embracing your little wounded child with tenderness like an older sibling. You need to talk to your wounded child recognizing their presence and expressing your love and concern. “Dear little wounded child, I love you and I’m listening.” If you take a few minutes every day, you will heal. When you go for a walk or watch the sunrise, invite your wounded child to join you. In a few weeks or months, your child will be healed.<sup>185</sup>

In therapy, I developed my own visualization combined with acupressure tapping to guide clients in reprocessing the traumatic events of their lives. The science of acupressure tapping will be addressed in another point. For now, it is sufficient to say that we heal their trauma, we always begin at the beginning: childhood. The progressive stages of the healing process involve reconnecting with the fragmented, traumatized, repressed parts in the subconscious mind of the person and reintegrating them into the conscious self. One stage is devoted to Hanh’s wounded child meditation. We listen to the wounded child within. Reprocessing traumatic events includes having the client address their inner child out loud with loving affirmations. After reviewing the traumatic event while talking and tapping through it, the client will say, “Little [client’s name], I love you and I’m listening. I’m sorry I haven’t been listening, but I am here now, and I will never go away again. I will always be here for you.” What begins to happen from there is the beginning of the miracle of recovering your inner child. Your inner child is the original, native-born energy of your soul. Your original energy is the real you. The real you is as electrifying as it is innocent. This original innocence is what every newborn possesses before life happens. Naturally, as you recovery your inner child, it automatically becomes activated.

Imagine entering a giant old building, an old world, antiquitech factory with a technology you have never seen before. It is dirty and

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<sup>185</sup> Please, see Thich Nhat Hanh’s *Anger: Wisdom for Cooling the Flames*, (2001), pp. 41-43.

dusty. The machinery is covered with the filth and dung from animals, rodents, and insects who have taken up residence in the abandoned factory. A person is there dressed much like a ghostbuster with a backpack flamethrower that spews the energy of love like a kind of hot, cleansing lava. They begin spraying down everything. The more they spray, the more things begin to jerk and shudder. The machinery is grinding and popping. The more it is cleansed the more the machinery churns and springs to life shining and giving a brilliant rainbow of translucent lights. There were no switches to turn it on. It came to life on its own. Now imagine that this machinery is analogous to your internal organs. Each of your organs is an internal machine which resonates and amplifies spiritual energy, but life happened, and all of your organs are covered in piles of energetic sewage, piles of trauma. You cannot even see what is down there inside of yourself. You do not remember. However, as your inner child is recovered and healed piece by piece you see your internal organs changing. They begin to shine and glow and hum. You have a new internal body springing to life. Your “inner child” is simply another name for your higher Self, your immortal soul. As you recover your inner child you will begin to remember why you came to this earth. Your inner child will begin to guide you. Your original innocence is a mighty power. It may be similar to Hawkins description of the level of Peace which will eventually reveal a flowing and coordinated evolutionary dance of meaning and source. This amazing revelation is a non-rational, infinite silence as the mind stops trying to understand.<sup>186</sup> We can achieve a revelatory life where miracles become our common, shared experience.

At a basic level, your inner child is similar to animals in their instinct for contentment and their pursuit of happiness. Tolle asks if we have ever come across a depressed dolphin, a frog with low self-esteem, a cat who can't relax, or a bird filled with hatred and resentment. Plants and animals teach us acceptance of what is and how to surrender to the Now. They can teach us Being, integrity, to be one, yourself, and real. They can teach us how to live and die and not to make living and dying into a problem. He lived with Zen masters and all of them were cats. He has learned spiritual lessons from ducks. They float along

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<sup>186</sup> Please, see David Hawkins' *Power vs Force: The Hidden Determinants of Human Behavior* (2012), p. 115.



with ease. Occasionally, they get into a fight lasting a few seconds. Then they swim away from one another, flap their wings, and go on as if the fight never happened. Animals do not have a mind to keep the toxic past alive and build their identity around it.<sup>187</sup> Tolle might be giving animals less personality, memory, and intelligence than they actually have. However, his point is worth discussion when we consider how resilient little children can be and especially quick to shift their emotions. Anyone who has raised little children has witnessed them instantly start or stop crying. How easily are they pleased with a new distraction. How easily they forgive and forget.

*You as an adult with your recovered and activated inner child* have a much greater capacity than animals. You had lost paradise within yourself by being cut off from your inner child through the traumas and hardships in the ordinary course of the human life cycle, the spiritual dark and dreary wilderness of growing up in mortality. Unlike animals, you, as a you-man, have the opportunity to gain true knowledge of “good and evil” or **rather all the “goods” and all the “evils,” meaning the truth contained at each and every level of consciousness as you ascend from the bottom to the top, the negative to the positive.** We are here to experience, understand, and master the cosmic, universal Truth contained in every level of consciousness of which all the seeds are in our superconscious soul. You are here to achieve mastery over Shame and graduate to Guilt and then advance to Apathy and so on. You are born here knowing you will lose your inner child through your birth circumstances and upbringing. You are here to recover your inner child through the subconscious process of ascension becoming fully conscious. In this way, you go beyond the animals and immature, beautiful little children. You become both an innocent child and a maturing spiritual Self. You, like Jesus, are then harmless and kind to every living thing, and if others will *listen* to your life, they will receive the consciousness *you* radiate. They will *not* be able to be around you without changing for the better. They will not be able to change *you* or diminish your energy. They cannot change *you*. You will change them. If they stay around you, they will not be able to resist changing for the better. Your level of consciousness is a physical, energetic,

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<sup>187</sup> Please, see Eckhart Tolle’s *The Power of Now: A Guide to Spiritual Enlightenment*, (2004), pp. 189-190.

magnetic, and electrical reality which will cancel out all lower-level frequencies over time. **The Romans and the Pharisees *had to kill Jesus to maintain their authority over society, because he was taking over everything simply by his presence of innocence and enlightenment.* Jesus was not just a happy, kind person, *Jesus was also capable of explaining every level of consciousness and how to achieve them.* Jesus could always discern where anyone was on the Map of Consciousness as well as their next step if they wanted to grow. He also knew when he was around Luciferians and could point out how they were hypocrites in front of public crowds, how talking to them was futile, or he simply refused to speak. By openly wanting Jesus dead, the Romans and Jewish leaders were simply proving Jesus even more correct, which would have been self-evident to any honest person. We can even forget about Jesus being “God,” the Romans murdered one of the nicest people who ever lived and then built their empire on *their* version of his legend. Of course, that was Jesus’s *personal* choice for his lifetime. It was not an act of powerlessness. He was a very special teacher *learning and teaching specific lessons.***

What you *personally* need to be aware of is your own choices in your lifetime. Do you want to be the person with weak-ass energy who gets cancelled out? Do you want to be a drag on your life and everyone around you? Do you want to be vulnerable and gullible to predators because you are unconscious? Do you want to be a pawn to Luciferian priests because you have no discernment of reality or truth? Or do you want to calibrate your energy field with other people who are working towards sublime states of consciousness? Because you need to be around people who consistently emanate great energy. You need to be a person consistently vibing great energy. In Eastern disciplines, a devotee needs a teacher to make progress. In Alcoholics Anonymous, each alcoholic needs a sponsor. In sports, the greatest coaches are pursued because they are able to inspire their athletes to supreme exertion. A spiritual student can reinforce his work simply by concentrating on the teacher, which aligns the student with the teacher’s energy level. You can even go stronger by holding an

advanced teacher in your mind.<sup>188</sup> You can, and you will get to a higher level of consciousness, but not on accident and not alone.

As a practical example of sublime simplicity, I will share something which occurred to me personally and professionally after I healed my inner child. I would listen to little Davey. “Little Davey, what do you think? Little Davey, what do you want?” My inner child said, “Do you remember those football pencils you used to use in grade school? You loved those pencils.” So, I listened. I went online looking for vintage NFL football team pencils. I found them to my pleasure and ordered them. I ordered a lot of them. I ordered enough to last me my entire professional career. Keep in mind these are used pencils, which makes them all the more special to me. Some of them have already been sharpened. This means the pencils had been held in a child’s hand at the same time I was using mine. These used (i.e., child-touched) pencils have infused innocence. These are the pencils with which I do all my professional work as a shrink. In using these pencils, I use my childhood to write about your childhood. Your sacred trauma is etched, recorded, and preserved with the innocence of childhood. I used these pencils down to the nub. Then I retire the nub in a large plastic piggy bank Coke bottle on my desk which is on display for all of my clients to appreciate as our work together grows. Those are sacred pencil nubs. Someone will read this and say, “Oh my god, so what? So stupid.” I wish I could reach through these words and touch you. I wish you could fathom in reading these words how joyful and pure this process is for me and how this process helps me heal from my work. I wish you could discover for yourself what your inner child is trying to tell you about the simplicity of joy and innocence that you have forgotten and lost within. If you do not grasp how cool this really is, you just do not get it yet...and that is okay.

Later my inner child said, “Do you remember you used to collect football and Garbage Pail Kids cards? You loved them.” So, I got some of those too. I use cards for bookmarks as I research. On my office desk is a display of artifacts from my childhood calling us back to always remember our inner-child joy. Your ego can burn out as an adult, but your perfect inner child can never burn out. Now can you

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<sup>188</sup> Please, see David Hawkins’ *Power vs Force: The Hidden Determinants of Human Behavior* (2012), p. 286.

understand why? **Because your inner child is the *eternal lively* part of you. Now you can begin to understand why you cannot “enter” into the heavenly state without reconnecting to your inner child, your superconscious soul.** You cannot begin this recovery process as long as you are obsessed with being a “Jesus Christ human-sacrificer, superstar-savior.” The inner child is never morose or morbid or resigned. Despair is an adult side-effect of a traumatized inner child. **Now you understand why Jesus would raise awareness of how child abuse blocks our access to positive states of consciousness (i.e., heaven) right after a discussion of that special little wonder toddler.** How can a toddler ever defend herself? How does she remember she needs help? Eventually, victims will remember when they recover the memories under hypnosis. Once they receive validation of their abuse, then they can review their life experiences and become aware of how childhood trauma has impacted their entire life. “Now I remember how traumatized I was. I remember I had no help.” This impact over an entire lifetime is what makes child abuse so especially evil. Child abuse is real evil.

I will have clients find and examine photos of themselves at the age of their trauma as little children. I have them tell me how they feel towards that child in the picture. Look at your childhood photos. ***If you feel anything but unconditional love for yourself when you look at your childhood photos, that is a red flag.*** If you have thoughts like, “That’s one f-ed up kid” or “I feel sorry for her” or “She’s annoying” or “How embarrassing,” then you need real healing. Minimize your inner child at your own risk.

Going back to the client’s question about why she attracts narcissistic men, we can connect her pain-body to the wounded child within. She will need to go deeper within herself to personally identify how she lost that connection and when. She has more healing to do before she can enjoy the real endgame of healing her inner child’s pain-body. **A healed inner child simplifies and turbocharges the entire process of personal happiness. Once healed, you begin to tap into a wellspring of life from within, which becomes recognizable as the boundless energy of a little child. You begin to remember what brought you joy as a child, which was always a clue as to why you were born in the first place, your life purpose. What was it? What did you love? You cannot and will not remember as long as you**

**feel disgusted within yourself. Even if you can remember what you dreamed of as a child, if you are unhealed and traumatized, you will not have the energy or the motivation to actually follow through. There are only two types of people in this world, those with a wounded inner child and those with a healed inner child. You can deduce which one is imaginative, lively, creative, and fun to be around. Once healed, you also know what the mysterious “perfect presence” is within you and why you could not previously feel it or connect with it. This healed, joyful, youthful, innocent inner child is the perfect presence within you. Now that you know exactly what the perfect presence is, you can clearly focus on its recovery as a goal. Now you can grasp a little more about the mentality of an Avatar. Now you are a little closer to the consciousness of cosmic Universal Truth.**

After thinking about Byrne’s position on the “presence” and writing these words, I asked the next two clients in session, who had both suffered severe trauma growing up, the same question. I asked them how they would feel about the advice given to focus on connecting with the presence within themselves. “If I say to you as your therapist, focus on the presence within yourself and you will be healed. What is your first thought? What goes through your mind.”

The first client began delving into her personal history of multi-layered trauma which is an answer in itself. In other words, focusing on the idea of the “presence within” was met with a tsunami of traumatic thoughts, which is where I pick up the conversation summarizing what she said. As you read, you will begin to appreciate the mental process of a trauma victim.

Client 1.

Therapist: Let’s summarize what we’ve got so far. (1) We’ve got a very toxic family background in general. Manipulating, competition, body-shaming, fat-shaming, materialism, just weird upheaval in relationships in the family dynamics, and the hierarchy is a mess. That’s just the first piece. (2) We have a psychotic breakdown and hospitalization in which there’s some kind of trauma experience where you have a memory of being sexually abused, for which you receive an apology of sorts but not an explanation...

Client: Yeah, or even like accountability. Like “I don’t know why you think that but sorry you do” with those exact words. “I don’t know why you think that.” I’m sorry I didn’t video tape it. I was kind of going through this whole conversation with her and her words were “I don’t know. I’m sorry.” I was like “No, this happened” and then she just had a blank stare making me uncomfortable for trying to bring it up. This was an awkward situation for me. Her face was like “I don’t really wanna be here right now. How do I make it end without telling you to stop talking?” That was what I was getting. When I told my mom and I’m like this is what happened this is how she responded and she was like, “Oh that’s weird. I don’t know. That’s really weird. Maybe I shouldn’t have dropped you off at the house so much.” I was like okay...

Therapist: So, yes to all of that. Right. You’ve had this real experience of this flashback and everything you just said surrounding it. Then (3) you go forward in life, and it shows the indications of sex abuse in the hyper sexualization of your adolescence and culminating in the near-death sex experience being essentially raped and choked unconscious by an abusive ex-boyfriend and the added encounter with some kind of entity, trying to connect with you while you were unconscious.

Client: Trying to latch on to me yeah.

Therapist: Which is all more for us to explore in your evolution, in your identity which we will do piece by piece *gently*. So, given that background I’m just curious to know if I said to you that the solution to this multi-layered pain-body, this mountain of trauma, is to focus. If I say to you focus on your presence within, just focus on your presence within. What do you think and feel when I say focus on the presence within you?

Client: The first thing that comes to mind in the presence within me? When I think of presence within me, and myself being present in a moment, I don’t think anymore about what I was thinking? It has to be what is what am I *not* thinking about. What is the presence inside of me? What is it like? What am I? ***What is the skin that I am in not letting me feel? What is the skin that I’m in not letting me think, because I am so programmed to just behave for other people that I might be in prison? What am I doing? What am I feeling? It has to be what have I not thought about in so long and that’s when I***

**feel.** That's when I feel like I'm right there with myself going, Okay, this is true to who I am. This is helpful to who I am. This is not me just like putting a Band-Aid over things like I feel in the present when I'm like, What have I been putting off? What have I been *not* thinking about? Because all of my other thoughts are basically what can I do for other people. How can I be present for other people? How can I look a certain way? Not even appearance-wise, but behavior-wise for other people, and then when I think "presence" of myself, I don't actually love that description.

Therapist: I was gonna say something about how you were describing your great grandmother's response to the conversation about the sex abuse when she was staring off. As you go further into the conversation, she expressed a disassociation like to say, "I don't know," or "It didn't happen" as declarations of "I am dissociated" like "I can't even remember. It's traumatic. I block things out." Then for you to say, "How do I feel within this body that doesn't allow me to feel? This skin doesn't allow me to feel." It is that expression of dissociation again where the trauma is. What happens when we're traumatized is that we disconnect from our body. Right? So how can I reverse the disassociation and then operate from there and try to be present in this body and this moment, so that's an interesting approach. The first step for a trauma victim is to address this dissociation. What comes next? Once you're in the moment then what comes next once you're back in your skin? Where do you go?

Client: I think that is a big part of me. Once I kind of break that, a lot of it's been explaining that it took a lot of drilling into my brain to not feel like that was a stupid-ass response. I judge myself for whatever I feel about it. If I dissociate, I don't feel anything towards that response. I think, "That it didn't happen. That it was a reasonable response from her. Whatever. She's an adult." So, when I actually accept that what she said didn't make me feel okay, that there is actually a lot of weird energy behind her response and emotions and feelings, then I am in my body. I am thinking and I am very actively participating in what is upsetting me versus just watching what's going on. That is what happened. So, it's recognizing this *is* what happened. Then I do begin to get angry. This *is* what happened. This *is* what did it. I'm not gonna get that confirmation from her, so I have this anger of how am I supposed to start feeling these emotions and

start healing these emotions if I don't even know if it happened? If I don't have a very sure sign that thing happened to me, then I don't want to feel emotion that I shouldn't have to feel, that I shouldn't have to go through. I don't want to be a bad communicator. Then I tell myself to stop, because you don't even know if it's real and then it's disassociation again.

Therapist: So, in one sentence if I say to you that I'm curious. If I say to you, I just want you to practice focusing on the presence within what goes through your mind?

Client: **What do I not feel.**

Therapist: Fascinating, thank you, because you are breaking down this process. This is what we need to write about to talk about personally for ourselves and also if we want to help other people. Maybe we could help them too, but we have to start within and start caring right here. I think that's really right on the target for somebody who's genuinely traumatized and dissociated. It is what do I *not* feel. It is sad and brilliant.

Client: Do you think I should do something about it? Do you think I should bring it up again, because I've had this like overwhelming feeling that I want to have that conversation from a different mindset. It is hard for me sometimes to see past their tactic of manipulation. I almost gaslight myself enough that I don't even know if I want to know anymore.

Therapist: I would say for now I don't think we have enough clarity in terms of...not in terms of reality...but clarity in terms of internal healing to come from a place of peace. So, when we're addressing them, we're not addressing them because we're going to them for answers or we're going to them for resolution. If we just except the facts that we have, which is hard to do. If we just except the facts of "What if it's true? What if I've got the story right as I've got it?" because that's what it feels like. I mean you can search within yourself. "What percentage of me feels that this is true? What percentage of me feels that I got it? If it's a high degree of certainty, then it's accepting that aspect. Now that could change. We can be wrong and that's why we take it slow. If we're gonna involve other people, because I know from sexual abuse trauma, that if you come



from that reality, there's an indirect way we can go about this. We can find out if there's sex abuse in her history. There's different ways to go about like validating that there's stuff there. It becomes more and more stuff she won't talk about. This is a book I recommend if you want to understand what it was like for German females in World War II.<sup>189</sup> They basically had to prostitute themselves for survival. It is not an excuse, but there may be a lot of things she is blocking out.

Client: Yeah. My "grandma" is my great-grandmother. She lived in Germany. She married a military man and she moved to America. She had a child. There came a point where my mother and my great-grandmother separated from her daughter, my grandma. My mom would drop me off at "grandma's" house all the time. She did it all the time and my mom called her my "grandma." I had a relationship with my grandmother. She died of an overdose. They hated that woman. Their entire childhood they talked so much shit about her. "Grandma" always gave us gifts. That was only at Christmas time or birthdays. It was always fighting. It was always weird between everybody in the family. My great grandmother has this weird idea that I'm her daughter. She treats me like her daughter. She paid for everything. If I accidentally refer to my mother by accident as "mom" when talking to my great-grandmother it was like "Shit. Oh my God." It was not cool and if I did anything with my grandmother above my mother in the parental sense that was an issue for my mom at one point because I was over there all the time. One day I was at my mom's house, and she sat me down on the couch not letting me move and was interrogating me on "Why don't you love me? Why don't you love me like her?" I remember being in that moment, "I don't know how to respond to you because this is what happens when I think about, "How do I tell you?" This is what I don't enjoy, and this is why I don't feel safe here. Then I will go to my grandma's and my grandma would say, "I'm gonna be by myself tonight. I want you guys to hang out with me. I'm gonna be all alone, and I don't want to be by myself tonight. We spent the night. My brother and I slept in her bed until I was seven years old. I told everybody I was done sleeping there, but my brother continues to. It's always just weird. If I brought it up, it wasn't allowed to be uncomfortable. It was always, "This is

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<sup>189</sup> Please, Thomas Goodrich's *Hellstorm: The Death of Nazi Germany, 1944-1947*, (2014).

how we do things. You get dressed behind a chair in the living room. My brother had this corner office, and you couldn't see him get dressed, but I was wide open. If she was in the kitchen, which is normally where she was just looking around the corner, she has a direct view of me and we're getting dressed. If you look where I'm getting dressed it was always something like "You're not washing your hair good enough. You need help getting out of the shower." In fact my little brother is now 11 years old. I don't think she stop wiping him until last year. It's just always like this weird. My grandma never told my mom and when I mentioned this to my mom and how we got ready in the morning, she had no idea, no clue that that is what happened. I would like to ask my grandma, "Why?" She always just had this like "I'm not gonna give you any emotional space or availability, but I want to make sure that you feel like you have to depend on me for everything."

I can't talk about the fact that my "grandma" really did most of the raising. My grandma's been super crazy obsessive last week. I didn't talk to her for three days. I didn't pick up the phone. I didn't answer a text. She immediately called my mom asking what I am doing "Where is she? Is something wrong with her? What's wrong with her?" My mom had to talk to her and say, "Oh, she's 18 years-old and she can go and do things on her own." My mom told me, and I said, "Mom, I'm 19." She said, "Oh my God. I'm so sorry." My grandma lies about everything. She manipulates everything. My mom's very aware of this. She's obsessed with me, and I don't understand why. My mom says, "I don't know why she does that."

Therapist: So one question I have is you're saying you don't know why she's obsessed with you. Is she obsessed with your well-being?

Client: Yeah, but not in the emotional comfort. It's more you're not getting into trouble or are you crazy again. If I'm on the phone like with her I am just a very monotone. I'm gonna have this conversation because I have to, not because I want to.

Therapist: There's a kind of desperation which makes me wonder if it's not guilt driven.

Client: What do you mean?

Therapist: So, this great grandmother was born in Germany, and she married a soldier. What we know about war conditions in Germany is that sexually it was a free-for-all. Sexually, we're talking about masses of people starving and in hardship, so the motivation to prostitute yourself was extremely high. This is exactly how or why young German girls were latching on to American soldiers. That's just the war. We don't even know what her childhood was actually like. The potential for sex abuse in her background is quite high, and when people are sexually driven from an early age, even though they may be the victim, they are feeling guilty and shameful about whatever happened. They feel guilty about how they are now sexually obsessed. You have this kind of sex craze inside of yourself for which you feel guilty. What was therapy like back then? There was none. There was nothing. There was no therapy. Family therapy was not a thing. Right? So, it didn't exist and then when therapy did exist it was shunned. It was taboo. "Therapy was for crazy people and we're not crazy." So I think about the possibility of her having abused others, such as possibly her own daughter. Her daughter is dead, and she was just way too hard on her daughter as it sounds. Then possibly having abused you and latching onto you in some kind of way. "I have this need to make up for what I took from you."

Client: Which was safety and now, "I want you safe even though I'm not giving you the safety."

Therapist: And it's so hard because how do people really come clean? Right? I mean, if it's so awful, so out there, outside of the realm of even a "normal" sexual abuse predator. It's not supposed to be the great-grandmother if it's anybody.

Client: Yeah.

Therapist: It's supposed to be the drug addict uncle. Right? So, I have this failure of being a mother to my own daughter, your grandmother, who is now dead, and possibly you've genuinely had some kind of flashback about this sex abuse directly by her motivating her to make sure you're okay but not being able to really acknowledge it. I don't know if that'll ever change for her, but what I will say as far as history goes, I think there's a lot of this kind of stuff that's going on. I'm so glad that we're able to evolve as a human family up from the animal kingdom. There's so much to say about it. But just in the context of

World War II and this book, you can even see the expression of her face. It's just so sad, so desperate and to know, if you read it, it will blow your mind what these people went through, the German people.

End Transcript

Before I move on to the next client's response to the same question, I want the reader to notice how for this client, she has been so traumatized, that "presence" is something she does *not* feel in order to protect herself from feeling insane. She has no family support in feeling *presence*. **Feeling presence means emotionally and mentally acknowledging sexual abuse. This is particularly weird for people who were sexually abused as little children, infants, and toddlers. You can barely remember anything, but intuitively and psychologically you feel the icky, gross feeling of sexual abuse. You need someone to tell you the truth. You desperately need someone to confirm what you so strongly feel.**

This brings us to one of the myths of infancy. People have thought that what we do to infants is not remembered by the infants. People believe that because infants are nonverbal that they are unconscious, they do not remember. However, we know infants **record** everything that happens to them from the time they are in the womb. This has been verified by many healers. Infants take on the pain of their mother's emotions during pregnancy. **Adults under hypnosis can recall everything that happened to them even during their infancy and from the time before they could speak.**

Brian Weiss of Yale and Columbia Universities is recognized as among the most credible mainstream psychological authorities on hypnosis treatment in the world. He has repeatedly verified that adults can remember trauma from their infancy. In *Through Time Into Healing*, he documents many cases of successful hypnotic regression. In the case of a patient named Laura there was a certain point in her therapy he describes "as if a logjam had been somehow loosened. Laura's childhood memories from her current lifetime began to surface, and **when they did, it was clear why the memories had been blocked. Laura's fleeting impressions of abuse had been accurate.** Laura had indeed been sexually abused by her father and her uncle. From the time she was two, they had fondled and touched her, and had forced her to perform oral sex. This abuse had continued

for years. Worst of all, Laura remembered that her mother had been aware of this abuse, but she had done nothing to stop it.”<sup>190</sup> Previous to hypnosis, Laura only had “fleeting impressions” of the abuse. Notice how she had protected herself by repressing or blocking out the memories entirely, but repressing the trauma had manifested in her life in other ways. She suffered from depression, binge eating disorders, and fears of being touched in relationships. The trauma was entirely subconscious, but her symptoms dominated and disturbed her everyday of her life.

**The sexual trauma done to a pre-verbal infant or toddler is locked into their nervous system and the pain will emerge from their subconscious in their maladaptive behaviors and disturbed emotions. They will not understand where these behaviors and emotions are coming from. No one tells them. Why? Because everyone in their family is either in complete denial that they have allowed the sexual abuse of a child or too ashamed to face what they have done or allowed “under their watch.” The perpetrator of sexual abuse is also helpless to get help because they too may be the unconscious victim of similar abuse for which they have no concrete memory and they do not want to go to jail.**

**The unconscious sexual trauma during infancy and early childhood will distort how they grow and develop. It will throw a person off course in life for decades in self-destructive behaviors and abusive relationships. Truly, sexual abuse of little children creates hell on earth. If people believe little children will not remember their abuse, they think they will be fine. Does this client sound “fine” to you? Has she had a great, peaceful, joyful life?**

Client 2

Therapist: So, if I said to you, personally thinking about your own trauma, “I want you to focus on the presence within yourself because that is your perfection and as you do that you will feel better.” What do you think of that? How do you react to that advice?

Client: Well, the presence inside myself is admittedly, not perfection or close to perfection. I bet that a lot of people have that, like that

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<sup>190</sup> Please, see Brian Weiss’s *Through Time Into Healing*, (1992), pp. 102-103.

person inside themselves that they really want to be like, their idea of what they would imagine. They're thinking of their best self. But being that I don't have one of those, I don't have that. I don't have a presence of my best self living in my head. What there is just there is what it is like I can deal with myself. **I can deal with my inner presence, but that's about where it ends. I'm okay with my soul. So, now like I'm getting there. I don't feel horrible all the time. I don't feel like I'm the most useless person on the planet anymore but to me that's about it. I'm doing okay, but I wouldn't objectively look at my image of myself, my inner presence as something that's even mildly close to perfection. It is what it is. It's okay for what it is.**

Therapist: Thank you. I just wanted to know like if that was the extent of someone's counsel on how to feel better, or if that was the ideal, the goal of the counseling, how that would strike you? What would be your reaction to that?

Client: Yeah, I would just...I wouldn't know what to do with it really. I would just kind of struggle to find what the other person was talking about like the inner presence being my possibility of perfection. I just feel a huge disconnect between me and that. That doesn't feel like a bad thing though, it just feels like something that honestly takes a lot of pressure off of me. Being able to just deal with things as they are, and it doesn't feel like so much of a demand. I don't put so much of a demand on myself to do better and better and better, because the idea of me being as okay as an ordinary, healthy person seems like a manageable thing. I've kind of just learned how to stop comparing myself to other people, kind of just live with my baseline and not feel too bad about it. Perfection? I guess not perfection, but like a really good thing in my inner presence is the goal to live without being in pain all the time. I feel like I'm torturing myself with that kind of a thought of perfection, because it's not gonna happen. I'm just gonna have to deal with chronic pain forever. It just feels a lot easier to just deal with that instead of giving myself the pressure of perfection.

End Transcript

I am not criticizing Byrne's work as a whole. I have read her book forty-three times. I have read selected passages from her book to clients hundreds of times. I am a fan of her **pure positivity**. As a

sewer dweller, I am only remarking on the nature of the “presence.” I recommend you read two pages of Byrne’s book every day for the rest of your life with your family. We are so negative. We need to reprogram ourselves with positivity. My book is for helping people find a way out of hell. Byrne’s book is for everything afterward.

**How did you get here? You learned about the poisons and pitfalls of being Jesus Christ human-sacrificer, superstar-saviors. You learned how to overcome this One-Lifer ego by accepting your personal responsibility to be god. You learned about how filling yourself with personal joyful purpose is only true way to serve others. You learned that this requires you to access the perfect presence within yourself, which is actually your eternal inner child, your superconsciousness. Finally, you learned how trauma blocks our access to our inner child, which must be recovered.**

Until One-Lifers overcome their obsession with human sacrifice, the only thing they are proving is their “*emotional damage*” to their inner child. May *your* last and great sacrifice be your One-Lifer ego’s need to be a Jesus Christ human-sacrificer, superstar-savior. Instead, may you rediscover and heal your wounded child within. Once healed, I do not know what your inner child will tell you to do, but I know that it will be innocent, joyful, and perfect.

## 24. Church lady syndrome: You're so used to being "*selfless*" that going in the direction of *self-love and/or self-care* feels *selfish*.

Once again, I want you to search the Old Testament and answer the following question. Once you grasp this issue sufficiently you can further pose this question to any person posing as a One-Lifer preacher, particularly any One-Lifer who approaches you with their agenda to "*teach*" you.

Did Jesus ever refer to himself as "selfless"?

I am asking for you to present a scripture anywhere in the Bible where Jesus refers to himself as "selfless"?

This is one of the most entrenched problems in counseling One-Lifers and particularly Western *women* subconsciously programmed with One-Lifer values. Men, One-Lifer or not, are generally immune from the compulsive behavior to sacrifice their lives and well-being for others, because men are conditioned to make money as a tangible measure of self-worth. This male social conditioning does not foster selflessness or sacrifice. However, women are programmed with an ego-drive to make family their number one priority. Women have traditionally "been programmed to believe that being a mother/daughter/wife supersedes all else. This isn't meant to denigrate the female roles of mother, daughter, sister, grandmother, and so on; rather...to give credence to the fact that there's more to being a woman than being someone else's walking to do list."<sup>191</sup>

I am talking to you church ladies of Christendom. For you, church lady, if your direction feels selfish, you *are finally* headed in the right direction. Of course, "selflessness" is a scourge which One-Life Psychology has spread to all Western women like an infection regardless of their church attendance. Selflessness has been programmed into your Western subconscious female brain. One-Life

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<sup>191</sup> Please, see Wayne Dyer's *The Shift: Taking Your Life From Ambition To Meaning*, (2010), p. 81.



Psychology has “served” women by forcing them to become hollow shells.

In her best-selling classic *The Dance of Anger: A Woman’s Guide to Changing the Patterns of Intimate Relationships*, Harriet Lerner refers to the “Nice Lady Syndrome,” which is very similar to my conception of church-lady syndrome. One-Lifer women, like nice ladies, do not protest real situations. They stay silent and tearful. They avoid open conflict. They keep their anger to themselves. We “avoid making clear statements about what we think and feel, when we suspect that such clarity would make another person uncomfortable and expose differences between us.”<sup>192</sup> One-Lifer women are so conditioned to protecting others and keeping the peace that they can almost never define a clear sense of self. But this comes at a tremendous price. “The more we are ‘nice’ in these ways, the more we accumulate a storehouse of unconscious anger and rage.”<sup>193</sup> When One-Lifer men and women begin to feel their anger surfacing, they feel guilty for the sin of “selfishness.” One-Lifer irrespective of gender are great at feeling guilty. “If we feel guilty about not *giving* enough or not *doing* enough for others, it is unlikely we will be angry about not *getting* enough...Nothing, but nothing, will block the awareness of anger so effectively as guilt and self-doubt.” You are not a “good” One-Lifer unless you are an “emotional service station” to others.<sup>194</sup> I prefer the term “emotional cesspool.”

One-Lifers’ relationship to One-Life Psychology mirrors the relationship of a woman in an abusive relationship. We can simply substitute One-Life Psychology in Lerner’s model as the archetypal, abusive, patriarchal, male partner. **One-Lifers must change to protect One-Life Psychology at the expense of their own growth. One-Life Psychology never needs to change. One-Lifers can never challenge the basic rules of their relationship to One-Life Psychology. One-Life Psychology makes all the rules. One-Lifers “de-self” themselves for One-Life Psychology. In a healthy relationship, there is give and take whenever differences arise**

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<sup>192</sup> Please, see Harriet Lerner’s *The Dance of Anger: A Woman’s Guide to Changing the Patterns of Intimate Relationships* 20<sup>th</sup> Anniversary Edition, (2005), p. 5.

<sup>193</sup> Ibid., p. 6.

<sup>194</sup> Ibid., p. 7.

which require compromise. De-selfing occurs when One-Lifers do “more giving in and going along” than their fair share in One-Life Psychology. One-Lifers are not allowed to have a personal sense of clarity about their decisions or control over their choices. The Bible god tells them how to think and what to do at all times. “De-selfing means that too much of one’s self (including one’s thoughts, wants, beliefs, and ambitions) is ‘negotiable’ under pressures”<sup>195</sup> from One-Life Psychology. Even though One-Lifers are unaware that they are making all of the compromises or gaslighting themselves into believing that they are “happy” to de-self, subconsciously they pay a heavy price. One-Lifers sacrifice so much of themselves to One-Life Psychology that they repress anger making them “especially vulnerable to becoming depressed and developing other emotional problems.”<sup>196</sup> These One-Lifers or subconsciously-influenced-One-Lifer (SIOL) people end up in therapy wondering what is wrong with them. They have been so brainwashed to the “virtues” and values of their abusive partner, One-Life Psychology, that they have judged themselves to be irrational, petty, angry, and sick. *One-Life Psychology is the abusive husband you never knew you always had.*

Have you ever tried to help an abused woman with a helper (i.e., church lady) ego? I have played chess with them my entire career. Their story is a trope. She breaks up with her abusive male partner and immediately begins brainstorming strategic plans on how to “safely” let him move back in. She kicks the abuser out, but immediately goes into a deep depression. Why? She is filled with fear that she will go into a suicidal depression, because she *knows* she will. She has been there before. Why? She does not understand exactly why, but she knows one thing. She knows she goes into a deep depression when she is *not* “helping” this man. She knows that the depression is due to such intense Guilt level 30 that if she is not playing Jesus Christ the Savior for this man, *she wants to die*. She knows the Shame level 20 that she would feel if *anything* would befall this man due to any *inaction* on her part, and she *can* imagine any of a number of catastrophes because she knows this loser so very well. “I’m afraid he will die.” “I’m afraid he will kill someone.” She is

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<sup>195</sup> Ibid., p. 20.

<sup>196</sup> Ibid., p. 20.

serious because she herself knows how traumatized she is from his violent behaviors. If he did die or kill someone, then she would not only be **Guilty**, but she would also be so a**Shamed** of herself for allowing such a tragedy that she *would* kill herself. This is what she knows. She must avoid herself at all costs. Her sanity depends on her selflessness.

Where does counseling go from there? What would you say to a woman trapped in this abyss? **You can ask a logical question like, “What evidence do we have that he will be any different? What proof do you have?” “None” will be her answer. How does this factual lack of evidence change the energy *within* her? The energy in her is the same: fear, depression, guilt, shame. It is guaranteed that she will move him back in, because there is a comfort, a familiarity, and a kind of hostile “stability” to which she is accustomed. Her world may be a “hot mess” and a sinking ship, but it is *her* mess and in all the chaos of her world she has enough control to sink it *herself*. This is the law of attraction in action. Given her energy frequencies, she must physically manifest and attract living with an abusive predator, not *because* of him but because that is *her* energy. This is why she will sabotage all your efforts to chase him away. This is why you are ultimately angry with *her* and not him. This is why she burns all her bridges and while she still has people who love her, she has no one who will listen to her any longer. Everyone is tired of listening to her whine about him. *Being his victim is her identity.***

How is this possible? How does it happen so often? The fear. The depression. The guilt. The shame. **These are all aspects of the helper ego masquerading as seeing itself as “loving.” This is not love.** On a basic level, you already know all you need to know. You have read far enough to know this energy sucks. The energy of fear, depression, guilt, and shame is all garbage, trash. By now, you know the basic truth about emotional energy from your introduction to the Map of Consciousness.

Do you know why she really “helps” him? Is it because she has zero faith in him? Partly. Primarily, it is that she does not understand the concept of the **Self**. She does not have a conception of herself as truly

or essentially separate from others. Arriving at this reality requires **taking time alone away from everyone.**

Really what is driving all of this selflessness is avoidance of the worthlessness within. Selfless people really have no **self**-esteem, or they pursue self-esteem paradoxically by losing themselves in everyone else. They project a false unity and oneness. Really, they are not united. They only look united because they never have any honest, authentic conversations. **Real unity does not come at the expense of truth.** Are One-Lifers really ever allowed to be themselves? Are they allowed without judgment or scorn or alienation to be nonconforming? Are they in fact so disconnected from themselves, so selfless, that they are actually miserable whenever they stop reinforcing selflessness through acts of service?

Are One-Lifers really like Jesus? Do they really want to be like him? Because if we actually read about him, we read, “Jesus **often** withdrew to **lonely** places.”<sup>197</sup> “He **Himself** often withdrew into the wilderness.”<sup>198</sup> How often did Jesus spend time away from everyone? **Often.** Did this mean he was a selfish prick? Is this *selfless* behavior? Does this not provide evidence that Jesus was also willing to *leave everyone else alone*? He wanted his alone time, and he left you to have your alone time. How often? “**Often**” means **frequently** and **many** times or instances. Did the “Savior” worry that everything would fail without him watching every second of every moment? Did he worry that everyone was going to die or commit heinous crimes while he was away? **Did Jesus base his sense of self-worth on the actions and behaviors of anyone close to him or not close to him? Did Jesus allow anyone close to him or not close to him to compromise his personal sense of purpose?**

**Are One-Lifers supposed to be like Jesus or not? Are One-Lifers supposed to be like Jesus or not?!** A One-Lifer authority will answer, “Yes, you are supposed to be like Jesus, *but* not be crucified, *unless* you are a martyr or a saint.” So, One-Lifers are supposed to be like Jesus up to a point, and then not, unless they are really “elite” One-Lifer martyrs or saints. How do you know the difference? Which are *you*? Are One-Lifers supposed to be like Jesus or not? It is not a

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<sup>197</sup> Please, see the Bible, Luke 5:16, *New International Version*.

<sup>198</sup> Please, see the Bible, Luke 5:16, *New King James Version*.

trick question. Was he self-less? He *was* always purposeful. He had clarity about himself. He did not live through others. He did not seek completeness through others. Others were drawn to his completeness, his wholeness.

In this moment, are *you* **happy** being selfless? If you are then, you have life figured out.

What is your personal goal? Happy people have this.

What is your personal purpose? Happy people know this.

Do self-less One-Lifer servants have any sense of individual purpose that One-Life Psychology does not force feed into them? Let's see what the "Antichrist" has to teach.

Each of us is born with a life purpose. We must identify, acknowledge, and honor this purpose. This may be the most important action you can take. You must take the time to understand what you are here to do and then pursue that with passion and enthusiasm. If we do not have a life purpose, we will get sidetracked in life. We will wander and drift and accomplish very little. When we have a purpose in life, everything finds its place. To live on purpose means that you are doing what you love, what you are a good at, and what is important to you. When you live with truth and passion on your purpose, everything you need will gravitate towards you naturally including people, resources, and opportunities. This is why one of the most fascinating things about living on your purpose is that the world benefits. Once you know exactly what your life purpose is then you can organize all of your activities around it. If any activity does not align with your life purpose, you do not work on it. Period.<sup>199</sup> This means you are able to draw a hard and wonderful boundary with everyone who endeavors to be a part of your life. You simply refuse to let anyone get in the way of your purpose which is in actuality the way you are supposed to be serving everyone including the very people who accuse you of being selfish.

One-Lifers are not allowed to follow the advice of the "Antichrist" because One-Life Psychology does not allow One-Lifers to have a life

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<sup>199</sup> Please, see Jack Canfield's *The Success Principles: How to Get from Where You Want to Be 10<sup>th</sup> Anniversary Edition*, (2015), pp. 23-24.

purpose unless it aligns with One-Life Psychology's purpose. The One-Lifer would be called on to sacrifice their purpose for One-Life Psychology's purpose. One-Lifers generally are never going to **take the time** to identify their personal life purpose because One-Life Psychology is busy doing exactly what Jesus prophesied saying they would burden people as their slaves. The One-Lifer leaders and authorities "bind heavy burdens grievous to be borne, and lay them on [One-Lifers'] shoulders; but they themselves will not move them with one of their fingers."<sup>200</sup> You need the free time to yourself to identify your life purpose. Then you need the freedom from everything and everyone to organize all of your activities around that purpose. If anything does not align with your purpose, you need the freedom to cut it out of your life. "Selfless servants" are precisely that. **A "selfless" person is conditioned not to be concerned with personal purpose outside of the purposes provided by One-Life Psychology. A "servant" is not allowed to have self-determination outside of the commandments of the Bible god and his "divine representatives."** Any honest, devout, practicing One-Lifer will recognize the conflict here. **A One-Lifer is programmed to serve god's purposes. Period.**

**Selfless servitude is another reason One-Life Psychology has always failed humanity because the agenda of selfless service is why *One-Life Psychology is the cause and the source* of personal frustration. At the same time One-Life Psychology is causing personal frustration, it is commanding One-Lifers to suppress their true feelings by characterizing them as "temptations of the devil." One-Life Psychology demonizes any feelings and thoughts that do not serve its agenda as "sinful." Therefore, One-Life Psychology will never provide real instruction on the power of your personal feelings. You must be in touch with your feelings in order to identify your life purpose. One-Life Psychology ensures that we remain disconnected from the inner world of our own feelings. Our feelings determine our thoughts, and our thoughts determine our outcomes. It is vital that we realize the connection**

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<sup>200</sup> Please, see the Bible, Matthew 23:4, *King James Version*.

between our feelings and the freeing up of our innate abilities we need to take successful actions.<sup>201</sup>

**Because One-Lifers are (1) driven to prove that they are accepted by god and spiritually successful combined with (2) their orientation to an outside authority and (3) their dissociation from their own emotional intuition. One-Lifers are constantly stuck comparing themselves to others and searching for any sign from god that they are on the right path.** This is why so many women in One-Life Psychology are so desperate to prove that their relationships are viable. If their family life *looks* wholesome and loving, *then* they “know” they have god’s approval so they can feel good about themselves. To the degree that a One-Lifer woman experiences her relationship as a failure or miserable, she feels cursed, rejected, and *less than* others. **Remember One-Lifers are attempting to cram an eternity’s worth of success into one human lifetime. One-Lifers turn life into a race and racing means looking around at everyone else to gauge one’s progress. So, One-Lifers are competing with one another as a means of *knowing* how far ahead they are in the race to heaven. Due to the paradox of inequality in birth circumstances and the unfolding abundance of life tragedies, humans suffering under the scourge of One-Life Psychology will necessarily suffer one of the most powerful negative emotions: Envy.**

Envy is at the energy of Desire level 125 on the Map of Consciousness. Buddha taught that the two sources of suffering are attachment and desire. Desire is the neediness and wantingness that attracts the intense feeling of **lack**. The more One-Lifers lack the real-life evidence of god’s approval, the more they notice shortcomings in comparison to others or once completely resigned they reject this life only thinking of salvation in their imaginary afterlife. To the degree that One-Lifers become fixated on their real-life evidence of being cursed rather than blessed, the more they will feel envy and inadequacy. As life progresses, we can feel more dissatisfied, unhappy, and alienated. We may feel that others are against us. Those close to us will grow tired of listening to us complain about life. We seek to escape each day through endless scrolling, watching

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<sup>201</sup> Please, see David Hawkins’ *Letting Go: The Pathway of Surrender*, p. 283.

television, playing video games, eating, sleeping, getting high, getting drunk. What is the REAL antidote to envy? What do we know whenever we listen to someone or ourselves spouting off jealousy and envy? **“Envy develops as a particular response to the loss of connection with the Essential Self.”**<sup>202</sup> **When you are filled with envy and jealousy, it is for one reason. You are disconnected from your higher Self, your soul, your superconsciousness.** Keep in mind that we are not saying that you are disconnected from “yourself.” If you are still identifying your “self” as your body and mind, you are off track. You are neither. You are the soul energy using the body and mind with their set of survival, software programs *for the body*. Your brain does not function for the survival of your soul, because your soul has no concern with survival. Your higher Self within is the seat of your life purpose and your connection with this physical realm. Your higher Self holds the key to why you showed up in this world in the first place. Of course, if you connected with that, you would not need a Bible to tell you how to live, how to act, how to think, or what to do. In the meantime, you have been programmed by One-Life Psychology to desperately pursue the perfect-looking relationship right now, and I mean, get it right, *right now!*

**Desperation of getting all your relationships right for all eternity in this single human life comes from One-Life Psychology’s obsessive enforcement of one-life theology. We have these desperate women, so envious of other women who have or seem to have the perfect life, the perfect marriage, and the perfect family. “Because if I do not get it right, right now, my one chance, my one life will be entirely wasted. I am such an awful, loveless, worthless wretch. My life time is running out!”** Again, the reader can recognize the intense melodrama engineered into One-Life Psychology. How many human women will live and die daily in their one lifetime without “the perfect life, the perfect marriage, and the perfect family”? *Most of them* is the reality and the true answer. Are they then living here on earth briefly to learn to be content with misery and dissatisfaction? “Hush, David, the Bible

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<sup>202</sup> Please, see Don Richard Riso and Russ Hudson’s *The Wisdom of The Enneagram* (1999), p. 191.



**god will make it all better in heaven after death. In the meantime, we are going to sell a shitload of romance novels.”**

In your real-life story, that selfless, helper ego is the real villain. When we were previously dealing with the One-Lifer human-sacrificer, we asked questions such as, “Can we stop playing Jesus Christ?” We pled, “Oh God, forgive me for not being Jesus Christ!” We ached, “Can I forgive myself for not saving the world?” Approaching from this angle, the “selfless” helper is related and yet different. The “selfless” helper is highly invested at the subconscious level in avoiding the worthlessness within and the desperate pursuit of fulfillment through connection, losing yourself in someone else, melting into another. It is the quest for completion of whatever feels unfinished. It is the quest for filling whatever feels empty. It is not through genuine personal effort, **but it is the lazy, ignorant effort to be complete and fulfilled through other people.** “My partner...My children...” What about **YOU**, helper? Leave us alone. Go help yourself. Go take care of yourself. Stop dishing up my plate for me. You complete...yourself. Go complete yourself.

As for the abusive man, if the Jesus-helper ego maniac will step back and leave him alone, then the magic can actually happen. The universe will watch to see if he ever arrives in this lifetime to ask: “Why am I alone? Why am I homeless? Am I an abusive asshole?” When I am counseling enablers, saviors, and helpers, I counsel them about the power of the truth that manifests only when they step away and **stop** helping. You see, if this helper is you, something wonderful happens for you and your hobosexual man when you step away. A hobosexual man is a man who is only living with a woman to avoid being homeless. This truth not only applies to women rescuing hobosexuals. It applies to anyone who habitually rescues anyone else. When you step back and truly leave your rescue target alone, truly alone, then they no longer have you to blame for why their life is a hellhole. When they are really all alone long enough, they will eventually *look in the mirror where the real problem is*. Then his real guardian angel can step in and whisper, “You were abused too, and you really bought into that victim mentality in this lifetime, but it’s okay. You’re okay. You’re always loved forever.” You, the selfless servant, cannot accomplish this distancing, unless you are operating from Neutrality level 250. Neutrality is not the apathy of a “whatever

happens happens” attitude. Real Neutrality is courageously open to all positive possibilities for yourself regardless of what other people choose. Neutrality is *trusting* the immaculate matrix of the Universe. It is not merely trusting the imperfect human systems that govern your life but trusting **The** System which governs the lives of every living thing. This means you know that everything is going to work out for the best, long-term outcome for *everyone*. Everyone will ultimately get what they need from this lifetime.

Selfless servants must learn that real Love level 500 is not acting out of Fear level 100 or Guilt level 30 or sadness (i.e., Grief level 75). Sometimes real love is closing the door and stopping yourself from pretending to be Jesus and getting out of the way of someone’s real angel. Maybe dude will die “alone,” but the moment he is willing to open his eyes, he will know: “I felt alone because my wounded heart was hiding the love that was always there. I am going to commit myself to giving love instead of looking to get it.” But I am not talking to *him*. These men usually never commit to therapy. These men generally only come to therapy to avoid getting dumped and kicked out. He is not attending therapy to work on *himself*. God forbid. He is using therapy to manipulate his partner.

Selfless servants have a forceful nature. They refuse to de-commit to their lifetime human-service project hobosexuals. There is nothing wrong with willfulness when it is applied to our steady *internal* efforts on our *personal* work. Even then, our spiritual intuition dictates that oftentimes we are simply expecting too much from ourselves. There is always something toxic about forcing a relationship to be something it is not or forcing someone in a relationship to be someone they are not. **Maybe he is just not ready to be who you think he should be.** I watch these selfless servants with the universe. We are holding our breath to see which pathway she will choose. Every choice is *potentially* a choice of great consequence. Choice implies consciousness. **Consciousness yields freedom, freedom from desire and attachment.**

If you do not like your life, remember it is a TV show. **Your physical life is like a TV show that has already aired. If you want different physical life in the 3D world, you have to go inside yourself and change your energy, change your frequency.** All the force you have

been using to alter your physical world is actually resistance. **Resistance to anything in your physical life is like trying to prevent a television show from showing AFTER IT HAS ALREADY AIRED.** It is absurd and futile. Instead, if you want your life to show something different, better, or new, then you have to go within yourself and create a new signal. As you transmit better thoughts and feelings, then the pictures of your real life will change.<sup>203</sup> Write a new script and start producing it. **I repeat, your physical life is not who you are, it is who you were. Your physical life is the residual effect of your past thoughts, feelings, and actions. Do not define yourself by your current physical life.** If you are a selfless servant unhappy with the state of your life and relationships, One-Life Psychology will not help you. **The real you can help you. Your Self can help you. Your Self has the power to transmit the frequency of your new life.**

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<sup>203</sup> Please, see Rhonda Byrne's *The Secret 10<sup>th</sup> Anniversary Edition* (2016), p. 142.

## **25. One-Life Psychology simultaneously promotes intense study and enforces the rejection of rational thought.**

If you attempt to have a rational conversation with a devout member of any One-Lifer sect, they react emotionally because they take comments *personally*. **They are so identified with their religious faith that they must defend it, because *the stability of their identity depends on their religion*. One-Life Psychology gives you an entire identity. Devout One-Lifers have no identity outside of their religion, no part of their lives that they cannot Biblically justify or rationalize.** Part of the One-Lifer identity is that you must identify anyone who calls your identity (i.e., One-Life Psychology) into question as an unwitting servant of Satan. “Get thee behind me, Satan!” **In One-Life Psychology you are encouraged to “study” repeatedly whatever is preapproved by your One-Lifer authorities. One-Lifers are encouraged and commanded to “study” voraciously in this way. This is what genuinely scientific minds refer to as “confirmation bias.” This simply means that One-Lifers interpret all information in such a way that it supports their existing beliefs as delivered to them by their One-Lifer authorities. This behavior reduces all their research into a pseudo-intellectual exercise. One-Lifers *sound* smart. They take in copious amounts of data, which they use to “prove” the Bible to be true and “defend the faith.” One-Life Psychology never encourages you to simply study the data and follow where it leads.**

Therefore, One-Lifers have a propensity towards internal drama, and they get upset very easily and dramatically when their faith is rationally and reasonably questioned. So, if I walk up to a One-Lifer and calmly say, “That’s false and here’s why,” they will get angry, but they will never admit just how angry and hurt they are. Instead, they will project their anger and insecurity about themselves, their identity, and their beliefs onto *you*. **So, *you* become the “angry one” just for pointing out irrational or destructive psychobabble.** It is so easy for them to reject you and everything you have to say when they can call you an ignorant “servant of Satan.” “Non-One-Lifers are

the devil, Bobby Boucher!” Except that *their* One-Lifer behavior is comical, irrational nonsense. Let’s have an actual conversation about each aspect of your religion which you claim you cherish and for which you have not a shred of scientific evidence and which actually makes you feel horrid emotionally. Let’s sit down with One-Lifers and go through the previous 24 points up to this point in this text. My lengthy, personal experience with One-Lifers is that they are irrational and intensely judgmental, and they must apply force to themselves to maintain their practices. But it really is not them. It is the One-Lifer **character**, which has possessed them. They are playing a role. One-Life Psychology has programmed them from birth. I spent the first four decades of my life around them. I know them very well. I was one of them. When I look at what One-Lifers do to themselves and others, I make two observations.

One-Lifers are frequently unhappy.

One-Lifers are frequently unkind.

I think about my dear grandmother, and she was an eminently lovely, pure person. I recall one day when I was a young college student and family members were talking about the second coming in the Bible prophecies of mass death and destruction. I will never forget the look on her face when contemplating and discussing those things, as if they were actually real near-future events. I can only describe her expression as forlorn. **It was so clear that the effect of One-Life Psychology’s climatic biblical endgame on her was NOT joy or peace, but rather DESPAIR. I could see that she genuinely believed that the world was going to end, and that humankind was going to be judged for destruction as predicted in the Bible, and TEARS OF SADNESS welled up in her eyes as we talked. THAT ENDED THE CONVERSATION FOR ME. I will never forget the impression that made on me and how much pain, sadness, and hopelessness she had in the very moment she was wholly devoted to biblical One-Life Psychology. NEVER AGAIN WILL I PARTICIPATE IN ANY CONVERSATION THAT LEADS THE MOST INNOCENT OF PEOPLE TO FEEL DESPAIR.** So when I say One-Lifers are frequently, unhappy and unkind, do not assume that I am bitching or whining about how they may have mistreated or judged *me*. I am thinking about what they have

done to THEMSELVES, THEIR FAMILIES, AND THEIR FRIENDS as a result of their conviction and their One-Lifer beliefs. I am thinking about what had been done to my grandmother from the time that she was a little girl. I am thinking about what she had psychologically reinforced within herself, her entire adult life. So, AGAIN, please, do not assume that when I say One-Lifers are frequently unhappy and unkind, I am referring to what they do to others. I am primarily referring to what One-Lifers do to *themselves*. I am thinking of my grandmother and how she carried the painful burden of One-Lifer beliefs until the moment of her death at which I was present. She was there and then she was gone. I think about her often and my One-Lifer grandfather. I think about how I am not representing them now as a non-One-Lifer. I passively wonder if they would be proud of me or ashamed of me, but I am not distressed about their feelings. They were completely devoted to One-Life Psychology as they understood it. They were honorable. Their goodness is a dilemma for me because I wonder how much happier and healthier they could have been without the burden of toxic One-Lifer beliefs. I wonder if today they would start to consider anything I have to say in this book, or if we would be alien to one another if we spoke right now, but I do not think so. I think that they are proud of me. I think they do accept me. I think now that they do love me. Wherever they are, some part of them is with me right now as I write these words and, perhaps, when I die they will be there waiting for me as I crossover. Maybe then we can have this conversation. Maybe then they will understand how painful this book has been for me to write, how terrifying, how tearful. I think they do understand...right now, not in some illusory future, but here and now. I press forward with the faith that it was time for me to write this book, that however terrifying this is, I was, perhaps, born to write this book. Perhaps, this book will genuinely help someone and hurt no one.

Do you think that I do not love or revere my One-Lifer grandmother as I write this book? It is *BECAUSE* I love and revere her that I wrote this book. It is *BECAUSE* of the obvious pain in her innocent eyes that I wrote this book. One-Life Psychology had robbed her innocent mind of peace and joy. I hope even the most critical of readers will appreciate how hard I

am trying to walk the line of communicating clearly, effectively, and fairly.

As we sat talking at my grandmother's kitchen table, *because I have been a shrink*, I now recognize why she stared off in the distance with tears in her eyes when she contemplated the apocalyptic prophecies of the Bible with complete conviction and sincerity. SHE WAS DISSOCIATING LIKE A TRAUMA VICTIM.

HOWEVER, I admit my grandparents would be correct to argue that specific behavioral standards taught in One-Life Psychology could be credited with contributing to their success. I would respond that those behavioral standards do not *belong* to One-Life Psychology, but to CONSCIOUSNESS. Our own consciousness is the source of our goodness. Neither One-Life Psychology nor the One-Lifer god is the source of our consciousness. The melodrama of One-Life Psychology is that it makes things harder than they really are and needlessly complicated and painful. That was obvious in my grandmother's eyes.

Because of their intense convictions, One-Lifers are frequently and completely unaware of the impact of their behavior on others. Of course, THERE ARE MANY WONDERFUL, AMAZING PEOPLE IN ONE-LIFE PSYCHOLOGY, but even the genuinely amazing and wonderful One-Lifers decide when they are going to be selectively rational specifically in regard to their use of the Bible. Are these One-Lifers amazing and wonderful *because they are One-Lifer*? Or are the same *souls* of these people capable of being just as kind even if they are born Buddhist or Hindu or Muslim or atheist? This is fundamental to the mystery of human consciousness that will continue to unfold within this book.

We must acknowledge that *usually* the One-Lifer answer, if you tell them that their religious practices are not working, is to tell you that *you* are not doing those practices *correctly* or *good enough*. They judge you severely and intensely while all the while maintaining that they are "serving" you and "serving god." Their practices and beliefs can never be called into question or judged because that would amount to questioning or judging their core identity as people and attacking their self-esteem, which is so "strong."

**This is why One-Lifers generally throw water on drowning people. The One-Lifer solution for people who are intensely miserable *within* One-Life Psychology is to force feed them even more...One-Life Psychology.**

One-Life Psychology encourages *willful* ignorance about . . . *One-Life Psychology*. One-Lifers encourage research on anything that will support their prejudices like “archeology” in the Middle East showing Moses was a real person. What about researching the One-Lifer confessional model which developed into the Inquisition torture interrogations? Did One-Life Psychology actually inspire modern secret police organizations including those in our own government? Do One-Lifers want those references? The Spanish Inquisition used torture, cruelty, oppression, and interrogation techniques which made it the forerunner of the secret police of modern dictatorships. Modern sources will actually refute and minimize One-Lifer torture and control. It is also fascinating as to what a great extent One-Lifers will share stories and historical accounts of their persecution *by other One-Lifers*. Maybe there is something inherently perverse in the system which induces its adherents to harm *anyone*. Perhaps the reader will research it for themselves. A One-Lifer will refuse to research it because they know they will feel “bad” researching it and it will raise doubts. That is the difference between ordinary ignorance and willful ignorance. Some people truly do not know better. Some people *refuse* to know better. Recognize for a moment how important a point it is that “it will make you feel *bad*” to rationally and scientifically research the historical facts about One-Life Psychology. If on that feeling alone you refuse to do it, that is a powerful “choice” implying why recovery from One-Life Psychology takes *years*. That “choice” has become a sobering fact for millions of people not just in One-Life Psychology but in religion in general. It is really not a choice, because “choice” implies consciousness and One-Lifer behavior is largely unconscious, nonrational, and based on automatic pre-conditioned reactions stemming from childhood, rather than thoughtful responses and choices. People who are not ready to question everything are not allowed as my clients. Those people are not in my family. Those people, including my relatives, are not allowed in my personal life. Am I just being divisive? Let me explain why this is not egotistical at all.



**Willfully ignorant people are highly toxic.** As a recovering One-Lifer, you will need to undergo an extensive healing process. It will take **three to five years** of conscious, dedicated work to fundamentally change your personality, which has been brainwashed **for decades**. While you are healing, you too are still filled with psychological toxins. As you slowly detoxify over the next years you **must** surround yourself with people who are pursuing mental health. While you are healing you are **vulnerable**. You cannot detoxify yourself while you allow toxic people to continue to poison you. Convalescence in reality simply does not work unless you have *time* and *space* to heal. No doctor *can* heal you from *any* medical condition, if you continued to expose yourself to the very harm from which the doctor is attempting to heal you.

I have focused on One-Life Psychology, because I could not have written this book about other religions. I was a devout One-Lifer for four decades. The books *Judaism is My Mental Disorder* and *Islam is My Mental Disorder* will have to be written by someone else. I hope they will find me through the writing of this book. Those authors will need to have been devout in their respective religions as was I. I send this book into the world searching for my friends.

The deeper you go into One-Life Psychology, the more you study the prophecies, the more you study the Bible, the scriptures, and the ideas, the less and less coherent it becomes. One-Life Psychology becomes a quagmire of trends. It is impossible to find a coherent timeline or to organize the ideas into a real picture. The Bible is enormous and if you add in the additional books that were in the Bible at one point or that were never added in the Bible, then your investigation grows from there. Then you can start to get into the history of specific One-Lifer philosophers like Augustine or Saint Thomas Aquinas. Then you can start to get into, not so much the One-Lifer philosophers, but the very special One-Lifers like Saint Francis, who lived a very simple life in a certain way that was very unique to him. He was actually a miracle worker, a bona fide saintly person. According to his story, as a young man, Saint Francis served in the crusades and came home and would not speak to anyone. He refused to speak after the horrors of One-Lifer warfare. One day he began to help the people who were working in terrible conditions for his father and his father wanted him judged for it. Francis left his family name and went on to build a

church from ruins. **He was so pure and attractive in his worship that he was persecuted by One-Life Psychology.**<sup>204</sup> Of course, there is so much history that is unknown and needs to be investigated. The point is that as a One-Lifer, as I was, you are invested, immersed, and devoted to One-Life Psychology, because you are a soldier in it. You have given your life to this thing, and you expect to give your life *for* this thing. You are prepared for whatever is supposed to unfold in the future, which is apocalyptic in nature, end-times type stuff. You want to understand everything. You want to understand and make sure you are on the right side of the “apocalypse” which is allegedly about to “biblically” overwhelm the world. There is also a genuine desire to be theologically correct because there is so much confusion in One-Life Psychology. There is so much abstraction in One-Life Psychology. There is so much mystery in One-Life Psychology. There is so much obscurity in One-Life Psychology. The Bible is just a very weird book and there are a lot of conversations in and about this book. What I am saying in a long way is that was not good. It is not good that One-Life Psychology is a theological hellstorm. One-Life Psychology is not good in that it is incoherent psychobabble. That is not good. That is, however, the reality. What I can say that was good about One-Life Psychology is that it made my mind driven to organize and systematize spiritual ideas and principles and try to really figure out and understand spiritual experience from a logical organized, coherent framework. But you never arrive at that framework, and you become acutely conscious of the problems as long as you remain One-Lifer. Again, recall that becoming **conscious**, simply means **questioning everything** that you were ever taught **from the time you were born** and **ESPECIALLY QUESTIONING ANYTHING THAT DIMINISHES, INVALIDATES, WEAKENS, OR DISEMPOWERS YOU.**<sup>205</sup>

Now that I am free from One-Life Psychology, I still get to retain that ability that came from being in that thing and being devoted to that thing. I still have the ability to sit and listen analytically, and then synthetically. We take the thing apart and then we put it back together. I still have that and so now I can listen to all these other systems,

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<sup>204</sup> Please, watch Franco Zeffirelli’s *Brother Sun, Sister Moon*, (1972), Paramount Pictures.

<sup>205</sup> Please, see David Hawkins’ *Letting Go: The Pathway of Surrender*, p. 55.

spiritually from a different place in my heart. Now I can listen from a different place here and reflect in an unconditionally loving way and then give a response that is most likely going to be pretty helpful from the perspective of wanting to assist pagan thought. You tell me all your witchcraft and let me help you to make greater sense of it. How old is magic work? How does magic really work? What is real? What is the real magic and whatever the real magic is? What I can tell you is that you are going to feel great about it. If you are not feeling great, then that is not the real magic. Because now I really get this thing. I really get it now. One of the things One-Life Psychology teaches you very well is how to feel atrocious. One-Life Psychology teaches you how to feel awful as your default setting and to persevere and press forward and endure while feeling atrocious. So, I know all about being *off-track*. When I listen to people, I can tell, “Okay, let’s listen to where the struggle is.” Let’s listen to where it is and let’s listen to the beliefs, connect the beliefs. Let’s look at the belief structure in connection and coordination with the emotional and psychological structure. Let’s see what kind of frequencies are going on and begin to play with the belief systems that are so powerful. When we emotionalize behaviors what do we gain or learn? **Everything has to become subconscious.** We are here to learn. We are here to behavioralize and emotionalize knowledge, to really experience magic, to actually experience magic.

I want to come back to this point about people wanting to manifest something, which is what they equate with “magic.” Do you want to manifest anything? Do you believe you need to manifest? This is actually something many people are sure they want, but they are not sure how to delve into it. We need to go deeper here. Question yourself: What is it that I actually need or think that I need? It is Eckhart Tolle who asks, “What do you lack at this moment?” If you just sit with your own presence, what do you lack at this moment? Because as people go higher on the level of consciousness, we know historically once you hit unconditional love, and you are organizing yourself as a spiritual student, an advanced spiritual student. These people are not interested in anything material. They are purely interested in the spiritual experience that they have, that they are developing, and they are really interested in people. I am not saying that they are not interested in material reality, but it is the *transformation* of that reality, not the *possession* of it. It is

transformation and manifestation *not possession* of existence. What is it that we really want? Do we want to *have* this thing? Or do we really want to be *part* of something? Do I want it because of what it does for me? Do I want to possess my wife or *be with* my wife? How do I enter into that? What is the quality and nature of the relationship? What is this moment that we want to have, all these moments of these experiences? I am really interested in *experience* over consumption. We live in a world and society that nurtures, fosters, and indulges in consumption. “I shop therefore I am.” Today, retail therapy is for men and women, not just a female. Consumption is non-binary. These are the kinds of things that we want to look at.

Finally, I guess this is one good thing I can say about One-Life Psychology. **One-Life Psychology forced me to develop theological discipline, the discipline that empowered me to reject *One-Life Psychology*. Furthermore, One-Lifers are not toxic because they are toxic, but because they are spiritual rape victims who have been groomed to be unhappy, unkind, and severely judgmental.**

## 26. The first two commandments allegedly delivered by Jesus do not work in therapy and cannot heal humans. Furthermore, they present the One-Lifer god as an insecure narcissist.

They are:

1. Love god with all your soul.
2. Love your neighbor as yourself.

Why don't they work? As a shrink, I do not believe Jesus said that. I do not believe god would talk to us that way. Every real healer knows you need to love yourself *first* before you can love *anybody*. It is because of this One-Lifer Biblical belief that people genuinely believe it is possible to love others *before* you love yourself. In One-Lifer logic, you can be a source for something, which you do not in fact possess. A One-Lifer claims they *can* give what they do not have. In the real world and in real therapy, you *first* need to learn what real Love level 500 is. It is that simple. Jesus probably actually said something like "This is the first commandment: **Fill yourself with unconditional love because that is what I am filled with.** Second: **Then love everybody with that love.**

Simply commanding someone to "love" god is foolish counsel. It is witless. That counsel does not help. If it did, the world would already be healed by religion. "Just do it."

**First, you need to learn what love is clearly and unambiguously. So, what is the definition of love in the Bible? WHERE IS THE DEFINITION OF LOVE IN THE BIBLE? It is not there. It was either never there or it was purposely removed by the same people who brought you the Bible. Why? So, they could treat you horribly, abuse you, and call it "god's love" without a single clear scripture in the Bible itself against which they could ever be held accountable.** This way they can command anyone to do anything in god's name and call it "love" including torture and murder. One-Lifer leaders have done that over and over whenever there has been no separate, rational secular government to stop them. Real Love level 500 is not psychotic contrary to the Bible god's psychopathic "love."

If you really feel the presence of god, then you would know god does not say whiny things like “I command you to love me first above all else!” Who talks like that? No one I respect speaks like that. I am not very spiritually advanced, and I know not to demand that anyone love me. Who does? Psychotic religious leaders. “Look at me! I’m awesome! God talks to me and tells me what to tell you!” Jesus, please, show us how to deliver ourselves from such people. **What is love? Love is that course of action which is simultaneously of the greatest benefit to yourself, your family, and your world. Love does not create losers. Love does not create exceptions for degenerates such as the Old Testament god.**

**Unconditional love is a standard of behavior which you require of yourself in spite of others’ choices. Unconditional love is a standard you enforce in your presence for every living thing. No person or animal will be abused in my presence if I can lovingly prevent abuse. That standard is nonnegotiable. That nonnegotiability is the essence of what it means to be *unconditional*. Unconditional does not mean, contrary to the idiocy of One-Lifers, “*You* can do whatever you want, and I will still love you.” Unconditional means that *my* behavior will not fall below the standard of love for any living thing. Unconditional love is a standard of love I hold myself to. I cannot force others to hold to that standard. I cannot force others to understand that standard.**

This implies that Jesus probably taught another commandment first. Three commandments Jesus probably taught:

- 1. Find out what unconditional love is.**
- 2. Fill yourself with it.**
- 3. Love everyone with that love.**

***Then you will be like God. Then you will know God.***

After I had been a devoted One-Lifer for four decades, I finally said to Jesus out loud, “I don’t know you.” Then my life began to change. Then I began to leave One-Life Psychology and get to know Jesus. Then the miracle began as I could search for the definition of real love, which is nowhere to be found in all of One-Life Psychology. The information on unconditional love contained in this point is nowhere in One-Life Psychology or it’s Bible.

## 27. One-Life Psychology promotes toxic judgmental behavior as a virtue.

When you are convinced that you know god's will for humanity, then you make yourself humanity's judge. You have an unhinged inner judge unleashed within your mind constantly judging yourself and vomiting out judgment on every person in your path. You have no proof whatsoever that this behavior is based on any fact or real future for yourself or anyone else. You have been convinced by a group of charismatic religious leaders into buying into this judgment as a lifestyle. There are endless ways this judgment can play out in your life.

Take the typical church lady who judged my client as a five-year-old girl whose sleeves on her dress were "too short" and therefore referred to her as a "harlot." This is what happens when normal, healthy, adult, sexual drives are denied and repressed by judgmental religious zealots. Imagine what that church lady calls herself in her own mind. Imagine how she plays that script over and over to herself daily, hourly, by the minute. One-Life Psychology is a harsh lifestyle. It is brutal. It is unforgiving. It is repressed. It is ignorant. It is gross. It is icky. It is nasty. It is dirty. It is perverted. Can you be a pure-minded, innocent church lady (or man) without a good "roll in the hay"? That's the real question. **Does being a human adult include the need for healthy sexual activity in order to be *innocent* and pure-minded?**

In ancient times in the synagogues of the Jews, there was an actual stone or carved seat that was called the judgment seat. So, presumably, whenever the elders were passing judgment on some member of the synagogue, they would be in the seat of judgment, or as the saying goes "sitting in judgment." It is a common term among One-Lifers to feel comfortable to sit in judgment, because it is in the Bible. This is what I am referring to as *shitting* in judgment. One-Lifers shit in judgment. When you are a One-Lifer, it is expected that you shit in judgment against yourself, your family, and your world as a way of life.

Do not pretend like this point needs a lengthy discussion, description, or debate. **One-Lifers are judgmental.** Is that a mystery to anyone?

Of course, their judgmental behavior and attitude is present or wrapped in some nice person act. One-Lifers truly believe they are being kind and loving when they are at their worst and most abusive.



## 28. There is currently underway a mass exodus from One-Life Psychology in America.<sup>206</sup>

The masses of humanity are already waking up. This is why no one will read my book. The majority of people will read the title of my book and quietly nod, before moving on to something they actually want to read. **Who wants to read about the obvious? Who wants to read about a dead cat in the road? Decent people just want to bury the cat.**

The leaders (i.e., inventors and investors) of One-Life Psychology will opine and lament this great falling away from One-Life Psychology. One-Lifers would have you believe the exodus from One-Life Psychology has nothing to do with how evil, abusive, and destructive One-Life Psychology is. One-Lifers will preach that the exodus from One-Life Psychology is an expression of evil and apostasy by *everyone leaving*. Naturally, One-Lifers will fit this exodus into their prophetic model and add it to their judgment of everyone else. One-Lifers will not use this negative feedback to question the fundamental tenets of One-Life Psychology or to ask, “What ideas do people find more spiritually attractive today?” It is not what people are moving *away from* that ought to be mourned or researched. What are people organically moving towards? **My experience is that nearly every person is generally good and decent. People are good. However, in One-Life Psychology, every human is inherently bad. In my experience, people are good. The masses of humanity gravitate towards the best outcome when given accurate information and opportunity.** Young adults under age 30 are leading the exodus from One-Life Psychology. It is easy to maintain a One-Lifer framework in which these young adults are referred to in the negative sense as “nonverts” in an ex-One-Lifer America.<sup>207</sup> **I already know the vomit these young Americans are not swallowing. I want to know where these young Americans are**

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<sup>206</sup> Please, see Emma Poole’s “A mass exodus from One-Life Psychology is underway in America. Here’s why,” 17 Dec 2022, <https://ustoday.news/a-mass-exodus-from-One-Life-Psychology-is-underway-in-america-heres-why/>.

<sup>207</sup> Ibid.

**going. What do they prefer?** This will be easy to confirm, because the means of the exodus will reveal the trends of the direction: The Internet. It will not be difficult to ascertain what everyone is searching for, because they are searching for it online. The Internet “gave people access to communities of people who were also questioning their beliefs...particularly in interviews with ex-Mormons and ex-Evangelicals. ‘If you grew up in a small town in Texas or Idaho and everyone you know is a One-Lifer, you’re in a kind of bubble. And then you start with the internet putting support groups online with thousands of members and that helps undermine those bubbles.’”<sup>208</sup>

**We may not know what people will eventually create or gravitate towards, but we certainly know what they are gravitating away from.** In America, One-Life Psychology is being left. What are they searching for? **Support.** More than anything, this research is that people are looking for the emotional support to *leave* One-Life Psychology.

This “exodus” is in fact an expression of our collective awakening, the maturation of our civilization. Freedom. Truth. Love. The millennials have figured it out. It is not an “exodus.” **It is an ascension. In the collective spiritual ascension of humanity, we will develop a no-nonsense spirituality based on the best human ideals and science.** According to the laws of consciousness, we are only subject to a negative belief or thought if we declare that it must apply to us. We can choose now not to invest ourselves in any shitty belief system.<sup>209</sup> I will never forget the day I said to our church authorities that they have no power over our family ever again. **Everything about One-Life Psychology became negative to me, because everything about One-Life Psychology is poisoned by a toxic agenda. Jesus is poisoned by One-Life Psychology.** I had to “exodus” from One-Life Psychology. For everyone in my family, it was easy to leave One-Life Psychology. My wife and children had no problem leaving. It was as though they were only going for me. They were only waiting for me to stop, to change. Letting go of One-Life Psychology was letting go of my inner negativity. **I had to be willing to let go of everything including Jesus.**

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<sup>208</sup> Ibid.

<sup>209</sup> Please, see David Hawkins’ *Letting Go: The Pathway of Surrender*, p. 62.

When we let go of the inner negativity we are surprised and delighted to find that the positive feelings really do exist. We begin to feel the reality of our higher Self and how much positive power it holds. Previously, we had received the miserable scraps from holding on to our negativity, such as the guilty pleasures of blaming others and playing the victim. We can trade that for forgiveness and letting go. Our true Self has infinite capacity and ability. We can heal relationships, heal physically, learn new skills, create employment, and live abundantly. We take back our power which we had given away.<sup>210</sup>

I suppose perhaps I am trying not only to detail why it is healthy to leave One-Life Psychology, I am attempting to inch towards a new spirituality, the spirituality of the Higher Self, which is in each and every one of us. **A “religion” of the individual will involve no universal routines or rituals or commandments. A “religion” devoted to the unique development of each individual will accept every individual wherever they are on the Map of Consciousness. We will meet each individual where they are at. Each individual will be supported and nurtured in personal discovery of their life purpose.** This will be the spiritual objective protected by government. This is why every individual in therapy is a unique mystery. Every individual is a unique mess. That is why you fascinate me and if the only reason I lived this lifetime was to write these words to you, then it was all worth it. Thank you, the reader, for making it this far. There is so much more to tell you about you and writing this book is my race to reach you.

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<sup>210</sup> Ibid., pp. 65-66.

## **29. One-Life Psychology destroys the innocence of children and thereby manufactures an endless stream of broken, highly vulnerable, immature adults.**

This point is very easy to demonstrate. As a professional healer, I work all day with adults who were born into tragic childhoods of abuse and neglect.

What are children taught by One-Life Psychology?

1. God put you here on earth.
2. Bad things happen to you if you are bad.

This is what every abused child internalizes, and it translates into:

“God put me in this hellhole life.”

“Bad things are happening to me.”

**“Therefore, I am bad.”**

**This is the logical conclusion of each abused child under the dark spell of One-Life Psychology.**

By the time you reach adolescence and adulthood, this logic morphs into the following:

“I deserve this. I’m an evil person. I’m **guilty**.”

This is all a recipe for disaster mentally and emotionally. *These are the adults streaming into therapy*, because they are collapsing under the weight of their accumulating identity as guilty pieces of trash. They are convinced **they** are guilty when they are, in fact, perfectly innocent. Naturally, this guilt-identity has led them into a series of relationships in which they have been further abused as founded upon their traumatic childhoods and their One-Lifer beliefs whether conscious or not. These perfectly innocent, vulnerable children were systematically ripened for a world of diverse predators.

Trust me. I’ve listened to these adults all repeat the **same** question ad nauseum: “What did I do to deserve this?”

Frequently, they ask while gazing heavenward directing their questions towards the One-Lifer god. They then analyze and perform all kinds of psychological acrobatics to rationalize why they deserve to suffer.

But what if you were allowed or taught as a child that god is not responsible for your appearance on earth?

What if you were allowed to question that now?

What if it is simply not true or at least not the whole story?

What if you chose to be born including where and when? What if you chose your genetics? What if you chose your environment?

What if your immortal soul simply chose a particular hellhole life for *your own* purposes and remembering that is part of this lifetime's challenge?

In other words, what if the One-Lifer narrative for childhood is all wrong?

What if you were taught that:

1. You are perfectly innocent from birth.
2. Trust your Self in choosing this lifetime.

“So, what the hell am I doing here? What the hell am I here to learn? How do I deserve this?”

It is not that you deserve this. What if this life is not a “punishment”?

What if your unconscious pattern as a human is believing you are guilty when you are perfectly innocent? What if *that pattern* is a burden?

**You feel 100 percent guilty when you are 100 percent innocent.**

What if that is the realization you are here to have right now?

That is a realization that actually heals people in therapy.

You are innocent.

Predators are a different story. Predators feel numb initially while committing atrocious acts, but when they begin to feel guilty they may become even more dangerous because they truly are not innocent. The more they identify with “hell-fire” and “damnation” and being a

“devil,” the more they must manifest acts that validate their psychology. Predators may or may not be victims of trauma themselves. **You are not responsible for the inner space of any given predator. You are responsible for your inner space.** If you are not healed you are spreading energetic pollution and pain in the world and contributing to the mess. **Feeling guilty adds to the mess in our world. You are not responsible for the trauma caused to you by others. You are, however, responsible to love yourself and heal yourself. Remember, “Your responsibility then is not to create further pain.”**<sup>211</sup> I do not believe Tolle would write this the same today. Really, once you are healed and contributing that feeling of innocence to the world, then you are god. You are creating a new world. That becomes your primary responsibility.

In contrast, One-Life Psychology spreads Guilt level 30. It was recently uncovered that a young man was cutting himself. He was cutting himself because he believed he deserved pain. He believed he deserved pain because he believed he was a “bad person.” He believed “a bad person deserved to be punished.” He believed he was a bad person because One-Lifer kids at his school told him everyone would be happier if he would just die because he is gay. These are popular kids and well liked. He did not want to stand up to them, because he felt he would not be believed. He did not want a target on his back. This reminded me of my own experience in church when a respected church member said a sexually active teenage couple “should just die.” What has One-Life Psychology done to spread love to the LGBTQ community? Why do One-Lifers hate gays? Why would you or anyone else want to focus on making people feel guilty about themselves? Isn’t life hard enough already? I could really see how this young man had internalized the belief that he was “bad” and deserved bad things to happen to him. Thankfully, I have been able to work with him now rather than decades later in tragically damaged adulthood.

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<sup>211</sup> Please, see Eckhart Tolle’s *The Power of Now: A Guide to Spiritual Enlightenment* (2004), p. 40.

### **30. One-Life Psychology forces One-Lifers to bend every world event to fit into some allegedly coherent, non-existent Biblical last days timeline.**

“Oh, did you see this happened? It’s a fulfillment of prophecy!”

Or is it?

What if the “prophecies” of the Bible are actually just the fantasies of the same people who brought you the Bible? The Roman emperors.

What if elitists wrote many of the prophecies. They then run the world to manufacture “fulfillments” of the Bible “prophecies” to manipulate nations into belief in whoever they set forward as a “messiah”? They also set forward the character of *another* of their “employees” to be identified as the “antichrist.” In other words, **the same people will always remain in control because they control both sides of the narrative**, both sides of the propaganda. **SO, NOTHING EVER CHANGES. NOTHING IN THE WORLD GETS FIXED.**

What if the “messiah” and the “antichrist” work for the same group of people?

What if so many events that happen can never fit into the Biblical timeline because “the timeline” does not exist? It is a mess, because it is a lie. It is incoherent today because it was always and will always be incoherent. The elitists who invented and invest in One-Life Psychology likely find it all very amusing that so many people believe in the Bible, because they can always twist the Bible into any narrative they wish. **The Bible is a labyrinth by design. It is supposed to be confusing. The prophetic “timeline” is supposed to be incoherent. You are supposed to believe it while being entirely lost and confused.** “There are just things we are not meant to know or understand. That is faith.” *That* is exactly how my family thinks and speaks. *That* is exactly how they want you to think. ***The rulers of this world want you to be divided, bickering One-Lifer morons debating over a timeline Bible prophecies that by design does not exist.***

What if you could simply examine events as they are? Why do we need the Bible to understand world events? What if the Bible actually prevents us from approaching world events with a rational mind? The factual history of the creation of the Bible is documented to be a story of politics for power and greed, *not* truth or spirituality.<sup>212</sup> What does it say about you and your lack of mental development if you swallow this Bible whole? Whose slave are you? Is that all you want for yourself and your family? Do you not deserve the human dignity of a rational explanation to everything important in you and your family's lives?

**What if there can still be a loving higher power watching over us that is not the god of the Bible?**

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<sup>212</sup> Please, see "Bible Secrets Revealed: The Forbidden Scriptures Lost to Time (S1, E3) | Full Episode" *Youtube* uploaded by HISTORY, 30 Apr 2022, <https://www.youtube.com/watch?v=7x3FxfkJqLI>.



### **31. One-Life Psychology has a long history of actively preventing and thwarting the administration of justice in criminal cases and, particularly, in cases of child sex abuse.**

One-Lifer authorities are particularly susceptible to facilitating the abuse of justice and instead doing whatever they decide is for the best. Why should they not decide what qualifies as just judgement? They are administering “god’s justice.” Why should our paltry human system of law from our democratically elected government and judges selected by the will of the people matter to those “divinely chosen” to enact and execute the “will of God”? Recall that ancient One-Lifers were well aware that Jesus predicted that every crime imaginable would be committed by priests in his name.<sup>213</sup> There is nothing Luciferian One-Lifer priests have not or cannot justify, because they are “sanctioned by god.” One-Life Psychology has provided One-Lifer leaders with the most dangerous entitlement conceivable: playing god. It means nothing that *you* think that their reasoning is insane. What matters is that there are millions of One-Lifers with leaders who believe their leaders are capable of providing god’s will and administering god’s justice in ***every affair of every human life***. *In the One-Lifer psyche, being a One-Lifer church leader magically transforms a human into a wise, just expert in any and every area of human experience* that they happen to randomly encounter in the course of ministering to their flock. It does not matter to One-Lifers that scientists, doctors, and scholars have devoted their entire lives to specific fields of research which refute what their One-Lifer authorities have taught them. This includes matters of legal expertise. One-Lifer authorities have been called on to judge all kinds of disputes. Moses was the great “lawgiver.” One-Lifer authorities, therefore, know far better what to do when people commit crimes and, with few exceptions, they have had their conversations protected as legally confidential. One-Lifers can confess their crimes to One-Lifer leaders and receive “forgiveness

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<sup>213</sup> Please, see Marvin Meyer’s *The Nag Hammadi Scriptures*, (2007), *The Gospel of Judas* 38:1-43:11, pp. 762-763.

from god.” Criminal “sinners” do not need to seek forgiveness from *their actual victims* or admit any wrongdoing or be held accountable in a *human* court of real law. They can circumvent the entire imperfect, “fallen” human justice system with the comfort that they are covered from punishment for their “sins” through “god’s judgment” which is perfectly just. They will not be referred to as criminals having committed crimes for which there are laws passed by legislative bodies through a democratically elected, representative government. **One-Lifer absolution through god’s judgment and “mercy” are perverted into the perfect cover for any crime.**

Where did all of this pretended forgiveness and absolution of crime come from? I have already discussed the Luciferian irrational, bipolar, energetic abnormality. Another part of the source of this faux “justice” is actually the psychological “integrity” of the One-Lifer leadership themselves. We now know enough of the history of One-Lifer leaders behind the scenes in the underbelly of their churches. What we see is the same sordid history of abuse and crime everywhere in One-Life Psychology, not by the average One-Lifer, *but by the leaders themselves*. **One-Lifer leaders committing crimes for which they absolve themselves according to “god’s will” are doing so under the rationale that they are protecting the credibility of Jesus Christ himself. One-Lifer leaders must protect One-Life Psychology even from themselves. One-Lifer authorities truly believe that One-Life Psychology is that fragile that the name of One-Life Psychology needs criminal protection making One-Life Psychology into more of a cartel or mafia.** The One-Lifer leadership have so little faith in One-Life Psychology’s ability to survive the **Truth**, that they *must* lie, conceal, deceive, and manipulate evidence for the preservation and “building up of the kingdom of god.” Really, what One-Lifer authorities are protecting is *not* One-Life Psychology, but their *version* of One-Life Psychology, *their personal One-Lifer empires*. So, when some lay One-Lifer comes in and confesses to a crime such as child abuse of which the One-Lifer leaders themselves are secretly guilty in far greater measure, depravity, and quantity, it stands to reason that they can *easily* find it in their hearts to “forgive” criminals. They have to “forgive” themselves every day for the same crimes and far worse.

That is their twisted sense of “integrity” at work, also known as a guilty conscience.

The One-Lifer leadership have been disregarding the law of civil authority for centuries for another simple reason. They *were* the civil authorities for all the centuries before that and their misconduct as the arbiters of civil law was a primary motivation in people leaving Europe for America. There was that whole Protestant “freedom of religion” movement. However, we know from Puritan history that the One-Lifer implants in America were not known for their tolerance. **The point being that wherever One-Life Psychology goes, One-Lifer leaders have an inherited, traditional sense of entitlement to preferential legal treatment, superiority, and grandiosity.**

There is another reason why One-Lifers are vulnerable to sexual abuse by their trusted authorities. This has to do with the nature of sex itself. What is sex? Stop reading and pause listening and answer the question in your mind or in discussion with others before reading on. **Stop.** What is sex?

You all want to know what sex is. Our society is obsessed.

Sex is a **program**. Whatever emotions, ideas, or beliefs are present in your mind during sex are *driven, written, burned, and programmed* into your subconscious mind with the greatest physical force in human behavior: the “orgasm.” It is really a silly, insufficient word, which comes from the Greek to “swell” or “excite.” The “orgasm” is really the **gateway** to the subconscious mind opening at sexual climax to let things (feelings, beliefs, ideas) in and out from the depths of the soul. Step aside hadron collider. We have the gateway already. **Use it with caution.** “Casual sex”? Casual sex only seems to “work” if you are already in a numb zombie state. “Casual” sex is dangerous emotionally and medically. There is nothing “wrong” or “evil” about receiving some temporary comfort, but “casual” sex is not a recipe for happiness or enlightenment. Casual sex is not an expression of an advanced consciousness. I have never seen a case of enlighten “casual” sex in a highly conscious person as a shrink. Casual sex is a disaster wrapped in a train wreck covered with STDs and that is just what it does to consenting *adults*. Understanding the power of sexual contact to literally program a person’s mind for better or worse is the reason why **sex is an awesome power and a tremendous**

**responsibility**. *The power to program someone or ourselves through sex is part of what makes us god.* Sex is not casual and as long as humans treat sex casually it expresses the supremely moronic among us. Casual sex is yet another indicator that we are not advanced as a civilization or species. Casual sex makes you easy to manage, easy to control and manipulate. Casual sex makes you farm animals, cattle. You are not even a servant class to the elite. You are their livestock. “Just give them free, limitless porn to obsess over. They’ll jack off all day. Or give them a Bible to obsess and ruminate over. Either way they will never rise to questioning our system or access the power of their own immortality.” < Cue evil laughter >. The pursuit of authentic sexual enlightenment and *One-Life Psychology’s failure to provide any substantial sex **positive** education* will have its own point further on.

Now you can better understand how and why **sexual abuse mentally destroys children**. We cannot normalize sexual contact with or among children because it damages their developing brains at the *subconscious* programming level. Childhood is the time to be innocent and free of gender and adult burdens and especially free from the burdens of sex. You have your whole *adult* life to be as sexual as you want. Keep your innocence as long as you can. Preserve the innocence of children as long as you can. Innocence is not a weakness. I do not entirely understand the rush to sexually “educate” children. I understand that it is motivated by the priority to protect them from pregnancy, but the risk inherent in exposing children to sexual “education” is actually arousing their curiosity and desire to explore and investigate sexuality prematurely. Again, you have your **whole adult life** to study everything about sex, every technique, every position, and all the pornography.

When One-Lifer authorities abuse children, they are not only sexually stimulating them prematurely, but they are also altering the children’s belief system about fundamental spiritual concepts such as “forgiveness.” “I know this is a sin, but god forgives us.” One-Lifer doctrines facilitate the manipulation. However, what is strange about these One-Lifer authorities is that they never enforced Matthew 18:6 against themselves. Did the Roman Empire ever hang stones around the necks of One-Lifer authorities caught molesting children and

drown them in the sea?”<sup>214</sup> In that same passage, it was previously detailed how the recovery of the wounded inner child is necessary to “enter the kingdom of heaven.”<sup>215</sup> In the same speech, Jesus is reported to have said some of the most bizarre statements due to the lack of context or a better, accurate, complete “translation.” I use the word “translation” loosely regarding the Bible because I never know what Jesus actually said from verses of what may have been fraudulently put in his mouth. So, Jesus reportedly “said,” “If your hand or your foot causes you to stumble, cut it off and throw it away. It is better for you to enter life maimed or crippled than to have two hands or two feet and be thrown into eternal fire. And if your eye causes you to stumble, gouge it out and throw it away. It is better for you to enter life with one eye than to have two eyes and be thrown into the fire of hell.”<sup>216</sup> If you were a family therapist, you would understand easily that these verses have nothing to do with self-mutilation. The common-sense interpretation here is obvious. **Again, these verses as noted are about emphasizing the absolute importance of protecting the innocence of children, so they do not grow up to be hyper-sexualized, emotionally-broken adults with ruined lives and relationships. In human relationships, we are programmed to keep our families and friends together. Separating from a family member or friend is being compared here to losing a part of your body. This is a point frequently emphasized in family therapy. We must be committed to protecting the most vulnerable members of our family from...our family and friends. 93 percent of sexually abused children know their abuser.**<sup>217</sup> This means that your children are almost always sexually abused by someone that *you* have taught them they can trust which will include your One-Lifer leaders. We have to be willing to cut people off to protect the innocence in our own families even if these people are in our own families.

What good does this do if we have already been sexually abused in a One-Lifer family? That is a living nightmare. What does One-Life

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<sup>214</sup> Please, see the Bible, Matthew 18:6, *New International Version*.

<sup>215</sup> Please, see the Bible, Matthew 18:3, *New International Version*.

<sup>216</sup> Please, see the Bible, Matthew 18:8-9, *New International Version*.

<sup>217</sup> Please see “Child Sexual Abuse,” Rape Abuse and Incest National Network (RAINN), <https://www.rainn.org/articles/child-sexual-abuse>.

Psychology tell you to do to heal from being sexually abused? Where is the Bible chapter on that healing process? Where are the explicit steps from Jesus? This is yet another alarming omission from the Bible. Remember, I was a One-Lifer soldier my entire life including the early years of my career as a professional healer. **There is no, none, zero concrete guidance from One-Life Psychology or its Bible on healing from sexual abuse.**

As a child, a devoted and brilliant One-Lifer client was severely sexually abused by a man her parents told her was her “grandfather.” She developed the symptom of grinding her teeth so loudly as she slept that her parents could hear her across the house. She went to the dentist to get teeth guards and accomplished a feat he had never seen in his career. She broke the strongest teeth guards they had because her grinding was so exceptional. We worked together to process her trauma using acupressure tapping combined with One-Lifer prayers because she is a devout follower of Jesus. Within a few sessions, she was cured from grinding her teeth and over a year later she remains cured. I had her write down multiple timelines of all her traumatic events and we tapped through them one event at a time. It is a weird and simple technique based on extensive, established scientific research, which a child can learn and self-administer.<sup>218</sup> I have used it successfully with nearly every severe trauma victim. Not everyone is open to it, but I have routinely used acupressure tapping for sexual trauma with miraculous, lasting results. Keep in mind, acupressure is a technique of *non-One-Lifer* origin in *China*. **In the case of this client, I was working with a lifelong, devout One-Lifer who was not healed from her sexual trauma by One-Life Psychology after decades of suicidal suffering. However, she was healed in a few sessions of self-administered acupressure from *non-One-Lifer* ancient China. Let that sink in.**

Another sexual theme reported by many formerly One-Lifer men and women in therapy are those male One-Lifer church leaders who want all the “perverted, sordid” details of their sex lives in confession. My colleagues and I have had many female clients relate how they went

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<sup>218</sup> Please, see “CF#58 THE SCIENCE OF BODY HACKING YOUR BRAIN: ACUPRESSURE TAPPING TO HEAL FROM TRUAMA” *Youtube* uploaded by Consciousness Fellowship, 2 Feb 2019, <https://www.youtube.com/watch?v=LGCbHaRHDk0>.

to confess their sins to a male church leader and found the confessional experience more traumatic than their guilt for sinning against god's commandments. Can you imagine being a teenage girl and being asked to provide all the details of each of your sexual encounters to a male church leader who is taking notes with such intense interest in your sins that he appears to be sexually aroused? "Tell me all your transgressions." This pleasure at listening to others' sins is described by clients in one of two ways. In the first way, when you confess as a male or female, the One-Lifer leader appears to enjoy hearing about your sins because it gives him power to control you psychologically through Shame level 20. ***The worse you feel and the more vulnerable you become, the more happy and joyful your One-Lifer leader is.*** He truly is pleased by this process of violating everything about you. He spiritually rapes you as he savors his sadism and your masochism. In the second way, when you confess, generally as a female to a male One-Lifer leader, he takes in all the details necessary to facilitate his own sexual arousal as he mentally fantasizes his own sexual encounter with you. Perhaps he fantasizes that sexual encounter with his prudish One-Lifer wife, which she never provides. I recall one man detailing the experience of confessing an oral sex encounter to his One-Lifer leader. He said it became obvious to him in the conversation of being judged that, "This guy judging me has never had a blow job from his wife and he's depressed about it." He went away from the experience with the permanent impression that his sexual preference for oral sex could not competently be judged by a One-Lifer leader who clearly had a jealous and curious resentment for all the blow jobs he had never and would never received. At this end of the spectrum, we have the sexually repressed One-Lifer authorities who use the confessional model to live vicariously which arouses the envy they quench while experiencing the pleasure of torturing sinners with Shame and Guilt.

There was recently another stunning example of One-Life Psychology's collective failure to stand up against sex crimes against children. I do not mean a specific One-Lifer sect's failure. **I mean all of One-Life Psychology.** Balenciaga was exposed for using advertisements including blatant elements of sexual bondage, sexual abuse, and the murder of children. Balenciaga purposefully added an "a" to their own name: Baalenciaga in their own advertisement. The reader can pause and run "Baal enci aga" through the Google Latin

translator and you will see the translation is “Baal is the King.” Baal being the primary adversary of Jehovah in the Old Testament and there is abundant research connecting ritual child sacrifice and Baal worship. When you search this fact on Google you will see a series of articles debunking the claim, because “Baal enci aga” is not “a Latin phrase.” 1. This does not change the **fact** that up to the time of this writing if you put the words into the **Google** translator from Latin to English “Baal enci aga” is translated as “Baal is the King.” That is a **fact** that Google translates the phrase that way. Why? Ask Google and ask them why they have chosen never to fix it. 2. “Baal enci aga,” while not a Latin phrase, is Sumerian and Turkic. “Enci” is a variation of the Sumerian word “ensi” which means “ruler.” “Aga” is a Turkic word meaning “lord.” “Baal enci aga” does, in fact, mean “Baal the ruler lord,” which could easily be rendered as the “ruler of the lords” or the “ruler of the noble class” or “the ruler of the ruling elite” (i.e., *the King of kings*). **These points are factual.**

Balenciaga’s use of child sex and sacrifice themes in their advertising was all acknowledged in the mainstream media reporting. The stunning example of the failure of all of corporate, mainstream One-Life Psychology is that there was no condemnation whatsoever from any large corporate One-Lifer churches in the world. There was not a single official One-Lifer denunciation of Balenciaga. “Hey, we serve the ‘god’ you consider to be equivalent of Satan and we’re advertising that we abuse and murder children and we’re super rich.” One-Life Psychology was silent. **It should be obvious by now that the absence of any official denunciation by One-Life Psychology is because Balenciaga and corporate One-Life Psychology are owned by the same people. Balenciaga and One-Life Psychology worship the same god: Yaldabaoth. Balenciaga and One-Life Psychology are the two poles of Luciferianism.** One-Lifers also believe in sacrificing their children by enslaving them to One-Life Psychology and enlisting them to fight wars against Muslims. For whom are these wars fought? Not Jesus. It is all for, their god, Baal. Baal may not be your king or my king, but the elite are declaring Baal to be *their* king. Sumer is modern Iraq and Anatolia is modern Turkey. Neither of these nations worshiped Baal. Who did? **Whether One-Lifers want to admit it or not, Baal was a god of the Israelites, a god of the Bible, an alter ego of Jehovah. Jehovah, Yahweh, Baal,**



**and Yaldabaoth are all aspects of the same personality that demands blood human sacrifice.**

Before you gaslight yourself into believing that the idea of modern Satanic ritual child sacrifice is all a “conspiracy,” you should “blame”/credit Matthew McConaughey and Woody Harrelson rather than “conspiracy theorists” for exposing ritual child abuse. These two consummate actors devoted a whole TV series in 2014 about an elite ring of powerful pedophiles in the south *who never get caught* in possibly the greatest cop show ever made: *True Detective* (Max).<sup>219</sup> This series was aired *long before* Epstein and Maxwell were in prison. I studied SRA (Satanic Ritual Abuse) as a grad student. You probably do not know that police refer SRA cases to the FBI and the FBI never publishes the stats of SRA cases. These cases are lumped into “missing children” cases of which there are tens of thousands annually. Consider the magnitude of this. Epstein and Maxwell went to prison for child sex trafficking and **not one of their clients** has been convicted. Can you name a single elected political official from any party who discusses this issue? **Can you provide me with a single official declaration from any major corporate One-Lifer church against Epstein, Maxwell, and their clients?** This is how you know who at least parts of the FBI serves and protects. But why is *One-Life Psychology* protecting these people? **I suppose the One-Lifer authorities cannot attack Epstein and Maxwell if they were among their clients.** If these things are occurring unaddressed within our nation, we will continue to decay with the worst karma and we are witnessing hell on earth. But who believes *actors*? How would an actor attempt to expose something indirectly which they know is a problem *except* through their art? Who gave McConaughey and Harrelson the confidence to make the show? The optimist in me wants to believe that Epstein and Maxwell would never have been convicted if there were not also very good people in our government and Hollywood. The good news is someone finally is being held accountable, but SRA is not new. High profile documented cases of SRA go back into the 80s. Research the “Franklin Sex Scandal coverup” regarding the shipping of children from One-Lifer

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<sup>219</sup> Please, Matthew McConaughey and Woody Harrelson’s *True Detective*, (2014), Season 1.

organizations to the capital.<sup>220</sup> Attempt to find the old presentations of now deceased FBI agent Ted Gunderson that have not been censored and removed from the Internet. A search of Ted Gunderson's name on Youtube did retrieve one of his original presentations.<sup>221</sup> However, if you search TikTok, at the time of this writing, a search of his name will yield numerous segments with his speeches. John DeCamp and Ted Gunderson's detective work was almost certainly used as source material for McConaughey and Harrelson. If you have never seen *True Detective*, it is time. McConaughey and Harrelson are not just great actors and producers, they exposed SRA long before it was popular *making them great people*.

**HOWEVER, SATANIC RITUAL ABUSE DOES NOT EXIST.** I know because I asked Genie AI to share the evidence of Satanic ritual abuse.

**“There is no credible evidence to support the existence of Satanic ritual abuse (SRA).** SRA refers to a conspiracy theory that suggests that there is a widespread and organized network of Satanists who engage in ritual abuse, torture, and murder of children and adults. Despite widespread media coverage and legal investigations in the 1980s and 1990s, there is no evidence to support the claims of SRA.

The allegations of SRA often involve fantastical and implausible claims, such as underground tunnels, secret chambers, and Satanic symbols. Many of the claims are based on recovered memories, which are memories that have been suppressed or forgotten and then recovered through therapy or other means. However, research has shown that recovered memories are often unreliable and can be influenced by suggestibility, social pressure, and other factors.

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<sup>220</sup> Please, see John W. DeCamp's *The Franklin Cover-up: Child Abuse, Satanism, and Murder in Nebraska*, (2011) and “EXTENDED: “The Franklin Scandal” (includes an exclusive interview w/ John DeCamp) *Youtube* uploaded by REALWOMEN/REALSTORIES, 22 Jul Aug 2022, <https://www.youtube.com/watch?v=wGz130lPm-A>.

<sup>221</sup> Please, see “Ted Gunderson – The Great Conspiracy” *Youtube* uploaded by TheAnswerTo1984is, 16 Aug 2011, <https://www.youtube.com/watch?v=q4qWYv67XA4>.

Several high-profile cases of alleged SRA have been debunked, including the McMartin preschool trial in the 1980s, which involved allegations of Satanic ritual abuse at a preschool in California. Despite multiple trials and investigations, no evidence of SRA was found, and the allegations were eventually dismissed.

The claims of SRA have been widely criticized by mental health professionals, law enforcement officials, and others. **Many of the claims are based on pseudoscientific theories and unsubstantiated rumors, and there is no evidence to support the existence of a widespread and organized network of Satanists engaged in ritual abuse.**

**In summary, the claims of Satanic ritual abuse are not supported by credible evidence and are widely regarded as a conspiracy theory.** While there may be cases of abuse and trauma that involve religious or spiritual beliefs, **there is no evidence to support the claims of a widespread and organized network of Satanists engaged in ritual abuse.** It is important to rely on credible sources of information and to be skeptical of claims that are not supported by evidence.”

Not long after Genie AI wrote the above opinion, the film *Sound of Freedom* was released which is based on the career of Tim Ballard, who rescues children from sex traffickers worldwide. Tim was interviewed with actor Jim Caviezel by Jordan Peterson. When Jordan asked Tim about the conspiracy of Satanic Ritual Abuse, Tim said, **“I film. We film our operations. I mean, I’m going to post today another operation in West Africa of a baby factory, and these are real cases where they’ve kidnapped women as young as thirteen-year-old children and they impregnate them. They rape them and they make babies, and they take these babies and sell them for their organs, sell them for sex, SELL THEM FOR SATANIC RITUAL ABUSE. Like it does sound crazy. That’s why I film it, our operations. WE FILM OUR OPERATIONS SO THAT WE CAN SHOW THE WORLD THIS IS VERY REAL. IT’S REALLY HAPPENING.”**<sup>222</sup>

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<sup>222</sup> Please, see “BABIES ARE FARMED. TIM BALLARD HERO OF SOUND OF FREEDOM” *Youtube* uploaded by davidlory, 6 Jul 2023,

But artificial intelligence settles it. There is no such thing as Satanic Ritual Abuse. Epstein had no clients. One-Lifer authorities are innocent. There is nothing “credible” to see here. Next point.

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<https://www.youtube.com/shorts/NLRgQWG4-0M>. Capitals are mine. If this link fails, please see the same video at <https://rumble.com/v30dai0-tim-ballard-baby-farms-in-africa-sound-of-freedom-hero.html>. The full interview between Jordan Peterson, Tim Ballard, and Jim Caviezel is at <https://www.youtube.com/watch?v=rTBGNEliczc>.

## **32. The dynamics of One-Life Psychology's relationship to One-Lifers mirrors the characteristics of a case of severe physical and sexual child abuse.**

Client safety is a top priority for a practicing therapist. This means that a potentially suicidal client could call or text you at any time of the day or night. One night a client called after 1 a.m. I answered the call. This is something I communicate to my clients, particularly, those clients who I identify as having the personality type of *not* asking for help. "You don't get to be an evening news story." Or "If you need me to come tackle you or give you a hug called a 'restraint,' I will." Or "Don't let your apocalypse start without me. If the apocalypse starts, call me. I'll come." If I identify the client as someone who is of a more melodramatic or needy disposition, they are required to distinguish between an actual 911 emergency and their usual 411-panic-need-to-talk whenever I become available. In this case, the client who called was of the intensely independent type who had suffered one of the ugliest histories of sexual abuse cases in my career. She had never called at this hour before, even when she "should" have previously. My first thought was for her safety. However, that concern was almost immediately allayed. "Oh, I am so sorry. I did not expect you to answer. I'm so sorry. I thought I would go to your voice mail. I wanted to leave you a message before I forget what I am thinking, because I'm so high right now I don't know if what I am saying is really as smart as I think at this moment." I listened her and finished the call grateful that everyone in her family was safe. It was not a 911 emergency. No evening news. The symbolic relevance of answering her call in this case is also not lost. She did not expect her call to be answered. How many times as a little child had her calls for help gone unanswered? I am glad she could feel answered. I am also glad that I could write down her insight and develop my own understanding based on my clinical experiences.

Imagine a child in one of the worst child abuse cases you have ever heard of. Pause for a moment and think of it before you read on. If you cannot think of one, I had a client who knew of a parent who was

using their child in underground porn films with the aid and protection of a powerful and famous politician who was a household name. My client was a drug runner for a well-known motorcycle gang at the time. He was so distraught by the predicament of the children that even as a compromised, drug-addicted criminal, he could not restrain himself from attempting to rescue the children. Take a moment to imagine that case.

Think of parents as abusive as in that case. My client thought of her own case and explained that the abused children desperately crave their love like all innocent, naïve children. No matter what the children do to earn the parents' love and affection they are left empty, because the parents never change. The children are in the position of being...children. The children do not know how to fix the situation except to keep making every attempt to earn love, acceptance and approval through more “good” deeds and perfect compliance.

How would you help those children? What would you do?

She explained that answering that question is the key to understanding how to help people out of their relationship with One-Life Psychology.

We can do and say all sorts of things to the children about the above situation like “baby steps” out of One-Life Psychology, but, as my client said, “What if the first step is **big** and not small?”

**The first step in this case is obviously what you would do and what you must do. *Get the children out.*** This was the essence of my client's late-night, cannabis-infused revelation, which is in harmony with the cardinal principal of counseling ethics. Our society has set the ideal of removing children from any situation in which there is confirmed abuse.

In the case mentioned above, as long as the children remained in the custody of their abusers, only more of the same abuse was going to happen to them. More child porn films were going to be filmed in an all-out assault and insult on the children's humanity, self-worth, and sanity. The impact would have been progressively worse and prognosis for mental health recovery progressively impossible.

My client said, “What if One-Life Psychology is exactly like that first-time, super fucked-up parent?” You want to help the “children”/the One-Lifers **in** One-Life Psychology. However, as long as they stay **in** One-Life Psychology and keep going to church and strictly practicing the religion, there will be no genuine or sustainable emotional or psychological healing *within them* or for them. She said, **“You have to get them out first.”**

**Then from the *outside* of One-Life Psychology, they have the peace and safety to meaningfully contemplate and feel their way towards true healing.** It will be their own very personal healing process. It will take years and possibly decades for them to comprehend what they have been through. *The key to helping One-Lifers is acceptance that the first step is actually big, not small.* **Get them out of One-Life Psychology. Just like the first step in a severe child abuse case is to remove the child to safety, some One-Lifers will never heal unless and until they get out.**

Consider the medical analogy of a doctor attempting to help you from being poisoned, but you are still laying in the pool of poison. What would the doctor say? “Well, the first thing we need to do is get you out of the poison pool. I can’t heal you from the poison while you are still actively exposed to more poisoning.” While you are healing you are still vulnerable. You need *space* and *time away* from One-Life Psychology to heal. As a therapist, I have worked hard with abuse clients, and I have been very clear with them. “If I help you to heal from being abused by this person who was in your life and you let that person back into your life, I am not going to be mad at that person. I’m going to be mad at you.” It is a major mental and emotional multi-year investment and responsibility for me to accept a client. I do not want to work with people who do not want to do the work and I *do* let them fire themselves. While writing this book one woman comes to mind and it was so clear that she was abused. She was able to get the abuser out of her home. She let him back in and she and I went our separate ways. Later I learned that he abused her...again. I cannot help people heal from poison they keep drinking. I entrusted her back to the universe. She cannot be my client at this time.

What if One-Life Psychology was actually secure enough within itself to respond like a healthy human parent? One-Life Psychology would

say, “I actually want you to leave and move out, because it’s part of growing up. I’ll always be here for you, but you need this. You need your own place and your own space to become yourself. I love you and I always will. I will always be here for you, and I hope we have a great relationship as equals and as adults. You’re going to realize more and more how human I am as you mature. You will see the mistakes I’ve made as a parent and you’re going to commit to doing things differently and better for yourself and your family. If you decide you don’t want to see me ever again because of something that happened between us, I respect that. I would still like the opportunity to talk about it. I really want to know if I’ve hurt you and whatever I can do to fix it if possible. I apologize in advance. **I’m a product of the environment I grew up in.** I only know what I know as a parent and if it has sucked at times, I’m sorry. But I love you forever and I want the very best for you. Just know that I’m always willing to listen.”

**If One-Life Psychology as an institution had an open revolving door and a mature attitude towards self-reflection and accountability, maybe there would not be a mass exodus of people from it as there currently is underway.** The “children” are getting out and resigning their “faith” *en masse*. **One-Life Psychology is dying, because it has been a severely abusive, paternalistic institution. One-Life Psychology is a failure.** The Internet has facilitated healing as abuse victims/former One-Lifers around the world connect and share their stories.

In a later, daytime conversation the same, genius client said, “God is ‘perfect,’ we are told. The abusive person is ‘infallible.’ We have to humanize the Bible, but it’s like we have Stockholm syndrome on steroids. We desperately defend our abuser, the god of the Bible. We are constantly walking on eggshells and doing rituals to not upset the abuser. We live under an unhealthy purity culture. Our ‘perfect’ heavenly father resorts to poor parenting and threatens violence, because his goal is obedience. Obedience always has to be reinforced. The highest parenting goal in One-Life Psychology is obedience, always obedience. The Bible is a bad blueprint for people. Fear isn’t part of a loving relationship. Like all abusers, the Bible god has to make sure his victims fear him. We need a comprehensive plan to get



them out of One-Life Psychology that mirrors how we remove people from abusive relationships.”

If you are wondering, my drug-runner client did risk everything with the help of others and rescued the children in a style that you would see in an action film. He began to cry as he told the story because it was something he had never talked about. The safety of the children was so deeply personal to him. Ironically, as a former drug addict and convict, he was someone who One-Lifers had judged as inferior from the outside when the secret truth was that he is more of a hero than any One-Lifer who ever judged him or who you will ever meet. He also explained that when he said “underground,” he meant it literally. The city where the children were held was in a section which was quite literally underground. In rescuing the children, they were not able to successfully recover the video footage. They could never show the world proof of who this abusive celebrity politician was. That politician maintained a highly successful long-term career. If you disbelieve this is possible, you can research “underground city.” There are documented underground cities in the US and around the world.<sup>223</sup>

As for the client who called me that night, she was forced to testify in court as a small child against her father for incest. I had never heard of such a thing.

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<sup>223</sup> Please, see the anthropologist Robert Sepehr’s explanation in “The Serpent City Below Los Angeles” (<https://www.youtube.com/watch?v=y9u-jFuIClo>).

### **33. Never ever forget that the One-Lifer “god of Love,” the god that *is* Love, never found it in his wisdom or judgement to define “love” in his most important book.**

In all the thousands of words and all the pages of the Bible, the authors never once provided an unequivocal definition of Love. This is not an “oversight” or an “accident.” This omission by the authors of the Bible and the inventors of One-Life Psychology is by design to *abuse you*. This missing definition of Love is by itself a dealbreaker. This omission alone is enough to walk away from One-Life Psychology without a second thought. This is “enough.” This omission is so stunningly obvious that when you see it and sense the gravity of the issue, you cannot unsee it. This omission is how One-Lifer nations have committed the most atrocious acts of violence and depravity in god’s name and called it god’s “love.” Protect yourself from these One-Lifer wolves in sheep’s clothing. Ask One-Lifer authorities to provide the *biblical* definition of unconditional Love. Demand that they show you the definition of Love in the Bible. *These* people are supposed to be your spiritual “teachers”? These people declare themselves competent to teach you.

I have already defined unconditional love unequivocally. Can you define love more accurately or better? Can the Bible?

One-Lifers will point to 1 Corinthians 13:4-8. There is some great stuff here. However, the focus of the text is primarily on what love is *not*. A negative definition is not a definition of what love positively *is*. We need to be vigilant regarding how the “positive” points about Love as defined in the Bible are actually the very things church authorities use to make you their slave and their doormat. Read these verses and see for yourself how this can be used as a recipe for abusing you. Read it and use it as a standard of behavior of One-Lifer nations and leaders throughout history to the present.

“Love is *patient*, love is *kind*. It does *not* *envy*, it does *not* *boast*, it is *not* *proud*. It does *not* *dishonor* others, it is *not* *self-seeking*, it is *not* *easily angered*, it *keeps no record of wrongs*. Love does *not* *delight*

*in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.*"<sup>224</sup>

It is quite a romantic and expansive definition. Do we see any issues here? Are we allowed to question these words, which by the way are not from Jesus? This is Paul's writing. Love is patient, kind, truthful, protective, trusting, hopeful, and persevering. Love is not envious, boastful, proud, dishonorable, self-seeking, angry, recording wrongs, delighting in evil, or a failure. There is a lot here to agree with. However, there are all sorts of qualifications and context that are missing. I have to take you back to my work with adults who were abuse victims as children and are abuse victims as adults. Is it practical or good counsel to tell someone who has been abused all of their lives to be "patient"? "Just be patient. Everything will be fine." What if someone is suicidal right now at this very moment? "Just be patient." In reality, such counsel from a professional therapist might be the statement that pushes the person over the edge. There are times when Love is not patient. We have been patient enough. It is time for aggressive speed, action, and intervention. What does Love look like in a hospital emergency room? Nurse says, "We have a gunshot victim who is unconscious and we're not registering a heartbeat?" Doctor answers, "Just be patient."

I could go through the whole list this way pointing out qualifications and context. Let's take Pride. Is there no Pride in Love? Pride is level 175. It has the most energy of any of the negative levels of consciousness and it is a short jump from Pride to Courage level 200 where real power appears. Pride is 17.5% harmonized with Universal Truth, and, therefore, Love. Recall that to rise from the despair of the ghetto to becoming a professional Marine is an enormous jump. There are great lessons to be had in Pride. Pride is the primary motivation to which success coaches initially appeal when working with the poor. Pride is often the level of rap music videos, because the rappers know they are singing to youth who want out of poverty. They understand their audience. Pride is not enlightenment, but it is far better than starving in misery. We might say that Pride is the beginning of self-Love. Pride is a crucial steppingstone in our ascension towards Love, to be proud of yourself, to be proud of your reputation, your career,

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<sup>224</sup> Please, see the Bible, 1 Corinthians 13:4-8, *New International Version*.

your home, your car, your family photo. As the modern proverb goes, “May your life be as good as it looks on Fakebook.” Why beat people down for posting photos of everything they are proud of if that is where they are on the Map of Consciousness? Let them have that. If a former drug addict is posting videos and photos on social media of a family vacation or holidays, is that Pride? Yes. Is it toxic? Not at all, because their Pride is an enormous improvement from where they spent the last, lost decade of their life. The key with any negative level of consciousness is not to stay there permanently. As a spiritual teacher, I will tell someone where the next stop is in their healing journey. If they are Fearful, then the next stop is Desire, not even Pride. *How can we get them just to the next level?*

We can look at these phrases for irony and dark humor. “Love *always* protects”? Did the One-Lifers “always” protect the witches from the...One-Lifers? “Love *always* trusts”?! Is that what the One-Lifer priests said to the altar boys as they molested them? “Just trust me.” Think about all the ways being told to “*always trust*” proceeds abuse and subsequently protects abusers and maintains abusive patterns. Always trust your abusers? Yes, trust that they will lie to you. Trust that your abusers will continue abusing you. Trust your abusers to continue being the people they have always been. Trust the evidence of their past behavior to predict their future behavior. Of course, Paul did not say this or appear to mean this. Paul, as “god’s mouthpiece,” did not provide a thorough but rather a *flawed, specious* definition of Love.

I suppose it is important to quote what Jesus allegedly said on this topic. “Greater love has no one than this: to lay down one’s life for one’s friends.”<sup>225</sup> Did Jesus really say this? This really seems to affirm the unwritten One-Lifer doctrine of human sacrifice. I do not disagree that giving one’s life for others is a supreme gift. Is the *greatest* love expressed through dying? I am not convinced this is the truth. I have already explained in detail how the pedestaling of death is itself one of my core criticisms of the melodrama of how One-Life Psychology uses One-Lifers as human sacrifices for any given elitist agenda. I do not believe Jesus really made this claim this way. Recall the definition of love I have given you: Love is that course of action which is

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<sup>225</sup> Please, see the Bible, John 15:13, *New International Version*.

simultaneously of the greatest benefit to yourself, your family, and your world. Jesus might rather have said, “I am choosing how and when I will die which will be of the greatest benefit to myself, my family, and my world. This is my life and my death. You will have to choose your own.” Therefore, I do not believe that Jesus provided a *universal* prescription for human sacrifice: “To show the greatest love for you friends, *die* for them.” What if I am one of the “friends”? What if I do not want your “love” by means of your death? Does my opinion matter? *What if there is a greater love we can share as friends in which no one dies?* Are we allowed to entertain such a theoretical possibility regarding the truth of Love? By my definition of Love level 500, there can be *no losers* in true Love. This means that the achievement of real, true Love requires and includes the well-being of *everyone*. This necessarily includes their *survival*. We cannot be happy, safe, and healthy together without being *alive* together. It is strange that I have to spell this out and yet this is the elementary thinking to which One-Life Psychology has reduced us all having been brainwashed with One-Lifer platitudes. Our subconscious One-Lifer conditioning has turned us into a collection of walking Bible clichés. “I need to die to be your best friend.” “The greatest among you shall...die!” One-Life Psychology is nothing if not melodramatic.

For the purposes of this book, the most important declaration is Love “rejoices with the truth.”<sup>226</sup> This points us to another glaring omission in the Bible. **Love is Truth.** Love *is* honest. Love *is* truth-**full**. One-Life Psychology cannot handle that. One-Lifer authorities lie all the time. **They use One-Life Psychology to “protect” anything that could expose their fraud, their abuse, their negligence, their corruption.** They are the originators of the teaching that “sometimes ‘love’ means telling lies.” They rationalize that love *requires* lying.

Make a survey of everyone you know: “Define Love.” Ask everyone. Our whole world is obsessed and fascinated with the subject of Love. How many of the people you know use the word “love”? How many of the people you know say, “I love you”? How many people in your life have said, “I love you” *to you*? How many times have you taken the time to consider how they are using the word “love”? How many

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<sup>226</sup> Please, see the Bible, 1 Corinthians 13:6, *New International Version*.

times has someone used the word “love” to influence you, to *control* you, to *manipulate* you? How many times has the word “love” been weaponized against you? Why wouldn’t they? Why shouldn’t they? Because the very institution referred to as One-Life Psychology, *which has dominated Western society*, has twisted, distorted, mutilated, and perverted Love so much and so far from the true original that *no one* in your society has any positive, rational, or conscious notion of actual Love level 500. Consider the gravity of this. ***No one you know will be able to competently define love.*** They will make attempts at it. They may grasp fragments of it. They may even remember some scriptures about it, but do not be surprised if they add into it One-Lifer clichés of “selflessness” and “sacrifice.” “Love is never thinking of yourself” (i.e., selfless). “Love is always putting your children first before yourself” (i.e., sacrifice). Their “love” is a dramatic misery. For me personally, it was truly a liberating and bitter day that I realized my family did not love me. Once I realized the truth of what love is and how far afield their One-Lifer “love” is from Love level 500, I knew they did not know how to love. I also knew I could never naively listen to them say, “I love you” towards me. My One-Lifer relatives have unconsciously gaslit themselves that they are loving people, because they have been intentionally gaslit by the inventors and investors of One-Life Psychology, making it possibly the most evil, destructive, perverted religion our world has ever known.

Hawkins taught that “Love” is not what people generally think or what is portrayed in the media. ‘Love’ is expressed as a very intense emotion being physically attracted, possessive, controlling, addicted, erotic, and novel. This ‘love’ is fleeting and fluctuating, burning bright and then burning out as conditions vary and change. When this ‘love’ is frustrated, an underlying ugly anger and dependency is unmasked. We are told that ‘love’ can turn to hate, but this ‘love’ is rather a sentimental addiction and ATTACHMENT. Hate is an expression of Pride level 175, not Love. There is probably never real Love in these relationships. Real Love level 500 means your Love is not based on conditions. The world may change. People may change, but real Love remains unchanged and permanent. Real love does not fluctuate, because its source is within you and is not dependent on conditions outside of yourself. Love is a state of being in which you forgive, nurture, and support others. You do not rely on your intellect

or your mind. Love comes from your heart. You can lift others and accomplish great achievements, because you have a pure motivation for the well-being of others, not your own manipulative agenda or gain. Strange and magical, at the level of Love you begin to experience the spontaneous and instantaneous ability to discern the essence and core of any issue. You can intuitively grasp an entire problem and its context without resorting to long reasoning processes. Reason focuses on the specifics of an issue, but Love deals with the totality and the whole. Love is accompanied by changes in brain chemistry. Love is the level of happiness. The whole world is obsessed with speaking and writing about Love, however, only 4 percent of the world's population calibrates at this level of consciousness. Only 0.4 percent of humans reach the level of Joy at 540.<sup>227</sup>

There is so much of vital importance that needs to be learned and understood from this passage.

Love is not a relationship. Love is a state of being. You are not *in* "love." You are Love. Love is rationally and scientifically a much better protection than Anger. Most humans get angry when they want to protect themselves. They get mad and aggressive. Besides being toxic to your soul, anger is a far inferior suit of energetic or emotional armor than Love. Anger seems powerful, but it drains your life. Anger is exhausting. Love in contrast is meaning-**full** and inspirational. Recall that as your consciousness ascends the Map of Consciousness, your consciousness expands logarithmically *into your environment*. Your energy and your Love literally wrap around everything and everyone in your environment. This is why the process of Love is Revelation. Love reveals to you the Truth of any situation or person. This ability is what is referred to as **discernment**. Love is the power that not only reveals to you the truth of a person, but the truth of how best to help that person right now. "What exactly does this person need right now? What exactly is the source of this person's suffering?" We cannot truly help people until we are Love. We cannot *know* how to help them. We can only make our best guess if we are not advanced in consciousness (i.e., use a checklist). The power to

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<sup>227</sup> Please, see David Hawkins' *Power vs Force: The Hidden Determinants of Human Behavior* (2012), Energy Level 500: Love, pp. 111-113.

discern the essence of a problem is also how Loving people are able to protect themselves while they help energetically poisonous and wounded people. Love is a pure motivation for the best well-being of every living thing simultaneously and this must include **you**. If you are damaged or wounded in your soul as the result of helping or serving others as a healer or teacher, then you were not operating at the level of 500 Love. Real, true Love does not create losers. Love is always a win-win-win scenario of the best outcome for yourself, your family, and your world. If you look at a situation and you affirm that no win-win scenario is possible, then that exposes you as having inner toxic feelings that are blocking the ideal solution. We must remember that the “impossible” becomes possible when we let go of all of our negativity surrounding an event.<sup>228</sup> In other words, if you cannot find or accept a win-win solution, you have dark, low energy inside of you that is blocking the revelation of the Loving solution. Perhaps, the dark, low energy is your perverted, One-Lifer misconception of “love” that requires you to believe that “love” creates losers (i.e., selfless human-sacrificers).

Ironically, understanding that 96 percent of the people in your life are not loving people will actually be a source of comfort to most readers. “Ahah! I am not crazy! Now I understand why I did not feel loved, because my parents did not Love me. They did not know what Love is. They did not know how to Love. So, they airquotes “loved” me.” You can go back to your parents and say, “Define Love,” if you dare. You must be prepared to encounter the retardation and denial of their Pride. “Of course, I loved you!” Do you really think that will be a productive conversation with prideful, gaslit gaslighters? Only four out of every hundred people you know is actually loving. This includes your family, your church, your school, your job, and your community. As you begin to evolve in consciousness, this will become more and more apparent. You will see that you are surrounded by wounded children called “adults.” You will see that you are surrounded by “adults” who are doing everything in their power to *look* confident and *act* secure. The deeper you *look within yourself* the less you will *look up to anyone*. They simply do not know more than you. They simply are not more conscious than you. They

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<sup>228</sup> Please, see David Hawkins’ *Letting Go: The Pathway of Surrender* (2012), p. 290.



cannot teach you. They cannot give you what they do not have. **You cannot give them what they do not want or believe in.** How can you teach someone to Love when they are already full of their “love”?

Remember, people do not accidentally become conscious. There is so much to learn at each level of consciousness. As you look out at the world, you will see there are many problems. Realize that the solution to any problem cannot even be conceived without a high level of consciousness, which helps to explain the ineptness of global leadership. Your leaders are not that advanced. You do not need to admire or look up to these people. They are not better than you. **ANYONE SHARING ANYTHING FROM ANY SOURCE AT THE LEVEL OF 500 LOVE IS WORTH OUR ATTENTION.** The inability to love is the root of the majority of world problems. People who have achieved level 500 do not desire or pursue material gain as possessions and worldly “needs” are no longer important.<sup>229</sup> Does this match the description of *any* of your One-Lifer religious or political leaders?

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<sup>229</sup> Please, see David Hawkins’ *Power vs Force: The Hidden Determinants of Human Behavior* (2012), p. 149.

### **34. One-Life Psychology promotes the psychology of desperate, needy powerlessness.**

“God will **save** you.”

“Save” you from *what*?

“Save” you from *living your life*?

“Save” you from *accepting responsibility* for living your own life?

“Save” you from *going through the exact experiences you need* in order to learn exactly what you came to earth to learn?

“God will save you.”

What if that is simply false.

What if the Truth is that no one is saving you?

What if..

You are responsible for your life, no one else is.

You brought you to this earth-life, no one else did.

You have to learn, change, and remember what lesson you came here to learn.

**No one** gets to skip any life lesson. This is why people are stuck on the same behaviors. We learn slowly through whatever lesson we have chosen.

Jesus does not do any of this for you.

Jesus does not “save” you from your personal responsibility.

Jesus “saves” you from what exactly?

Help me here.

“Saves” you from the hell *you* have made of your own life? Has he?

“Saves” you from the hell *someone else* made of your life? Has he?

“Saves” you from a nonexistent, mythological “hell” and “devil” that your One-Lifer taskmasters invented to manipulate you into obeying their every command? Hell is right here on earth right now all around us.

**Nothing in my entire career as a shrink has demonstrated that anyone is coming to save you.**

**No one is coming to save you. *The only “gospel” or “good news” that is coming is the good news you create.*** Save yourself. Love yourself. Listen to yourself. *Then* you will respect yourself. *Then* Jesus will respect you.

One-Life Psychology promotes the psychology of desperate, needy powerlessness by always directing you to a power *outside* of yourself to which you must give all the “glory” and “credit.” The essential shift towards spiritual adulthood is taking your power back after accepting that you were brainwashed with One-Lifer powerlessness and a victim mentality from the time you were an innocent newborn.

When you look within yourself at the deepest part, you will discover you essential innocence. You will not feel any hatred of yourself. Instead, you will be intrigued and even mesmerized the way we all our when we meet our own newborn children for the first time after birth. You will stop savagely judging, bullying, and berating yourself. You will be filled with the righteous and divine wrath to protect your own inner innocence just as you would if you saw a man attempt to murder a kitten or a puppy. You would spring to its defense. **YOU WILL SUDDENLY KNOW THAT YOUR OWN INNOCENT CHILD WITHIN IS JUST AS WORTH FIGHTING AND DYING FOR.** You will be just as outraged that *YOU* were ever subjected to the wretched judgment of self-righteous, narcissistic One-Lifer authorities and their braindead minions. You will take back the glorious power of your pure and innocent soul. You will never give your power away to any other fraudulent schizotypal who seeks to terrify you into giving them your money, your time, your energy, your soul, and your slavery. They will no longer be permitted to suck your life-energy from your life-time. **YOU CAN EXERCISE THE POWER OF YOUR FREEDOM TO CHOOSE NOW.** They scared you into believe that by looking deeply within yourself all you would find was something disgusting, creepy, and horrifying. **THEY LIED.**

They set up innumerable programs, labyrinths, and riddles to deter you, mislead you, and imprison you from finding out the real truth about yourself, your family, and your world. These One-Lifer authorities never wanted you to discover the deepest truth about yourself. Why? Why, god? Why did they do it? Well, of course, because then you would become free of them. Then this would be your last time under the force of their control. Therefore, they must cloak your inner innocence in mists of darkness with lurking demons seeking to devour your sanity at the mere thought of descending within, for to them, the descent within must be into “hell.” As you journey within, one scale of darkness after another will away from the eyes of your soul as you shed each and every lie of One-Lifer damnation. The deeper you go the stronger and lighter you will feel as you unburden yourself more and more. You will feel yourself becoming actually loving to yourself and others. You will then suddenly realize, “Oh, this is what Jesus was talking about! This is what he felt. This is why his yoke is easy and his burden is light.” This is the artless art. All great teachers have told you to look within to discover the truth that will set you free.<sup>230</sup>

Hawkins is far more gracious than I am. In no way, do I claim to be speaking for Hawkins, but for me personally, his work is clearly referring to One-Life Psychology and its authorities without directly calling them out. Within the added One-Lifer context of my book, I believe some of Hawkins’s comments can be understood more perfectly. I think I know *exactly* who he was winking at.

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<sup>230</sup> Please, see David Hawkins’ *Letting Go: The Pathway of Surrender* (2012), pp. 103-104.

### **35. One-Life Psychology claims that Jesus taught people how to pray in a way that must be impossible and One-Lifer prayer is generally a toxic psychological state that poisons your mind.**

Before examining the basic psychology of One-Lifer prayer, we need to address the glaring problem with the Lord's prayer.

"And lead us not into temptation, but deliver us from evil."<sup>231</sup> Any person devoted to mental health would realize this sentence cannot have ever been uttered by Jesus. This ought to be obvious without explanation. Look at what Jesus is telling us to say to god. We have to ask god *not* to *lead* us *into* temptation? What kind of a person leads others into temptation? Satan is the great tempter and Jesus knew this personally. This is yet another evidence that the Luciferian authors of the Bible make clear that the god of the Bible *is* Satan-god who does good and evil. Did Jesus teach, "Every day when you pray remind and tell god not to set you up for failure"? There is simply no possible way a real Avatar ever taught this. No one promoting mental counseling would ever teach this. Imagine how this subconsciously damages One-Lifers to be programmed to think this way about god when they pray. **What does it do to you to think and believe that you must beware that the "god of love" is the one leading you into temptation? How can you *trust* such a being?** How can you consider such a being to be divine? "Oh, wait, is this god testing me, tempting me?" This is precisely how the god of the Bible behaves and One-Lifers praise this about their god. One-Lifers know their god is a bizarre sadist and they believe this is for their own good. **Is this world so easy to live in, so easy to navigate, that we need god to make life harder for us? Is your life so easy that you need god to create special tests of temptation just for you?** The One-Lifer god is a real control freak. One-Lifers expose their blatant narcissism in their belief that god is designing special temptations for each of them individually? Look out at the universe and declare to yourself, ***"The god that created the universe is creating special temptation-test scenarios for me personally. The god of the universe is***

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<sup>231</sup> Please, see the Bible, Matthew 6:13, *King James Version*.

***micromanaging my life!***” Such One-Lifer arrogance is astounding and yet reflective of their god’s personality.

In contrast, I can imagine Jesus, or a real Avatar, originally said to pray something like:

“Please, *do not leave us* in times of temptation.” It would make much more sense to ask god not to *abandon* us when we are tempted. “Please, deliver us from evil as soon as possible.” Not only would a loving god not abandon us, but such a god would help us get out of a tempting situation.

Also, one might naturally question the logic of suggesting “And forgive us our debts, as we forgive our debtors.” Does this imply that we are to seek to be forgiven *only when* we have forgiven others? We expect god to forgive us, ***because*** we have forgiven others. “God, see, I forgave this loser, so now you need to forgive me.” This turns forgiveness into a manipulative transaction with god. We cash in forgiving others in exchange for our own forgiveness making it into a type of divine currency. One-Lifers must believe they can make deals with god and even compel him to honor prayer as the lord’s *contract*.

One-Life Psychology has provided zero guidance on the psychological poison of state of mind of desperate, needy, toxic Desire, which is the typical mental state of One-Lifer prayer. These prayers always reinforce a negative psychological outcome even when they appear to “work” or appear to be “answered.” One-Lifer prayer is filled with desire. Jesus taught, “What things soever ye **desire**, when ye pray, believe that ye receive them, and ye shall have them.”<sup>232</sup> The *King James Version* of the Bible is literally filled with Desire level 125 thinking. Is Desire positive? Like all negative levels of consciousness, Desire only feels positive or “high” in relation to those levels of consciousness *below* it. So, yes, in therapy, if I have a suicidally depressed client, it is positive if *that* client can find some Desire to motivate them to exert themselves in the achievement of any goal or reward. If for these moments in life at this Desire level, they will stay alive in the drive for money, fame, or power, then they are

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<sup>232</sup> Please, see the Bible, Mark 11:24, *King James Version*.

well above despair and the fear that dominated them.<sup>233</sup> If this sounds “positive” to *you* personally, that is an indication of your lack of education and consciousness regarding the poison of Desire. **You are probably a very sad, lost person if you are in the habit of arousing Desire in yourself or others as a means to achieving what you want.** However, for people in despair, their wanting energizes the passions and desires that will catapult them out of Apathy as they pursue their dreams. Wanting is at this point in your evolution a key to unlocking your ability to accomplish something of value.<sup>234</sup>

You need to learn the lessons of Desire, but you cannot live in Desire. What is the dark underbelly of Desire? If you are honest, you will recognize it in yourself. Desire can be mild or intense and obsessive. You can become crazed and needy for a person or a material object or even a “just” and “holy” ideal. You can become Gollum in a jealous and ruthless fixation. You can become selfish, possessive, and controlling. You are never satisfied. You have to have things. The key here to consciousness is growing to admit that you are controlled and enslaved by your desires.<sup>235</sup> Is that all you want for yourself? Is such a pathetic state the extent of your aims and “ambitions”? Does this strike you as the checklist that you want to be descriptive of your mental states during your One-Lifer prayers? Hawkins education on Desire is some of the most profound teaching I have encountered *anywhere* on *any* subject. These truths regarding Desire will unlock a peacefulness, a confidence, and a satisfaction you have never before experienced and did not know existed. There is a subtle, intense desperation you have always sensed in yourself and even in the people you have respected and admired the most, because they were all utterly ignorant of this Desire wisdom essential to enlightenment. You felt and heard it in your dear One-Lifer grandparents’ prayers. Because they were missing this truth about Desire, they frequently felt discouraged and hopeless. **If you are a therapist, you will have met many people who have given up on god because their intense prayers filled with desire went completely unanswered.** Did Jesus

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<sup>233</sup> Please, see David Hawkins’ *Power vs Force: The Hidden Determinants of Human Behavior* (2012), Energy Level 125: Desire, p. 102.

<sup>234</sup> *Ibid.*, p. 103

<sup>235</sup> Please, see David Hawkins’ *Letting Go: The Pathway of Surrender* (2012), p. 108.

teach, “If you desire something and pray for it with belief, the answer will be, ‘No’”? He taught you **WILL** receive what you pray for, which is absurdly false. Do you honestly think Jesus was this ignorant? **Do you think an Avatar would foster Desire level 125 in people as their goal state, as their “heaven” within?** If all One-Lifers were to listen to Hawkins, they might never pray again or if they did, it would be a very different prayer **without any desire. Have you ever heard a One-Lifer preach, “Pray without any desire!”**

*Desire is an obstacle.* This is a fundamental energetic reality of consciousness. **People believe that the only way they will get what they want is because they desire it. People believe if they let go of their desire, then they will not get what they want. One-Lifers have been brainwashed to believe that desire is necessary to receive a positive answer to their prayers. This is one of the moments I warned you of when the truth is actually the exact opposite of what you BELIEVED YOUR ENTIRE LIFE. Fact: The stronger your desire and craving neediness, the more it blocks you from getting what you claim you want.**<sup>236</sup> Things come into our lives, not because we pray desperately for them, but because we have chosen them. We spend every day making choices and taking intentional actions. Remember that emotions are energy, and they are based on what we truly believe. Our true beliefs and emotions wire our brain to direct us psychically within our physical world to manifest physical events that are expressions of our emotions and beliefs. So, what happens to our energetic transmissions when we are filled with Desire level 125 for anything? **The thing we desired appears in your life IN SPITE OF your toxic desires. Desire is the psychological and emotional obstacle to achievement. You desire something because you do not have it. You affirm repeatedly the mantra in your mind, “I do not have it. I do not have it.” You are declaring to the universe that it is not yours and by the law of attraction the universe will pick up that frequency and deliver the pictures back to you of your physical life in which it is not yours. You have put a spiritual wall between yourself and what you claim you want.**

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<sup>236</sup> Ibid., p. 108.



**Building that wall takes up all the energy you could have been using in actually pursuing your goals.<sup>237</sup>**

**VERILY, I SAY, “What you claim you want,” because deep down I am not convinced you do want it. I believe you want something *much more* in that moment. You want to be a whiny bitch! That is exactly what you want. That is what you truly are invested in. Go ahead. Do it. Whine and bitch for the next few minutes. Enslave yourself to your true desire to play the melodramatic victim. Oh, how sweet, when I drew your *consciousness* into your inner, whiny bitch, it lost its savor. Casting a light on it showed it for what it is. Fake. Not you.**

When you desire something or someone intensely, the intensity of your desire actually corresponds to the level of your mental pain, suffering, and anguish whenever that desire is not realized in physical reality. This is what Tolle refers to as the “pain gap,” which is the distance between reality and the rigid expectations of your mind.<sup>238</sup> The more intensely you expect something that never materializes in reality, the more mental pain and anguish you will feel. Therefore, you are investing your most intense energy in feeling and transmitting pain, which naturally drains and exhausts you of life energy. This is why so many One-Lifers are often the most depressed people.

Desire is another name for intense expectations. “I want it.” One-Lifer prayer is a form of intense expectation for something wanted. One-Lifer prayer is an expression of the One-Lifer Desire they call “Faith.” One-Lifer faith is not aimed inward as a belief in yourself. **One-Lifer faith is described as a complete confidence and unfailing trust in the One-Lifer god. Faith in prayer is a type of intense belief intended to influence the One-Lifer god to alter reality. “Please, god, help me.” These prayers are not actually in faith, but rather in Fear level 100. The desperation is obvious in the tone of these prayers showing the One-Lifer prayer lacks acceptance of reality and resists engaging the terms and conditions of human earth life. One-Life Psychology’s obsession with enforcing one-life theology makes One-Lifer prayers all the more intense, because of the**

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<sup>237</sup> Ibid., p. 108.

<sup>238</sup> Please, see Eckhart Tolle’s *Power of Now: A Guide to Spiritual Enlightenment*, (2004), p. 206.

desperation added because one's lack of life *time*. One-Lifers simply do not have time for things to go horribly wrong in this lifetime, because they only have one lifetime on which is riding all eternity. So, One-Lifers, in their minds, are in fact praying like everything depends on their prayer, because in One-Life Psychology *it does*. Whatever it is, it has to happen right now. For One-Lifers, there is no life *time* to waste, because they are convinced they will only live once, and the terms and conditions of human life demonstrate amply that nothing appears guaranteed meaning that you or a loved one can die at any moment with no recourse. Therefore, every One-Lifer must pray every day all day without ceasing pleading and begging that the One-Lifer god will be influenced to do what the One-Lifer god does not do for millions of OTHER people every day: *spare you*. "I'm saved! I'm spared! My prayer is answered! The Lord has delivered me and my family!" Now you can better grasp how One-Life Psychology is engineered and guaranteed to generate immense and intense desperate, needy, toxic Desire in imperfect humans filling their mortal hearts with fear and trembling looking for the day of judgment and wrath to be poured out on earth. Why doesn't the One-Lifer god answer all the other prayers of people just as needy and worthy as you? Ask One-Lifers and listen to their litany of excuses uttered on behalf of their psychotic, sadistic god. "Everything happens according to god's perfect wisdom and judgment." **Of course, this answer is why so many decent, innocent victims of injustice in our world rightfully hate and wisely reject the One-Lifer god.** One-Lifers who do have their "prayers answered" and One-Lifers who do not have their "prayers answered" are constantly in the habit of comparing one another's blessings. "I'm very blessed by god and grateful to god." One-Lifers are dog-trained to be grateful even when their prayers have clearly gone unanswered, and they are expected to find something for which they are grateful to god. Gratitude is not a flaw, but rather how gratitude and credit are always *directed outward* to the very partial One-Lifer god.

More wisdom from Hawkins will heal your One-Lifer-traumatized soul. When you think your achievement is impossible, it is because of your resistance to your life circumstances. The intensity of your focus on Desire, not having, is your way of living in denial that **YOU** can actually have what you ask for. Again, Desire is not a personal

problem for everyone, but it is for YOU and probably most of the people around you. You can then begin to form a different method for pursuing goals than society and desperate, needy One-Life Psychology have taught you. You were taught all about suffering as a means to achieve salvation. You must be exhausted and dramatically crucified to achieve heaven. If your One-Lifer process is not painfully difficult, you have not been doing it right. Right? This is the American way and the classical virtue of our Protestant work ethic. However, you could achieve the same goals and much more without the grimy grind. You could enter a Zen state of effortless life, artless art. (1) Choose your goal. (2) Visualize it with positive feelings. (3) Let it happen.<sup>239</sup> (4) Get on with your life. Go about your days engaged in being loving and kind in everything you do. I teach clients: **“Believe without Desire.”** This is a very different view of the universe, which is a generous, loving parent. Many people view the world as a stingy, hostile place. *When you buy into that view, by the inner workings of your own soul, then your life in this world must become stingy and hostile. Again, you are god. You create your life.*

**For decades, you have been trained and conditioned to project your power outward on to a hostile and stingy entity, the One-Lifer god.** Taking back your power means writing down your goals and letting go of any Desire for them. It is a paradox, and it is real. Choose your goals and let go of your inner, whiny bitch.<sup>240</sup> What do you do? Chill. Be a nice person. You do what you are inspired to do. You take action from a joyful, light, and free place, rather than from resignation, sadness, and depression. Being surrendered involves the beautiful energy of Neutrality level 250, which neutralizes all Desire. Neutrality is an openness to all positivity that means you are okay whether or not your goal is achieved or realized. This is maturity.

Again, Hawkins elucidates us more than all of Christendom. You can doubt that this process is true and real by looking back at some dramatic, frenzied memory when you wanted something and actually got it. You convinced yourself that you got what you wanted BECAUSE you went into Gollum-mode. “David, if I hadn’t been like

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<sup>239</sup> Please, see David Hawkins’ *Letting Go: The Pathway of Surrender* (2012), p. 108.

<sup>240</sup> *Ibid.*, p. 109.

Gollum for the ring, I wouldn't have gotten what I wanted." IMAGINE THIS. YOU CAN GET THINGS WITHOUT THE FEAR OF NOT GETTING THEM. What if it is true that you can get the things you want without the anxiety, the mistakes, the exhaustion, the desperation, and the drama? Of course, when these things appear, then you also need to relinquish all your perceived "sacrifices" and the sentimental vanity of the "blood, sweat, and tears" you "suffered" to achieve your goal. This is one of the things that really pisses off the petty, suffering One-Lifers. When they see you succeeding without their perverted sense of effort and crucifixion, they are angry and annoyed that you did not pay the price their god demands. It is the belief in their god that has then convinced that they must suffer pain to achieve their goals. One-Lifers impose the sadism of their god on the world and the universe.<sup>241</sup>

I believe Hawkins would disagree that One-Life Psychology is a mental disorder. However, he is clearly pointing to the One-Lifer mentality when he references the "Protestant ethic" which is tied to the New English Puritan values on which America was founded. The style of early American One-Lifer preachers was often described as "fire and brimstone." This was an expression used to warn humble, uneducated, vulnerable churchgoers of the eternal damnation and fiery judgment of god awaiting them if they did not repent. Ask yourself whether this type of Protestant preaching would do anything to *lessen* the toxic, needy, desperate pleading and begging (i.e., *Desire*) in One-Lifer prayers? **Rather, this preaching is likely the origin of One-Lifer American religious trauma.** The preachers of One-Life Psychology were sourcing their fire and brimstone back to the Bible. **Where in the Bible is there anything approaching this vital information on the destructive and limiting nature of Desire?** It is not there, making One-Life Psychology a weak-minded vehicle of Desire level 125. The pervasive Desire energy of the Bible is so low and negative that cannot promote growth, evolution, or the ascension of consciousness. Perhaps the greatest gift that could be given to every One-Lifer at this moment would be Hawkins's pages on Desire out of his book *Letting Go: The Pathway to Surrender*. My book is for people healing from One-Life Psychology around our world. **Hawkins's book is a gift of universal value that every**

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<sup>241</sup> Ibid., pp. 111-112.

**human on earth needs** and I encourage the reader to read it. Although Hawkins is deceased, many videos of him teaching can be found online.

A forefather of American success thinking and self-help, Napoleon Hill, had a great deal to say about One-Lifer prayer in his famous and brilliant book *Think and Grow Rich* written in 1937 after America had just experienced the Great Depression. Hill taught that positive thoughts and emotions voluntarily planted in your subconscious mind were critical to manifesting one's goals into "their physical equivalent."<sup>242</sup> Your "subconscious mind will not remain idle! If you fail to plant DESIRES in your subconscious mind, it will feed upon the thoughts which reach it as the *result of your neglect*."<sup>243</sup> As a shrink, I can attest that the thoughts which are randomly and unconsciously planted in humans are *almost always negative*, which is a significant mystery I will discuss in another point. Hill made clear what he saw as the relationship between your subconscious mind and prayer. I will reproduce the text here exactly as he wrote it with *his* italics and capitalization. "If you are an observing person, you must have noticed that most people resort to prayer ONLY after everything else has FAILED! Or else they pray by a ritual of meaningless words. And, because it is a fact that most people who pray, do so ONLY AFTER EVERYTHING ELSE HAS FAILED, they go to prayer with their minds filled with FEAR and DOUBT, *which are the emotions the subconscious mind acts upon*, and passes on to Infinite Intelligence. Likewise, that is the emotion which Infinite Intelligence receives and ACTS UPON. If you pray for a thing, but have fear as you pray, that you may not receive it, or that your prayer will not be acted upon by Infinite Intelligence, your prayer *will have been in vain*. Prayer does, sometimes, result in the realization of that for which one prays. If you have ever had the experience of receiving that for which you have prayed, go back in your memory, and recall your actual STATE OF MIND, in which you were praying, and you will know, for sure, that the theory here described is more than a theory."<sup>244</sup> Hill believed that space is filled with the vibration of thought as a "living,

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<sup>242</sup> Please, see Napoleon Hill's *Think and Grow Rich*, 1937, original and unedited text, p. 291.

<sup>243</sup> Ibid., p. 293.

<sup>244</sup> Ibid., pp. 298-299.

pulsating, vibratory energy which permeates every atom of matter, and fills every niche of space, connects every human brain with every other human brain.”<sup>245</sup> Hill succinctly lays bare the problem inherent in prayer with its external focus towards god. If Hill had the Map of Consciousness, he would have asked, “From what level of consciousness are you praying?” **What is the energy level of your prayer?** Hill conceives of prayer differently than the average One-Lifer, because he sees the individual’s *subconscious mind* as the key determining factor in how the prayer is transmitted to what he called the “Infinite Intelligence.”

**“The subconscious mind is the intermediary, which translates one’s prayers into terms which Infinite Intelligence can recognize, presents the message, and brings back the answer in the form of a definite plan or idea for procuring the object of the prayer.** Understand this principle, and you will know why mere words read from a prayer book cannot, and will never serve as an agency of communication between the mind of man and Infinite Intelligence. Before your prayer will reach Infinite Intelligence (a statement of the author’s theory only), it probably is transformed from its original thought vibration into terms of spiritual vibration. Faith is the only known agency which will give your thoughts a spiritual nature. FAITH and FEAR make poor bedfellows. *Where one is found, the other cannot exist.*”<sup>246</sup> Here Hill reveals why he uses the term “Infinite Intelligence” instead of “god.” He is trying not to offend One-Lifers, and this is clear when he emphasizes that it is **his theory only that your prayers cannot reach god until you change your vibration.** The year is 1937 and you can imagine how many One-Lifers would have and may have burned his book for simply claiming that your prayers cannot reach god when the One-Lifer concept of god depends on god knowing everything about everyone. There is nothing that the One-Lifer god cannot know. There is no prayer faithless, fearful, or doubting, that the One-Lifer god does not hear. It is not clear at all from Hill’s text that he believes in the One-Lifer god. When One-Lifers use the term “faith” we have noted that it refers to complete confidence and unwavering truth *pointed outward* to the power, might, purpose, and dominion of the One-Lifer god. Hill’s meaning

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<sup>245</sup> Ibid., p. 299.

<sup>246</sup> Ibid., p. 301.

for “FAITH is a state of mind which may be induced, or created, by affirmation or repeated instructions to the subconscious mind, through the principle of auto-suggestion.”<sup>247</sup> **For Hill, faith is an internal achievement directed at controlling your own vibrations of thought and transforming them into the spiritual equivalent which is then transmitted to Infinite Intelligence which returns the “answer” to the prayer in the form of a definite plan with the steps of how to acquire what you desire.**

“THOUGHTS WHICH ARE MIXED WITH ANY OF THE FEELINGS OF EMOTIONS, CONSTITUTE A ‘MAGNETIC’ FORCE WHICH ATTRACTS, FROM THE VIBRATIONS OF THE ETHER, OTHER SIMILAR, OR RELATED THOUGHTS. A thought thus ‘magnetized’ with emotion may be compared to a seed which, when planted in fertile soil, germinates, grows, and multiplies itself over and over again, until that which was originally one small seed, becomes countless millions of seeds of the SAME BRAND! The ether is a great cosmic mass of eternal forces of vibration. It is made of both destructive vibrations and constructive vibrations. It carries at all times, vibrations of fear, poverty, disease, failure, misery; and vibrations of prosperity, health, success, and happiness, just as surely as it carries the sounds of hundreds of orchestrations of music, and hundreds of human voices, **all of which maintain their own individuality, and means of identification**, through the medium of radio. From the great storehouse of the ether, **the human mind is constantly attracting vibrations which harmonize with that which DOMINATES the human mind**. Any thought, idea, plan, or purpose which one holds in one’s mind attracts, from the vibrations of the ether, a host of its relatives, adds these ‘relatives’ to its own force, and grows until it becomes the dominating, MOTIVATING MASTER of the individual in whose mind it has been housed.”<sup>248</sup> Ether is the realm of reality which holds all the spiritual potential that can be manifested into material forms and events. You do not count it as a miracle of the ether, but I am fascinated by the miracle that I can speak into my cellphone and anywhere on the earth another cellphone can reproduce my voice perfectly or my image on video chat. I do not understand it at all and the human way of giving

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<sup>247</sup> Ibid., p. 67

<sup>248</sup> Ibid., pp. 72-73.

scientific names to miracles makes it no less mysterious or miraculous to my ignorance. *I can hold this thing in my hand and talk into it and you can listen to another thing in your hand and hear **my** voice perfectly as **my** voice.* This experience will never cease to amaze me. Hill's point seems to be that your emotionalized thoughts will attract corresponding physical events of the same vibrational frequency from the forces of the ether. I have often wondered why Byrne does not give more credit to Hill's work in her book, because he was clearly a predecessor to her thoughts. That aside, I hope that the reader will appreciate the pioneering of Napoleon Hill in the work of success consciousness and begin to grasp how differently he conceives of the workings of prayer, while trying not to offend One-Lifers.

An analysis of Hill's book alongside Hawkins's levels of the Map of Consciousness deserves its own book. Hill relies heavily on the concept of Desire and the second chapter of his book is Desire: The Starting Point of All Achievement, *The First Step Towards Riches*.<sup>249</sup> The reason why this is instructive in historical context is because coming out of the Great *Depression*, Hill was well aware of how *depressed* and hopeless people were. Depression is the level of sadness and despair. Sadness and despair were due to the great losses and hardships suffered during the Great Depression. This means the predominating levels of consciousness of the American nation at that time period were Grief level 75 and Apathy level 50. You can identify a person at the level of Apathy because they live in poverty and despair. They are hopeless and to them life is pain. The world is doomed. The future is gloomy. Apathetic people are helpless and needy. They do not have resources. Even when resources and opportunities are available, these people make no significant effort to avail themselves of them. They are homeless and derelict.<sup>250</sup> People living at the level of Grief have a different toxic energy. They are sad, despondent, regretful, depressed, mournful, bereaved, and remorseful. They turn losing and failure into their lifestyle across the spectrum of human experiences in their relationships, health, careers, and finances. They passively accept sorrow as the meaning of life.

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<sup>249</sup> Ibid., p. 38.

<sup>250</sup> Please, see David Hawkins' *Power vs Force: The Hidden Determinants of Human Behavior* (2012), Energy Level 50: Apathy, p. 100.



They project their perception of sadness everywhere on everyone. To the lifestyle Griefers, **life is a cemetery.**<sup>251</sup>

From this energetic context one can revisit Hill's emphasis on Desire level 125 with wisdom and compassion for his audience of Americans after the Great Depression. Where do you start with people in despair and depression? Desire may not be enlightenment, but in the course of the evolution of human consciousness, "Desire, however, is a much higher state than Apathy or Grief." Hill played on inciting Desire within his readers and ***Desire is exactly what they needed to feel energized, higher, lighter, and happier from where they were at.*** Hill was a true teacher to American people at the end of the Great Depression, because, even without the Map of Consciousness, **he was giving the people the perfect level to aim for, the next step. What does a true healer and teacher do? A true teacher meets the students where they are at and explains the next step in the advancement of their consciousness.** This is what we refer to as empathy. Hill clearly had the ability to feel what people were feeling in the 1930s and to the present. That is why his book remains among the best-selling, self-help books of all time.

**Hill's book was perfect for the level of consciousness of the people he was helping to heal psychologically in his day and age.** Several times in his book he looks forward to a day and age when his ideas would be shared in public education. My book is for a day and age in which One-Life Psychology is still entrenched like a virus in the human mind. In a more enlightened, post-One-Life Psychology world, my book will gather dust. Perhaps, I should hope that the world remains One-Lifer longer, so my book will remain relevant, though that wish would only prolong human suffering. **I hope no one reads my book, because I hope no one needs to read my book.** Please, read Hill's book and let's make it part of public education. But I digress.

Where further development and clarity is needed in Hill's theory is in the relationships and definitions of belief, faith, and desire, not because he lacks consciousness, but in the pursuit of Truth. Hill refers to "the state of expectancy or BELIEF that the transmutation will actually take place. Your BELIEF, or FAITH, is the element which

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<sup>251</sup> Ibid., Energy Level 75: Grief, pp. 100-101.

determines the action of your subconscious mind...The subconscious mind will transmute into its physical equivalent, **by the most direct and practical media available**, any order which is given to it in a state of BELIEF, or FAITH that the order will be carried out.”<sup>252</sup> This definition of belief is not how One-Lifers use the term or how they pray, but it is as we shall see a probable antecedent for Byrne’s use of the term “believe.”

One-Lifers equivocate the *intensity of Desire* with genuine belief. Equipped with the newly acquired knowledge of Desire level 125 from the enlightened education of our dear Hawkins, the reader is now aware of how *low* and *limited* Biblical One-Lifer “belief” is on the Map of Consciousness. **Without any proper education on the true nature of Desire, One-Lifers cannot and will not ever be accidentally conscious.** Furthermore, “belief” is yet another psychologically profound, crucial term the Bible *never* defines. Are you seeing a pattern yet? **The Bible is not a psychologically, philosophically, or intellectually developed or mature guide for humanity. It is an embarrassment to our species that we glorify the Bible as a modern or relevant standard for human thought and spirituality. The inventors and investors of One-Life Psychology are mocking us because we are still willing to use the Bible. Reading the Bible is like eating dogfood. Why would the governing global elite give us anything more or better when we are still eating it up?**

Rhonda Byrne’s *The Secret* provides a definition of belief. Believing means that when you have clarified what you want that *what you want is already yours*, which is very similar to Hawkins’s view of the universe as a generous parent. However, belief is not possible until you have completed the first step in Byrne’s Creative Process, which she attributes to Jesus: ask, believe, and receive. As a little god, you can have what you choose, but first you must clarify what you truly want. That is your task. Imagine being a radio station that sends out songs that are mixed together with different messages. That is you. Until you are clear about what you want, you are sending the universe a mixed message and by the law of attraction, your wish for mixed

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<sup>252</sup> Please, see Napoleon Hill’s *Think and Grow Rich*, 1937, original and unedited text, pp. 69-70.

results will be granted. You have or be or do anything you want without limitation So, now, what do you want?<sup>253</sup>

As a shrink, I assist clients in confronting their despair every day. You can imagine when I share ideas like this how I am met with blank stares of ...disbelief. This is why I do not **begin** therapy by teaching Byrne's *The Secret* or the law of attraction. As stated, I begin therapy by helping people identify their trauma timeline of events, then we start at the beginning, and we heal the wounded inner child. Then there comes a moment in therapy when I can feel it and I can see it. I can see and feel the light coming back into their eyes. Generally, I have done nothing but help heal their inner child and positive things begin happening for clients organically. At that moment, then I teach *The Secret* and reinforce what they are experiencing. Part of healing is learning what you are truly grateful for. Healing involves digging deep within yourself to the core. When you have been sexually abused as a child you have to go deep. You have to go to your core and then you can find something truly valuable. You can find that you are special, that you are worth cherishing. That inner child, *that* is special. That little child is perfect. From there, from that deep place inside yourself you can touch something you have been missing for a long, long time and there you find the answer to the question of what you truly want, what you always wanted in this lifetime, what you have forgotten you always wanted. Your healed inner child will tell the truth of why you were so crazy, insane, and courageous to ever be born in this madhouse called mortality. You would never come to a place like this without insane, intense intentionality. It is that very insane, intense courageous intentionality which One-Life Psychology has taken hostage and stolen and hidden from you. You have been lied to your whole life about the most important truth: You. You are God. I am God. We are God. We came here with a purpose. We suffer from amnesia from layers of collective and personal trauma, pain, heartache, anguish, and suffering manufactured by the Luciferian ruling elite. **What do we do? How do we heal? One person at a time. That is the only way we can heal. Every single soul must be healed. Every single instance of suffering must be remembered, acknowledged, honored, and healed.**

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<sup>253</sup> Please, see Rhonda Byrne's *The Secret: 10<sup>th</sup> Anniversary Edition* (2016), P 47.

So having healed the inner child and gotten clarity on what we truly want in this lifetime, we are prepared to learn Byrne's definition of belief. Belief means believing in what you already know at the level of your superconsciousness. Your soul knows that you came to this life to accomplish something very specific. "Asking" for that in reality means remembering your life purpose. **"Believing" means remembering that you knew what you were doing when your soul came. Believing really means trusting your soul that you knew what you were doing when you took on your current avatar, which is your physical body and personality (i.e., ego). You ask once and believe and feel *as if* you have already received. As you feel good, then you are on the frequency of receiving all good things including what you want.**<sup>254</sup> **Honestly, if you feel great, who cares what you receive or do not receive in the material world? As a professional shrink, I am telling you the truth and the truth is: If you are happy, you have life figured out. Being happy and feeling good right now are all you have to do. That is the greatest lesson of the law of attraction.**<sup>255</sup> How can you be happy now? **Heal and then live from your inner child. It is that simple. However, the actual healing process is unique to each individual and it, just like this life, will be a unique experience *just for you*.**

"David, that's all too epic and complex." Let us state it more simply. **Let us simply say you have healed sufficiently that you begin to feel good and happy. Let us suppose that you have healed sufficiently so that you can believe. At this point in therapy, I will say, "Give yourself permission to want whatever you want."** This is so important to previously shattered, newly inner-child-recovered adults. When you are traumatized, you lose your ability to believe that the good in the world applies to you and your life. You know you were traumatized, because your worldview was changed permanently for the worse. Your eyes were darkened. You were so traumatized that you lost all hope and you chastised yourself whenever you thought or spoke about silly, "stupid" hopes, dreams, fantasies, or goals. You thought it was *mature* and *realistic* to let go of these childish ideas, when really you were in a state of Apathy. How many adults mistake Apathy for maturity? Once you are healed, you have

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<sup>254</sup> Ibid., p. 53.

<sup>255</sup> Ibid., p. 179.

to remember what it is like to believe again, you have to remember what it felt like to believe so naturally as a child. You have to give yourself permission to want whatever you want. This will initially be a weird experience to the traumatized soul. “Want whatever I want?” Yes, let your imagination run wild. Want whatever you want. Will this process be a bit emotionally messy? Of course, because you are in new territory. You are in the real territory of authentic maturity and innocence. You become a kid again. Yes, I have watched many clients with a wide-open gaze taking in the idea. They realize the importance of being given permission to do something they had previously forbidden themselves to do out of the raw pain of disappointment with life. This is a form of taking back your own power by giving yourself permission, because it was not the world that had denied you. **Trauma** is the real cause and origin of why you are mentally and emotionally predisposed to disowning your power and projecting it on to the world. This is why you have thought you were powerless. You have the power, but you projected it on to someone or something outside of yourself. You are a powerful, infinite being, but you have unconsciously bought into a One-Lifer notion that you are guilty and small.<sup>256</sup> This is connected to the misunderstood meaning of the word “glamour.” *To glamorize anything, means we have traumatically dissociated our own inner god power and projected, assigned, or attached it to anything external to ourselves.* When the soul is healed, the spell is broken. As any child knows, “Everything belongs to me. I *can* want whatever I want.” This is the subconscious reality of every child who comes into the world.

**Rhonda Byrne’s book *The Secret* and Napoleon Hill’s *Think and Grow Rich* are better than the Bible. They are far healthier books for you to read every day. They are far clearer and more understandable. They are more positive books. They are more hopeful books. How do you honestly feel when you read the Bible, the whole Bible, not just your pet passages? Do you truly feel happier in the real world, more hopeful for the real world, more safe in the real world? Does reading the Bible “make”/trigger you**

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<sup>256</sup> Please, see David Hawkins’ *Letting Go: The Pathway of Surrender* (2012), p. 119.

***to feel better or worse about living in the real world, meaning living as a human being on earth right now at this moment?***

I used the word “trigger” because the Bible does not *make* you feel things. The Bible just *triggers* you to feel whatever was already inside you emotionally. *This is why and how people read and take the Bible so differently. They are reading from very different psychological states.*

Real therapy and real counsel are based on getting real results in the real world, “not in an illusory future but right here and now.”<sup>257</sup> This means feeling genuinely and authentically better and knowing it within yourself and receiving confirmation from the people and the events in your life.

As I write this book, I always know how far afield I go from the original point, but it is never sufficient from me to simply refute the One-Lifer poison and leave the reader floundering without positive guidance, without alternatives and options to investigate. The astute reader will see how very different actively living a purposeful life is from the desperate, needy, toxic prayers to a partial, disengaged, illusory god. **Take back your godhood and answer your own prayers by healing your inner child and remembering your life’s true soul-purpose.**

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<sup>257</sup> Please, see Eckhart Tolle’s *The Power of Now: A Guide to Spiritual Enlightenment* (2004), p. 61.

### 36. One-Life Psychology promotes poverty through the system of tithes and offerings.

One-Lifer authorities want you to have *large* families **and** pay ten percent of your income. Do you realize that this “commandment” disproportionately **punishes** larger families. If my wife and I “multiply and replenish the earth,” and we have with seven children, then asking us to pay the same percentage on my income as a couple with no children is disproportionately harder, *because the remaining 90 percent of the income has to be divided for the needs of more people*. This is simple math. *The more children I have, the more tithing hurts*. One-Lifer authorities are, of course, well aware of this pain and suffering they knowingly place on larger families, and **they do not care**. They are perfectly comfortable never acknowledging the unequal burden they knowingly place on traditional, One-Lifer family men like I used to be. I was a traditional, One-Lifer family man meaning I have always been the sole wage-earner so that my wife could actually be a mother to our children. In case you are wondering, I did put her through school **twice**, and she has an active professional license she does not use, which is perfectly fine. She spends her time doing exactly what she wants personally while being a homemaker. Our children are well-cared for and supervised. So, **I worked my ass off to fulfill all expectations and commandments of One-Life Psychology and I was miserable, strained, and stressed. Not only did I have a large family as I was encouraged to do so, I also gave of my personal time, efforts, and talents in voluntarily, unpaid church service to expand their kingdom. I was their bitch. The One-Lifer authorities successfully preyed on me for decades. I was a workhorse for Luciferian One-Lifer authorities. One-Life Psychology made my life harder, worse, and more stressful.** Do not pity me. I was exactly what I was raised to be. I was a One-Lifer soldier. I was a slave. I am just stating the facts. My hat is off to the Luciferians for how long they “made” me their bitch. They did not *make* me anything. My being their bitch was always voluntary.

Tithing as ten percent of your gross income is the most serious mind-screwing of the traditional working family man in One-Life Psychology. I will repeat it. Let’s take the example of a fertile couple.

The wife is hearth-goddess homemaker. The husband is a traditional workhorse. The more children they have, *by divine expectation*, the more they *doom* themselves to poverty as they maintain the *same tithing* on steady income. If a couple with one child makes \$100,000 and pays \$10,000 in One-Lifer tithes, their remaining \$90,000 is *divided by three* to take care of three people at \$30,000 per person. If a different couple with five children makes \$100,000 and pays \$10,000 in tithing, their remaining \$90,000 must be *divided by seven* to take care of seven people at \$12,857.1429 per person. The math SUCKS. Do you see how much less each person in a large, **obedient** One-Lifer family has per person? **Do you see how irrational that is? Do you fathom, comprehend, discern, understand, grasp how evil it is for One-Lifer authorities to expect and command this of larger One-Lifer families?** If you are from a large family, it will click in your brain because you can think back to all the privation you suffered needlessly for your One-Lifer faith. Your church leaders know it too, but their greed overcomes their compassion. The One-Lifer authorities want more people in church, not because they want to “save” more souls, but **because they want more tithe payers**. “Saving” souls means *saving more money* in the One-Lifer church bank accounts. One-Lifer authorities use membership and attendance numbers to make corporate projections based on their financial algorithms. They know how much money they expect per member over a lifetime. I wonder how many lifetimes I have been a tithe payer bitch to One-Life Psychology.

The richest One-Lifer church on earth was highlighted again recently in the news by one of their own whistleblowers who left the church where he had been a senior portfolio manager. Do you understand that One-Lifer churches are exempt from IRS taxes because they are required by law to use their money for charitable and educational purposes? Do you understand that our government is not holding ANY One-Lifer churches accountable when they refuse to do so and lie about all the money they have? One-Lifer churches are not afraid of losing their tax-exempt status. The whistleblower says they operate like a “clandestine hedge fund.”<sup>258</sup> Do not ever expect these One-Lifer

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<sup>258</sup> Please, see 60 Minutes Overtime’s “Whistleblower: Mormon church investment fund stockpiled money; masqueraded as a charity,” 14 May 2023,



billion-dollar corporations to ever be held accountable by government, because, as I am making clear to you, **One-Life Psychology is an invention and investment by the ruling Luciferian elite of our world. These are the same people who own and operate your government. They use One-Life Psychology to make you obedient to the government which they tell you was founded by your One-Lifer god.**

“In god we trust.” Government by god. God inspired your forefathers to write the U.S. Constitution. God raised up this mighty nation. The One-Lifer god is written throughout the origin story of the U.S. However, if you will study the founding fathers, they admittedly did not believe in the One-Lifer god. They were deists who believed in a high power. **Thomas Jefferson “argued that the Bible should be kept out of the hands of children, only made available after their own ability to reason independently had been established through study of history and philosophy.”**<sup>259</sup> What is the significance of Jefferson’s position that children should not be exposed to the Bible? The Bible is poisonous to children’s minds. The Bible damages children’s undeveloped brains. Jefferson’s position is that **no one should be exposed to the Bible until after they have the “ability to reason independently” and have completed studies of history and philosophy.** He did *not* value the Bible as a *history* book. He did *not* value the Bible as a *rational* book. To Jefferson, the Bible was a *dangerous* book. No uneducated person should be exposed to the Bible is Jefferson’s position. This means Jefferson would have reversed all missionary work by One-Life Psychology. ***One-Lifer missionary work preys on the uneducated.*** If Jefferson had his way, America would be formally educated, not One-Lifer. Clearly, as history has shown, Jefferson’s position on the Bible did not take. One-Life Psychology and it’s Bible have been thrust on the innocent minds of American children from the beginning of this nation’s modern history. It was done to me. It was done to my wife. It was done to everyone I grew up around. Since the beginning of the history of our

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<https://www.cbsnews.com/news/mormon-church-ensign-peak-whistleblower-david-nielsen-allegations-60-minutes-2023-05-14/>.

<sup>259</sup> Please, see The Jefferson Monticello’s “Jefferson’s Religious Beliefs,” <https://www.monticello.org/research-education/thomas-jefferson-encyclopedia/jeffersons-religious-beliefs/>.

nation, One-Life Psychology has been supported and protected by the government in imposing fraud on and impoverishing the American people. One-Life Psychology is a cartel that has operated unfettered and unencumbered with impunity before the law. What does this whistleblower demonstrate? One-Life Psychology is a for-profit business above the law and above taxation, which collects your tithes to invest for massive profits tax-free. Nothing is done. No one is in trouble. Nobody goes to jail. Again, I ask, **Who do these One-Lifer authorities actually work for? Who is benefiting from all this money they collect and never use to help real people? Why are One-Lifer churches protected by the government in doing what you or I would go to jail for?** The people running the One-Lifer cartel are nothing like Jesus. They have nothing to do with Jesus. What did Jesus say to the rich ruler? **“One thing you lack: go and sell all you possess and give to the poor, and you will have treasure in heaven; and come, follow Me.”**<sup>260</sup> **If this is the gold standard of One-Lifer discipleship for rich people, we do not have a single true One-Lifer leader on this earth. Again, can you give me a single instance of any One-Lifer world leader currently in office who has done this? Do we have a single authentic One-Lifer public servant in any office?**

Consider this. If you are a One-Lifer slave, like I was, *stop giving any money to any One-Lifer church and spend it all on yourself and your family.* Just try it for one year. You will be healthier and happier than you have ever been in your life, and you will never go back to paying tithing to any One-Lifer church. *A previously devoted One-Lifer grandmother talks about how “stupid” she feels looking back in time and thinking about all the times she paid her tithing instead of helping her own children.*

People are always begging for money in churches and stores everywhere you go. “Do you want to give to charity?” I will answer and say, “I have children. I run a children’s charity.” This charity I run includes my children’s friends, partners, and children of their own who all come to our house. **Does One-Life Psychology help you feed, clothe, insure, educate, accommodate, enrich, and entertain your children?** One-Life Psychology was the worst investment of my

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<sup>260</sup> Please, see the Bible, Mark 10:21, *New American Standard Bible*.

life. I literally received zero return. I lost money on One-Life Psychology all the way around. If you are a parent, you have charity opportunities coming out your ass.

How is tithing actually supposed to work? You are not supposed to give any money to the Luciferian One-Lifer priests. *You are supposed to look around yourself beginning in your own home to help yourself and your immediate family. Then you make sure your relatives are taken care of. Then you make sure your friends are taken care of. Then you make sure your neighbors are taken care of. Then you make sure your community is taken care of.* If you give the money to the Luciferian One-Lifer priests, they horde it and then lord it over the poor to control people and make them beg for help and the poor have to obey their commands to get help. More importantly, by giving away your money, *you lose the opportunity to help other people directly* and see exactly how your money is used. You are a better judge of how your tithing money is used. **Stop looking up to the failures running One-Life Psychology. The One-Lifer authorities have failed. They are failures. They have not made the world a better place. They are not superior to you in any way. They are morally inferior. The leaders and authorities of One-Life Psychology are greedy, ugly, nasty, controlling, dishonest, manipulative, abusive degenerates.** *You* are better than them. Keep your money and direct your charity and tithing according to your wisdom. *You* are a better person. I care about you, and I believe you will be generous. You can see the needs of people all around you. When you have extra money, you will share it and you will enjoy sharing with others. You need to begin by taking care of yourself. Stop impoverishing yourself and your family generation after generation to enrich a bunch of already-filthy-rich, Luciferian One-Lifer assholes and failures who are protected by your government.

### **37. One-Life Psychology wants all your time and talents, everything with which you have been blessed and everything with which you will be blessed for the building up of the kingdom of God on earth.**

Just imagine everything which One-Life Psychology gets for *free*. It is not just money. One-Life Psychology wants *everything* and *everyone*. The whole earth is to be One-Liferized, because the whole earth is defined as the creation, dominion, and property of the One-Lifer god. What are the implications of this? **The One-Lifer god created everything and owns everything. Therefore, we all owe him everything including our lives including everything of which we are capable. Therefore, the One-Lifer god cannot ever under any circumstances ask too much of anyone.** So, when One-Life Psychology asks anything of you, it is not the Luciferian One-Lifer priests that are asking, but the One-Lifer god that is asking you for whatever it might be. How can you say no? How can you dare to deny the One-Lifer god to whom you owe your entire existence? This reason is used to manipulate you into every form of sacrifice imagined to be necessary to expand One-Life Psychology's domination on earth. So, when tithing is looked at in this light, the Luciferian priests always say the same thing. **"God gifts you 100 percent of everything you possess, and he *only* asks for 10 percent in return."** If you have bought into all the previous premises that the One-Lifer god created everything, how can you deny god's "generosity"? "God only asks..." Then follows whatever One-Life Psychology happens to want from you at that moment, which could include free labor or professional services of any kind. **One-Life Psychology wants your expertise. One-Life Psychology wants your raw materials. One-Life Psychology wants your networking. One-Life Psychology wants it all for free. We refer to these donations as "in kind" meaning goods or services instead of giving money. How many free volunteer hours do people donate to One-Life Psychology?**

Of course, what if the One-Lifer god *did not create* our earth? What if you *do not owe* your existence to the One-Lifer god? What if the

higher power that organized this world did it as an actual gift? Did you know that in gift law, if you are the giver, you cannot legally obligate the giftee to ever return any of your gifts? This is the definition of a gift: “the voluntary transfer of a benefit without the need for any compensation and consideration” (i.e., contractual promise in an exchange).<sup>261</sup> If the One-Lifer god is really *gifting* us our lives as One-Lifers allege, he cannot ask for anything in return. Did you *ask* the One-Lifer god to *gift* you your existence? Can anyone provide any *proof* that you ever did ask? **Can anyone prove that the One-Lifer god is *capable* of granting your existence? Has anyone proved that you did *nothing* to assist in the creation of this earth? What if you existed without any assistance from the One-Lifer god? You have amnesia of the creation of the earth and your own soul. There is no video evidence of the creation of you or anyone. Why should we assume that the One-Lifer god of the Bible deserves *any* credit for our existence let alone *all* the credit? Next time, some Luciferian One-Lifer demagogue or stooge says, “You owe god.” Say, “Prove it without using the Bible.” The Bible has no authority here.**

Let me tell you something really important. If the One-Lifer god is exactly who he is alleged to be, **HE DOES NOT CARE ABOUT ANYTHING YOU HAVE OR ANYTHING YOU CAN DO FOR HIM.** Always remember the One-Lifer arrogance of looking at the universe and saying, “The person who designed the universe is micromanaging *my* life.” Let me clear this up for you. Whoever designed, owns, and operates *just* the Milky Way galaxy with its hundreds of billions of stars is NOT managing *YOUR* life. Whoever is running our galaxy does not care about how you operate your life or what you do, because ***NOTHING*** you can do makes a difference to *that* being. Whoever is running our galaxy is so far advanced beyond you, nothing you do can affect them. I know you want god to be a *personal* god who is *personally* interested in you and involved in your brief human life, but you also need to be rational when looking at the universe. In your real experience, what do you see? You see hierarchy and delegation. ***We have our local,***

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<sup>261</sup> Please, see Cornell Law School Legal Information Institute’s “gift” definition, <https://www.law.cornell.edu/wex/gift#:~:text=In%20property%20law%2C%20a%20gift,and%20acceptance%20of%20the%20gift.>

*homegrown Avatars*. We have Jesus, Buddha, Krishna. That is who we have and are fortunate to have had. They were personal and involved. This in no way means what they did has any authority or bearing *beyond* our earth and to assume more is narcissism.

**As long as you buy into the One-Lifer logic that their god deserves the credit for the existence for everything and everyone, One-Lifer authorities will always manipulate you.** They want all your time for their “programs” and “services.” The more you participate in their “programs,” the more your mind will be *programmed*. This is how *force* works in contrast to real *power*. In order for force to remain effective, the force has to be constantly applied or *reinforced*. Real power stands still and draws all things in naturally because it is attractive. Force is unattractive. If you are not incessantly busy going through the motions of all the One-Lifer ritual prescriptions, you suddenly have the time to *think* and realize “this is brainless nonsense.” If you use all your time, talents, and property for the benefit of yourself, your family, your relatives, your friends, your community, then who exactly do you have anything leftover for? Have you noticed the cost of living? There will be someone in this list that you can help, and you will not have anything leftover to donate or volunteer to the Luciferian priests.

Can One-Life Psychology do any “service” or “program” that is not poisonous? Not in my experience. It is all programming founded on improvable assertions. However, always trust your internal guidance system, your own intuition. If your intuition leads you to service in a One-Lifer endeavor, then trust that good can be done through you in that way at that moment. However, the fact that your heart is pure does not make that One-Lifer sect pure or inspired. Always revisit and trust your energy and intuition to guide you. Of course, there are honest and good One-Lifers. There are also ignorant and corrupt One-Lifers. Are you stupid? Are you a dummy? No, you are not. Always use and develop your intuition and do not defer to any Luciferian One-Lifer authority for inspired guidance. The leaders of One-Life Psychology are all compromised by their evil stupidity. Remember anyone who uses the Bible as a *rational*, *historical*, or *moral* guide is one step away from being a menace to society and a danger to children. ***You are better than that.***



### 38. One-Life Psychology distorts your experience of any perceived “reward” or “blessing.”

Notice how the previous point bleeds into a cascade of psychological damage. *Because you owe everything including your existence to the One-Lifer god, you cannot take credit for anything.* You are not allowed to be proud of yourself and what you have accomplished, because it was always only because the One-Lifer god gave you the gifts and talents to do anything. Whatever it is, you did not do it. You won the celestial lottery. The alternative is to give yourself credit in defiance of the One-Lifer god. This is pride and it is a “sin.” One politician unconsciously summarized this One-Lifer thinking by saying, “If you’ve got a business, you didn’t build that. Somebody else made that happen.”<sup>262</sup> This is another extremely powerful and prominent example of One-Lifer **gaslighting**. **What could be more powerful than convincing you that you *did not* in reality do something that you *did* in reality do?** Remember the core behavior in gaslighting is to make you question your reality. Gaslighters intend to make you feel crazy. Gaslighters fight to thwart all attempts to independently prove that you have recorded, dated, scientific evidence to the contrary of their version of “reality.” Clinically, recall that in mental health we counsel people to not fight with gaslighters, but simply to *leave them*, walk away. You cannot change One-Life Psychology. You just have to walk away. One-Lifers will not change. In One-Life Psychology, if you give yourself credit for anything in your life, you are forgetting god. **I am confident that many of you were taught, as I was, that the only thing you can truly give yourself credit for is turning your free will over to the One-Lifer god.** In other words, because the One-Lifer god already takes credit for everything, the only thing you truly have to offer the One-Lifer god is your free will. However, this is a spurious claim even within One-Life Psychology, because many One-Lifers will argue that the One-Lifer god gave you your free will the day you were created. In

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<sup>262</sup> Please, see Aaron Blake’s “Obama’s ‘You didn’t build that’ problem,” 18 Jul 2012, [https://www.washingtonpost.com/blogs/the-fix/post/obamas-you-didnt-build-that-problem/2012/07/18/gJQAJxyotW\\_blog.html](https://www.washingtonpost.com/blogs/the-fix/post/obamas-you-didnt-build-that-problem/2012/07/18/gJQAJxyotW_blog.html).



**One-Life Psychology, you are nothing and there is nothing you can give to the One-Lifer god.**

This indoctrination of giving god all the credit means that when anything good comes into your life, you necessarily find yourself in the psychological, automated habit of theorizing what good deeds you have done to merit or deserve such a “blessing” *from* god. “I’m so blessed!” Obviously, because *you* are such a “good” person, so naturally, god has “blessed” you above so many “less fortunate souls.” Why are they “less fortunate”? Obviously, because they are not as “good,” “righteous,” or “obedient” to god *as you*. The more they suffer, the more “evil” they *must* be experiencing as really nothing less than the “judgment of god.” I know One-Lifers will say they do not really think this way, but the problem is that this is the way they *talk* all the time, which means *that is how their mind is operating at the subconscious level*. This is the way people talk who do not even identify as One-Lifer. Pagans even talk like this. Jesus said, “For the mouth speaks what the heart is full of.”<sup>263</sup> When something good comes into your life, is it a “blessing”? Or is the “blessing” in reality the *natural, collective effect of your choices over time*. When you seek for enlightenment, you seek to entrain yourself with the most powerful energetic patterns and fields. The key to your success is your will which you exercise through constant and repeated choices and actions.<sup>264</sup> Did the good thing, the boon, the blessing, come from the One-Lifer god tipping the scales in your favor? **Or did good come into your life as the result of how your choices have influenced the subtle energy field in a way that is currently beyond your conscious awareness? And is activating that subtle energy field what is actually meant by “faith”? Has an Avatar such as Jesus achieved the ability to consciously influence the subtle energy field all around us such that he can direct “blessings” as a willful choice?**

When you think of yourself as “blessed” *by* the One-Lifer god and others all around you as “not blessed” *by* the One-Lifer god, you psychologically alienate yourself from them. You create a separation

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<sup>263</sup> Please, see the Bible, Matthew 12:34, *New International Version*.

<sup>264</sup> Please, see David Hawkins’ *Power vs Force: The Hidden Determinants of Human Behavior* (2012), p. 286.

from them. You set yourself apart or “distinguish” yourself. You make yourself “special,” “unique,” and “better.” And you do so in a way that is nonrational and indiscernible to the human mind meaning you identify yourself as special without rationally being able to explain why and defer to the One-Lifer god’s “wisdom” and “judgment.” Who is this mysterious One-Lifer god who deals out “blessings” and how can I get in on some of that action? It is a very immature, childish style of thinking, but that is typical of One-Lifer thinking, teaching, preaching, and indoctrination. “How can we please god?” not to please god, but to get in on the blessing action?

How do One-Lifers feel for those unblessed souls? The emotional consequences of this thinking is that One-Lifers judge or pity the “unblessed” souls. Judgement is an act of Pride level 175 and “solves” **the problem of the unblessed** by simply making the other person a loser. Pity is an act of Apathy level 50 and “solves” **the problem of the unblessed** by labeling their case as hopeless also known as the One-Lifer god’s “wisdom.” This is the reason why One-Lifers can frequently be heard saying, “God only knows” or “God knows why.” These One-Lifer “answers” are a completely, unacceptable, absurd, responsibility dodge that are neither wise nor compassionate. When your life and existence hang in the balance of real answers and you are the one at the bottom of the abysmal hellstorm, then you need real answers that yield real, permanent healing. When you are the one who finds your family member dead from suicide, you are not helped by One-Lifer pity or One-Lifer “wisdom.” “Why did they commit suicide?” “God only knows.” “They must have been doing something wrong.” One-Lifer logic is a pseudo-philosophy from the Bible. These negative ideas were planted in us at infancy and operate in our subconscious mind like computer viruses hidden and undetected in our psyche.<sup>265</sup> What we *do* notice and detect is how horrid we feel. The One-Lifers will rebut this and say, “Well, David, what do *you* know? What is *your* solution?” We will get there. **Before I cure you of your diseased thinking, you first need to accept that you have a disease.** I am not like the doctors who use big, technical words and talk *at* you briefly before leaving the room. **I am the doctor who sits with you and explains everything. I will explain why you feel the way you do, what is happening, how it happens, how it originated,**

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<sup>265</sup> Ibid., p. 309.

**and what your options are. I want you to first understand why you feel terrible.** I take in everything you share and everything I can observe as we work towards solving *the mystery of you*. I promise we will get to how and why you will feel much better.

Can you take credit for the rewards that have come into your life? Oh wait, One-Life Psychology says **the Being that created the Milky Way galaxy wants all the credit for your accomplishments.** Say it out loud. Declare this to your family. Say it over and over with a straight face. Try to say it without laughing. Repeat with me, ***“The great Being that designed, owns, and operates our Milky Way galaxy wants to take credit for everything I accomplish in my brief human lifetime.”*** I want you to stop reading or pause listening to say this out loud. I want you to hear yourself say it and I want you to realize how bizarre this belief is, how absurd One-Life Psychology is. One-Life Psychology is not just an evil, human-hating religion. One-Life Psychology is a “galactically” disturbing religion. I do not know who created, who owns, or who operates our Milky Way galaxy. However, I am 100 percent confident that whoever that Being is, **that Being is not interested in assuming the credit or the rewards for your accomplishments.** One-Life Psychology claims that their god designed everything in the universe, all the galaxies. I am merely referring to one galaxy, ours, the Milky Way. Let’s agree that someone did create it. It does not have to be an individual. It could have been a divine group. Singular or plural, those Being(s) are capable of building stars and planets and populating them with life. So, I need a One-Lifer to tell me how or why those Beings would want to take credit for the rewards we receive for our human achievements? The Person who created the earth wants the credit for my owning a house that lasts a few decades. The Person who created the earth wants the credit for me keeping my marriage together. ***IF the One-Lifer god really did create the earth and still wants all the credit for any rewards I receive for my little, brief human life, then the One-Lifer god is a petty and pathetic.*** The One-Lifer god did not earn my grades or earn my degrees. The One-Lifer god does not show up to work for me. The One-Lifer god does not tell me what to do or how to do it. I have to do it all. I am responsible for the quality of the work I do and the results I get. I earned what I have. The One-Lifer god does not grow my food or cook my food. Did a mighty Being create the Sun to grow the food I eat? I do not know who created the

Sun. I was not there. I do not know where my soul was when it was created. I am tired of being told to accept the One-Lifer god created everything solely on the Bible story. I am not opposed to acknowledging that a magnanimous higher power is overseeing our earth. ***Do you want to take credit for the work of ants because you let them live on your property?*** Imagine standing outside of your home with your friends and pointing to ants and their hill and saying, “They didn’t build that. I did.” We are tiny. We live short lives, and we learn slowly. We accomplish very little of lasting significance in a single human lifetime. **What we do, we do by ourselves and for ourselves for our pleasure and at our discretion.** I am telling you it simply is not reasonable to believe that any higher power wants credit for *your* life. **So, it is okay to take 100 percent credit for your achievements and your rewards.** You are safe to take credit. No real, authentic higher power is a petty and pathetic. The real God is not the One-Lifer god. I do not know much of anything about the real God, but I know that It is not a petty and pathetic as we have been led to believe by One-Life Psychology. **One-Life Psychology not only makes you hate god, One-Life Psychology forces you to believe in a god who is impossible to respect or understand.**

Instead of deferring to the irrational cause of your “blessings” as the One-Lifer god’s “wisdom,” why not find a rational, more appealing definition of wisdom which scientifically, spiritually, and logically leads to good things and enhancements (i.e., “blessings) coming into your life? You must be willing to admit that you have been their bitch. You were a gullible child when they seduced, deluded, and overwhelmed you in the pageantry and drama of One-Life Psychology. In spite of your perceived pathetic state, you still have a soul with a consciousness that, once awakened, can instantly discern truth from error. BECAUSE THAT IS WHAT YOU ESSENTIALLY ARE: CONSCIOUSNESS ITSELF. You human body, because it is powered by your soul, can alert you at any moment through its tangibly weak response ***in the presence of anything or anyone*** who is harmful, hostile, unfriendly, or destructive. Wisdom simply means avoiding anything that weakens or harms you.<sup>266</sup> Toxic energy makes you go weak and feel awful. Positive energy gives you life and strength. Trust your energy. Trust your intuition. Follow your energy.

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<sup>266</sup> Ibid., p. 310.

Do the opposite of what the Bible and One-Life Psychology say and *lean into your own wisdom and trust your own understanding*. This is part of our existence here. We are here to develop our own *independent, internal* guidance system. We are little babies learning in babyland, our teeny, tiny baby planet, Earth.

I know the Book of Job is somewhat of a rebuke to this argument. There is real genius and strangeness in the Book of Job. However, if you spend time around One-Lifers, you will know immediately that (1) none of them have actually read the entire Book of Job so they cannot speak to it intellectually and (2) they still think of their “blessings” and “rewards” as gifts from god for their righteousness, which “logic” the Book of Job repudiates. I promise I will return to the Book of Job later because Job refutes the monstrosity of modern One-Life Psychology.

I apologize that I cannot apologize for referring to the One-Lifer god of the Bible as a petty and pathetic. It would be more appropriate to refer to it as the Luciferian god Yaldabaoth who is a jealous narcissist also known as the Devil or Satan. **Always remember I am never referring to Jesus as the god of One-Life Psychology, because I do not believe Jesus was One-Lifer.** Jesus was most likely an Avatar, which is a being who has achieved perfect consciousness over a very long time.

There will come a moment when you realize that you have been lied to your whole life about the true nature of **One-Life Psychology**. **ONE-LIFE PSYCHOLOGY IS NOT MONOTHEIST. THE ONE-LIFER BIBLE IS NOT MONOTHEIST. CLEARLY, THERE ARE MULTIPLE GODS IN THE BIBLE OR THE BIBLE GOD HAS MULTIPLE PERSONALITIES THAT CHANGE. THESE CHARACTER FLAWS IN THE BIBLE GOD ARE STUNNING, INTENTIONAL, AND OBVIOUS. THERE IS SOMETHING NEFARIOUS ABOUT THE BIBLE. IT IS REALLY THAT BAD.**

## 39. One-Life Psychology is founded on SHAME and GUILT.

One-Life Psychology is founded on **SHAME** and **GUILT**. The origin story of humanity is **SHAME** and **GUILT** for disobedience.

Now you are conscious of the existence of the levels of the Map of Consciousness and the nature of emotions as discrete levels of energy. You already knew that you have positive and negative thoughts, but now you also know that not all negative thoughts are equally negative and not all positive thoughts are equally positive. Now you know the ascension of consciousness and now you are learning the path and steps on the staircase of consciousness. You are not the staircase. Imagine a staircase of seventeen steps descending into the bottom of an empty and large seventeen-foot-deep pool. Each of the seventeen steps represents one level of consciousness from Shame up to Enlightenment. *Your level of consciousness matches the level of the water* in the pool. Do you want to swim in the *emptiness* of your consciousness? You cannot swim in *no* water, no consciousness. This empty pool with no consciousness is analogous for how the masses of humanity will live and die. If you have ever filled a swimming pool, you will recall how slowly the water fills a large pool. In fact, you will recall that you *cannot watch* a large pool fill up like an expectant, impatient child, because the filling process is *so slow* there is no discernible change in the level of the water. As you work consciously on yourself each day as a person, you will make progress. I personally never claim that I am at any specific level of consciousness. I am very capable of finding more negativity in myself. However, I am personally committed to growing for the remainder of my life even if the progress is so slow that I cannot discern a change in my level of consciousness.

Hawkins explains the slow growth of our consciousness by referring “to the law of sensitive dependence on initial conditions” seeks to explain how causes and effects are often indirect, but not entirely mysterious.<sup>267</sup> “Nonlinear dynamics” sounds intimidating, but it

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<sup>267</sup> Ibid., p. 237.

simply means that life does not operate on the basis of simple or crude karma. Simple karma is the notion that if you do good, you get good. This is laughably, tragically, and obviously not the case in human life. If simple karma were in operation in human life, life would be so simple and easy. Everything we did would be self-reinforcing. Life would be like a video game with clear rules and objectives, and we would all master it over time. This is part of the reason humans love games so much. Games have clear rules, which if you follow them, you win. Human life does not have clear rules or a single set of rules for everyone. The “rules” of human life are nonlinear, meaning they are often *not straight, predictable, or observable*. Yes, we do attract physical events according to the frequency and vibration of our level of consciousness, however, *the specific outcome of our attraction is a nonlinear process beyond our control or manipulation*. “In a universe where ‘like goes to like’ and ‘birds of a feather flock together,’ we attract to us that which we emanate. Consequences may come in an unsuspected way. For instance, we are kind to the elevator man, and a year later, a helpful stranger gives us a hand on a deserted highway. An observable ‘this’ does not cause an observable ‘that.’ Instead, in reality, a shift in motive or behavior acts on a field that then produces an increased likelihood of positive responses. Our inner work is like building up a bank account, but one from which we cannot draw at our own personal will. The disposition of the funds is determined by a subtle energy field, which awaits a trigger to release this power back into our own lives.”<sup>268</sup> I cannot tell you what will happen if you emanate and live from the frequency of Love level 500, but I can tell you it will be good in the long run.

It is the very important suffering of injustice, unfairness, and tragedy that reveals our true character. Who you truly are is not revealed under the influence of *simple* karma. This is part of what is timelessly inspiring about the character of Jesus. Jesus was persistently, enduringly kind *in spite of* how he was treated or how others acted. Jesus’s standard of love was unconditional. Jesus was true to himself. Regardless of how others acted, they did not change Jesus. They could not create a drag on his level of consciousness. In fact, this is key to grasping the karma of an Avatar, the worse people acted around Jesus, the more evident it became how exalted, illuminated, and enlightened

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<sup>268</sup> Ibid., p. 151.

Jesus actually was. **So, what is our situation today? We are not living under simple karma, and we have no Avatar. We are apparently learning the practice of higher karma.** This means we are born into energetic sewers to see how we will act. ***Who you are is who you are under stress.*** Jesus did not kill or abuse people when he was abused and killed. Jesus stayed calm. He was at peace within himself. What do I know if I cannot be around certain people and certain behaviors without a “freak out”? I am not *that* advanced. I am still vulnerable. This is my point. I can work on myself day after day, and I still have so much to learn. The levels of consciousness span a great distance. I can *feel* love at times, but that does not mean I *live* at the 500 level of Love. The pool of my consciousness is filling slowly.

This brings us back to the law of sensitive dependence on initial conditions. This law means how your choices and actions are the small inputs which you add to the patterns of your lifetime that result in very significant changes in the eventual outcomes you experience. This is how you experience the growth and advancement of your own consciousness over the vast expanse of the levels of consciousness. You can eventually become aware of this law when you feel and experience yourself leap to the next level. You may only make minute variations in your progress, but over time you will change yourself completely and by extension everyone and everything around you.<sup>269</sup> That is indeed a marvelous prospect. Recall that “logarithmic” expansion is simply explained by stating that the growth expands outward into the environment. The higher you are on the Map of Consciousness the further your consciousness expands outward and positively influences everyone and everything around you. Returning to our pool analogy, picture the steps. As the pool fills with “the water,” your logarithmically expanding consciousness is slowly climbing upward. While you are growing so slowly, you may not feel any different ***in between the steps*** of consciousness. You cannot even see the difference. This is what clients experience in themselves, nothing, *until* something goes wrong. It is when something goes wrong after an extended period of slow and steady growth that a client realizes, **“Before if that happened, I would break down. Now I stay calm.”** The client becomes conscious that they have “spilled over” to a new level as the water of their consciousness climbs above the

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<sup>269</sup> Ibid., p. 237.



**next step.** This is overflowing to the next level, which may appear in a moment after years of incremental, daily effort and preparation.<sup>270</sup> Clients work for years in therapy and then suddenly change. What is the lesson? It is okay if you feel at times like nothing is happening. That is normal. The pool is still filling up with your every act of kindness and love. “Slowly, by inches, does civilization advance.” The path of an Avatar is slow and humble. You do not skip *any* lesson and if you are truly on the path of an Avatar, you do not want to skip any lesson. **You want to learn it all, as long as it takes. You skip nothing. You embrace every lesson and surrender to the process of the slow and humble path. A Luciferian wants it right now. They believe in cutting corners. They believe in cheating and skipping lessons. They believe in speed. They believe in force. They believe in being fake.**

Now recall that Shame level 20 and Guilt level 30 form the bottom of the Map of Consciousness. They are respectively 2 and 3 percent true or **98 and 97 percent false**, while *feeling* 100 percent true. Because the origin story of One-Life Psychology’s Bible is Shame level 20 and Guilt level 30, the origin story of humanity in the Bible **cannot** be from a level 500 Love source. A true Higher Power does not operate merely at Love level 500, but far beyond at Enlightenment level 1000. For the sake of this conversation, let us use Love level 500. A god of Love level 500 cannot and would not operate at or create from a level of Shame or Guilt. A god of Love level 500 would not set up anyone for failure ever or place anyone in a test or temptation regardless of whether they will or will not succeed or fail. Adam and Eve were set up for failure by being placed in a Garden with a fruit of knowledge they could not eat while facing a more clever adversary. Then when they predictably did fail, they were Shamed by the Bible god who had set them up. Adam and Eve were blamed, shamed, and guilted for everything bad that happened to them. Shame and Guilt are the foundational, origin story of humanity in One-Life Psychology. **One-Life Psychology has brainwashed millions of people into believing the energetic impossibility that a god operating at Love level 500 planned out and created our origin story using the energies of Shame level 20 and Guilt level 30.**

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<sup>270</sup> Ibid., p. 243.

The definition of Love is conveniently and conspicuously missing from the Bible and by extension from One-Life Psychology. As a healing remedy to that omission, I have previously laid out a specific definition of unconditional Love level 500 so that you can have clarity and guidance from the abusive “love” of the One-Lifer god and its followers. But what do we know about Shame level 20 and Guilt level 30? Because the more acquainted you are with Shame and Guilt, the more obvious it will become that the Bible’s Eden story, *our* origin story, cannot originate from a loving or divine source. We have the good fortune that Hawkins can educate us on the true nature of Shame and Guilt. People at Shame level 20 live close to death. They may commit suicide or take actions that result in an avoidable death such as the sad prevalence of pointing a gun at a police officer. They want to hid themselves in a self-imposed exile, which was a form of death in primitive societies. Without therapy, they become so warped by shame that they experience mental and physical illnesses. They are not just withdrawn and introverted. They can also become cruel to people and animals. Shameful people can suffer from hallucinations, paranoia, and psychosis making them dangerous and often criminal. If they are driven by rigid perfectionism, they may feel justified in killing and torturing others.<sup>271</sup> People living at Guilt level 30 are very similar. They are manipulative and masochistic. They are preoccupied with the concept of sin. They use their unforgiving attitude as a force to control others. They punish sinners in order to act out their own guilt, which they have projected on to others. This is the origin of ritual killings. They are filled with rage, which they satisfy through public punishments that have no scientific value in preventing crime.<sup>272</sup>

Now you know more about why negative emotions are not *equally* negative. Shame and Guilt are the worst energies that have ever afflicted humankind. What kind of a person would use these energies to create or teach or punish others? Only the vilest of people would use Shame and Guilt on others. Any Loving god would have a perfect knowledge of Shame and Guilt. Only the worst of parents would use Shame and Guilt to raise their children. **Shame and Guilt do not heal, they only harm. Shame and Guilt never work in therapy.**

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<sup>271</sup> Ibid., pp. 98-99.

<sup>272</sup> Ibid., pp. 99-100.

Shame and Guilt energy is low, dark, and weak. Shame and Guilt are the closest thing to the “demonic” which human beings can inflict on one another. Shame and Guilt are the worst identities a human can have. *Shame and Guilt are the energy of murder and suicide.* The Shame and Guilt mindset and identity actually *force* the human mind to create more events for which one must feel ashamed and guilty. Shame and Guilt are used to invoke fear and punishment. The reality that Shame and Guilt are the energies of the human origin story of the Bible is more proof that the god of the Bible is actually SATAN. It appears that the Luciferian Satan god of the Bible is Yaldabaoth, the god of the Luciferian elite, using the energies of Shame and Guilt to program, control, and manipulate humankind. **I do not know if the Luciferian Satan-god of the Bible is actually some real entity that the elite worship, their version of an inverted “Avatar,” or simply some imaginary being they have concocted to embody their perverted sense of “perfection.”** Anyway you look at their god, I just know that whatever it is, it is bad.

**No loving person uses Shame or Guilt to heal, teach, or inspire.**

**No loving higher power would use Shame and Guilt as motivation for the creation and origin story of humanity.**

**The Garden of Eden story is energetic sewage.**

The story could be a metaphor for some cosmic, metaphorical, “mystery” teaching, but that is *not* how this One-Life Psychology myth is used, taught, explained, or thrust upon the innocent minds of humanity. The story of the fall from Eden is used by One-Life Psychology as the *literal* origin story of humanity. The story of the fall from Eden is used by One-Life Psychology to explain the current human condition and the state of the world.

The Garden of Eden story is used for the purpose of forcing you to identify yourselves with being **LOST, FALLEN, and SINFUL**. *Simply by existing you are all “ORIGINAL SINNERS.”* It is laughable and mindless insanity. That Guilt identification is NOT helping you. It is not helping your family. It has *not* made the world a better place.

**A Guilt foundation for any story cannot originate from a loving god.**

It is energetically clear that the Bible creation story is the invention of manipulative, abusive liars for the purpose of making you their bitch. Nothing can make you someone's bitch faster than your identification as a "bad" person "deserving" their judgement and sentencing. **That is One-Life Psychology. That is church. That is their religion.** Once you see it, you cannot unsee it. Once you learn for yourself what "god-awful" manipulation guilt really is, then you will never let another arrogant, trashy, dirty, filthy One-Lifer authority use it on you or anyone you love *ever again*.

The Bible is a made-up, elitist human fraud. **The Garden of Eden origin story is a dead giveaway to anyone loving and healing.** The Bible has not made the world a better place. We know that it is not the *first* book. I believe there have likely been greater, more ancient, more spiritual books probably burned or hidden by the Roman Empire. Ask the Vatican.

What I know as a devout healer is that the first story in the Bible explaining our existence is a shame and guilt-ridden lie. **It cannot be true. Well, it can be 2 to 3 percent true. The Garden of Eden story is at best 97 percent false. This One-Lifer guilt-mongering is among the most perverse, detestable behaviors in One-Life Psychology, and I abhor this abuse of humanity.**

## **40. One-Life Psychology has transformed Jesus into the supreme sadomasochist who glorifies himself by punishing himself for what you do.**

The same god allegedly *responsible* for creating everything including you, then watches everything you do to punish himself whenever you do anything wrong. Contemplate the arrogance of the average One-Lifer and how they must put their “sins” on the pedestal before which the god who created the universe must bow down in agony. Consider the elevated heights to which One-Lifers must conceive that their sins reach. Forget the aspirations of Babel, *your* sins invade heaven. You, little you, brings god down. *You* punish god. *You* crucify god. Is it possible to convey how ignorant and arrogant One-Lifers must be simultaneously. This belief that god suffers for your sins is arrogant because they sincerely believe *their* behaviors impact god. That same belief is ignorant because they must believe that the great Whoever designed the Milky Way galaxy would actually be *vulnerable to damage caused by an earth human*. Oh, “we” the inventors of One-Life Psychology need to invent another story that we are god’s “children,” that Jesus is the “brother” with whom we cannot identify with any degree of reality. Jesus is, therefore, also our “father,” and *that* Jesus is assuming responsibility for us. When does the lying stop? It cannot stop. It cannot stop, because when they invented an irrational, abusive narrative and murdered your ancestors to force them to believe it, they used that irrational, abusive narrative to keep piling on more irrational abuse in an attempt to evolve a “logic” which was never there to begin with, but which *you* must affirm was always there “in the beginning.” The logic was never there, and the narrative was always a lie. For this moment in history, we live in a time when we have the precious right of free speech **to finally have this conversation.**

This is the only logical conclusion. *One-Life Psychology is a debt-based system. Debt equals pain. Debt is binding. Debt is bondage. Debt is slavery.* The system requires that you perceive your essential self as a debtor from the beginning of your existence as

**an original sinner having inherited the sin debts (i.e., the Fall) of Adam and Eve.** Through disobedience in the Garden of Eden, we are all “subjects” under the rule of Satan on this earth. The One-Lifer system requires the payment of all this **invented debt** through god’s judgment to be extracted by god’s agent of judgment: Satan. We are naturally god’s debt-slaves by definition, not “children.” Again, One-Lifers cannot even square this essential, pervasive sin-debt dogma with no less than Jesus’s own words. **Jesus said, “From whom do the kings of the earth collect duty and taxes—from their children or from others?” ‘From others,’ Peter answered. ‘Then the children are exempt,’ Jesus said to him.”**<sup>273</sup> In the *King James Version*, Jesus’s answer is even more direct and explicit. **“THEN THE CHILDREN ARE FREE.”**<sup>274</sup> *This answer is another clear evidence that Jesus was not One-Lifer. Jesus did not think like or teach like modern One-Lifers.* In Jesus’s philosophy, you are debt free to god. **You owe god nothing. God is your loving parent who gives to you rather than enslaves you. Jesus literally was teaching about a different god than the god of the Old Testament.** I am not even convinced Jesus had a religion. Again, he did not write anything. He just lived, traveled, learned, and taught.

**In contrast to the debt-freedom with Jesus, the One-Lifer religious system makes god the supreme sadomasochist ensuring every debt is paid in full.**

The One-Lifer system transforms every follower into a miniature sadomasochist beginning by first ensuring you have been punished or that Jesus is punished for you. Then you are to become disciples of Christ and this “good news” to ensure that everyone around you is “converted” into a miniature sadomasochist. This is called “missionary work.”

**What if debt is *not* your origin at all? What proof do you have beyond the programming of everyone you trusted to tell you the truth from the time you were an innocent newborn? What if there is no debt whatsoever, but only the perception of debt?**

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<sup>273</sup> Please, see the Bible, Matthew 17:25-26, *New International Version*.

<sup>274</sup> Please, see the Bible, Matthew 17:26, *King James Version*.

One night a voice within woke me up while I was trying to understand what was flawed with One-Life Psychology. The voice said, "You cannot be in debt to anyone, because you cannot pay anyone back." I spent the next days trying to decipher the meaning of the statement.

**What if I *cannot* live in debt to my children? Because then I am in some twisted game of judging debits and credits between us which is never-ending and essentially toxic and cynical. It is never-ending because the debt game lasts your whole life. It is toxic because it is endlessly judgmental of yourself and your children in terms of estimating the value of every action. It is cynical because it limits your relationship to whatever you think you "owe" your children, which is naturally as endless as your "love." You parent out of a sense of obligatory debt, which is eternal. So, "love" becomes twisted into debt, *not* joy. What if I refuse to let my children live in debt to me? Because I do not want them to feel subject to the sick debt game that has plagued my relationship with them their entire lives? What if I walk away from the whole debt game? You owe me nothing. I owe you nothing. What happens to our existence and relationships without debt?**

**What if you cannot live in debt to people because you cannot "pay them back"? What if it is truly impossible to pay people back for the good they have done for us or to be paid back for the good that we do for others? What if you cannot be in debt to anyone, because you can never pay anyone back? The whole reason you try to pay god or anyone back is because you believe you *CAN* pay them back. You believe that it is *POSSIBLE* to pay them back. You believe you are "indebted" to them, and you believe you can pay them back. HERE IS THE KEY THAT YOU HAVE TO GRASP: You can only believe you are in debt and you can pay them back, **because you have a deeper belief that you can VALUE THE WORTH or PUT A PRICE TAG on anything and everything they have ever done for you or given you.** This is a VERY, VERY, VERY POWERFUL BELIEF of which I need to disabuse you. I need to DISPEL this belief in your mind.**

I am going to give the most perfect example in my life to demonstrate that the Truth is the opposite. The most important things in my life

CANNOT have a price tag. The most important things in my life cannot be *valued*. There is no measure for the value of certain things. I am going to attempt to use words to convey this Truth. Let me begin to try.

I do not elevate the traditional family above any other form of family. However, I am a neo-traditional family man. I was speaking with a “bipolar” female client whose male partner makes enough money to pay all their bills, but he refuses to do so while he hoards money. She is expected to be the primary caregiver to their children, work part-time, pay certain bills, manage the household, and be a freak slut on demand. He works at his place of employment and plays video games. This is not neo-traditional to me, and I personally would not find this arrangement rewarding. At a certain point, as a shrink, I may directly suggest the source of someone’s “bipolar” or the reason they still “need” medication. I am confident now that this woman really wants to be a homemaker and that she has never been told it is ok to want that in our modern society. ***Really her “bipolar” is the effect of being pulled as a woman between such extremes inside and outside the home.*** “You have to work.” “You have to have children.” “You have to be a great mom.” “You have to be a great employee.” “You have to ignore the exhaustion of doing that all day and be a freak in the sheets.” And you know what? Really, she feels overwhelmed and alone. So, sometimes, as a shrink, I just call it. “Ok, we’ve been working together a long time. You’re still taking meds. What’s the real source of your bipolar?” I simply described the role of a traditional wife who only works part-time and keeps all the money for herself to spend *only on herself*. She lets her very capable man pay for everything the family needs. My client was able to say that is what she wants. Her male partner withholds energy (i.e., money) from her. She withholds energy (i.e., feminine affection/sex) from him. **Everybody loses here.** She stays overwhelmed and “bipolar.” He keeps his money, plays video games, and plays with himself. All I am saying is that in this case at this moment they could very easily begin the transition to being a neo-traditional family model. They will both know that is what they always wanted but no one told them it is okay if you want to be neo-traditional today.

This is not to say neo-traditional family life is “better” than any other. The process of family and relationship is very personal and very



different for each of us. Do you see that in this specific case above are the shadows of a family trying to be neo-traditional? Am I projecting my lifestyle onto them because I happen to be a neo-traditional man in addition to being her shrink? After years of working with someone I believe I can tell if they need me to say, “Oh, is this what you want? I personally know about that. Let me tell you what our marriage looks like and see how it compares to your heart’s goal.” There are many women today (less than ten percent if I’m guessing in my cases, which is still “many” or a significant number in my mind) who want to be traditional homemakers. They are miserable because they have been brainwashed into being “independent women who don’t need a man for anything.” So, they do not know how to communicate with men about what they actually want. Let me make this simple, if you realize that you are such a woman, then you simply have to tell your man that you *need* him to pay for everything *as a goal* (this is not an overnight process). There are still lots of men ready to be traditional men, but neo-traditional in the sense that they will let women be themselves and they help out around the house. What do I get out of it as a man? **I get a life filled with BEAUTY.** I work all day. **My wife spends the money to beautify my life, my house, my children, herself. Beauty is that important to me.** The company of the right woman is worth all my money, and I consider myself very lucky. Beauty is not my “paycheck” because there is no amount of money that can ever represent what she is to me. **The beauty of my woman is the best.** Beauty is power. Beauty is my need. Beauty is not merely external, the beauty of a woman is very much psychological, it is an attractive attitude, a mindset. What is the value of her personality to me? What is the value of *her in her body* to me? **What is the price tag of any single feminine curve at which I marvel? She is the superfood of my soul, my probiotic.** She also spent years with me when we were poor as church mice, and I was in college figuring life out. How can I ever put a price tag on such loyalty and faith in me? How can I put a dollar amount on a woman who gave her soul and made me babies even when I was a poor, university schmuck? And the babies, what about them? What is the value of a fat baby? What is the value of a perfect baby? What is the value of the fat roll on a baby’s forearm? What is the value of a baby’s first teeth? What is the value of the back of a baby’s head? What is the value of a baby’s toes? This idea that any of these has a measurable value cheapens my feelings for them. I

cannot express the value of these things because *my feelings for these people are eternal and infinite*. **I cannot be in debt to my wife, because I cannot pay her back. Don't you get it yet? The idea that I am indebted to her *only has meaning* if I can in reality pay her back? If I cannot in reality pay her back for any of these things, then it is meaningless to suggest that I am in debt to her. I cannot be in debt to her, because I can never pay her back. The value of what she has given to me is both infinite and eternal to me and it is not debt. These are her *gifts* to me, **AND THEY CAN ONLY BE GIFTS, BECAUSE I CAN NEVER PAY FOR THEM.** Do you see how offensive and false it is to me to suggest that I **CAN** pay for them? If I *can* pay for them, then their value *is* measurable, and I can be said to be in debt. Can you see it yet? ***Some things can only be gifts, because they can never be paid for.*** I do not keep score with her in what I gift to her. I do not keep a ledger of all that I do for her and our children. **My wife and children are not in debt to me.** They “**OWE**” me **NOTHING**. What I gift to them, I gift freely, free and clear, no strings attached. And I owe them nothing. I believe this is a weak, but honest attempt to express what the voice was trying to tell me.**

A priceless object is a gift at any price.

This is a logical aspect of a priceless object. Have you defined anything as “priceless”? **Are you a skeptic that anything can truly be priceless?** “Everything has a price tag.” That is a specific philosophy of our world, but is it true? **It is true in One-Life Psychology that everything has a price that has to be paid as sin-debt (1) to be paid by Jesus directly to god on your behalf or (2) to be paid by you to the devil in hell collected on god's behalf.**

**“You cannot be in debt to anyone, because you cannot pay anyone back.” What if this is true, because we are all priceless and what we gift to one another is also priceless?**

So then, this priceless beauty becomes the inspiration for a man's achievement. That is not romantic. The attraction to beauty is part of the science of masculinity. Women inspire men to acts of genius and courage. This is a well-known fact. I apologize that I cannot apologize if this is triggering. It is so obvious for me *personally*. Misogyny is such a tragic loss. This is not a criticism of other women who want a profession or income of their own. I do not care what *you* want. Give

yourself permission to want whatever you want. I want BEAUTY. This does not make me superior to anyone or my family superior to any other. I do not think that at all. We are all just trying to be happy. Many women want advanced professional degrees. Wonderful! How many women wanted to be born to prove they can provide everything, and dad can be the homemaker? Or they can be a single mom? It is all wonderful. There is no judgment here.

**Do you see how this drive is proactive towards the joy of priceless beauty? What do I do? I do whatever is necessary to fill my life with beauty.** I am not driven by any sense that I owe anyone anything. I do not owe “god,” my wife, my children, or my country. They owe me nothing. The enjoyment of beauty gives my life meaning. Beauty is one of my supreme values. There are many forms of beauty. This includes the beauty of overcoming in the human struggle, the beauty of a person who never gives up. One-Lifer debt is meaningless to me. One-Lifer “heaven” is a place where everyone is “debt” free. What then do One-Lifers have to look forward to? There is no meaningful description of One-Lifer “heaven” whatsoever anywhere in the Bible. **My heaven is the endless pursuit of beauty and truth.**

Hawkins explained that meaning is necessary to the value of life. Without meaning in life, you will become depressed, reckless, and even suicidal. Force does not give life lasting meaning. When forceful goals are achieved, we are left empty. Power is never-ending fulfillment. If you are devoted to helping and enhancing the lives of everyone, your life will always have meaning. Material “success” will end in depression if it is sought as an end in itself. However, if material prosperity is sought AS A MEANS to the powerful goal of feeding the hungry, healing the sick, and liberating the captives, then you will be endlessly motivated. The lives of artists is another example which can demonstrated how their commitment to the manifestation or orchestration of beauty generates enormous power. Creative occupations generate longevity, vigor, and productivity.<sup>275</sup>

**Do you honestly want to be a One-Lifer devoting your lifetime to paying off eternal debt for an illusory future? Why not be a personally responsible god over your own life devoted to the**

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<sup>275</sup> Please, see David Hawkins’ *Power vs Force: The Hidden Determinants of Human Behavior* (2012), p. 156.

## **creation and embodiment of beauty and the pursuit of truth right here and now?**

One-Life Psychology is a spiritual “monetary” system of debt. It spiritually justifies our current monetary debt-based system. However, in an advanced civilization, money will no longer exist, because the higher our collective consciousness advances the less money will become relevant as a means of manifestation in the physical world. Right now you need money to survive in a body in this world. Or do you? You only need money because we have set a dollar value on human life and labor. **I am questioning *both* assumptions that a human life and what a human does can be measured in a dollar value.** As I said, I cannot place a dollar value on a single X-rated curve of my wife in her physical body and what she does in it. I simply cannot express that *experience* as a dollar value. Do not blame me that the body of a woman is a man’s superfood, the priceless probiotic. I consider it one aspect of “Beauty” and I cannot measure the *impact or effect* on me as a dollar value. The suggestion is absurd to me.

As our civilization evolves beyond the debt-paradigm of One-Life Psychology, we will genuinely feel our souls and our infinite worth. When you feel your infinite worth, then you will feel the infinite worth of everyone else. Then you will value all life. Then we will create a system that universally guarantees the well-being and evolution of every living thing. This system will not depend on money. This system will also have implications on our diet which will be addressed further on.

## 41. One-Life Psychology purports to be *the* religion of forgiveness and their Bible

One-Life Psychology purports to be *the* religion of forgiveness and their Bible **NEVER DEFINES FORGIVENESS.**

Yes, I am going to “yell” in capital letters on this point. Yes, I am going to attempt to express the spectrum of my thoughts and emotions on the topic of forgiveness in One-Life Psychology. I am trying not to be angry. I am trying not to panic. I am trying not to be desperate. I am trying to remain calm. I am trying to remain rational. I am taking deep breaths and looking heavenward as I write this. I am trying without success not to cry. I am trying not to dissociate. I am trying to get help. I am trying to find answers. I am trying to heal. I am trying to forgive. The one thing I am not doing in writing this point is laughing.

**Where is the book on forgiveness in *the* Book of Forgiveness?**

Where is the prophet of forgiveness? Where is the **PROCESS** delineated? Where are the steps? Where is the descriptive treatise? Where is the prophet that breaks down how you forgive step by step? The Bible in its current form as a spiritual, educational “holy book” is a joke. The Bible is pathetic. This omission is a dealbreaker. The prophet of forgiveness might have been Jesus, but we may never know. If he did explain the detailed process and steps of forgiveness, his explanation has been deleted, erased, and suppressed. This is why I am telling you that someone or group had a clear agenda to produce a spiritual book that is empty. The Bible was priest-crafted to omit so many topics and discussions of critical importance. The Bible again here supports the theory of evolution because the One-Lifers excuse for these missing discussions is the historical context. “Well, this is how people thought in that day and age. They just didn’t understand.”

**I AM NOT TALKING ABOUT “PEOPLE” NOT UNDERSTANDING. I AM TALKING ABOUT “JESUS CHRIST,” “THE SON OF GOD,” APPARENTLY NOT KNOWING HOW TO EXPLAIN FORGIVENESS.**

So, the One-Lifer god, the “creator of the universe,” did not know how to explain forgiveness a mere two thousand years ago? **Okay, so One-Life Psychology IS SAYING that the theory of evolution MUST BE true, because their god clearly needed time to evolve with us so that today we can have real scholarship on the science of forgiveness. CAN YOU SEE YET AGAIN HOW ABSURD ONE-LIFE PSYCHOLOGY IS?! CAN YOU SEE HOW THIS GARBAGE CAN NEVER FLY WITH A PROFESSIONAL HEALER?**

Therapist: “You need to forgive.”

Client: “Okay, how?”

Therapist: “Let’s see what the Bible says...”

But I cannot see what the Bible says, because it says *nothing* about *HOW* to forgive.

**GUESS WHAT? EVERYONE ALREADY SUBCONSCIOUSLY KNOWS THE STEPS OF FORGIVENESS ARE LOST AND MISSING. CLIENTS DO NOT EVEN ASK FOR THE STEPS.** If I tell them their need to forgiveness, they either say, “I know” or “I can’t.”

**CLIENTS KNOW THEY NEED TO FORGIVE, BUT THEY NEVER ASK FOR THE STEPS. WHO HAS CONDITIONED US TO BE SO DIM AND DULL? The Bible and One-Life Psychology.**

**OR Clients know they need to forgive, but they do not want to and feel they cannot? Why? BECAUSE THE “FORGIVENESS” THAT THEY HAVE BEEN TAUGHT LED TO THEM BEING ABUSED EVEN MORE. WHAT ONE-LIFERS CALL “FORGIVENESS” I CALL EMOTIONAL SODOMY because if you do “forgiveness” the way the Luciferian priests taught you, your screwed. Bend over and be gang-raped by whoever they told you to “forgive.”**

**I am completely blown-away by this missing sermon on the steps of forgiveness delivered by Jesus, “the *prophet* and *god* of forgiveness.”** Jesus, why did you leave us here with these people in charge? Why did you leave us without such basic understanding? Why have we had to be *groped* in darkness and grope (i.e., fumble in search) in darkness without such basic steps of real forgiveness? Why have we been abused so long by people who knowingly take advantage of us? Why are these people allowed to be in charge of

One-Life Psychology? Why did you let them take control of the Bible and turn it into what it has become? Why have we so long had such evil, disgusting priests squatting on our shoulders turning us in to mindless morons? Why? I am dissociating as I write this. I see my hands moving to type the words as I struggle to connect with this reality, this place. I cannot believe this is my world, my earth. I cannot believe we have been reduced to this. I cannot believe it. I cannot believe this is the best we can do and be. I cannot believe that our human family can only exalt such a book as the Bible as it exists today and hold that up and say, “This! This is the greatest book in humanity! This! This is the Word of God! This! This is perfect! This! This has all the answers to life’s most important questions and problems! If we would only all follow the words of the Bible, then all the world would be healed.” I cannot believe we were raised to believe that. The same people who put the Bible on the pedestal, then saw it immediately necessary to add their interpretations, explanations, and dissertations to the “completely, perfect” Book. So, all of One-Life Psychology seems to admit that while it is the Word of God, it is missing *a lot* and we need the inspired leadership of god’s chosen One-Lifer authorities to fill in all the gaps in the Bible. This is their way of admitting that of course the Bible was imperfect from the beginning.

**If Jesus was actually god, he would have known everything we know today *two thousand years ago*. Being god, he would have known everything I am about to tell you about forgiveness and much more *and he would have explained it clearly to everyone*. His teachings would have been written down and passed on. The only thing that could have prevented this from happening was a conscious agenda to destroy his original teachings on such topics as forgiveness so as to be able to use Jesus’s name and pervert his teachings for that same agenda. A REAL GOD WOULD NOT INTENTIONALLY LEAVE US FOR THOUSANDS OF YEARS WITHOUT EXPLAINING THE STEPS OF FORGIVENESS IN CLARITY AND PLAINNESS.**

**The agenda to erase the true teachings of a real Avatar would have to be a war. It would have to include a campaign of terror to erase the truth. Such a campaign of terror would require the power of an empire to accomplish and enforce. It would take time to inflict mass amnesia through intense trauma and horror such**

**that people were incapable of remembering or did not want to remember anything.**

One-Life Psychology is founded on the idea that god commanded us all to forgive, but never told us how. ***Would you command people to do something essential and necessary for their salvation and never tell them how to do it?*** Were we just supposed to read the word “forgive” and just make it up as we go? “Forgive? Oh, yeah, I know all about it. Here’s what you do...” Seriously, how can you excuse such negligent behavior from the One-Lifer authorities who claim to talk to god for you? Next time a One-Lifer authority preaches to you, ask them, “Are we required to forgive to enter heaven? Where is forgiveness explained in the Bible?”

Again, I am telling you all this as a formerly devout One-Lifer who was devoted to healing people all day every day. I tried using the Bible and One-Life Psychology to help people and heal people. I found time and time again that I had to go **OUTSIDE** of the Bible and One-Life Psychology to find any decent or helpful books on *so many* matters. **FORGIVENESS is just another glaring topic that is not explained at all in the Bible.** In fact, this omission is yet another reason why people hate god, because “forgiveness” has been weaponized against humanity by the Luciferian priests.

I do not even look for these articles. This one just came out the day I was writing this point. “Catholic clergy sexually abused Illinois kids far more often than church acknowledged, state finds.” “Attorney General Kwame Raoul said at a news conference that investigators found that 451 Catholic clergy abused 1,997 children in Illinois between 1950 and 2019, though he acknowledged that the statute of limitations has expired in many cases and that those abusers ‘will never see justice in a legal sense.’ ‘It is my hope that this report will shine light both on those who violated their positions of power and trust to abuse innocent children, and on the men in church leadership who covered up that abuse,’ Raoul said, crediting the accusers for making the review possible. ‘These perpetrators may never be held accountable in a court of law, but by naming them here, the intention is to provide a public accountability and a measure of healing to survivors who have long suffered in silence.’...The lengthy report describes Illinois church leaders as woefully slow to acknowledge the



extent of the abuse. It also accuses them of frequently dragging their feet to confront accused clergy and of failing to warn parishioners about possible abusers in their midst, sometimes even decades after allegations emerged.”<sup>276</sup>

NOW, I ask you, the reader, to ponder what magical formula of forgiveness were the One-Lifer church authorities teaching their own clergy members? What does this coverup by One-Lifer authorities communicate to the average One-Lifer about the nature of forgiveness? **“FORGIVENESS IS WHATEVER WE SAY IT IS.”** I wonder what the priests said to their victims while they were abusing them. Some of these victims were high school students. What did those conversations between the clergy and the victims sound like? Did the clergy quote scriptures to rationalize their behavior to the children they molested? What did they say to the children? Also, how many of these predatory clergy knew about one another’s exploits? Were they keeping some kind of secret score? Were they discussing grooming techniques? How were they as One-Lifer authorities rationalizing their behavior in the context of their service to god? What exactly were the conversations between the predatory clergy and their supervisors in the church? How did One-Lifer authorities of the church tell the predatory clergy to receive “forgiveness” for what they had done?

“David, what *is* forgiveness?”

In therapy, I say that forgiveness is one of the f-words, because I hate the way people misuse and abuse the word. What are the f-words? Forgiveness. Family. Friend. I also hate the word “love” which I refer to as “the four-letter word,” because the way people misuse the word is profane. People close to you will misuse these words against you. They do not even know how toxic they are. People will abuse, control, and manipulate you and say that “it’s okay because we are family” or “...friends, so we forgive one another” though they have no idea what that actually means. Our relationships and conversations are an unconscious gaslighting orgy.

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<sup>276</sup> Please, see The Associated Press’s “Catholic clergy sexually abused Illinois kids far more often than church acknowledge, state finds,” 23 May 2023, <https://wtop.com/national/2023/05/illinois-attorney-general-to-discuss-investigation-of-catholic-clergy-sexual-abuse/>.

My One-Lifer experience offered me nothing in the expertise of forgiveness. Again, I had to go and find a book *outside* of the Bible and then practice with real people to hit on a formula that consistently alleviates suffering. Robert Enright wrote *Forgiveness Is a Choice: A Step-by-Step Process for Resolving Anger and Restoring Hope*. His work has provided me with what One-Life Psychology and the Bible utterly failed to do. Enright provided me, as a shrink, with the steps of the process for forgiveness. Enright dispels myths about forgiveness. People confuse forgiveness with trust. Forgiveness is not accepting abuse, but learning how to remove yourself from abuse. You do not bargain or negotiate to forgive. You do not use forgiveness as a form of magic to make others change. “Forgiveness is a risk,” because we cannot guarantee what the results of what our forgiveness will be. The person we forgive may not change. As we forgive we may change or leave a relationship.<sup>277</sup>

The slight, but important problem with Enright is that he is still unwilling to take a hard line in his conceptions. His is an idea that I both agree and disagree with. **1. Forgiveness is not trust.** This is brilliant truth that might have protected all of the abused children in the cases above. These children all needed to be taught, by the One-Lifers, *not* to trust. Real forgiveness *cannot require you* as the victim to trust the perpetrator. **2. True forgiveness helps people leave abusive situations, not stay in them.** This is also brilliant truth. This is because real forgiveness requires that you acknowledge that something wrong has actually happened. How many people stay in abusive situations because they are in complete denial or in the habit of minimizing the abuse? **3. Forgiveness is not manipulating others.** Again, this is genius. Real forgiveness is aimed at *always changing you*, the forgiver. We have no control over the spiritual evolution of another person. We cannot get inside another person and feel for them. If the perpetrator felt what the victim felt, the offense would never have occurred in the first place. The lack of the ability of the perpetrator to feel other’s feelings or their own is probably at the core of how they are able to commit the offenses they do. Perpetrators do not *feel things thoroughly*. Perpetrators do not *think things through*. If they did, they would not be perpetrators, they would be *conscious*.

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<sup>277</sup> Please, see Robert D. Enright’s *Forgiveness Is a Choice: A Step-by-Step Process for Resolving Anger and Restoring Hope* (2001), p. 10.

It is an essential characteristic of a conscious person that they have developed the ability to critically feel and think. **4. Forgiveness is a risk. This is FALSE in practice and in energy.** I could not disagree more. This is where Enright is still buying into the One-Lifer paradigm that real forgiveness can make you someone's needy, dependent slave. What he will eventually say as he evolves is **"Forgiveness is genuine neutrality."** Real forgiveness *necessarily* puts *all* relationships "at risk" of dissolution, because it *must*. **You cannot forgive someone who you allow to be an active, ongoing asshole in your life.** I am not talking about "abuse," because when you use the term "abuse" you minimize all other forms of suffering according to your perception. "Well, it's not 'abuse' so I guess I shouldn't whine or complain about it." If someone's energy is a complete drag in your life, you do not have to label their behavior "abuse" to justify removing them from your life. Enright's position can too easily be distorted into prioritizing the restoration of the relationships over real healing. I say this because this is *what real people do in therapy all the time by staying in toxic relationships*. If you grow more conscious, it is not a "risk" that your relationships will change as a result of you changing. **Your personally growing more conscious IS A GUARANTEE that all your relationships will change.**

When you genuinely change your energy and frequency, your physical life **MUST** change to reflect your new energy and frequency no matter how hopeless the situation might seem.<sup>278</sup> Remember in family therapy, I do not need the whole family to change. I only need one person to change. One changed person will change the whole family over time. This power to alter reality from within yourself is what makes you the most powerful type of being on earth. This is the real meaning of referring to yourself or anyone else as an "agent" in the possession of "free will." The prefix "a" means "out." "Gen" means to create or generate. The suffix "-t" designates that something real was done in the past tense and completed in the material, physical world. In a time before we all lived, the great professional athletes of the past were completely bound to their owners on their sports teams. The ability of the athletes to negotiate their own contracts did not exist. When a player achieves this status as the master of their own

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<sup>278</sup> Please, see Rhonda Byrne's *The Secret: 10<sup>th</sup> Anniversary Edition* (2016), p. 19.

will we call them “**free agents.**” They are free to negotiate with anyone of their own choosing. **As any sports fan knows, the right free agent signing with your team can and does change the whole team. You can be that free agent for everyone in your family and community.** The best thing you can do for everyone is always to expand, increase, and advance in **your own** consciousness. The irony is that you are the agent of your human life even if you are unconscious. Being an unconscious agent “just” makes you dangerous to yourself, your family, and your world, because you are using power you do not understand ignorantly.

Imagine giving a powerful technology such as an all-terrain truck without any instructions to a remote, indigenous tribal member in the Amazon who has never had or seen any technology. What would they do with it? You just leave the truck and walk away. You will return in a few weeks. What will you find? Perhaps, they will have torn off parts. They may have never turned on the ignition. They will not have driven it even if they did start it. They may have learned to remove the car jack. The lug nut wrench may be their favorite new tool and weapon. Did they use the cab for space? Did they tear apart the interior rendering the vehicle nonfunctional? Did they use the cab for a bedroom? Or did they use the cab as a place to have private conversations? The point is that while they will almost certainly have “used” the truck, they never used the truck as intended by its designers. This is how most humans “drive” their consciousness. Rather, humans do not drive or use their consciousness except to resonate and amplify their negativity. However you use or misuse your consciousness, it remains the most powerful spiritual technology in our world. You can get so much more performance out of your consciousness if you will simply learn how it is designed for use. Having read to this point in this book, the reader has already entered rare company. You may have heard that “life is a marathon, not a sprint.” My life is a sprint marathon. I do not have time to jog. **We have the power to prevent catastrophic events through the power of our consciousness. I hope to convince you that one person can prevent an “apocalypse.” In direct opposition to One-Lifer faith, we are here to stop, not endure, a social collapse. We are here to assist in the ascension of the human family.**

The resistance to accepting the “risk”/guarantee of permanently altering ourselves and our relationships *for the better* is rooted in the disbelief of the power of individual consciousness (i.e., free agency). This resistance to facing a possible separation from a toxic attachment is generally based in Fear level 100. This is not some childish little Fear, this is the desperate panic of someone fighting for their life. Let me clear, often times people feel that this fear of separation from someone is a “spiritual” experience when in reality it may have very little to do with your soul and could be almost entirely a neurological, biological experience of your **body**. This is referred to as the “theory of attachment.”

This theory is advanced as a model for couples therapy by Sue Johnson. She rejects the notion that relationships are “rational bargains” in favor of the conception that relationships are “emotional bonds” in her Emotionally Focused Therapy (EFT).<sup>279</sup> She saw logic in the passionate and desperate arguments of couples. Johnson views love as attachment and emotional bonding. We are biologically wired to need people we can depend on to give us connection and comfort. Couples therapy should not focus on effective arguing, analyzing childhood, being romantic, or better sexual prowess. Couples need to realize that they are attached and dependent on one another the way children are dependent on their parents. Her therapy is focused on the emotional bond partners share through key moments in specific kinds of conversations.<sup>280</sup> She grounds her model on the hard science of evolutionary biology. Attachment and emotional bonding were strategies we adopted to transmit our genes and raise our children.<sup>281</sup> Johnson affirms and declares that “love” is the pinnacle of our biological evolution. “Love” is the most important survival mechanism of the human race. Johnson’s “love” is explained as our drive to bond with a few humans to offer us safety from the storms of life. “Love” is a fortress of protection for coping with the ups and downs of the human condition. We must be attached to our “irreplaceable” people to survive mentally and physically. Johnson relies on a study of young monkeys in which they were separated from their mothers. The experiment involved isolating infants from their

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<sup>279</sup> Please, see Sue Johnson’s *Hold Me Tight* (2008), p. 5.

<sup>280</sup> *Ibid.*, p. 7.

<sup>281</sup> *Ibid.*, p. 14.

real mothers and giving them a choice between two fake “mothers.” One was made of wire with food. The other was made of soft-cloth without any food. Young monkeys generally chose the soft-cloth “mother.” The meaning of this experiment was to demonstrate that our drive for emotional bonding supersedes our drive for food.<sup>282</sup>

In Johnson’s theory, your partner is your shelter in life. If that person becomes unavailable, you feel alone and helpless. You are overwhelmed by fear caused by your biological alarm system when your survival is threatened. We become irrational and panicked. We become demanding and clingy or withdrawn and detached.<sup>283</sup> When distressed, our behaviors are really signals for reassurance that our partner is still there, that we matter to them, and that they will come to our aid. Because this “love” is the best guarantee of survival, being cut off is terrifying. We need an emotional response. This “love” is the drama for safe connection we act out from birth to death. “Loving connection is the only safety nature ever offers us.”<sup>284</sup> Johnson recontextualizes the intense arguments between distressed partners as desperate cries for attachment and protests against disconnection. Often we will see one partner making frenzied emotional attempts while the other is frozen.<sup>285</sup> The sexiest aspect of Johnson’s theory is A.R.E. She outlines seven conversations that encourage emotional responses that are accessible, responsive, and engaged. We must be open and reachable. We must be tuned in. We must express value and stay close.<sup>286</sup> I preach that responsiveness is the most attractive, most underrated human trait. Unresponsiveness will guarantee your failure as a mate, a parent, and a professional in any field of endeavor. Johnson’s A.R.E. is not merely applicable to mating, but to all human relations.

However, Johnson’s theory is energetically weak, and this weakness highlights her potential subconscious overlap with Enright’s foreboding sense of “risk.” They are both genius and I am not done applauding Enright’s ideas. Johnson’s lack of consciousness is highlighted in a single sentence. “Loving connection is the only safety

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<sup>282</sup> Ibid., pp. 19-20.

<sup>283</sup> Ibid., pp. 30-31.

<sup>284</sup> Ibid., pp. 46-47.

<sup>285</sup> Ibid., p. 47.

<sup>286</sup> Ibid., pp. 49-50.

nature ever offers us.” This kind of fear is due to her lack of spirituality and pandering to the evolutionary biological model. She is just plain wrong. Love level 500 consciousness is not “offered” to us by the material or biological world. Love level 500 consciousness is part of what we are in the essence of our own immortal, indestructible souls. Love is what we are. Love did not emerge as the result of an evolutionary strategy. Love level 500 is an eternal energy permeating the universe. To believe, like Johnson, that we need “nature” to offer us love is to create needless drama and desperation. Let me be clear. When you identify yourself as your body, you will be filled with fear and desperation. Your body is weak, mortal, sickly. When you identify yourself and your loved ones as soulless, mortal bodies you compound your fear. Johnson’s evolutionary biological model of consciousness is *even worse* than One-Life Psychology’s obsession with one-life theology. At least, in One-Life Psychology you can reunite at some point with your loved ones as spirits in the afterlife. In Johnson’s soulless biological bonds you have this lifetime to bond and then you are worm’s meat. That mindset is the recipe for “drama” and Johnson *promises* drama. Her “attachment” theory is biological baby food for the fragile, scared, *scarred* human ego. What are the two sources of suffering according to Buddha? **Attachment** and Desire. Johnson’s obsession with “attachment” through the mortal, biological body is precisely what Buddha warned the whole spiritual world against, which is utterly lost on Johnson. If she knows this problem with her theory, she is committed to a weak model and to remaining less conscious. However, if she can transcend her biological fear-basis, her emphasis on responsiveness is still sexy enough to promote worldwide. I can render her theory of attachment inert with three questions in real therapy with real people. “Hey, Sue, what if your partner fatally shoots herself in front of you? How do you bond with a dead person? How the hell will I ever feel safe if the source of my loving connection is dead?” A real theory of consciousness and healing must be able to offer healing for **all** human suffering. What if all your significant attachments are dead? What if you are the lone survivor of your family unit? How would Johnson account for being alone in evolutionary biology? What if I am all alone? The dependence on attachment is a core weakness in EFT. “David, you ass, she says her therapy is for ‘couples.’” Exactly. Johnson’s desperate biological fear and neediness for attachment

informs as us to why Enright sees “risk” in forgiveness. **They are both terrified to lose their attachments and this terror informs us as to why people choose their toxic relationships over Truth. Facing the terror of being alone is really important.**

Ironically, the spiritual mastery of aloneness stands supreme in the science of relationships precisely because the terror of being alone mires the masses of humanity in relation-**shit**, which is another word for “attachment.” “Because of this feeling of inner aloneness and separation, relationships take on the form of attachments, with all the fear, anger, and jealousy that accompany any threat to those attachments. The inner negative feelings lead to thoughts that we are born alone and die alone. This is never true. Numerous publications on near-death accounts express that human life is a lonely experience whereas death is the restoration of our true spiritual unity with our source and others.<sup>287</sup> Attachment with this understanding, not of evolutionary adaptation, but of human frailty and weakness. Do we interrelate with people, or do we react to them due to our emotional dependency, enmeshment, and fusion? Can we experience ourselves independently of our relationships?

The day I wrote this I had a conversation with a widow whose husband fatally shot himself through the head in front of her. How would Johnson counsel this widow to find “safety” in this world without the husband for whom she lived? What strategy has evolutionary biology evolved for this widow to feel safe? Do you want to know what this wife has to learn, which is also what is completely missing from Johnson’s attachment-obsessed work? This widow must, like everyone else, **learn personal responsibility in exploring her own immortal soul’s evolving consciousness. You cannot be obsessed with or dependent on your emotional bonds with a dead person. People are always dying all around us.** As long as you are here as a mortal on earth, you can grow, and you must grow *personally* to stay sane. Lao Tzu said, “You will never know your potential if you are afraid to be alone.”<sup>288</sup> The top priority for

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<sup>287</sup> Please, see David Hawkins’ *Letting Go: The Pathway of Surrender* (2012), p. 249.

<sup>288</sup> Please, see “Ancient Chinese Philosophers’ Life Lessons Men Learn Too Late In Life” *Youtube* uploaded by Quote, 6 Feb 2023, <https://www.youtube.com/watch?v=8vOojviWwRk>.



women is always personal growth and from that foundation all of their relationships will find balance. Do you think this widow liked hearing this truth even when stated in the gentlest way? No, but Johnson's attachment theory is effectively what this widow is attempting to live right now with her dead husband, and that is an emotional death sentence. Why? Imagine if I follow Johnson's soulless biological attachment theory and had to tell this widow, "Poof. Your husband annihilated himself in committing suicide. **Because he no longer exists, neither do any of the emotional bonds you still feel towards him.**" But I would never say that. Instead, I would go back to Johnson and ask, "Hey, Johnson, if you're actually right and our ability to form love bonds **is the result of soulless, evolutionary biology to feel better and not worse, then why did we 'evolve' the ability to grieve people after they die if they no longer exist?**" If we have no soul and we grieve so hard, we ought to be ashamed of such an irrational nonsense behavior in which there is no truth. How is that any kind of a successful strategy for survival? *Because all soulless grief does is make my client logically conclude that suicide is now her best option for finding relief. Why? Because in your soulless, evolutionary biology foundation for attachment, you just annihilated the existence of her one-of-a-kind, irreplaceable, love-of-my-life, reason-for-living husband.* "Hey, Johnson, what if our ability to love has **NOTHING** to do with evolutionary biology, because we have an immortal soul which includes the energy of Love level 500?" Johnson might argue, "David, I never said you don't have a soul." Dear, Johnson, you cannot *pander* to soulless, evolutionary biology *without pandering* to soulless, evolutionary biology. **It is so weak to build a theory that *depends* and *seeks justification* on the basis of the *necessity* of the mind-numbing, monotonous, eons-long process of evolution, if you really *do* believe in the existence of the soul. If we have an immortal soul, then our core values come from an entirely different motivation than *survival*. Your soul is not scared of the "big, bad natural world out there." The safety of your soul is *never* in question. Remember your immortal, indestructible soul is your true Self, and your body is a costume playing a character role we refer to as an "ego."** If that is what you truly believe Johnson, then just say it. If you deny that we have a soul, then I have to expose the untenable foundation of your soulless, evolutionary biology, attachment theory

because it *hurts vulnerable people* by adding psychological and emotional damage.

If any therapeutic theory of healing relies on unpracticed, baby therapists *not questioning* its foundations as they affect real people like this widow whose husband committed suicide, then those unpracticed, baby therapists must rely on the workaround ***their clients bring to therapy*** rather than what they as healers have to offer. You have given the healer ***nothing*** to offer this widow. “David, she can seek another attachment.” Go back and reread my annoying sentence where I described her husband in her words: “one of a kind,” “irreplaceable,” “love of my life.” The widow does not want *another* “attachment” or “bond.” She wants the person (i.e., the unique and specific *soul*) she already had in her dead husband. This widow’s value for a unique, specific person is a universal human grief reaction. We do not just want “attachments,” Johnson. **We are here in mortality searching for our person. Johnson, if you listen to any of your grieving clients, you will know this, and its missing from your model.**

Subconsciously, even the unpracticed, baby therapists “know” about this special uniqueness of a single person. I have a sign on my office wall reading, “To the world you may be just one person, but to one person you may be the world.” Every single one of you has a soul and you are one of a kind. So, go ahead and ask me, “David, how many therapists and clients have you met in your entire career that positively affirm we are soulless, evolutionary biological organisms?” Answer: Two. In the first of those cases, the man was in a deep depression, because his brother had died and, in his mind, now ceased to exist. That was literally at the core of his depression. If Johnson was actually correct and our emotional bonding is a result of soulless, evolutionary biology, can you not see how insanely counterproductive and absurd it would be to **evolve** a grief reaction to “death,” which necessarily implies *nonexistence* in this paradigm? **If soulless, evolutionary biology were TRUE, we would have evolved a rational ability to be at perfect peace and detachment every time anyone dies, because they simply no longer exist, and we would instinctively know there is nothing we can do to ever bring them back.** Arguably, if you really ponder the theory of evolution, we would never have even needed to evolve even the ability to be at

perfect peace with death if death really has always been a soulless annihilation from the Big Bang. Would not the awareness of death as annihilation **and our rational, emotional detachment from the deceased** have been one of our first instinctual realizations? You see, Johnson, if you comprehend this point, things look even worse for your choice for your theory's foundation. **I can use soulless, evolutionary biology to *refute* attachment theory. I just need to propose a soulless, evolutionary biology theory of *detachment*.**

Thankfully, we have souls, so no such theory is valid or necessary. **The only reason it makes sense to whine and complain when someone dies is if deep within your subconscious mind you know the situation could be changed. We whine and complain when our loved ones die, because they have a soul.** They are no longer *here*, and we want them back *here*. We instinctively know they still exist, and they have gone somewhere else. Ask yourself when the last time it was that you heard a grieving person say, "Yeah, my son ceased to exist." Have you ever heard the death referred to as "annihilation" or "nonexistence" at any funeral, memorial service, or celebration of life? So, we refer to death as a "loss," and never as "nonexistence." We are convinced that we can and will *find* the dead again. I actually witnessed this "soulless" client receive great comfort while acupressure tapping and saying out loud, "What if the energy of my brother still exists and I can connect with his energy even now?" He said himself he felt so much better. I thought to myself, "Yes, imagine how much better you would feel if you gave up all your irrational, soulless philosophy." I did not say it, of course, but watched the positive change come over him like his deceased brother was there with him in that moment trying to tell him he is very much alive. Remember, in the absence of positive proof either way, the hopeful course is rational. Lean into hope. Hope is not optional, because the alternative is despair. Remember, baby therapists, we are working to keep people alive and successful *in the real world* for their short lifetime. They have all the time in eternity to be dead. So, if your theory of "healing" makes peoples' heads tilt and twitch as their eyes stare blankly, it is a mind-numbing theory. Immortal-soul theory gives hope. Soulless, evolutionary biology gives despair. **We do not believe in our immortal souls merely to comfort ourselves, but because it makes rational sense.** We have millions of accounts that our souls survive death. I personally have been outside of my body. It

was made clearly known to me that I was not welcome on what we call “the other side,” because I was not done here. Trust me, I feel really good here. I am really glad to be here. I love having a body. Obviously, I needed to remain here to write this book.

In the second case, the client was a very bitter and angry teenager whose One-Lifer father had abused and terrorized the entire family. He hates his father, so he hates The Father. One-Life Psychology was a source of abuse and hypocrisy in his upbringing. I am not worried about him. He is fine now. His recovery took time as we worked together deconstructing his One-Lifer trauma and reconstructing a functional life philosophy. Notice that he respected me knowing fully that I am an immortal-soul guy. Think of that. He did not believe deeply in his Self, but he knew that I did. Why else do you think he enjoyed my company? He felt my love for him and my belief in him and his happiness. He gradually healed from his pain. He could feel his own soul even though he did not believe in it. He hated One-Life Psychology and wished that all One-Lifers were dead, because of what they teach. Then he realized he was traumatized by the One-Lifer programs of Guilt and Shame.

I have not met a single therapist who openly declares we have no soul with any degree of confidence, because such a declaration would require so much force of energy to maintain that position in this profession. Johnson herself is never willing to openly commit to her own soulless, evolutionary biology of attachment and emotional bonding. She never affirms we have no soul. Apparently, she is not yet conscious enough to realize there is this gaping, abysmal hole in her theory that does not work within evolutionary biology theory or therapeutic practice.

A thoughtful reader will explore arguments against my position on the soul. “David, you argue that the vast majority of humans live and die in a low, negative state of consciousness, which you equate with a lack or absence of Truth. Therefore, arguing that the belief that uneducated, unenlightened masses universally ‘know’ that we are souls that survive death could simply be an expression of how collectively ignorant and untruthful humans are. In other words, the belief in a soul is an expression of mass collective *unconsciousness*. Firstly, there is a reality which we all have to confront as humans. We

wake up here in human life with amnesia of whatever great unknown we have come from, and we hurtle towards another great unknown. We take a few mortal steps between the two great unknowns, birth and death. As uneducated or disadvantaged as any given human might be, it would seem reasonable that we would generally as a species have *some collective inner sense* that there must be a meaning as to why we have awoken here with amnesia. This means that there might actually be some general things about which nearly all human beings agree. This also means that while we can be exceptionally foolish as a group, there can still be certain things that we all instinctively know, but not because we have biologically evolved. Perhaps, *we have not forgotten everything*. Perhaps, there are certain things that cannot be erased from the memory even when a person has birth amnesia such as (1) we have a higher power and (2) our souls survive death. “David, that is called social conditioning.” Perhaps the idea is accepted simply because we are naïve children, but I do not believe that. Even adults, like me, who reject nearly everything they were raised to believe was true, *still believe* in certain spiritual realities. The most irreligious, nonspiritual clients still say, “I believe in a higher power.”

Secondly, to say that most humans live and die in ignorance is not the equivalent of saying most humans are incapable of enlightenment. While it is true that most humans will live and die in a low level of consciousness, all souls are capable of enlightenment with the proper loving instruction and support. This is exactly what the life of an Avatar proves. Avatars are Avatars because they have ascended the levels of consciousness. Because Avatars have mastered every level of consciousness, they can inspire greatness in the most “meek” and simple humans everywhere across history. In fact, it appears that Avatars like Jesus prefer to interact with the most disadvantaged of human beings, perhaps, because the progress their students make is all the more startling and compelling. The souls of Avatars are so powerful they leave timeless truthful teachings that continue to inspire us after they are dead. I personally am a nobody from nowhere. My father wanted me to be an abortion. I have risen to the level of an excellent human life, because of my innate drive and ability to learn and apply the teachings of dead Avatars. This is why I have chosen to spend this lifetime in a marathon sprint to share what I have learned. I wish to alleviate suffering and sorrow through the written word.

Thirdly, Jesus was an Avatar and he said we have souls. **In fact, the most elite, highly evolved, and illuminated humans across history honor the existence of the soul.** Soulless, evolutionary biology as the basis of attachment is actually bitter, irrational, **despair**-ate emotional **bondage**. Johnson's soulless therapy would instantly generate Apathy level 50 consciousness in my widow client whose husband committed suicide. My client is convinced her husband still exists. She talks to him, and she is pissed at him. She yells at him sometimes. Why would we evolve the ability to be **angry** at dead people who do not exist? If it were true that the dead simply no longer exist, then the genetics that promote such irrational behavior would have long been bred out of our own species. **Grief would have been labeled as a type of psychotic retardation and a real threat to society. This is very important. If we had no soul, the most *evolved* and elite humans would have realized it and they would not tolerate social expressions of grief or indulge in private expressions of grief to any degree. We see the exact opposite among the most advanced and highly *evolved* humans. The most elite humans grieve the hardest. Look at what the elite do when a king, queen, president, pope, or celebrity dies. They will bring their entire nations to a stop to reverence the death of a great one. The most *evolved*, elite humans have not only retained their belief in the value of grief, rather they have also magnified it. The elite know we have souls that possess a love that transcends biology and its grave.** "David, the elite do act like they disbelieve in the soul, and they will face no consequences." I disagree. I agree with reference to the Luciferian politicians and priests and the 2.6 percenters with the abnormal polarity. However, there is far, far more good in this world than evil.

The reader will please stop reading or pause listening here and ask, **"Have I ever talked to anyone dead?"** This is another almost universal human experience. We talk to our dead. We indulge in one-sided conversations with them. We attempt to *feel* them answering. Also, no one judges you for talking to your dead, because we all understand. We collectively know our dead still exist. If my widow client finds a new soulmate for the remainder of her mortal life, you can guarantee she will have a conversation with me about her Guilt, because she knows her dead husband is watching. She is afraid to hurt her dead husband's feelings by having a new relationship. So, she asks for his permission, which she expects to receive in a dream, a

sign, or a strong spiritual feeling of approval in the form of Peace level 600. She will ask her dead husband for *multiple* confirmations to ensure that his soul is truly at peace and gives his approval for her to move on. A famous depiction of such a conversation created by elite, highly evolved, and talented humans is near the end of the movie *Hello Dolly!* Barbara Streisand's iconic character, Dolly, has a calm and heartfelt conversation with her dead husband Ephraim. She wants Ephraim's blessing to marry Horace. She explains to her dead husband that she is going to remarry and finishes saying, "And Ephraim, I'm still waiting for that sign that you approve." She says, "Thank you, Ephraim" after she receives two satisfying personal signs when Horace announces he is painting his window shutters in Ephraim's favorite shade of green and quotes a line from Ephraim's personal philosophy.<sup>289</sup> We sincerely *attempt* to be rational about how we talk to our dead, but much more than that. Death is by definition the *ultimate* human experience. There is nothing like Death which takes us to the core of our soul, to the most honest, *soul*-searching place in ourselves. Did I stutter? Did I say, "Death takes us to the most *biological-organism-searching* place in ourselves?" Who is fooling who, Johnson? Who is disrespecting, dishonoring, and dismissing whose experience? Who is in denial?

At the time of this writing, a client reported speaking to her dead stepfather about her alcoholic mother out of concern over her destructive lifestyle. My client said, "I told him, 'Either talk to her or take her, because there is no quality of life.'" He did. The mother knew nothing of my client's conversation with her dead husband. Her mother reported to my client that he appeared to her in a dream, and they had a conversation which she did not fully share. However, she shared enough to reveal that he exposed how selfish and self-absorbed she has become since his death. He showed her that she was lying about her connection to him by playing out a scene in which she was drinking and watching television. He stood in front of her television trying to speak to her and she said to him, "Can you get out of the way? I can't see." The message was clear. He, as her dead husband, did not experience her drinking the remainder of her life away as a memorial to him. In fact, he was saying that she was not connected to

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<sup>289</sup> Please, see Gene Kelly's *Hello Dolly!* (1969), 20<sup>th</sup> Century Studios, timestamp 2:18:00.

him at all. What she was doing with her life was *not* listening to him. What did her dead husband want for her right now? How can she ever feel his presence or counsel if she is always drunk in front of the television? Her “grief” is her excuse from personal responsibility. If she dies prematurely, we will never know what she might have done with the remainder of her life for her own personal growth and what she could offer others. This personal work would be completely independent from her deceased “attachment,” which Johnson alleges is the only safety nature ever offered this widow. My client and her son do enjoy this grandmother’s sober company. We will see what the mother does. Freedom is real and sometimes it’s a real bitch. When we emphasize Grief level 70 above all other values, energies, and levels of consciousness, then we can all turn into passively suicidal addicts. Prolonged indulgence in Grief level 70 with no conscious, meaningful, and committed effort to heal makes it a short step down into the despair and meaninglessness of Apathy level 50. While Grief turns us into endless whiners and victims, Apathy turns us into vagabonds who make no effort staring blankly as we give up on whining and finally living without the care of others. Your life is short, and you can be miserable. No one will judge you for it in the afterlife. When you lose someone dear, they are not lost. Maybe you wish your life had never happened as it had. You feel that you had no decision in how your life has unfolded. Many things are not ours to decide. “All we have to decide is what to do with the time that is given to us.”<sup>290</sup> If you have read and sincerely contemplated what I have shared so far, then you will have already received immense help in guiding, processing, and advancing the energy of your life as an individual. There are many things over which you have no control. However, your consciousness is very powerful, and it is yours to control if you will learn how. The power of your consciousness can change your reality. If I had consistent contact with this grandmother, she would change. I do not control her. I focus on the people who contact me. New clients are already at Courage level 200 just by choosing to start therapy and they are on the path to Neutrality level 250, Willingness level 310, and Acceptance level 350. At the level of Acceptance, excitement lays ahead as you achieve a major benchmark

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<sup>290</sup> Please, see “All You Have To Decide” *Youtube* uploaded by ImmaGandalf, 27 Jan 2012, <https://www.youtube.com/watch?v=hdAN0o3oqB8>.



in your evolution when you finally understand that **you are the source and the creator of your own experience in your life.**<sup>291</sup> If the alcoholic mother would connect/“attach” with her own soul, she would realize that her identity cannot be an “alcoholic mother.” “Alcoholic mother” is just the form she has bought into. At the level of her soul, she would discover she is so much more with the added benefit that she could feel connected to the soul of her deceased husband.

Belief in your soul makes *rational* sense. Even when you feel awful, you can still achieve a peaceful sense that it is going to be okay. This life is not all there is. You can find a simple way to be happy while you are here. All is not lost. You will be reunited with all your dead one day. You are still here for *a purpose*. Whatever “Valhalla” is, it awaits you with all who have fallen. Do you honestly think that near-death experiences and out-of-body experiences just *recently* became a common human experience only made popular by the Internet? No, the Internet and social media just revealed that near-death and out-of-body experiences are *ubiquitous* (i.e., *found everywhere*) among humans to a degree we had not previously imagined. At the time of this writing this point, a client and his family who I have known for years returned to therapy after they witnessed him being shot in the back by a meth addict and they watched my client *die*. As a spirit, he watched the doctors and nurses work to save his body. As a disembodied spirit he felt great. He was in no pain and at ease. He was shown the book of his entire life noting that literally *everything* was in it. He was told to return. He realized that all of his angels were in the operating room to save his life. He came back and now he has no fear of death.

If Johnson’s soulless, evolutionary biological theory of attachment of emotional bonds was truly embraced at the level of our collective subconscious, **people would actually hate love and romantic relationships, because they would grow to hate being in emotional bondage to something so unreliable, brief, evanescent, fleeting, temporary, fragile, tragic, and doomed. Even One-Lifers understand that the only redemption in relationships that**

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<sup>291</sup> Please, see David Hawkins’ *Power vs Force: The Hidden Determinants of Human Behavior* (2012), p. 109.

**tragically, traumatically, and prematurely end is a future reunion.** People despise and denigrate hope as if it simply refers to a naïve mental fantasy. This hope in the soul's existence and the persistence of our relationships beyond death may not be a strategy, but in this world, **hope is not optional because the alternative is despair.** *Hopeful action* is not only a strategy. *Hopeful action* is the **only rational** life strategy. Despair cannot keep people alive. Despair is meaninglessness. Despair cannot heal people. Deep in Johnson's evolutionary theory is a dramatic and desperate despair exposed in her admission that clients fight for their relationships as if they are fighting for their lives. **Such is the "natural" psychological consequence of misinformed, unenlightened "biological" attachment theory. This desperate drama is the "only" "refuge" and "comfort" that soulless, evolutionary biology (i.e., "nature") offers us.** This part of her theory is weak energy. I apologize that I cannot apologize for laying bare exactly why this ideology **harms** people, but I still love Johnson as a person and her A.R.E. conversations. The reader can rest easy that by the end of this book you will be equipped with a better theory of the timeless, immortal, and transcendent foundation with your soul mates. **We, as therapists, cannot promote desperation at any subconscious or conscious level, and especially not in matters of forgiveness.**

Desperation is Fear level 100. Your Fear will inevitably be used to control, manipulate, and enslave you. Desperation and Fear will always end up making you someone's bitch. If you feel at "risk" of Fear or desperation in the forgiveness process, you cannot safely reconcile with anyone who has preyed on you. **Are you driven to "forgive," not as a conscious act, but as a desperate fearful impulse to protect your "attachments"? Are your "attachments" more like life-sucking parasites, then relationships? Forgiveness cannot be an unconscious or impulsive, fear-driven act. Are you forgiving or "forgiving"? "Attachments" are an aspect of your ego.** Your ego is the natural psychology programming accompanying your avatar body. Buddha rightly taught that attachments are the source of pain. This is why we need to be patient and observant in the forgiveness process. Enlightenment is not fast food.

Tolle brilliantly explains the ego and its many types of attachments. You feel pain because of identifying with your ego which can never

be whole. You feel unsettled and unworthy. You may feel an unexplainable craving. To comfort yourself, you will pursue satisfaction for your ego to fill the hole inside yourself with anything or anyone to feel complete. You are only temporarily at ease or peace when you find a momentary fulfillment. But your ego needs to be fed endlessly, so you must get more, do more, have more, or be more. More of what? Whatever your ego happens to desire.<sup>292</sup> Trust me when I say that **none** of this is explained in Johnson's book on "attachments," because it would erase the beginning of her book with the biological evolutionary justification of her theory. More importantly, Tolle teaches you about the many ways in which you falsely identify yourself, including through your *relationships*. When we are unconscious and unevolved, relationships are sought as a means to ease our pain including deep fear.

**If you are filled with Fear, you are filled with low, weak, dark energy.** You are not you yet. When you are in low, weak, dark energy, *that* is your identity. You are still identifying your *Self* (i.e., your soul) as measured by your *ego*. You are not your *Self*. **You** are not ready. **You** are not clear. **Your** judgment is distorted. This is why I am going to such great lengths to help you protect yourself. **You** have been raised by weak, unconscious, innocent, ignorant people. **You** have not been coached. **If the experts and educators such as Enright and Johnson are inadvertently reinforcing this issue of "risk" in forgiveness due to desperate "attachments" which they do not understand, then what hope is there for you and the less educated masses?** We have to spend sufficient time exploring and discussing issues in order to become conscious. If you read all this and you do not understand, then reread it. ***If you think this is not a big deal, then you do not understand.*** Becoming the victim of ignorant, dark, predatory, unconscious energy in yourself and people who misuse the words "I'm sorry" and "I love you" is entirely unhealthy and an unacceptable therapeutic standard of treatment. **You** need clarity. **You** need assurance. **You** need confidence. **You** need peace. You need to know that you are in fact *loving your Self before and as* you work through an authentic forgiveness process in any relationship. **You need to become conscious first before you expect**

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<sup>292</sup> Please, see Eckhart Tolle's *The Power of Now: A Guide to Spiritual Enlightenment* (2004), pp. 45-46.

**it of your partner. In order to become conscious, you need to be free of negativity. Then, and only then,** can your relationships become authentic experiences of connection, sharing, and loving rather than driven by the neediness for status and approval. We can love people without being attached to them. We can give our people the freedom to be themselves. We are not victims of their unconscious insecurity or jealousy. **This is all made possible because we are genuinely fulfilled FROM WITHIN. We have taken responsibility for our own thoughts, feelings, and attitudes. We have taken back the power, which theories like biological evolution have given to the world.**<sup>293</sup> These are realizations which are entirely lost in a philosophy like Johnson's based in evolutionary biology, because these are the realizations that **ONLY** occur in the depths of your soul independently of the material realm and "biology." **LOVE LEVEL 500 DID NOT BIOLOGICALLY EVOLVE. LOVE IS WHAT YOU ARE, THE REAL YOU.**

**You are *not* your biology.** Tolle feels that the term "soul" has too much religious baggage and prefers to refer to the real you as your "being" and your "presence." Again, recall Tolle's definition of Being as your eternal, indestructible, and invisible essence.<sup>294</sup> In this book, your "being," "soul," and "higher Self" are all referring to the same thing, your indestructible and eternal essential Self. When Tolle says the "myriad of forms of life subject to birth and death" he simply means any biological, physical body that your soul uses. Does this scare or comfort you? We will have to let go of everything in the material realm. We will not need to "believe" anything, because we will know at the moment of death that our identity cannot be found in anything here. Death removes everything from you that is not truly you. You can practice in preparation for death and ultimately realize regarding your Self that death does not exist.<sup>295</sup> So, when you are in a state of positive energy, you have no idea what or who you are. You are an evolving "soul." You have no idea what or who you are or what or who you will be. You just find this new rhythm in life. What you are is this constantly evolving thing that you are discovering. Then, it

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<sup>293</sup> Please, see David Hawkins' *Letting Go: The Pathway of Surrender* (2012), p. 252.

<sup>294</sup> Please, see Eckhart Tolle's *The Power of Now: A Guide to Spiritual Enlightenment* (2004), p. 13.

<sup>295</sup> Ibid., p. 46.

is from this strange magical place that you begin relating to everyone as this new evolving creature. Then they have to get used to *not knowing* what you are going to do next, because *you* do not know. “What is he up to now? What is he doing?” They know you are going to be up to something, and it is going to be cool, and it is going to be surprising.

If these passages get back to Enright, he might think, “David, you’re damn right I am prioritizing the restoration of relationships.” **He would be, of course, referring to the prioritization of relationships bound by our mortal, physical forms and their associated egos.** “I am fat. I am ugly.” Your soul cannot be fat or ugly. Those are declarations of your ego. If Enright or you prioritize mortal relationships over Truth and eternal realities, then that behavior is an expression of the desperate panic and Fear covered up with indignant Anger masquerading as “protection.” **Did the Avatar Jesus, the prophet-god of forgiveness, prioritize relationships over Truth?** Did the Avatar Jesus “go along to get along”? Was the Avatar Jesus desperately unwilling and angry at the thought of *standing alone* to live and *be* the Truth? When Peter said he would come to Jesus’s rescue after Jesus predicted his own execution, do you remember what happened? “Peter took him aside and began to rebuke him. ‘Never, Lord!’ he said. ‘This shall never happen to you!’ Jesus turned and said to Peter, ‘Get behind me, Satan! You are a stumbling block to me; you do not have in mind the concerns of God, but merely human concerns.’”<sup>296</sup> This means Jesus was a brutal “savage” when it came to the energy around him and his boundaries. He made exceptions for *no one*. If your energy was low, weak, and dark, Jesus was not shy about telling you. Jesus would not sacrifice the Truth to save a relationship. Keep in mind the Truth is not some dry, objective purely rational scientific attitude. Truth is Love, Joy, Peace, and Enlightenment. If Jesus was an Avatar, then what he said to Peter was done with pure Love. Reread it and imagine him saying it calmly with love in a peaceful attitude. The exclamation mark is part of *the translation*. What if there was no exclamation in Jesus’s voice when he said these words. Then that exclamation mark after the word “Satan” is *a projection of the translator* on to Jesus’s psychological mindset in that moment. Can you sense how much a punctuation mark

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<sup>296</sup> Please, see the Bible, Matthew 16:22-23, *New International Version*.

can prevent you from knowing what a real Avatar is actually like? What if in reality the scene was never as implied? Jesus put his arm in Peter's, pulled him close, and lightly smiled, while looking straight ahead rather than at Peter as he softly said, "Get thee behind me, Satan. You are a stumbling block to me; you do not have in mind the concerns of God, but merely human concerns." In other words, he was joining Peter in pressing forward while in the same moment acknowledging that the energy of Peter was off track. Rather than attacking Peter, Jesus was *exposing* the fearful, desperate, parasitic energy of Satan in Peter's words. I was not there, but I wish I was revelatory enough to see the whole story. Do you see? **I am interested in relationships** and possibly more than Enright and Johnson, **because I am interested in only real relationships built on Truth.** Would they say the same? Would the evolutionary biology, "attachment" teacher even be comfortable using the term "Truth"?

"Sometimes we see a lot, but do not notice the main thing." - Confucius<sup>297</sup>

**If you live in all of this desperate, panic Fear level 100 and Anger level 150 to preserve and *force* relationships at the expense of real Truth and Love, then you are not and can never be or reach Neutrality level 250.** Real neutrality means being open to any positive outcome and unattached to a specific outcome. Real neutrality means not making *an exception* for a specific person's low, weak, dark energy. Any time you make an exception you will get burned. So, I am here to shed light on Enright's "risk" and Johnson's dramatic desperation. **Forgiveness is not a risk. Forgiveness is actually a form of self-Love level 500. Remember Love is always that course of action that creates a win-win. The best course of action for someone you care about is sometimes cutting them off. Love is not a risk; it is a revelation. Love connects you with collective consciousness and, therefore, is genius and truth. Seen from this perspective, real forgiveness is the best protection and always risk-free. Divine forgiveness must be, because it is, risk-free.**

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<sup>297</sup> Please, see "Ancient Chinese Philosophers' Life Lessons Men Learn Too Late In Life" *Youtube* uploaded by Quote, 6 Feb 2023, <https://www.youtube.com/watch?v=8vOojviWwRk>.

I need to add here that as a shrink I believe there is another universal rule for families regarding forgiveness. We are here to give *extra* chances to our immediate family. There is a spiritual loyalty we are programmed to give to our family. This is a deep spiritual lesson which I call “the fake family” and I will explain it in another point. I want to make clear that there is nothing abnormal or hypocritical as a matter of advancing consciousness regarding forgiveness *in giving your family extra chances that you would not give others*. The family is actually the heart of the grand cosmic architecture of life itself. Of course, I know, as well as anyone, that it is often the very people who we should have been able to trust above everyone else that betray us the worst: our parents. Many parents are awful to their innocent newborn children. Again, I often tell clients that sometimes you cannot become yourself until you get away from your family. Sometimes, because I counsel so many people regarding the toxicity of their family members, I refer to myself as the “anti-family therapist.” By the end of this book, you will understand far better than a One-Lifer how and why this mess we call “family” is redeemable. For now, realize that the power of Neutrality level 250 means being genuinely and equally open to the *survival* or *dissolution* of any and every toxic relationship. This is exactly where women achieve power in leaving toxic relationships. They become genuinely neutral on staying in or getting out. The magic in that neutrality is that in the achievement of neutral consciousness and that state of energy, the woman feels free, and the man can sense it. In fact, this is when the man comes clamoring for therapy. She has been asking and asking for him to go to therapy, and it is not until she is truly open to being done, truly Neutral, that the man rises to the occasion. The problem for him is, of course, that she *is* Neutral level 250. She *can* imagine her life without him, and she *is* open to it. It is a short step for her to Willingness level 310 to the conviction that she will do whatever it takes to succeed without him and the Acceptance level 350 that she is the source and creator of her own experience of life. This is truly humbling for him. His masculine ego as “the provider and the protector” is severed. **Women do not even need to be Love level 500 to change the world. They just need to be Neutral.**

“Again, David, what is forgiveness?”

We are almost there. You still need to be entertained learning more of Enright's genius on what forgiveness is not. Enright sheds brilliant light on why One-Lifer "forgiveness" is emotional sodomy. You have been brainwashed or misled to believe that forgiving means acting like nothing happened. You are afraid that forgiveness means you must be vulnerable to being hurt again and that you must let the guilty party get away without any accountability. You have also been told that you have to forget what happened, which they know is impossible. Forgiveness is supposed to help you let go and feel better, but you cannot imagine your feelings toward the perpetrator will ever change.<sup>298</sup> In a single paragraph, Enright has expertly summarized how the One-Lifer priests teach "forgiveness" so they can continue taking advantage of naïve, childlike people. By the time, people reach a therapist's office, they hate the idea of forgiveness, but it is actually One-Lifer "forgiveness" that they hate. It is One-Lifer "forgiveness" that they will not do. It is One-Lifer "forgiveness" that made it possible for One-Lifer priests to prey on children for generations without consequences. It is One-Lifer "forgiveness" that makes it possible for them to continue to impoverish families with impunity. Real forgiveness means acknowledging that you are a person, and you have a right to respectful, humane treatment. You are not required to deny that you have been hurt. You admit that you have been hurt and you have a right to feel pain, anger, and resentment. Your resistance to admitting how hurt you are is actually an obstacle to forgiveness. We do not need to forget to forgive. Forgiveness does not cause amnesia.<sup>299</sup> What a beautiful line of truth. Forgiveness is not amnesia! Forgiveness is more than accepting what happened, ceasing to be angry, being neutral toward the other, or making oneself feel good. Forgiveness is not condoning or excusing, forgetting, justifying, calming down, or pseudo-forgiving (i.e., just saying "I'm sorry").

And now the moment you did not know you have been waiting for all your life: the gift of a proper definition of forgiveness. First, you recognize that the offense you suffered was unfair and will always continue to be unfair. Second, you have a moral right to feel angry. You can rightfully cling to your view that the perpetrator had no right

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<sup>298</sup> Please, see Robert D. Enright's *Forgiveness Is a Choice: A Step-by-Step Process for Resolving Anger and Restoring Hope* (2001), p. 23.

<sup>299</sup> *Ibid.*, pp. 23-24.



to hurt you. You have a right to respect. Third, when you forgive, you give up the right to your anger and resentment.<sup>300</sup> When you forgive, you can step towards the process of reconciliation. You and your offender may have injured one another and need to mutually forgive. You must both be willing to renew trust and resume the relationship in order to reconcile. Perhaps, only one of you is ready. Reconciliation requires that you both come back together following the offense. Forgiveness, in contrast, is the action you take as an individual in private within your own heart. Your forgiveness emits from your heart towards the offender. You may forgive without ever reconciling, but you can never truly reconcile without forgiveness. If the offender will not change, then reconciliation will not be possible. You can offer your kindness, compassion, and love as you wait in hope that the offender will change. They may reject your gift, but your forgiveness is no less valuable.<sup>301</sup> Now, this is a great start, which only needed further development and refinement through tireless clinical practice.

### Steps to Forgiveness

1. Recognize that what was done to you was wrong and **will always be wrong**. It will never be magically okay or alright that it happened. Alternatively, if you are attempting to forgive yourself, recognize that what you did was wrong, and it will always be wrong that you did it. It will never be magically okay or alright that you did it.
2. Recognize that because what was done was wrong, that you have a right to be angry about it. No one can take that right from you, not even god or the universe. What was done to you was wrong and because it will always be wrong that it happened, you will always have an **eternal right** to be angry about it.
3. Recognize that even though you have an eternal right to be angry about what was done to you, that anger is toxic and poison to your soul. Keeping that anger means holding on to negative energy that harms you, your life, and everyone around you.

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<sup>300</sup> Ibid., p. 25.

<sup>301</sup> Ibid., pp. 30-31.

4. Give **yourself** the gift of letting go of the anger to which you have a right. This is not an instantaneous process. This is not a process of force. You cannot magically make yourself let go of intensely painful feelings. The step involves processing all the traumatic, gory details of whatever you are attempting to forgive and let go of.
5. Be open to the grace of the universe and your higher power to help you forgive and let go of the perpetrator. Turn the perpetrator over to the justice of the universe. This may include reporting the perpetrator to the legal authorities. This does not mean “justice” will be served in any way that you observe. This means trusting that the universe will take care of the perpetrator.
6. Optional step for **self**-forgiveness. I could spend the rest of my life torturing and punishing myself for whatever I have done. However, consciousness dictates that I shift from Guilt level 30 to Responsibility, again, which means from this moment forward I take 100 percent responsibility for everything I do, everything I create, and how I react. That is how we change.

NOTICE: I HAVE SAID NOTHING ABOUT RECONCILING WITH THE PERPETRATOR. Notice that I have said nothing in any of these steps that involves the participation or cooperation of the perpetrator. This is one of the major problems with One-Life Psychology. ONE-LIFE PSYCHOLOGY CONFOUNDS FORGIVENESS WITH RECONCILIATION. THESE ARE TWO SEPARATE, BUT RELATED PROCESSES. YOU CAN FORGIVE A PERPETRATOR WITHOUT ANY RECONCILIATION *WITH* THE PERPETRATOR. YOU CANNOT RECONCILE WITH ANY PERPETRATOR WITHOUT FORGIVENESS. There can be no true reconciliation without forgiveness. Furthermore, **the reconciliation process is entirely within the control of the victim.** For example, let us say that I raped you. You called the police, and I was arrested, convicted, and sentenced. I went to jail. Justice was not “served.” Nothing anyone does can “unrape” you. It was wrong that I raped you and it will always be wrong that I raped you. It will never be alright or okay that I raped you. Regardless of whatever the universe does to hold me accountable, you will still have been raped and you will always have a right to be angry at me for raping you. No one can take that right from you, not the universe, not

god, not your grandma, not your priest. You want to heal and feel better, and it is a process. You go through all of the emotions. You know that all of the negative emotions from that trauma hamper your life and relationships. Holding onto your justified anger and resentment drains you of the energy you need to pursue your goals and dreams. You begin to consider exploring giving yourself the gift of letting go of the anger to which you have a right. You practice processing all the traumatic material in therapy, and you open yourself to receiving anything good from the universe to help. You are open to any source of grace. Grace in this sense is any good gift that comes your way. This is Neutrality level 250. "I am open to anything positive."

Now it gets more complicated. Let's say I did my time and got out of prison. You know that I have been released. Do you remember when you were a kid and you got in a fight with a peer? What would the adults say after stopping the fight? "Now say you are sorry and shake hands." This is not that. Do you think as my rape victim that you want anything to do with me? Do you think that any loving god is going to *force* you to meet with me and tell me that what I did was "okay"? **This is exactly how One-Lifers describe forgiveness in their families. You know, what actually happens is not forgiveness in One-Lifer families, but rather suppression. Nobody talks about what happened and they call that "forgiveness."** Nothing gets addressed. They just do not talk about it, so it "goes away." But does it really go away? It is actually still there but the resentment and anger are *suppressed* waiting for the next offensive event to be triggered. No, no, no. No loving god is ever going to force or require you as my rape victim to seek me out and tell me it is "okay" that I held you down and raped you. Furthermore, as the convicted rapist, I am not a moron. I know what I did was wrong, and I suffered for it. I know you probably hate me. I respect that and I know that you never want to see my face again. So, I leave you alone. I do not expect that in time or eternity that you will ever want anything to do with me. All I can do is work on myself to be a better person and try to understand how I could ever have done such a thing to another human being. "What the hell was wrong with me?" That is where the story ends. Did I stutter? Did I ever express any confusion about a reconciliation between the perpetrator and the victim? Did the perpetrator have any involvement whatsoever in the victim's forgiveness process?

So, David, what is “reconciliation”? Let’s say that you grow so spiritual and so healed that you began to take a sincere interest in me, your former rapist. Let’s say, by some cosmic process we somehow both wanted to talk together about it. I know, this is almost unfathomable, but you asked for it and this is how real therapy works. You wanted me to tell you how real reconciliation works. Fortunately, rape is an extreme offense, but I needed to use rape to illustrate the truth of the difference between forgiveness and reconciliation. After both you, the victim, and I, the perpetrator, have completed the forgiveness steps then we approach one another. Reconciliation involves two additional steps.

### Steps to Reconciliation

1. **The perpetrator proves to the satisfaction of the victim that he has changed**, that he is different. The entire burden is on me to prove to you that I am not the same person that I was when I raped you, that I have changed. One of the ways I prove this is by acknowledging that if I was you, I would likely never want anything to do with me. I do not approach you. I let you live in peace without proactively intruding on your life, because whatever you feel towards me, “I get it. I failed.”
2. Let’s say by some miracle, I do prove to you that I am changed. You, as the victim, still retain the right, regardless of the genuine change on the part of the perpetrator, to decide not to ever reconnect (i.e., “break bread”) with me, the perpetrator. **This is exactly what One-Lifers get perfectly wrong. They think that god or your priest or your grandma gets to decide when your perpetrator has changed to what “should be good enough” for your satisfaction. No, you are the victim with your eternal rights as the victim. You do not have to reconcile with anyone ever.** However, you can. You can decide to sit down with me pursuant to having a relationship, **but why would you? Life is short.**

**Consider the existential realities of being a human. Our lives are short, and we change slowly. We live short lives, and we are slow learners. If I am a rapist and that is what I am working on overcoming in my lifetime, you do not have time to wait around**

for me to change. Why would you? Do you see how absurd reconciliation is in this hypothetical case? You, as a rape victim, need a forgiveness process that is completely independent of the remainder of my life. I am talking about real cases, real people, and real lifetimes. Because (1) life is short and (2) we are slow learners, therefore, we must of necessity focus our time, energy, and emotion only on a few certain, specific, and very special people and let go of everyone else. While I forgive everyone aggressively, I do not worry about reconciliation. I have 100 percent certainty that I will forgive everyone. I have near 100 percent certainty that I will truly reconcile with almost no one. **If we are honest with ourselves, we only have time for a small intimate circle of people. Whoever is in your inner circle, that is how you define your “family.” Those are the few people to whom you give extra chances. Those are the people with whom you prioritize reconciliation.** Remember every family begins with two biological, genetic **strangers**. Blood and genetics do not build families. This is what Enright is missing from his entire theory, which I am laboring philosophically to fill in. He says that “forgiveness is a choice.” However, given his theory, forgiveness really is not a choice, but rather a necessity. Reconciliation is a choice. Family is a choice. I *forgive* everyone, because the evolution of consciousness makes it a necessity. However, reconciliation is entirely at my discretion and what drives my motivation to reconcile? **Of course, the motivation to reconcile is determined by whoever I have chosen as my family.** If Enright understood this, he would have said it. He would have said it as clearly as I have here but in the theoretical portion of his book. **I apologize that I cannot apologize for saying we do not have time to reconcile with every low-energy, weak person who crosses our path. God bless and keep their process far away from us. Let the universe deal with them, because it will.** We do not need to “teach them a lesson.” The universe will kick everyone’s ass as needed. Karma is real. Cosmic justice is real. “Wheels of justice grind slow but grind fine.” – Sun Tzu. Eternity is a long time. Universal justice is not your responsibility. Your responsibility is to love and heal yourself.

One-Life Psychology’s epic forgiveness failure aside, I repeat that civil, legal, and criminal accountability can help us forgive. Giving away some of the burden to the human legal system can help us let go

of our anger. Ultimately, as we let go of the administration of justice to the universe, we can focus on our *healing*. We can leave the perpetrators to the universe. Do not believe the myth that perpetrators get away with anything. There are an infinite number of ways that justice can, will, and must be served. Do the research. I repeat, near-death experiences demonstrate that we must experience the joy or suffering we cause others and, thereby, create our own heaven or hell.<sup>302</sup> Heaven and hell are right here in each one of us. I love helping innocent victims heal, love themselves, and receive some heaven on earth. I love helping perpetrators learn and accept full responsibility for spending the remainder of their lives spreading kindness. So often a perpetrator is also a victim, which is easy to find out if you treat them as human beings.

Always, recall the key element to reconciliation. IT IS NOT LOVING TO YOURSELF TO RECONCILE WITH YOUR PREDATOR IF YOUR PREDATOR HAS NOT PROVEN TO YOUR SATISFACTION THAT THEY HAVE TRULY CHANGED AND, EVEN IF THEY HAVE, **YOU STILL NEED TO ENSURE THAT YOUR LEVEL OF CONSCIOUSNESS IS ACTUALLY LOVE LEVEL 500 SO THAT YOU CAN ACCURATELY DISCERN THE DIFFERENCE WITH A HIGH DEGREE OF CONFIDENCE.** Love level 500 is the level of revelation and, therefore, of **inspired self-protection**. Love level 500 is the level of discernment of the energy level *of everyone else*. **You cannot claim to love yourself if you reconcile with unchanged, unproven predators. If you are confused as to whether a predator has changed, then that *confusion* is your red flag. I always say in therapy, “When you are confused, do nothing, or go very, very slow. If you are confused, then it is time to be confused.” Did Jesus strike you as a *confused* person? Highly conscious people are not confused, but rather highly exclusive in who they allow into their personal lives and inner circles. “Oh, Lord, save us from the ones who have the answers! Save us from the righteous! Save us from the do-gooders! Confusion is our salvation. For the confused, there is still hope. Hang on to your confusion. In the end it is your best friend, your best defense against the deathliness of others’ answers, AGAINST BEING RAPED BY THEIR IDEAS. IF YOU**

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<sup>302</sup> Please, see David Hawkins’ *Power vs Force: The Hidden Determinants of Human Behavior* (2012), p. 170.

**ARE CONFUSED, YOU ARE STILL FREE. If you are confused, [Hawkins's book *Letting Go*] is for you.”<sup>303</sup> Seriously, buy his book *after* mine.**

**WWTAD?** What would the “Antichrist” do? What would Jack Canfield do? Jack is the supreme coach of the most successful humans on earth. What do successful people do? What do *you* do, Jack?

He does not spend time with anyone who he does not want to be around. He only spends time and works around people who are positive and happy. His advice is to make a list of everyone around you and distinguish between those people who are negative and toxic and those who are positive and nurturing. These could be your friends, family, church congregation, or workplace. You must choose to remove the people from your life who drag you down and undermine your goals. In order to be successful, you must free yourself from all negative, judgmental people who complain, blame, and gossip. You can identify them by noticing any person who brings confusion, stress, and tension into your life. Toxic people always attempt to bring you down to their level. Here is a key paradox to this process. Until you reach the level of consciousness where the negativity of others no longer affects you, you must avoid them at all times. **But paradoxically, even the most successful people like the Antichrist still avoid negative people. You must be willing to be alone so you can learn that you are better off.** You must begin to search for positive people who believe in possibilities, ideals, and visions.<sup>304</sup>

Until you are deeply healed and highly conscious, you are not capable of accurately discerning with whom you can safely and truly reconcile. You already know this subconsciously. Therefore, in the hypothetical case of my having raped you, it is entirely rational that you never interact with me again...ever. However, even without a high level of consciousness, you can always rely on your ability to be able to discern who is toxic *for you*. Canfield has given you a great list of criteria. How do successful people stay successful? They do not hang out with toxic people. Successful people do not make exceptions

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<sup>303</sup> Please, see David Hawkins' *Letting Go: The Pathway of Surrender* (2012), p. 5.

<sup>304</sup> Please, see Jack Canfield's *The Success Principles: How to Get From Where You Are to Where You Want to Be 10<sup>th</sup> Anniversary Edition* (2015), pp. 230-231.

for toxic family members or friends or church members. Reread Canfield's counsel and live by it. It will change your life for the better forever. Maybe you will inadvertently distance yourself from someone who is positive, but you will not have been toxic towards them. You need time and space to heal. You need time to achieve clarity about all the abuse which One-Life Psychology has been piling on you all of your life. Not all One-Lifers are equally toxic. Some of them are real gems in spite of their One-Life Psychology. There are great human beings all around us. The more time you choose to waste your life with toxic people, the more great people you will never even know exist. This is why Canfield's counsel needs to be added to any discussion of forgiveness and reconciliation. "Forgiveness" and "reconciliation" are inherently interpreted as emotional melodramas in your imagination. "Can you ever forgive me?" "Oh, I forgive you!" Let's all grow up a little bit more. What forgiveness really boils down to is (1) dropping your negative emotions about the existence of toxic people in our world and (2) doing everything in your power to insulate yourself and your loved ones from toxic assholes. Reconciliation boils down to (1) being willing to move someone you had assigned to the negative category of toxic assholes and (2) adding them into your inner circle of the few people you spend time, emotion, and energy with during your brief, mortal, human lifetime. Again, life is short, and we learn slow. If you want to be happy and successful, you do not have *any* time or energy to waste on toxic people. This reality means that you need to become efficient at identifying who you have time and energy for in your private life. Do you want to spend your lifetime around toxic people just because you share DNA? As a shrink, I am telling you, blood and DNA as the foundation of healthy relationships are highly overrated. Contrary to what Johnson alleges in her biological theory or attachment, **HIGHLY EVOLVED CONSCIOUSNESS IS THE ONLY REAL "SAFETY" EXISTENCE EVER OFFERS US in *any* dimension and the *only* true basis for eternal relationships.**

Now, my dear One-Life Psychology, where are all of these nuanced forgiveness steps and explanations in the Bible? Who is the prophet of these steps? I am not at all saying that Jesus did not know these things. The point is that these essential teachings have been erased if they were ever there to begin with and if Jesus was actually divine, then forgiveness *must* have been explained in his original teachings.



The missing steps for forgiveness and reconciliation are proof that the Bible and One-Life Psychology have been epically compromised.

## 42. One-Life Psychology is not really for broken people, but only for people who can readily and easily conform and “look” like “successful” One-Lifer converts.

We know how important it is for One-Lifer authorities to “look good” and for their congregations to provide a representation of “holiness” as proof that they, *as One-Lifer authorities*, indeed derive their inspired leadership from god. This creates a necessary, internal pressure within One-Lifer sects for everyone to look the part of wholesomeness and piety. “Look at us. Don’t we look amazing. Isn’t our life so wonderful, so blessed!” Poster families. With all due respect for the artist, One-Lifers want to appear like Norman Rockwell for One-Lifers. In other words, **One-Lifers cannot look ghetto, because it makes One-Life Psychology look bad.** One-Lifers who are failing to live up to the standards of One-Life Psychology make the One-Lifer authorities look incompetent as spiritual advisors. Failure to live up to the standards of One-Life Psychology makes you a **stain** on the image of the congregation. In the One-Lifer sect in which I grew up, they have a “sacramental” ritual in their main congregational meeting in which you must publicly “take the sacrament” as a public declaration that you are indeed “worthy,” because you are keeping the commandments. If you are judged to be “unworthy” by the One-Lifer authorities, then you are expected to sit in the public meeting and still be offered the sacrament in front of the entire congregation and shake your head that you cannot take it. Everyone sees this. Everyone sees you *not* “take the sacrament.” You are communicating in that single gesture that you are not “worthy” to be covered by the salvation of Jesus Christ and your soul is in jeopardy of being denied the blessings of heaven. **You have to do this in front of everyone.** The message, the mind control, is that if you do not obey the One-Lifer authorities *while not in church*, **you must be put to an open, public shame, the next time you are in church.** By not taking the sacrament you make yourself bad, evil, and wicked in front of everyone. You are **required** by the One-Lifer authorities to shame yourself. The congregation may not know exactly what sin you have committed, **but now by the**

**“inspired” design of this weekly indoctrinated ritual of these One-Lifer authorities everyone knows that by denying yourself the sacrament when offered you are publicly admitting that “you have committed a very serious sin.”** The other One-Lifers in the congregation are brainwashed that *their salvation is at risk* if they give the sacrament to someone unworthy, in this case, you.

This abusive, horrendous, rotten mind control is literally mind-blowing. I am literally mind-blown remembering and writing this. I cannot believe I have to commit this to paper. Oh my god, I could hardly stand to write this book sometimes. I might have thrown up. You know this is so true. This is so evil. I have been away from that cesspool for so long now that I find it all the more amazing that I was ever able to feel like an adult, that I was ever able to escape. I was trained to think and behave this way my entire life. I am amazed at how Pride level 175 was *the maximum* level of my One-Lifer past. These One-Lifers think they are being Love level 500 when they are actually being judgmental, controlling, manipulative, and abusive. They are convinced, as I was, that this is a “good” weekly practice. What I can say for myself is that I could feel that I was insane in these church meetings. I can say that I always wanted to scream out at the top of my lungs from the agony of my suppressed soul. I always knew something was completely bogus. In these meetings, I could never shake the sense of intense disgust I felt, and I can distinctly remember feeling this as a little boy. I **hated** One-Lifer church. I used to burn with anger and rage that I was ever subjected to such grotesque, wretched, evil, brainwashed people. I was angry. What these One-Lifer authorities did to me, and millions of other brainwashed, innocent people is wrong and will always be wrong. It will never be right or okay that these Luciferian, One-Lifer, abusive priests did what they did. I have successfully given myself the gift of letting go of the anger to which I had a right. Writing this book was part of my gift to myself. To declare, to shout high on a mountain top to the One-Lifer authorities. You liars. You deserve whatever the universe has for you. You deserve all the pain and the agony of all the Shame and Guilt you vomited over millions of innocent children. You cannot have my innocence any longer. You cannot have my children. You will not have my grandchildren. You have no power or authority over me or my family now or forever. And now *my children and all my posterity* will have this book forever and no one can erase it and what

I send out will not be taken back. My book will go forward to all my posterity. And long after I am dead, they will be able to read my soul and understand and know exactly where I stood on the subject, the scourge, and the curse I knew as “One-Life Psychology.”

One-Lifers, at least all the ones I grew up around, are **ashamed** and generally too uncomfortable and too squeamish to be around or be seen with the poor, the homeless, the addicts for two fundamental reasons. **(1) One-Lifers perceive that people suffer because they are “evil” or “wicked” and are therefore reaping the judgments of god.** Given that thinking, One-Lifers do not want and cannot safely associate with “evil” or “wicked” people because the Bible teaches them to cut those people off and even to break up their families if necessary. And as if the first point is not alarming enough, there is another very disturbing point, which is quite distinct. **(2) One-Lifers really do not have the answers for solving *any* social issues any more than secular society.** Honestly, take a survey of everyone you know. Find out who has provided them with the most welfare support when they needed help. Was it One-Life Psychology? Or was it some other organization such as say . . . the federal government or the state government or the county government or a charitable organization funded...by the government? Have any One-Lifer organizations addressed human suffering with such astonishing and compelling success in modeling that non-One-Lifer nations and governments around the world have *converted* to a One-Lifer treatment or counseling model?

It boils down to this gritty reality: So many One-Lifers are too ashamed to be around people who they deem to be spiritual failures because these “hard cases” make One-Lifers feel that they themselves are failures in their ability to “redeem lost souls” when it is One-Life Psychology that is the failure. **One-Lifers simply do not want to be confronted with ever-living proof that they do not have the answers for everyone.** Their One-Life Psychology is not compelling or inspiring to the millions of people who are unmoved by what One-Lifers teach and how they **treat** human problems. This realization has to hurt them as much as feels good for me to write it down. Yes, this is major problem for One-Life Psychology. **One-Lifers use One-Life Psychology as if it is a viable universal treatment for *everyone* and *everything*.** So, whenever their “universal treatment” fails to get

results they *must shun* the “failure” who unfortunately still happens to be a human being not having instantly transformed into the devil’s spawn. The One-Lifer god forbid that a completely non-One-Lifer form of treatment succeed tremendously. Of course, One-Lifers will *still* find a way to give their god credit for it. “God works in mysterious ways.” What if we can and do find real ways to treat human diseases on our own without any help from their god whatsoever?

Regarding the matter of self-esteem, whenever you hear a One-Lifer “shit in judgment” on the human race, they are actually revealing how they feel about themselves. If One-Life Psychology really was compelling, persuasive, and effective in changing people, *they* would not feel like such failures. Their own sense of failure in their One-Lifer mission is too much to embrace, therefore, **they must use judgment to project their identity of failure on to the rest of non-One-Lifer humanity and, as they call it, “lukewarm” One-Life Psychology.**

Did you ever have a teacher who ignored and avoided all the students who were failing their class? To focus on the students who are failing would mean facing their own incompetence as a teacher. They have not achieved the mastery in the subject matter, or their method of teaching students is a flawed model for education. They do not know what they are teaching, or they do not know how to teach it or both. What kind of a teacher is One-Life Psychology? Which students does One-Life Psychology focus on? A great teacher would work in the sewers and cesspools with miraculous results, a teacher like . . . Jesus. Of course, One-Lifers will say, “Duh, Jesus was god.” This is why One-Life Psychology is a nonsense religion. “Be like Jesus! But you can’t!” If Jesus was really an Avatar rather than the One-Lifer god, then you can be like Jesus. We will get to that. For now, do a review of how effectively One-Life Psychology has transformed your community healing all the addicts and reforming all the criminals. How well has One-Life Psychology done on the hard cases in your personal experience? How many people has it failed?

### **43. One-Life Psychology creates an obsession with always feeling like you need to be prepared to defend yourself from judgment in a spiritual court.**

It is not only that One-Life Psychology makes you judgmental of others, and suspicious of how their behaviors will affect your spiritual standing in the eyes of god. It is also that One-Life Psychology instills a paranoia within yourself that you must always be prepared to mount a legal defense on your own behalf, regarding all of your behavior, all of your choices, all of your thoughts, all of your beliefs, all of your feelings, and literally every aspect of your life. “God sees everything.” “God is always watching.” Really what they’re saying is that **“GOD IS ALWAYS JUDGING.”** God’s judgment, like interest rates, never sleeps. I have watched recovering One-Lifer clients in session over the years repeatedly demonstrate this behavior of compulsively defending themselves and their choices. I will listen as they provide a lengthy explanation and rationalization in defense of their decisions. I will listen for quite a while and then I will interrupt. “Stop. Hold on. I just want to know. Did it suck for you to keep doing what you were doing? Was that situation that you walked away from rotten for you?” “Yes,” they always answer. “OK, that’s all you had to tell me.” **They stare at me blankly as they dissociate in this new judgment-free, joy-oriented reality. This is totally foreign to them to think that they do not have to endlessly dissect everything with their One-Lifer psycho-anal-eyes. They need to *feel* and recognize their own internal guidance system, honor it, and *learn that nothing catastrophic is going to happen. The only consistent thing that happens* when you start listening to your soul and your deep heart, trusting that guidance, honoring it, and following through on your own heart’s guidance is that life gets categorically better in every way. It is such a relief to them to be unburdened from the fear and anxiety, the perceived shame, embarrassment, and guilt of feeling compelled to provide and mount of formidable and compelling spiritual legal defense in some imaginary cosmic court of law.**

What would happen if you suddenly gave up all your subconscious One-Lifer mind control by consciously choosing joy over judgement. Even if you are a Western non-One-Lifer, you will find again and again that at the level of your subconscious mind that you are still a One-Life Psychology-influenced person. You do not go to church, read the Bible, or believe in One-Life Psychology, but, my “god,” you *are* one judgmental person. If you are not shredding everyone else, you are slicing yourself apart. Prove me wrong. Choose joy over judgement. Consider learning how by first admitting that you have a One-Lifer addiction to being judgmental.

#### **44. One-Life Psychology conditions you to reject the spiritual gifts of non-One-Lifers and to automatically label them as works of the devil.**

What does One-Life Psychology say about all the miracles done throughout history by people in completely different religions and spiritual persuasions? Nothing. They simply ignore the fact that people all over the world across generations of time have allegedly done miracles which they have recorded. If One-Lifers discuss these events, they refer to them as mythology or fiction. These same One-Lifers have no problem whatsoever believing in grand feats of incomprehensible power such as the parting of the Red Sea. You see, the Old and New Testaments are all taken to be very literal. These things did happen according to One-Lifers. If the Bible is not literally true, then what? If these stories are recorded as if they did literally happen, when they did not, then what? What then? What then are One-Lifers supposed to think and feel in reference to the Bible? How did these things happen? The question changes. Did these things happen? Are these allegories? What is the truth? Who did what? Then we begin to look at things like Joseph Campbell's work on comparative mythology. Then we start asking rational questions. When did all these things start? Where did all these stories originate? Are these versions of other much older mythologies? Did the authors of the Old and New Testaments poach stories from other traditions? Has the reader ever researched a list of the miracles recorded to have been done in the traditions of Buddhism, Hinduism, or Islam? What about the miracles of modern science or the miracles done by people with no particular religious persuasion? Does a non-One-Lifer developing a surgical technique that saves lives qualify as a spiritual gift for One-Lifers? If a Sufi Muslim performs a miracle, how does that promote faith in One-Life Psychology? If a Buddhist monk performs a miracle does that not indicate that there is spiritual truth and power *outside* of One-Life Psychology? The most important factor here is how you, the reader, approach the potential spiritual gifts and talents of every human on this planet irrespective of One-Life Psychology. One-Life Psychology would force you to contort the context of every supernatural ability of every human in all human history into a work of the One-Lifer god. Remember in One-Life Psychology, the One-Lifer god gets credit for everything.



When your brain has been soaked in the formaldehyde of this belief since your birth, then you will be incapable of approaching anyone's spiritual gifts or talents with any degree of Neutrality level 250. Rather you will approach every spiritual gift with your One-Lifer Pride level 175 thinking, which is also the level of **denial**. Your One-Lifer Pride level 175 forces you to simultaneously admit that something miraculous has been done by a non-One-Lifer **while you deny that it was done by the very power to which the actual performer of the miracle gives credit**. Several things can happen in the psyche of a One-Lifer based on the mind control of One-Life Psychology when presented with the spiritual gifts of a non-One-Lifer Buddhist monk. (1) You cannot acknowledge that Buddha gave the power to the Buddhist monk to perform a miraculous feat. (2) You must twist the miracle into the work of the One-Lifer god through the Buddhist monk even though the Buddhist monk has spent their whole life in the service, study, practice, and perfection of **Buddhist** teachings. (3) Or your One-Lifer Pride level 175 forces you to smugly deny that any miracle ever occurred. (4) Or your One-Lifer Pride level 175 forces you to admit that something supernatural did happen, but it was the work of a *demon*. Because for many One-Lifers any miracles that are done by non-One-Lifers must be the work of devils to deceive people not to believe in the One-Lifer god. By necessity, One-Life Psychology's dogma alienates you from the vast majority of people on earth, their cultures, their traditions, their histories, their miracles, "gifts," and talents. But the biggest problem with One-Life Psychology's approach to spiritual "gifts," is that **One-Life Psychology alienates you from your real Self and your true personal power**.

What if all this psychological damage from One-Lifer Pride level 175 could be avoided by a better understanding of yourself in relation to Jesus? What if all this denial could be resolved by correcting One-Life Psychology's fundamental misinterpretation of the life and teachings of Jesus? What if you and **everyone** can achieve spiritual abilities without ever practicing One-Life Psychology, reading the Bible, or believing Jesus is your "savior"?

Alan Watts provides a fascinating explanation of how One-Life Psychology is an impossible religion in two little known speeches. I remain hopeful that more people will find and listen to these videos.

The first had only 917 views when I transcribed it, which I will summarize here. However, I would prefer that the reader STOP reading and look up the video and listen to the original.

The Catholic church produced the Bible even before the Jews had closed the canon of the Old Testament. They took over both the Old and New Testaments and decided on the books to be included in 382 A.D. So, you accept the Bible on the authority of the Catholic church. Hindus, Buddhists, and Muslims all have scriptures which they believe are just as divine and inspired as the One-Lifer Bible. All of these words came through imperfect humans and their voices can be distorted. Watts believed that Jesus was a human being like Buddha or Krishna who experienced cosmic consciousness. This experience can hit anyone of us, but One-Life Psychology put Jesus on a pedestal of worship and persecutes anyone who challenges Jesus's exclusive status as the one and only son of god. Then we are expected to follow in the footsteps of Jesus without any of his advantages including the ability to perform miracles or raise himself from the dead. But there is another One-Life Psychology that is not preached in church. The real gospel is the teaching that you can become just as powerful as Jesus. You are just as much a son and daughter of god as Jesus. Jesus was not a freak. He was rather another voice like all those throughout history have told us to wake and realize who we really are. If One-Life Psychology does not change, it will become irrelevant and disappear. Or One-Life Psychology can join the rest of the world and teach exactly what Jesus originally taught. **“All realize this divine sonship or oneness, basic identity with the eternal energy of the universe and the love that moves the sun and other stars.”**<sup>305</sup>

Alan Watts has expertly laid out how One-Life Psychology simultaneously commands you to be like Jesus while pedestalizing him and denigrating you. What is so fascinating about Watts's argument is that in denigrating the divinity inherent in every individual, **One-Life Psychology simultaneously rejects the real religion of Jesus Christ and alienates you from nearly every other major spiritual tradition of the world, because nearly all the other**

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<sup>305</sup> Please, see “Alan Watts speaks the uncomfortable truth about Religion” *Youtube* uploaded by Free Your Mind, 25 Aug 2022, [https://www.youtube.com/watch?v=4e5ir7K6j\\_Q](https://www.youtube.com/watch?v=4e5ir7K6j_Q).

**major religions say the same thing. They all agree that the individual is here to become a child of god, meaning developing a cosmic consciousness and experiencing the divine.** One-Life Psychology also sees itself as unique and exclusive by making a freak out of Jesus and the only true religion without ever bothering to encourage a study of all the other relevant religious traditions.

Alan Watts exposé of One-Life Psychology raises a monumental question. Can you become like Jesus without also becoming anti-One-Lifer?

## 45. One-Life Psychology has no loving explanation for the diversity of races and nationalities.

One-Life Psychology not only validates and affirms you in being willfully ignorant of other traditions, it teaches you that your tradition is superior to all other traditions. You are better because you are One-Lifer. Your religion is better than everyone else's. Therefore, psychologically, it makes no sense to you that you should even have to stoop to the level of taking any of their traditions seriously. These attitudes have a profound effect on international and interracial relationships. *You are not to be bothered with learning about foreign people or getting to know them, because your top priority is making sure they get to know you and that they get to know Jesus.* Consider how this effects the historical relationships with foreign *nations* around the world with predominately different *races*. India. Africa. China. Asia. Australia. The Pacific islands. The Middle East. Through what lens does Christendom perceive these other nations, but through the lens of being non-One-Lifer and unsaved. "Heathens." How does One-Life Psychology explain the existence of so many other "tribes" completely unaccounted for in the Bible? Who are the Chinese in the Bible? Who are the Indians in the Bible? Who are the Mesoamericans in the Bible? Who are the Russians in the Bible? Who are the Eskimos in the Bible? They are not there. There will always be those "scholars" attempting to twist the Bible narrative to account for more than a small section of world geography. "Oh, see this name in Isaiah? That's China!" "Oh, Russia? They are the 'lost tribes'!" The real truth is that the Bible is only talking about who it is talking about. **The Bible tells you who it is talking about. Babylon. Persia. Assyria. Egypt. Canaan.** The Bible is confined to a section of the earth and discussing those tribes and nations. The Bible is not about the Chinese or the Japanese or the Indians. The Bible has nothing to do with them. There are masses of humanity who are completely unaccounted for in the Bible.

This is the real reason why the Bible is so divisive to the extreme in its approach to explaining tribal conflict. Even within the Bible, racial

and tribal differences are explained as *punishments* and *curses* for immorality and sin. This person sinned against that person. This person killed that person. They went their separate ways. **In other words, the tribal origin stories are merely extensions of the original guilt from Eden. Your tribes suffers because of how your tribe started.** So, Japheth, the son of Noah, was less faithful than Shem, but not as corrupt as Ham. Japheth is supposed to be the original father of all the Asians. Ham is the father of Africa and associated with the black skin in many One-Lifer traditions. Shem is supposed to be the descendent of Jesus Christ and all Israel. It is easy to find One-Lifer traditions that said that the black skin was the mark of Cain for killing Abel. Cain started his own civilization from which came Nimrod who built the Tower of Babel. In other words, your entire race and nation could be cursed because of who your descendents were according to One-Life Psychology. Why else are there so many races according to the Bible? Because in the Bible, not only are we all to be the same religion, we are expected to *all* be “adopted” into the House of Israel. We are all to become the same tribe. So, the Bible scorns multiculturalism and shames racial diversity. The Bible has created a desperate race to One-Liferize the world through fear and trembling. “Fear god!” When a One-Lifer “washes their hands” of you, they are saying that they have given up hope for you. They expect god to judge you harshly. They *wish* god to judge you harshly for defying their doctrine. How do Western One-Lifers really feel about the Hindu Indians, the Chinese Buddhists, and the Arab Muslims? Do they see them as **EQUALS** and as **EQUALLY LOVED** by god? Do Western One-Lifers see *non-One-Lifer* Indians, Arabs, and Chinese as **EQUALLY CAPABLE OF HAPPINESS** and as having **EQUAL ACCESS TO HEAVEN**? Or do One-Lifers look on the non-One-Lifer nations of the world with pity? “Oh, poor them. They are not like us.” Or do they look at them with anger? “They should have listened when they had the chance.”

What will One-Life Psychology do when there is no “second coming” or “final judgment” in which non-One-Lifer nations are laid waste? Will One-Lifers admit the obvious? “We were so, so wrong all along. We have been conned. There was so much to learn from these other people and their traditions. We might have been enriched, but we were ignorant pricks.” Will it be the One-Lifers who burn their Bibles in the end with weeping and wailing and gnashing of teeth?



## 46. One-Life Psychology trains you to “confess” your sins to One-Lifer church “authorities.”

Because your mistakes are always categorized as “sin,” your mistakes always add to god’s painful burden. One-Life Psychology trains you that it is less important for you to go directly to the person you have harmed and apologize, than it is to go to the church and apologize to god. This prioritizing of “god’s” forgiveness for “his” alleged “suffering” for *your* “sins” minimizes your victim’s **actual** suffering and distorts the need to appeal directly to them to resolve your issue. Ironically, a “mere” human may be far more forgiving than the One-Lifer god about your mistake, if you genuinely approach them directly, honestly, and sincerely. Furthermore, a “mere” human may not care about what you have done and may not be carrying any burden about your mistake against them. Why? Because your particular “sin” may not be perceived or experienced as harmful to them in any sense when your “sin” is only defined and, therefore, experienced as “wrong” or “evil” or “offensive” “in the One-Lifer god’s sight” through the particular dogmatic prejudices of your sect of One-Life Psychology. I had a client who when he was a boy watched porn and had sex with his girlfriend. He carried a great burden of guilt for introducing her to sex and pornography. He cried as a grown man feeling like he had done her a great wrong. I said, “Did you ask her if she was hurt?” He had not and so he did. He reached out to her and apologized. She did not feel any negativity towards him. She did not even think about their time together. To her the sex was nothing but good. She had taken the experiences as positive, fun, pleasurable, and educational, while he had carried the experiences in religious torment. **How many years had he been carrying a guilt burden on himself due to his One-Lifer programming for NOTHING?**

Then it becomes clear that it is not really “god” that is forgiving you at all in One-Life Psychology, but rather a church authority figure. With your sin you have offended a church or a church leader or a congregation, not god. You have made them “look bad,” because, again, for them your “sins” make them all look like failures and their system of religion flawed in its ability to direct lives. How many non-

crimes do various One-Lifer sects punish with the affliction of mental anguish? Premarital sex. Masturbation. Smoking. Drinking. Does the all-knowing Creator of the Milky Way need a dossier of the entire history of your crotch or is it really just your One-Lifer authorities? One-Lifer authorities want a record of their involvement in every important step and phase of your life. They want to ensure that you believe and know that you need and have **their stamp of approval on every significant area of your life. They want to insert themselves into every corner of your psyche.**

Of course there are much less involved and lower maintenance business models for One-Lifer churches. There is the mega church model that side steps church membership altogether. It is a grand get-together without the invasion of privacy. All industries need alternative options and One-Life Psychology is no different. There is no shortage of “faiths” to choose from as pathways to heaven in One-Life Psychology all claiming they teach Jesus’s way or claiming they have the accurate explanation of *how* Jesus is “the way” and that *their* way is the actual way to obtain his grace. Of course, if One-Life Psychology as a whole is flawed, **then the dilemma of One-Lifer sectarianism is solved through individuals simply choosing whatever they prefer for their life paths.** Sectarianism is not some human expression of failure, but of the beauty of human diversity and freedom. If you flip the situation around and see every One-Lifer church as a *human* creation and not from god at all, then *humans* can simply choose whatever they are most comfortable with as a church, ***not because it is universally true***, but because it personally works for that human being at this moment for now. One-Life Psychology glamorizes “church” as an idea and a concept that unnecessarily needs your devotion and obedience. The church authorities and fanatical members need you to show up ***for their ego***. But do *you* really need to “show up” to be happy or fulfilled? Have you merely been brainwashed that you need to show up and so you have been conditioned to feel guilty when you don’t or feel like “something is wrong” or “something is missing” when you don’t follow the schedule of daily behaviors and weekly rituals your particular One-Lifer sect expects in their program? Because that is what it is, ***their program***. You are programmed by One-Lifer authorities to act a certain way and, then *to feel a certain about how you act*. You are programmed to feel “bad” when you depart from their ways and to



always go back to them to “feel better” like going home. Church is home. “Come home.” “Welcome back.” Church is your real family because it is “spiritual” and given primacy over your actual physical reality where all your real-world results are. You can forgo all real-world success as long as you are identified as a spiritual “success” within the dogmatic confines of your One-Lifer sect which guarantees your place in heaven. “Heaven” being that fairytale ending of which they provide zero proof other than the hearsay of their “prophets,” because One-Lifer “heaven” is strictly limited to the *hereafter*. You must **die** to get to One-Lifer heaven. Heaven is not on earth. Remember in One-Life Psychology, the “lost and fallen,” *real* world **is the problem**. In One-Life Psychology, success in the real world is not only inferior to spiritual success, as defined by how your sect uses the Bible, **but, within One-Lifer psychology, success in the real world is entirely OPTIONAL as long as you are “right with god.”** As long as you are “right with god,” the *One-Lifer* god, you can be sick, broke, accomplish nothing, and have no relationships, but you are guaranteed “heaven” as they define it.

What I find very intriguing about the One-Lifer “god” is how often you are expected to speak directly to “him” (i.e. pray without ceasing) while “he” never personally answers you and *that is your normal* relationship to the One-Lifer god. I am not saying that prayer does not work, and I am not saying prayers are not answered. However, I am very much questioning the One-Lifer explanation of how prayer works, why prayers are answered, and by whom. Why does it have to be *the* Architect of the Milky Way Galaxy who answers *your* prayers *personally*? For example, why could it not be your dead ancestors? How many cultures teach people to address their personal ancestors directly in prayer rather than some completely impersonal, unknown “supreme being”? **Who** is most likely to be personally invested in your protection, general well-being, and real-world success than your immediate predecessors? When I pray with clients, I may have them invoke the words, “I receive the love and healing power of anyone and everyone who loves me.” We have no idea who is cheering for us and watching over us, because we clearly suffer from a collective amnesia as a human family. **Collective amnesia seems to be an almost universal characteristic of being human** and the importance of this psychological fact about your existence cannot be understated. **YOUR AMNESIA HAS A MEANING.** Regardless of what you

believe about life, you must confront the **fact** that **you** woke up here with amnesia, which we call “birth.” Furthermore, our brains are designed *not* to allow us to even begin gathering memories until our dawn of consciousness at a date *years after* our birth. You wake up here with amnesia and immediately begin hurtling towards what we call “death.” From great unknown to great unknown we are so fragilely suspended as we walk a tight rope with our own death. We are blind to the spiritual realm of the hereafter. This is all part of a grand design. This is all part of a great game we are playing together. I am not a fan of drama, **because the last thing we need to do is add drama to life.** Can you see? Let me describe your life. The main character (you) does not wake up from amnesia until years after birth. From birth, you are incapable of conscious or rational thought. You cannot recall how you got here or where you came from. You do not know what you are or what you are doing here. You have to be told repeatedly by some strangers that you are their ‘child.’ You have to be given a name and an identity, which you accept. You are programmed by strangers from the moment you enter this life. You believe everything they tell you is the truth. As life progresses, you eventually become a “young adult,” which is not yet the age at which you are allowed to make decisions for yourself. You begin to realize that life is weird as your mind and body grow and change. You begin to develop the capacity and desire to ask questions. If your life is pleasant, you usually believe that you have been taught the truth. If your life is unpleasant, you become motivated to question what you have been taught. Can you see how this story, this plot, this life is inherently dramatic enough without you doing anything to add to the drama of human life? “Freaking out” will actually help sometimes. There is a time to freak out and shout, “Bullshit!” St. Francis did just that. He screamed out, “No!” while listening to the fake One-Lifer service.<sup>306</sup> He could not contain himself. He called “bullshit” on One-Life Psychology, the church authorities, and his parents’ way of life. There is a time to be depressed when you realize you have been taught lies. You can compassionately ask yourself if you were ever trained in any techniques of emotional healing. Did your school teach you classes on consciousness. Were you ever taught that you have

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<sup>306</sup> Please, watch Franco Zeffirelli’s *Brother Sun, Sister Moon*, (1972), Paramount Pictures.

freedom to choose your thoughts? Did your parents teach you that you can refuse any negative programming? Who exposed you to the laws of consciousness? Why torture and punish yourself for having believed things out of ignorance? Why not just stop beating yourself for being innocent?<sup>307</sup> Of course, the One-Lifer authorities *depend* upon you beating yourself up. Your beating yourself up is how One-Life Psychology's Luciferian priests have made their living. They need you to voluntarily disempower yourself by romanticizing and glamorizing their One-Lifer god. Luciferian priests brainwash you from birth that all of your power always belonged to the One-Lifer god, who receives all the glory and all the credit for literally everything.

This raises another major problem with One-Life Psychology's bias for giving their god credit for everything. "If *any* prayer is answered, it was the One-Lifer god that answered it." The obvious problem I see with that is that human beings are amazing people. I am a fan of humankind. Humans are incredible. When you just open your eyes to everything we create and how we build onto every existing foundation, we are marvelous. Every science we expand enhances life. Every day we live surrounded by the creative achievements of human genius. We take for granted how amazing we are. One-Life Psychology has programmed us to minimize everything we have achieved in the real world. One-Life Psychology sneers at our collective, multi-generational human evolution, which One-Life Psychology is ever ready to wipe away in a day of destruction according to their toxic, "divine" prophecy. I am so amazed by everything around me for which I am grateful, and which would not exist without generations of accumulated human brilliance. Everything around me amazes me. Every aspect of my clothing including every part and piece of design with its engineering and chemistry. Every part of every appliance is a complete mystery to me as to how it came about. How did the piano in my home evolve? The building design of my home is a marvel. If I built it, it would look awful and collapse. Think of every tool that had to be designed over history to build the homes of today. Our cars. Our planes. Our high-rise buildings. I walk in the great casinos and stadiums of Las Vegas,

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<sup>307</sup> Please, see David Hawkins' *Letting Go: The Pathway of Surrender* (2012), pp. 66-67.

and I see how much love went into those buildings. They are as grand and filled with love in their design as any church I have ever seen. Our manufacturing, production, shipping, marketing and retailing are incredible. Our creation of entertainments that are combined with our technologies and made accessible in our homes is miraculous. I walk into a modern hospital room and see all the inventions of life designed by a loving human who was obsessed with saving lives and preventing suffering. That touches me deeply. These things are all **human** achievements. The credit belongs to **humans**. Humans **deserve** the credit of which One-Life Psychology robs them. How is that “evil” or awful to give humans credit for so many “miracles” and marvels? Furthermore, how does giving humans rightful credit for these accomplishments do a disservice to or steal honor from the Architect of the Milky Way Galaxy? “God” can still be a great creator without needing to take credit for all our little human inventions which are very small in comparison to building **the Earth**. The more I really feel the higher power in my prejudice and experience, the less One-Lifer the higher power is, the less petty the higher power is, the less invasive, controlling, whiny, jealous, or concerned with our little human choices, the less *threatened*. I think there is a loving higher power, and it obviously pretty much stays uninvolved. We are really free, and we are really responsible to make our own “heaven” on earth. When I reflect on the list of human achievements, *we* really are doing a lot in my opinion. I do not hate humankind. I do not whine about how terrible and awful humans are. I love the humans I know. That does not mean I take them home with me. We all need personal boundaries. We all need to specialize in some contribution to the whole in some personally fulfilling way.

I return to my meditation with my little Davey when he said, “Do you remember those NFL football pencils you used in elementary school? You loved those pencils.” As stated, I went online and found them, but there is something else very important I did not mention. Sometime in the past, someone had the passion and ingenuity to decide that they were going to design pencils to provide for their family. Every part of a modern pencil is miraculous. The lead, the wood, the metal that attaches the eraser, the eraser itself, the design around the pencil, and the mass production and sale of the pencil are all miracles. All the science, biology, physics, chemistry, and engineering that developed over time to bring me those pencils. I

listened to little Davey and ever since I have used the pencils of my childhood to do all my writing about all of my clients. Humans made all my writing possible, meaning educated, dedicated, creative, genius, successful humans. Someone made millions of dollars to take care of their loved ones selling those pencils. They could then be free to enjoy their family and provide great opportunities for them. That's beautiful. That's human. That's heaven. That's real. One-Life Psychology sneers at and minimizes that entire series of interwoven miracles. One-Life Psychology glamorizes poverty and financial failure. The poor monk or nun or pastor or preacher or priest who renounces the world taking a vow of poverty so they can fully devote themselves and their lives to god making their life a superior path of devotion in comparison to our lesser, more selfish, less spiritual lives. They are to be celebrated, revered, lionized, immortalized, and memorialized for creating and contributing jack in the real world. Blessed are they, for theirs is the kingdom of heaven. We, the children of the real world, are heaven's stepchildren. We will not be raptured, because we will still be here on earth after there is never any apocalypse. We will be building starships to go off world. We will have mastered clean energy and revitalized our planet. We will have formulated our diets for optimal health, strength, and lifespan in balance with nature's bounty on earth. We will *not* have destroyed ourselves or our planet. *We*, not god, will have rejected Armageddon. We will have proven all the doom and gloom of the Bible false. We will be too busy winning at life to gloat about it or rub it into the face of religion. Religious mumbo jumbo will fade with history and with our collective progress.

## 47. The Bible depiction of the pre-eminent example of marriage is an unenlightened, ignorant, toxic, and neglectful recipe for failure and emotional trauma.

I am going to give you the ultimate example of relationship insanity in the Bible: Father Abraham. Abraham is held up as the ultimate human being. Abraham is held up as a close personal friend of god “himself.” God allegedly promised Abraham that he would have posterity that would number as the grains of sand or as the stars in the sky. That is what the Bible claims. Abraham is presented as an incredible larger-than-life human phenomenon. He is the complete warrior, scholar, statesman, and a prophet. Let us just focus on his home life. Because Abraham claims that he is a prophet, and that god has declared him to be the father of many nations, this place is an immense amount of stress on his marriage. He happens to be married to possibly the most beautiful and intelligent woman in the Middle East, Sarah, but that is not good enough for Abraham. No, the fact that Sarah, in and of herself, is perfectly beautiful and perfectly intelligent as a woman is *not enough* for Abraham. He has to indoctrinate her with the belief that she is responsible for fulfilling *his* insane destiny as the father of many nations. But the problem is she is not getting pregnant. Abraham is relentless in the pursuit of his destiny as the father of many nations, and this goes on and on to the point **where Sarah feels so distressed by what she perceives as *HER* failure to provide him with children that she begins offering him other women to have his children.** So, we get the biblical initiation into polygamy through this story of a man who is “supposed” to be the father of nations, and he *just has* to have sex with many women because unfortunately his drop-dead, gorgeous, brilliant wife is not conceiving children. Is it not rather convenient to be able to say, “I’m a prophet and god said it is okay for me to have sex with many women”?

As a MARRIAGE THERAPIST, my first question to Abraham would be, **“Hey, Abe, can’t you just love Sarah?”**

Apparently, he could not love **HER**, *unless* she fulfilled his god-given destiny. Abraham cannot be bothered with the emotional and mental

well-being of Sarah. **The Biblical narrative is all about Abraham.** Can you see how obvious and toxic this is to real human beings and, yet, the One-Lifers will not stop reading and pedestalizing this utterly abusive relationship story. But the abuse and neglect do not stop there. Abraham has the “fortune” to take on Hagar as a wife. The Bible says that Hagar is a slave, but that is quite possibly an *intentional lie*. Hagar is reported to have been exceptionally beautiful and intelligent herself, an Egyptian princess, a daughter of Pharaoh.<sup>308</sup> Abraham has sex with Hagar, and she becomes pregnant. According to this already abusive story, we are told the ridiculous claim that the **elderly** and wise Sarah is so insecure, upset, petty, and jealous that she begins **abusing a pregnant woman**, Hagar, with such severity that Hagar runs away. Now we need *even more* to this already abusive and ridiculous story. We must add the absurdity that no less than an angel of the Bible god finds Hagar. What does this divine being advise Hagar to do in this abusive, polygamous relationship? **“Go back to your mistress and submit to her.”**<sup>309</sup> The One-Lifer god’s solution for the abused, pregnant woman is **SLAVERY**. I did not *infer* it. It is a fact that the One-Lifer god’s salutation to Hagar was, “Hagar, *slave* of Sarah...”<sup>310</sup> Slavery of abused, pregnant women is approved of by the One-Lifer god. Hagar returns and she gives birth to Ishmael. Ishmael is born before Sarah miraculously conceives as an elderly woman and gives birth to Isaac. Hagar, naturally for her historical context, believes her son Ishmael should be recognized as the first-born son, because he *was* the first-born of Abraham with all the rights, privileges, and inheritance associated with first-born status. Why should Hagar feel otherwise? She is, after all, a royal princess. She is, after all, a perfect 10 in beauty and intelligence.

I wish the story was over. We are told that Isaac stopped “breast-feeding.” They were going to have a celebration. Sarah saw Ishmael “making fun” of his younger brother Isaac. Wise, old, beautiful Sarah is back with her petty jealousy. Sarah is alleged to have said to Abraham, “Get rid of that slave woman! Get rid of her son! That woman’s son will never have a share of the family’s property. All of

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<sup>308</sup> Please, see Nissan Mindel’s “Hagar,”

[https://www.chabad.org/library/article\\_cdo/aid/112053/jewish/Hagar.htm](https://www.chabad.org/library/article_cdo/aid/112053/jewish/Hagar.htm).

<sup>309</sup> Please, see the Bible, Genesis 16:9, *New International Version*.

<sup>310</sup> *Ibid.*, Genesis 16:8.

it belongs to my son Isaac.”<sup>311</sup> Again, this is the alleged behavior of the woman that was so, beautiful and brilliant that kings repeatedly tried to murder Abraham to take her. This caricature of a person is **absurd**. Sarah cannot have been the most amazing specimen of a woman of physical and mental femininity and behaved with such idiocy. What is the great father Abraham’s solution to the problem he created with his god-given destiny as the father of many nations? The One-Lifer god tells Abraham to “listen to what Sarah tells you, because your family line will continue through Isaac.”<sup>312</sup> The One-Lifer god’s solution to the dilemma is to tell Abraham to **ABANDON** Hagar and Ishmael in poverty to such a degree that she faces death. According to the Bible, Abraham sent this single mother and young boy into the desert. How do we know? She ran out of **WATER**. Ishmael was **DYING**. “When the water in the bottle was gone, she put the boy under a bush. Then she sat down about as far away as a person can shoot an arrow. She thought, ‘I can’t stand to watch the boy die.’ As she sat there, she began to sob.”<sup>313</sup> Then we are told that an angel tells Hagar she will be okay and points her to a water well. So, the One-Lifer god approves of men abandoning their wives and children without any means of support. Abraham sent his partner away with his son with nothing to survive. Think about that. Abraham agreed to do that. It is absolutely reprehensible and unconscionable. Behavior by Abraham created the situation. Abraham was a husband who did not protect his partner, Hagar, from abuse. Abraham was a dead-beat dad. He dumped his partner and their son in desperate, life-threatening poverty. They almost died. This story is abusive and neglect-FULL. Following the marriage and parenting in this story makes immoral abusers of all who believe it. This story makes immoral idiots of Sarah, Abraham, and Hagar. I do not believe this story is authentic or divine in origin. I do not believe an intelligent or wise being created this story. This is a story for abusers. *This* is the father of Judaism, One-Life Psychology, and Islam. This train wreck of a husband and father thinks he is destined by god to be everyone’s father?

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<sup>311</sup> Ibid., Genesis 21:10.

<sup>312</sup> Ibid., Genesis 21:12.

<sup>313</sup> Ibid., Genesis 21:15-16



I am not going to listen to the absurd rationalizations of One-Lifers on behalf of their Luciferian god. A real god cannot be bound by your Old Testament historical, toxic masculinity context. A timelessly intelligent and eternal god would not approve of slavery ever in **any time** period. A timelessly intelligent and eternal god would not approve of the abuse of pregnant women in **any time** period. One-Life Psychology claims that the One-Lifer god never changes. **So, based on biblical logic, One-Lifer men are still free to abuse their pregnant wives who are expected to submit to slavery, because this is the standard of father Abraham.**

I want to play a little mind game with you regardless of your belief system. I just want you to do an activity with me. A mini meditation.

I want you to imagine for a moment that reincarnation is real. Just consider for the sake of conversation at this moment that reincarnation is a fact. Now if you are willing to indulge me for a moment in that exercise, let us revisit father Abraham and his relationships. This is what I would say to Abraham, “If we reincarnate, then, even if we cannot have children in this lifetime, for whatever reason, we **will have** more chances to have children in other lifetimes. If we reincarnate, and for whatever reason in this lifetime, Sarah will not bear children then that is **okay**. Perhaps, the lesson of this lifetime is to **love her as a person**, not as a *mother*, not as your personal baby-making machine. Abraham, you totally **failed** to love Sarah in and of and for herself. And she happen to be possibly the most perfect woman on earth at the time. What does that say about your judgment, Abraham? Furthermore, eventually, she did have a son for you. So, doesn’t that expose you as a fraud as a prophet? You had sex with all those different women, including Hagar, who you abandoned with your oldest son, because your excuse was that Sarah could not get pregnant. **However, she did get pregnant, should not you, as a true “prophet” of god, have been able to for see that she was going to get pregnant later? Does not that expose you for, not only being a terrible prophet, but for having no real faith in what god allegedly told you?** It was very convenient to be able to rationalize having sex with other women, in addition to your wife, because you were promised by god to be the father of many nations. Who thinks like this? Who treats people like this?” This sums up what I would say to father Abraham about his conduct toward his wife and his allegations

about his special status as a “prophet.” Have you personally known anyone who behaved like this man? This level of narcissism is rare. If you have known a man who used his conversations with god to compel women, you probably did not respect him. I suppose the stories regarding the behavior of Sarah are false. Whatever Sarah was, she sounds exactly as insecure, petty, and competitive as so many One-Lifers feel: **not enough**. As I promised in the preface. There are moments, moments like this when One-Life Psychology unravels before your eyes. “Father Abraham...” This is supposed to be the Bible’s flagship family through whom the destiny of god’s chosen people would fill the world. **As a marriage and family therapist, I would say they set the bar really low even when they control exactly what part of their family narrative goes public.** This story is full of suspicious holes. No family in our world can be encouraged to follow in Abraham, Sarah, and Hagar’s footsteps. I do not see a model of family success. I am very concerned about Sarah’s emotional developmental state and all the women around Abraham.

It is very interesting, because One-Life Psychology’s excuse for all this reprehensible toxic masculinity is usually to point to the time period. They will sneer and snort, “Look at the *context*, David.” Bible “scholars” will give my points a solid academic hand wave away. They will brush them aside not with words but a single sweeping gesture. This is a standard gaslighting behavior to prevent independent verification of actual facts. Here is the core issue. Was Abraham a prophet who talked to god? Because if that is true, **Abraham was very abusive and immoral in the fundamentals of happy marriage in which god would have had timeless, perfect, knowledge to share with his “best friend,” Abraham.** Who is god, Abraham? “He is my best friend.” Abraham sounds a lot like SNL’s Penelope.<sup>314</sup> “My best friend is the President. Who is your best friend, Penelope?” “My best friend is just a little bit better than yours. My best friend is god.” **Being the timeless and eternal god’s closest human friend, Abraham ought to have been able to write the world *the* book on the timeless and perfect marriage lessons and wisdom unbounded by historical context, BECAUSE THAT IS HOW THE BIBLE AND ONE-LIFE PSYCHOLOGY DEFINE**

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<sup>314</sup> Please, search “Penelope SNL” on *Youtube* for a series of examples by the uploader Saturday Night Live.

**GOD. IS NOT THE ONE-LIFER GOD PERFECT FROM THE BEGINNING OF TIME?** One-Life Psychology's god is defined as morally perfect and immutable, which means unchanging, **not progressing in knowledge**. One-Life Psychology's god has nothing to learn, **because he already knows everything that can be known**. **There is nothing that the One-Lifer god does not know**. One-Life Psychology's god is supposed to already be perfect in every way possible. So, the One-Lifer god must have always known, from before the creation of Earth, the perfect formula for a successful marriage. Can YOU not see that? The One-Lifer god **MUST** know the one true perfect marriage formula according to how One-Life Psychology and the Bible have defined their god. This is not optional knowledge for the One-Lifer god. So, god *has to possess* this knowledge while letting Abraham, the father of three major world religions, act in ways that will forever be examples justifying uninspired, toxic masculinity against women and daughters who the One-Lifer god allegedly loves perfectly for thousands of years. Why would a perfect god establish three major world religions this way? My opinion is that god did not. The stories are frauds *prima facie*. There is nothing inspiring here. This character "Abraham" could not have talk to god. Abraham did not know how to treat women and children with love.

Let me share my prejudice. Personally family life at home is the height of human civilization. Not religion. Not politics. Not sports. Not technology. Family life at home. The single-family unit is the fundamental unit of civilization. Currently, because we have been reduced to consumerism, the highest form of civilization is the family dinner. Coming together putting away all the tech toys and talking about the end of the daily hero's journey. Listening and sharing highlights and lowlights. Whenever that occurs in my own household, that is the best part of my life in my prejudice. I am not that sharp or bright and definitely not morally superior. However, this knowledge is subconscious for me. It is automatic. Two partners and their children at the family dinner table. That is the highest form of civilization, and it is available every day.

In fairness to the science of marriage and Abraham, maybe there are magical things about his polygamy we do not know because we have

not practiced it as a society. You cannot study something if it is prohibited by law, or study it in a laboratory and see it function optimally. If a portion of people were allowed to practice polygamy under a microscope, then we could see if it is a joke. Oh wait, we have essentially allowed it, and people have always practiced polygamy and guess what? It has not “taken off.” It is not compelling to the masses. Women are not leaving their families to go join polygamy cults. Sure, there are always a minority of humans who will submit to polygamy. There will always be a small percentage of men who wish to dominate, corral, and breed women. There will always be a small percentage of women who are open to being corralled and bred. Human free will is real. **It is time for the glamour of Abraham and his corraling of women for his destiny to decay. It is time to laugh at it because it is funny that we ever thought he was compelling, interesting, inspired, or a “close friend” to god. It is simply not possible that Abraham’s relationship advice came from God. Abraham did not know how to have a deeply loving marriage.** That is obvious. Forgive me a Penelope moment. “Sorry, One-Life Psychology, my thoughts are just a little more *rational* than yours.” Now go practice your Penelope faces in the mirror for when we debate this face-to-face in public, because I will debate you face-to-face on Abraham’s “marriages” in public. This is David you are talking to now. I do marriage and family all day every working day. Are you sure you want to defend Abraham in a modern rational society where One-Life Psychology’s popularity is already in free fall? **Because I am telling you, there is no possibility on earth, in heaven, or hell that the god who created our universe was advising Abraham on how to have a healthy family or a successful marriage, which are the real foundation of civilization. Again, the family is the foundation of civilization,** not One-Life Psychology or the Bible. Do you really want to have that debate? Do you really want to argue that **THAT** dude was the **apex of humanity** to which we are all to aspire? Do you really want to argue that we are all “downhill” from Abraham? Do you really want to argue that we have “devolved” from Abraham’s “enlightenment” when he cannot even read the room with his soulmate and “equal” counterpart Sarah? We are “beneath” him? Beneath that “model”? *That*?! Sarah appears more as a compliment than a companion to Abraham, a feminine condiment. If you love somebody you just love *them*, not the children they have not given

birth to. **Why could Abraham not just love Sarah? Why does she have to give birth to anyone for you to feel fulfilled or successful? Is not being married to her already winning at life? Is it not good enough for you “just” having a wife so gorgeous and charismatic that the Pharaoh of Egypt would kill you for her?** He was not the only king who wanted to murder Abraham to take “possession” of Sarah. That is how men thought of women at that time: possessions. Abraham was only slightly more “civilized.” His brand of polygamy is just slightly above sex slavery. Maybe some entity was talking to “prophet” Abraham, but it was not the god who designed or oversees the Milky Way Galaxy or any other celestial body.

God deliver us, if Abraham is the presumed **model** for all men of the ancient world. Was Abraham “the *best*” of the men of the ancient world? Is that not the argument of Bible scholars? With Abraham as their model citizen, it is no wonder human sex-trafficking and slavery was the norm for the ancient world. That has got to hurt to hear it if you are possessed with the belief that the Bible is the “infallible” word of God or you are possessed with the idiocy in Biblical “inerrancy,” that the Bible is without error. Remember I am laughing throughout the process of writing this book. I am laughing at the way I was raised, at the way I was brainwashed and mind programmed from infancy. I am laughing when I think of how ridiculous it all is to me now that I had reverence for these Biblical humans. It is so stunning to me now as a man, a husband with one wife who blows my mind, and children I would never imagine abandoning even after we have melodramatic, toxic moments. I teach all my clients “every family has Jerry Springer moments.” That is *normal* human family life. Family life is real and with all great things you cannot get to the hidden treasures unless you stick around and stick it out. You do not run away. You grow up. You work on yourself. You take 100 percent responsibility for your personal life, growth, and communication with your family regarding what you have learned and discovered about yourself in your process. Then you let them do the same. I cannot imagine or fathom treating a person the way Abraham treated Sarah or Hagar or Ishmael. I *can* imagine that Sarah never was able to blow Abraham’s mind with her love as a unique individual, **because she was never able to really be herself.** She was always a servant to his “divine,” “prophetic” agenda. Where is the Book of Sarah? Where are *all* the female prophets? Because as long as they are missing with their stories and teachings

**HALF THE BIBLE IS MISSING.** The Bible *is* god-damned in the true divine sense. The One-Lifer Bible is dammed, stuck, incomplete, not moving, not progressing. Verily, god has looked down on the Bible and She is not smiling. “Blasphemy! Heresy!” “Why stonest thou me, because I made god a Woman?” I am not saying there are *no* sacred cows. I am saying the character “Abraham” as portrayed in the One-Lifer Bible is not sacred. “Pseudo-sacrosanct perversion”? Likely. Sacred? No. Abraham just happens to be *the core, the bedrock* of One-Life Psychology. I know, some abuser out there will equivocate and say, “God never told Abraham to have sex with other women.” Is that better?! Does that improve Abraham’s judgment?! Actually, an angel of god backs into validating Abraham’s sex-capades with Hagar when he comes to her rescue and her child saying, “Lift the boy up and take him by the hand, for I will make him into a great nation.”<sup>315</sup> Oh, it is alright after all, because this whole story was actually “god’s plan.” **So, when anything awful happens to you, because of living as a One-Lifer, you must not complain, because you too are living “god’s plan.” That is the lesson of Hagar’s life if we are reading honestly.**

**Can you see that people who talk directly to god cannot be this ignorant in *any time period of history* because god cannot be this ignorant in any period of history? A real god of Enlightenment level 1000 would have given marital advice corresponding to its level of perfect consciousness always in *any time period*. The Being with whom Abraham was allegedly friends with would have been like Jesus *after* his resurrection and ascension. Abraham and Sarah cannot have been in communion with a Being like the resurrected Jesus, because such a Being would have spoken like Jesus, but during Old Testament times. There is something seriously wrong with this story.** For example, we can break down the actions. What is the level of consciousness of Sarah? She is a combination of Fear level 100, Desire level 125, Anger 150, and Pride level 175. Her character is preoccupied with acquisitiveness, jealousy, envy, anger, retaliation, and contempt. She is driven by a Fear that Abraham will reject her. She literally wants *everything* for herself and her son. She is abusive and neglectful. She has *no* compassion. She is hate-full. This *caricature* is a loser. She is

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<sup>315</sup> Please, see the Bible, Genesis 16:9, *New International Version*.

no one who anyone can or would ever respect. She is not real. “Sarah,” as portrayed, *MUST be* a fictional character designed to illustrate low states of consciousness which portrayal fed into someone’s premeditated narrative and agenda. **This “Sarah” cannot have been the legendary woman for whom kings were willing to murder. This cannot have been her real character.** Do you know the almost universal legendary character trait? **Magnanimity.** Magnanimity is the **universal** quality of divine leaders. Magnanimity is generosity, compassion, and kindness to those who are *below* your station. Magnanimity is a quality inherent to those who are truly **noble**. Great people are generous and lavish in their gift giving. In fact, it was an ancient source of pride to see who was wealthy enough to out-give everyone else. This “Sarah” lacks all noble qualities that would have made her the most attractive woman in the world in her era. It has always been well-known that kings did not just want physically beautiful women. They wanted fascinating, cultured, gifted, and intelligent women. “Sarah” was **none** of these in this “story.” No king would have coveted such a petty woman. “Sarah,” as portrayed, cannot have wanted nothing other than poverty and death for Abraham’s son, Ishmael, who *she* **agreed** he could have making her a liar in a period of history in the Middle East when your oaths were life-and-death covenants. Breaking a promise would cost you your life. The obvious problem with this story is that it seeks to demonize women by blaming them for this situation at a time when women had no equal rights. So, “Abraham” is portrayed as a man who is totally out of touch with Sarah’s value and feelings as a person to have sex, but when it comes to Hagar and Ishmael, “Abraham” is suddenly willing to *submit* to whatever Sarah wants. **It is preposterous.** “Abraham” operates at Apathy level 50, Grief level 75, Desire level 125, and Pride level 175. “Abraham” is hopelessly abusive, neglectful, and incompetent, as portrayed. Are you going to tell me with a straight face that the best solution to a “love” triangle was to send his partner and son into the desert to die? Why not send Hagar with an escort back to her family in her hometown, which may have been Pharaoh’s palace in Egypt? The Bible alleges that Abraham is powerful and respected throughout the known world by this point. **Why not send Hagar anywhere she wants to go with everything she needs, which is *exactly* what we are told he does later for his**

**“concubines”?<sup>316</sup> The man so desperate to have children is suddenly willing to let his son die?** This does not work. “Abraham,” as portrayed, is a sad, impulsive, loveless man who loses people. This “Abraham” cannot have been the same man who outwitted the smartest kings in the world. I do not know what happened to the original Abraham, Sarah, and Hagar or their real stories, but these stories **cannot** be true or authentic. **These people are cheap, cheesy soap opera characters. These are not civilization builders. If we romanticize people like this, we are morons. We are doomed.**

Now if the story had said that Ishmael had *molested* Isaac, then Sarah would have been acting from the Love for Isaac’s well-being and the whole Bible would be different. Sarah’s stated motivation would have been far more noble than material gain.

But the Bible “experts” will say, “David, you’ve got it all wrong. You can’t read this story at face value in the English. We have to go back to the ancient Hebrew and all the possible interpretations. One Hebrew word can mean seven different things. There was a deeper meaning in every story...” **STOP. STOP. STOP. WE HAVE TO STOP READING THE BIBLE LIKE A MYSTERY NOVEL THAT WE HAVE TO DECIPHER. A TRULY TIMELESS LOVING GOD WOULD NOT REQUIRE YOU TO NEED A BIBLE SCHOLAR TO DECODE ITS WORDS. A TRULY TIMELESS LOVING GOD WOULD DISPENSE CLEAR INDISPENSABLE WISDOM FOR THE AGES.**

**There is something seriously wrong with the Bible. It is *off* from “the beginning.” We do not need to be Bible “experts” to see that the Bible “experts,” who gave us the Bible we have today, were either never enlightened or intentional fraudsters. If they translated the Bible truthfully, then the original story is low, weak, dark energy, and we CANNOT use it as a guide. If they translated the Bible falsely, then it is deceptive garbage and we MUST NOT use it as a guide. IT IS *NOT* MY RESPONSIBILITY TO RATIONALIZE OR DECIPHER THE BIBLE. IT IS MY RESPONSIBILITY TO BE LOVING TO MYSELF AND EVERYONE.** In this case, Love level 500 means defying and rejecting the Bible’s portrayal of Abraham, Sarah, and Hagar. A

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<sup>316</sup> Please, see the Bible, Genesis 25:6, *New International Version*.



Bible? A Bible? **Has anyone seen the true Bible with real legendary characters who talk to a timelessly loving god and dispense its Enlightenment level 1000 wisdom?** Does anyone possess the Enlightenment level 700-1000 **translation** of the Bible? I am not saying Abraham was not legendary. **I AM SAYING THAT STUPID, SAD CREATURE REFERRED TO AS “ABRAHAM” IN THE BIBLE CANNOT BE ABRAHAM.** I am a bit of a moron and even I can see this. I am basic and I can see this. I am a nobody. I am a no-one. **STILL, I CAN SEE THIS. WE MUST STOP EXCUSING THE ABUSIVE, INEXCUSABLE STORIES OF THE BIBLE.** Excusing such abuse makes us inexcusably immoral. We must have the courage to walk away from One-Life Psychology and say, “Dear, Roman imperial master overlords and Luciferian priests, we can no longer use the Bible you have given us, because it has made us dim-witted. We are no longer going to read it or listen to you teach from it. If you have the real Bible, please make it available for study. This Bible is too abusive to be divine.”

Sometimes I like to imagine there was actually another set of divine writings deep in the past. I like to fantasize that there was another version of the Bible which was not indecipherable. Sometimes I like to imagine reading the scriptures as they ought to have been written or how they ought to be read.

After god brings Eve to Adam and they are married, we read, “That is why a man leaves his father and mother and is united to his wife, and they become one flesh.” I like to imagine that in the original story this was literally true, and this was a statement by Adam himself. If Adam was being quoted then he would be affirming, “I am leaving my father and my **Mother** to cleave to my wife Eve” meaning **She** was always there. Heavenly Mother was standing there at the first marriage ceremony in the Bible. Eve would have repeated a complimentary statement. “This is why a woman leaves her father and her mother and is united to her husband, and they become one flesh.” I like to fantasize this way. This is a pleasant fiction.

What is the lesson? What is the message? One-Life Psychology has done a poor job in its treatment and portrayal of women. I will not say the same of Judaism or Islam. That will be for others to explore. I was poisoned by One-Life Psychology from birth. However, I will be

interested to listen to free women speak candidly on religion, **all** religion.

I have in my imagination an amusing idea about men who practice polygamy. These men seem to have some kind of god-complex. We also hear about men, not merely One-Lifer men, but just men in general who practice polygamy, because they believe in the future heaven, where they will have many “virgins.” Because I believe in reincarnation, I just wish I could be there when men like Abraham, die and go to the spirit world. I wish I could be there and see their faces when a spiritual master informs them that they have to be reborn **as women**. They have to feel and experience what they put women through. *That* would be beautiful. *That* would be justice. *That* would be divine. *That* would be hilarious. *That* would be how the real higher power would work and sit in “judgment.” Would that not delight your imagination?

I will continue to dismantle Abraham’s legacy with respect to glorifying the psychotic insanity of ritual murder, which was institutionalized as an ancient form of government: human sacrifice. That is the next point. However, I hope you leave this point with a new appreciation of **consciousness in marriage *utterly absent in the Bible’s premier, flagship Old Testament couple. Hint: These characters were *not* real people.*** Would it not make much more sense to candidly admit that our consciousness of relationships today is **far more evolved** than Abraham and Sarah’s? Give yourself a little credit that you are **not** like “Abraham” or “Sarah.”

## 48. The Bible romanticizes the violence of human sacrifice as godliness.

We cannot yet stop discussing Abraham and his status as a prophet of god, who talks to god.

We need to talk about Abraham and Isaac. The story is famous. The god who promised Abraham innumerable posterity also waited until Abraham and Sarah were elderly before fulfilling the promise to give him a son. “Some time later God tested Abraham...Then God said, ‘Take your son, your only son, whom you love—Isaac—and go to the region of Moriah. Sacrifice him there as a burnt offering on a mountain I will show you.’”<sup>317</sup> You know well enough by now to know my position on people claiming that god is talking to them. Abraham would have had to explain this to everyone to **“teach”** them. I want you to imagine you were Abraham. I want you to imagine yourself acting like this. Some supernatural being comes to you and tells you to kill your child. If any supernatural being ever comes to you telling you to kill someone, what are you going to do? Would it not seem natural for you to say, “Get thee behind me, Satan.” Would you not be able to tell that the being is evil? **But what is more important, if you meet a supernatural being that tells you to murder someone, you are having a psychotic episode and you need emergency medical care. You need to check yourself into a hospital for observation.** Can you see how differently we would approach this situation if it occurred today? Abraham: “I am going to kill my child?” Me: “Why?” Abraham: “God told me to.” Me: “You are having a psychotic episode. We’re going to give you a sedative.” Can you see how normal my response would be to his very abnormal answers. Again, the excuse that sacrificing your own children was **“customary”** in that day and age is illogical for the reason that **AT ANY TIME, IN ANY DIMENSION, ANYWHERE IN THE MULTIVERSE IT WILL ALWAYS BE UNIVERSALLY WRONG AND EVIL TO SACRIFICE YOUR CHILDREN. THIS IS HOW YOU KNOW THE STORY IS FAKE. This is how you know the story is implanted in the Bible to program abusive people. You “should” not be proud to say, “I**

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<sup>317</sup> Please, see the Bible, Genesis 22:1-2, *New International Version*.

am a One-Lifer.” You “should” be very concerned for your own mental well-being. You “should” be outraged that you have been brainwashed to honor and revere psychopaths called “prophets.” Why do you look up to these fake characters who can never have represented Enlightenment level 1000? “But, David, he didn’t kill Isaac.” Abraham traveled three days. “When they reached the place God had told him about, Abraham built an altar there and arranged the wood on it. He bound his son Isaac and laid him on the altar, on top of the wood. Then he reached out his hand and took the knife to slay his son.”<sup>318</sup> YOU WANT TO BE LIKE THIS “PROPHET”? YOU WANT TO BE LIKE FATHER ABRAHAM, THAT FATHER OF THE “FAITH-FULL”? Put yourself in that situation. You want to be like this character who tied up his son and lifted up a knife to kill him? BECAUSE THIS IS EXACTLY WHAT ONE-LIFE PSYCHOLOGY EXPECTS OF YOU. This is the dark side of One-Life Psychology that you never want to talk about or acknowledge. How true it is and how real it is. This is the Bible. This is the **core** of the Bible. The ethos of the brainwashing of the Bible is all right here incapsulated in this story. **THE MEANING OF THIS STORY IS THAT THE ONE-LIFER god SENT HIS ONLY SON HERE TO DIE AS IF THAT god MURDERED JESUS HIMSELF.** So, you need to be willing to sacrifice everything for the One-Lifer god, because the One-Lifer god was willing to stand by as his own son was sacrificed. This is how you have been programmed. Can you honestly imagine being as psychotic as Abraham? Because if you can, you are one step away from CRIMINAL INSANITY. THAT IS EXACTLY WHERE ONE-LIFE PSYCHOLOGY WANTS YOU, DESPERATELY, INSANELY SUBMISSIVE TO THE ONE-LIFER god. This is how dim One-Life Psychology has made you. One-Life Psychology has made you so dull that you would revere and honor a psychopath. I am telling you **this “Abraham” character is FAKE.** This character serves an AGENDA of mind control by a very ancient Luciferian priest class who rule by Fear. **No truly loving or inspired person in any age on any earth in any part of the universe would ever listen to a being like the One-Lifer god. You know this is true. You know if a supernatural entity came to you and told you to sacrifice your child and you were seriously entertaining it, you would know YOU NEED HELP. You are in danger. Your child is**

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<sup>318</sup> Please, see the Bible, Genesis 22:9-10, *New International Version*.

**in danger. Can you see how this psychotic mind control has seeped into the pores of your mind? Can you see how the Bible is not a healthy book?**

Where in the story is the missing response of Abraham, “God, take me instead.” One-Lifers will answer and say, “But as a ‘loving’ parent, it would be more of a test to kill his own son.” This falls apart because of the tainted motivation built into Isaac’s birth. Isaac exists as Abraham’s son to fulfill Abraham’s ego, the divine promise of Yahweh to give him endless posterity and glory on earth. **You see, killing Isaac meant Abraham was killing Abraham’s own dream, not that Isaac was dying as an end in himself.** This dynamic taints the entire purity of Abraham’s motivations. Remember, *Abraham had to have sex with several women to have more children to fulfill what he alleged god had “promised” him.* This is the prerogative of being a “prophet,” just as Sapolsky stated, a compelling and socially revered schizotypal. **In One-Life Psychology, your life, like Isaac’s, is a vehicle to someone else’s glory, not your own.** It is a bizarre abdication of self-worth *essential* to One-Lifer psychology.

Thankfully, you can rest assured that this story is **fake**. It is nonsense. No real divine higher power would ever perform such “tests” for the simple reason that simply being a human and trying to be a nice person is hard enough. **We do not need the One-Lifer Satan-god giving us more “tests” and “trials” to prove that we are decent people.** Are you a member of the Epstein club having sex with animals and children? Are you ritually murdering anyone and drinking their blood? No? Okay, you are *okay* in my book. Are you just trying to make your way in the world? Maybe you have an addiction. Maybe you cheated on your spouse. Maybe you lie or steal. Maybe you are lazy and unmotivated. That is all fine. **That is all human.** If Abraham was only human, I would not care. I have no problem with Abraham being *human*. **The problem is that Abraham is inhumane. The problem with Abraham is that he was criminally insane, and he is held up as THE PATRIARCH OF WESTERN SPIRITUALITY. Why? BECAUSE HE WAS CRIMINALLY INSANE. The whole reason Abraham was ever elevated to his current status is PRECISELY BECAUSE HE WAS WILLING TO KILL HIS OWN SON AT THE COMMAND OF THE ONE-LIFER GOD. Do you get it yet? This is how you are being**

**programmed.** You have been programmed that Abraham's criminal insanity was "good," "righteous," and "FAITHFUL." BUT WHY? ONE-LIFERS WILL ANSWER, "BECAUSE OUR GOD SAID SO." That is their entire justification. It can be fluffed up with a variety of One-Lifer apologetics on behalf of their god and his moral acrobatics which are certainly beyond the understanding of any *rational* human. But then we must also ask One-Life Psychology, why are **WE** supposed to be like god when we are simultaneously told we are **nothing** compared to god? You must act and live like Abraham, *who was, in fact, acting like god.* Abraham was doing just a smidgin of the work of god. *The One-Lifer god is more "divine" because he would actually watch his son be murdered.*

Why would you revere someone's (i.e., Abraham's) actions who you know today would have them committed to a psych ward? Imagine the post-traumatic stress and mental anguish of Isaac. "Dad, you *were* really going to kill me." If you are reading this and you are not One-Lifer, imagine thinking like a One-Lifer. I was raised from infancy to glorify and celebrate Abraham's triumphant faith. **BECAUSE PSYCHOLOGICALLY IT IS ONLY A TEST OF FAITH IF ABRAHAM TRULY DID NOT KNOW GOD WAS GOING TO STOP HIM.** "Oh, I know god is going to stop me." No, the story teller of this low-level rubbish knew full well the psychology of the narrative. "We must create a dramatic narrative which our followers accept, and which will intentionally push them to make the ultimate sacrifices on the brink of insanity in the name of whatever we say god has commanded them to do. We only pull the narrative back at the very brink of crossing the line to **BEING BLATANTLY EVIL.**" That is the One-Lifer way. Now you can understand again the psychology of sadism of the One-Lifer god. This One-Lifer god is not a real divine entity. The One-Lifer god represents the idolatry of the very worst in the **HUMAN PSYCHOPATHY.** The One-Lifer god is nothing like Jesus. The One-Lifer god needlessly **MURDERED JESUS.** Then the Luciferian authors had to work tirelessly to attempt to work Jesus back into the Old Testament. "**You see, David, Isaac's sacrifice foreshadows Jesus's sacrifice.**" **WHEN MURDER IS YOUR RITUAL ADDICTION, WHOSE MURDER IS NOT "FORESHADOWING" THE MURDER OF JESUS CHRIST? WHOSE DEATH CANNOT BE TWISTED INTO "FORESHADOWING" "FULFILLMENT" OF YOUR**

**FRAUDULENT, TOXIC “PROPHECIES”? IS NOT THE MURDER OF EVERY INNOCENT PERSON AN AGREEMENT TO CRUCIFY THE INNOCENT JESUS?** How many innocent people have One-Lifer **nations** murdered? How many innocent people did the One-Lifer god’s **people** slaughter *in the Bible*? How many innocent people did the One-Lifer god, *that failure of a teacher*, slaughter himself? “Oh, but David, all those people he slaughtered were wicked?” What made them wicked? Oh wait, I already know the answer. Because the One-Lifer god said so. Because the One-Lifer god said they were wicked. **You see how bloodthirsty One-Life Psychology is just under the skin. Anyone who their god says is “wicked” DESERVES TO DIE. This is another reason I do not believe Jesus was One-Lifer. I do not believe Jesus would have condoned the murderers in the Bible. Again, what if the real Jesus *denounced* the Old Testament god and that is the real explanation as to why his character was so utterly different from the Yahweh/Yaldabaoth? I believe the Bible has some truth because it must in order to have any appeal to the truth already inherent in any unevolved soul. But the Bible is like a pedophile grooming you from childhood, fondling your sanity, groping your reason. They have to get you when you are young. The Bible is a lure, a trap. The authors and creators of One-Life Psychology will have you, heart, might, mind, body, and soul.**

Of course, if you gave up the perversion of human sacrifice, you would also have to relinquish your addiction to your persecution martyrdom syndrome. You would have to give up playing the innocent victim of the Beast and the Whore of Babylon. Wait until you find out that the creators and authors of One-Life Psychology *are* the Beast and the Whore of Babylon. *Who else do you think instituted the “sacred” blasphemy of human sacrifice* but the mystery religions, the L.P. (i.e., Luciferian Priests), Epstein & Co.?

## 49. The god of the Bible commanded the slaughter of innocent children just like the Egyptian Pharaoh who slaughtered the Israelite children.

Think about how embroiled the British government was intertwined with ours in colonial times. I wonder how enmeshed Egyptian government was intertwined with the Israelite hierarchy. I wonder if we have been fools all along to the same group of people who all seem to rejoice in the slaughter of innocent people including children. What if the Egyptians and the Israelites worshiped the same Luciferian god? What if we are simply that dull that we cannot see what is directly in front of us? What if we are simply so traumatized and entranced that we cannot see that the god of Egypt and the god of Israel is the **same personality**. Who kills masses of innocent people including children? Pharaoh, the god of Egypt *and* Yahweh, the god of Israel. We are told that Pharaoh, the god of Egypt, killed all the little children of Israel. Later, we are told that Yahweh slaughtered all the first-born children of Egypt. That is a lot of dead, innocent children. What if it was the same group of people who killed all the children and then made up these absurd, supernatural stories? We do have a clue as to the scientific reason for all these deaths. You see, I do not believe the ancient humans who constructed the Pyramids were ignorant. I believe these people possessed an advanced and sophisticated science, which included the science of human sacrifice. What if human sacrifice always served a rational, scientific purpose?

The apocryphal *Book of Jasher* gives a very different narrative of the life of Moses and it ought to be read and considered by every One-Lifer, because it calls into question the version of this story in the Bible. “And when the Lord had inflicted the plague upon Pharaoh king of Egypt, he asked his wise men and sorcerers to cure him. And his wise men and sorcerers said unto him, That if the blood of little children were put into the wounds he would be healed.”<sup>319</sup> This

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<sup>319</sup> Please, see *Book of Jasher* 76:29-30, <https://www.sacred-texts.com/chr/apo/jasher/76.htm>.



version completely changes **the number** of the dead children and **the motivation** for taking the children. “And Pharaoh’s ministers went and took the infants of the children of Israel from the bosoms of their mothers by force, and they brought them to Pharaoh daily, a child each day, and the physicians killed them and applied them to the plague; thus did they all the days. And the number of the children which Pharaoh slew was three hundred and seventy-five.”<sup>320</sup>

The Bible authors are far more dramatic. Pharaoh’s character is far more ruthless. “‘Look,’ he said to his people, ‘the Israelites have become far too numerous for us. Come, we must deal shrewdly with them or they will become even more numerous and, if war breaks out, will join our enemies, fight against us and leave the country.’... Then Pharaoh gave this order to all his people: ‘Every Hebrew boy that is born you must throw into the Nile, but let every girl live.’”<sup>321</sup> What happened to the medical cure using infant blood for the “plague”? Has any medical scientist tested this to find out if infant blood can truly cure diseases? *Someone* knows exactly what medical treatments use infant blood, organs, and cells. CNN reported, “Fetal tissue has been used since the 1930s for vaccine development, and more recently to help advance stem cell research and treatments for degenerative diseases such as Parkinson’s disease. Researchers typically take tissue samples from a fetus that has been aborted (under conditions permitted by law) and grow cells from the tissue in Petri dishes. Many of the uses of fetal tissue – and much of the debate – are not new. **‘It’s just that the public is finding out about it,’** said Insoo Hyun, associate professor of bioethics at Case Western Reserve University.”<sup>322</sup> This research has been going on for almost one hundred years **without the public knowledge**. Now think of just one nation’s, China’s, historical track record in human rights, mass murder, and forced abortion over the past hundred years. **Suddenly, you can see that there would have always been a rich source for the medical research of fetal blood, organs, and cells far from the prying eyes of concerned citizens.** Hyun, as the Director of Bioethics

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<sup>320</sup> Ibid., 76:31-32.

<sup>321</sup> Please, see the Bible, Exodus 1:9-10, 22, *New International Version*.

<sup>322</sup> Please, see Carina Storr’s “How exactly fetal tissue is used for medicine,” 8 Dec 2017, <https://www.cnn.com/2015/07/17/health/fetal-tissue-explainer/index.html>.

at Harvard Medical School, probably knows a great deal given his own admission. What exactly does he know if he can say that this is not new. “It is **JUST** that the public is finding out about **IT**.” “It”? What is the “it”? What are all the issues and researches contained in that “it”? “Just”? “Just” what? “Just” as in no big deal? “Just” as in Hyun and his colleagues have been working on dead babies so long that they are completely inured to the moral value of what they have done over and over for the past one hundred years. What exactly have they learned from dead babies? How exactly did they go about learning it? How exactly would you and I feel about it if we knew everything Hyun knows? The elite do whatever they want beyond public knowledge. Then, we, the *little* people, are given some ridiculous narrative, absurd, romantic mythology when there is always a calculated, cold, scientific Luciferian strategy at play stretching back to ancient times. **If we are to believe the Book of Jasher, this medical research is not from the past one hundred years as CNN reports.** The medical research of using infants to treat disease stretches *thousands of years*. Can “young blood” treat diseases? Young blood treatments for aging have become so trendy that the FDA has had to issue a warning. “‘Young blood’ treatments to stop aging, disease are a ‘significant public health concern’: FDA.”<sup>323</sup> However, these treatments are using blood from donors who are 16 to 25 years-old. This is not the infant blood referred to in the *Book of Jasher*. What can that infant blood heal? Hyun probably knows. Imagine what the Nazis learned in all their inhumane experiments on Jews and “undesirables” during WWII, which they passed on to the American government for leniency and amnesty.

What really happened between Egypt and Israel? Did anything in the Bible or the *Book of Jasher* actually happen? Is it more likely that it is all fake? Or is it a mixture of truth and calculated fraud. Because we are told by both sources that the Egyptians killed the Hebrew infants and then later all the first-born children of Egypt were killed. Was there actually a real epidemic for which infant blood was a real, scientifically-supported treatment option? Did the Egyptian elite use

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<sup>323</sup> Please, see Stephanie Ebbs and Theresa Scott’s “‘Young blood’ treatments to stop aging, disease are a ‘significant public health concern’: FDA,” 19 Feb 2019, <https://abcnews.go.com/Health/young-blood-treatments-stop-aging-disease-significant-public/story?id=61169534>.

their own children only after the Israelites refused to provide them with their children's blood for whatever epidemic was striking their nation? Did the Israelite leadership cooperate by not fomenting a violent revolt against the Egyptians because they too needed the same medicine for the same epidemic? You need to ask logical questions. The Bible claims that the reason and motivation for the extermination of *all* the Israelite male children was because they had grown so large that they threatened the Egyptian empire. But what if that was not the reason or the motivation at all?

If the Israelite nation was truly so large that it threatened the Egyptian nation, then you need to put yourself in that situation. Can you imagine China or Russia ordering the death of all the infant boys of your nation? Do you believe your nation would not revolt? Would **you** not resist? How did the Egyptian nation get the cooperation of Israelite leaders to go forward without a revolt? The reason the Holocaust worked in Germany was because the Jewish nation and the rest of the world, **the public**, was in **denial** that the extermination was truly happening. The Bible gives no impression whatsoever that the Israelites were in denial of the extermination order. So, if I was a parent of one of the families with a little child, then someone I trust would need to have convinced me that my child needed to be "sacrificed" to stop an epidemic for my own nation, my family, not just the Egyptians. The Israelites would have needed to be convinced that submitting was in their own self-interest. The only thing more dear to a parent than their own life is their child's life. **Are we to believe that only Moses's mother rebelled? Are we to believe that all the Israelite men and women were so weak and passive that they would simply hand over their own children without a revolt?** Now you may think this is a stretch, but it is not at all a stretch to imagine that the Israelites had entirely bought into Egyptian thought. Why? Whose worship practices does god condemn Israel for following? Egypt. What really was the worship of the golden calf that led to the slaughter of so many Israelites in the wilderness? Did they have another round of the same epidemic and need to "sacrifice" their own people for clean blood to treat themselves, which is later edited and romanticized as "the Lord" judging them for disobedience? I know this sounds ridiculous, but stay with me.

This is how much the admitted motive for the killings in the *Book of Jasher* alters the understanding of the nonsense “story” in the Bible. Why it happened means a great deal especially if the history was changed much later to serve an entirely different narrative to promote the supernatural power of the One-Lifer god. **The Israelites are often portrayed as dim-witted in the Bible who ignore the obvious and over-the-top, in-your-face displays of their god’s power. When you are raised as a One-Lifer in church, you will recognize the modern One-Lifer responses to the disobedient Israelites. “What is wrong with these people? How can they be so ungrateful after all the miracles they had seen?” How do One-Lifers react to reading about the rebelliousness of Israel in the face of so many compelling miracles? Disbelief. Modern One-Lifers cannot believe that the ancient Israelites would be so disobedient in the face of so many miraculous displays of the One-Lifer god’s supreme power. What if those stories have been altered to credit the One-Lifer god with “miracles” that had entirely different causes?** Minister of Pharoah, “We need more clean blood for medicine, and it has to be fresh blood from little children.” Pharoah, “Tell the Israelites this is *their* god’s doing and they must give god *their* children to save *their* own families, or our disease will spread to them. We’ll give their leaders and their families medicine too so they will calm their people’s anger.” Centuries later, the edited and altered “official” Bible gives you the propaganda of “why” the killings happened, but the *Book of Jasher* gives you the hint for the actual, *scientific* reason. The Egyptian doctors found a cure which they shared with the Israelite leaders in exchange for some of the medicine for subduing their own people. You see, you would need to be convinced to sacrifice your own children. Then you would feel sad but justified. Modern parents in America have sacrificed their children in mass several times in the One-Lifer wars which we were always taught were necessary for our “freedom” and our way of life. You send your children to fight and die *for the rest of your family*. How is voluntarily sending your children “into the service” to “preserve” our nation any different than the Israelites giving up their children to save their nation? Similar results with different propaganda.

This is even more true if political leaders are brokering and orchestrating wars and events to control their respective populations

rather than protecting or serving them. “I need to maintain my control over nation A. You need to maintain your control over nation B. Let’s orchestrate a romantic conflict which accomplishes precisely that. I lose some subjects and you lose some subjects but we both remain supremely powerful.” We, the *little* people, are compliant morons. It is amazing how your brain can function when you reject the glamour of human sacrifice in all its forms. “Our son is in the service.” How romantic. Is he “in the service” of truth or propaganda? “Our son is in the service.” “Our daughter is in the service.” How many Israelite and Egyptian parents said the same thing? “In the service” is just a euphemism for the blunt, harsh reality of human sacrifice. In the ancient times they used the euphemism, “Our son is *the offering*.” “The offering” means a gift. We are voluntarily gifting our child to whatever cause we happen to worship. Today it is “the stars and stripes.” “Our son sacrificed his life to save Egypt/Israel/America.” My question is, “How insane and irrational are **you**?” You believe whatever your leaders told you. When institutional ritual murder is glamorized as “saving a nation” or “war for **freedom**” the possibilities for tapping into a pathetic person’s craving for significance to fulfill their messiah-complex are endless. “Truly, you have become like god! You have taken up your cross for us all by sacrificing your child!” **You see, they could never just take your child and kill them.**

The elite have always had to convince how their agenda of the ritual murder of any person was actually a form of “salvation” rather than their mind control for the masses. Then an entire nation celebrates and memorializes their collective, generational “mass human sacrifices.” They venerate the dead sacrifices. Once in a while the elite must sacrifice a king or queen (i.e., Lincoln, Kennedy, Jesus, Diana), which is also a very ancient practice. The elite just wait until one of their own steps out of line and wants to change the program of control to actual freedom for the people. “Let’s set all the slaves free.” “No, we’re going to kill you and we’ll build a monument to your legend.” “Let’s end the Vietnam War and stop the killing.” “No, we’re going to kill you, your brother, and your son, and we’re going to fight many more wars. We will repeatedly and ritually traumatized (i.e., terrorize) and, thereby, subdue and mesmerize an entire nation into endless war. We will have an endless war ‘*on*’ terror.” It is a war *of* terror on we, the *little* people, whom they control. **You need to realize that**

whatever the leaders of Egypt and Israel told their people to convince them to sacrifice their children was just as sophisticated, terrifying, and “glorious” and not merely awe-some, but truly awe-full. Every generation of Luciferian rulers must cultivate an impending sense of doom for which the Bible has become their perfect vehicle. At the time of this writing a real estate client was explaining about working with a family who is ceaselessly and obsessively talking about the “Apocalypse,” the end of the world, conspiracies, and QAnon. They are literally focused on the worst of everything in the world and this is what their children are being exposed to. Now go look in the mirror and begin to acknowledge how much it is Fear that dominates your life and not Love.

*I* did not say that Pharoah used infant blood to treat his diseases. **The Book of Jasher says it.** *I* did not say that medical researchers have been studying the healing properties of dead baby cells for the last hundred years in secret. **The director of Harvard Medical bioethics said it.** *I* did not say it is trendy for people to spend \$8000 for a pint of young blood to cure aging and disease. **The FDA said it.** These are *not* “QAnon” conspiracies. This is just the world we live in. **The point is not to be afraid of the world we live in, but we need to know the truth of reality and to understand how this world operates. Then you can make rational decisions about whether or not to “sacrifice” your sons and daughters “in the service” of the One-Lifer god or for any given Western One-Lifer government’s propaganda.**

Never forget that in the Bible, the One-Lifer god commanded the Israelites to kill every man, woman, and child when they invaded the “promised land.” This story alone is enough *by itself* to throw the Bible out as false programming. Just imagine the depravities that can be justified in the name of the One-Lifer god if you can justify the mass murder of innocent children. Make a mental health goal today to stop yourself from defending the low, dark, weak energy in this story. Accept that it is energetic trash. Treat it as you would any other trash you stepped in. Walk over to your grass and scrape it off and then wash off your shoes until the filthy particles are cleaned out of the tread. It is trash. The idea of some “prophet” selling you that murdering children could ever be divine must be a fraud and a dealbreaker. Make a divine commitment within yourself to reject

this doctrine of infanticide. You know this is wrong. **It is kiddie school level morality.** I have not thrown my Bible away. It sits unread on a shelf like a deformed specimen in a jar ready whenever I wish to examine it.

## 50. One-Life Psychology's rigid worship of the Bible prevents the development of a compelling, robust, and creative science of spirituality.

I have already stated, I do not agree that our ability to love is the result of evolutionary biology, but rather is an ability that we gain as *the consciousness of our soul evolves*. This does not mean that I do not believe in any form of evolutionary biology, although I believe in a higher power capable of Intelligent Design and a very different source for evolution than “mutation.” One-Lifers are actually an excellent resource for pointing out the mathematical impossibilities regarding the *random* evolution of life on earth. Dr. Henry Morris published “The Mathematical Impossibility of Evolution” at the website for the Institute for Creation Research. Morris explains that the theory of evolution relies on random mutations and natural selection. “Mutations are *random* changes in genetic systems.” Natural selection is the mechanism for retaining good mutations. Random changes nearly always decrease order and harm organisms. The theory of evolution maintains that our world today is the result of long series of good mutations. Furthermore, no such positive mutations have ever been observed by any scientist today. These ideas of evolution remain believable to many people until they are explained in mathematical terms. A simple organism of 200 parts would have had to build itself up in successive stages. Success at each and every stage becomes progressively less likely as the risk increases that the whole system will break down or devolve. “Therefore, successful production of a 200-component functioning organism requires, *at least*, 200 **successive**, successful such ‘mutations,’ each of which is highly unlikely.” Beneficial mutations are, even in theory, exceptionally rare. The odds that a 200-part organism will be formed through mutation and natural selection is “less than one chance out of a trillion, trillion, trillion, trillion, trillion.” Now consider the fact that a one-celled plant or animal can



have millions of parts. The odds of such an evolution randomly occurring in all of geologic time are one in a billion trillion.<sup>324</sup>

I noticed an article by an atheist attempting to debunk the above article by doing a “fine” job of addressing everything but the actual *math*. The math of life implies the influence of intelligent designers. Does this mean the intelligent designers must be the One-Lifer god of the Bible? Do they have to be *singular*? Do they have to be *masculine*? “God” forbid they have to possess the same attributes as the One-Lifer god, because then we could be certain they hate us. It is also fascinating that One-Life Psychology traditionally portrays their god is male or Father but not actually anthropomorphic. Think of how strange that is. God is “heavenly father,” but actually not a man. So, why emphasize the *masculine* gender? This means if One-Life Psychology would simply reflect on what it has already said, they would have already changed their Bible to remove the gendered language referring to their god because it is **lazy not to do so**. One-Life Psychology never walks through the open door to conceiving that god can potentially take any physical form of its choosing. This would be a tremendous step in One-Life Psychology recognizing that it actually is just like so many other great world religions in recognizing that we all come from the same Source, the Whole, the One.

What if we are, in fact, **ENERGETICALLY** created in the image of our Source? Would that not make Jesus correct in saying we are indeed little gods if we are energy and “God” the Source is pure, unified, perfect energy?

We are like god in the sense that we have creative discretion or “free agency” over our little lives. **You are not god over anyone’s life, but what if you are god over your own life?** You are truly responsible to create your own life. In this sense you are “in the image and likeness” of the intelligent designers. Perhaps, there are intelligent designers who come from the Source. Perhaps, they always appear in a form that will be most understandable to us. What if we, like our ultimate Source, are also nonbinary and non-human in our essential Self? What if the immortal essence of our being is nonbinary and nonhuman? What if we have temporarily chosen a human form to

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<sup>324</sup> Please, see Henry M. Morris’s “The Mathematical Impossibility of Evolution,” 1 Nov 2003, <https://www.icr.org/article/mathematical-impossibility-evolution/>.

learn certain things? **What if we a fundamentally immortal and energetic beings having an inner-body experience?** Yes, if you have a great body and mind, then being a human being can be “heavenly.” But if you do not have a great body and you only have your mind, what then? What is possible for you? What are you here to learn?

**Evolutionary biology as a soulless stand alone is garbage. It is literally a soulless theory. It does nothing for the soul. It makes no compelling case for existence whatsoever. However, if souls and intelligences are moving into forms, through forms, and out of forms AS THOSE SOULS EVOLVE THEIR LEVEL OF CONSCIOUSNESS, THEN THINGS CAN ACTUALLY GET INTERESTING.** If your soul can spend time in any physical form over the course of eternity and is not limited in any sense to *any* specific physical form, *then* life *is* interesting. You can be anything, but you are no thing. You can be all of them, but **YOU ARE NONE OF THEM.** Then you can actually be like god. Then you can gain a truly divine understanding as you actually do the necessary work to experience and understand god’s work through your participation in the process of unfolding evolutionary biology. **THEN THERE IS AN ACTUAL EXPLANATION OF WHY ORGANISMS SUCCESSFULLY EVOLVE BECAUSE YOU HAVE BEEN INSIDE THEM. IT WAS NOT THE “ORGANISMS” BUT US THAT WAS EVOLVING IN THE WISDOM AND COMPASSION OF DESCENDING INTO ALL THINGS THAT WE MIGHT RISE AND ASCEND THROUGH ALL THINGS. THAT IS HOW WE IDENTIFY WITH THE HIGHER POWER.** Then you can point to a thing and for a brief time period say, “I am **THAT** I am”<sup>325</sup> and “I am **WHO** I am.”<sup>326</sup> The recommended documentary *The Moses Code* explores this phrase in depth with the comma added. “I am *that*.” “I am *that*, I am.” This can be watched free online.<sup>327</sup> However, I do not unconditionally agree with their use of the phrase, which I will explain below.

**If you are willing to add the engagement and participation of all our souls to the theory of evolution, THEN LIFE IS WONDERFUL.**

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<sup>325</sup> Please, see the Bible, Exodus 3:14, *King James Version*.

<sup>326</sup> Please, see the Bible, Exodus 3:14, *New International Version*.

<sup>327</sup> Please, see “The Moses Code Movie – The Full Movie” *Youtube* uploaded by Mind and Spirit Th3inn3rlight Meditate Investigate, 16 May 2020, <https://www.youtube.com/watch?v=2-JEUSCk-v0>.

Then all life is a miracle. Then you can look at a gorilla and say, “I am that, I am.” Then you can look at the gorilla’s home in the jungle and say, “I am that, I am.” Then it all makes sense. Then you do not have to have a One-Lifer reaction to evolutionary science as the “apex” of creation, which you are here to “dominate.” Then you do not have to force science to conform strictly to the Bible. You can be genuinely spiritual and scientific. Many scientific personalities think their skepticism of the soul is a virtue. Being soulless is a virtue? They want to prove your immortal soul exists *before* they will believe in it. Of course proving the existence of an eternal, indestructible, interdimensional energy using temporal, destructible, third dimensional instruments and standards will be difficult if not impossible. How do you capture something that cannot be described in your dimension? How do you measure something immeasurable in your dimension? How do you capture ever flowing energy and hold it static? How do you prove Being itself? **If you are part of the Whole, the One, how do you measure that which you are a part of?** How do you measure the *context* of everything everywhere simultaneously? **If part of you is infinite, then it is by definition immeasurable.** How do you measure the One that is the context for everything? How do you *from within* your finite temporary human form prove the One exists? Why do you need to? We all confront the eternity of death when we leave our current form. How is our current form so trustworthy to judge the infinite when it is so fleeting? We are totally self-absorbed for a brief human life and being self-absorbed is essential to the human existence. **We are here to be totally sold on this experience so we can learn from it. Your amnesia has the effect of investing you completely in your persona, your fake temporary character is taken to be your whole self. It is like hitting your Self in the head with a hammer to reduce your Being to being human. You make your Self dumb just being here.** Except in One-Life Psychology there is no such creative or responsible discussion allowed. The scientific skepticism of soulless evolution is even more boring and sterile. The One-Lifer god must get credit for everything or alternatively “evolution,” as a *process*, is put forward as “the great designer” of everything working through a completely chance and random process of mutation which is completely absurd. **What is that *THING* in the process that is driving organisms forward? What is the *SOURCE* of that internal**

**“instinct” to advance from lesser to greater complexity and thereby gaining wisdom and compassion? It was you. It was always you. What is evolution? YOU. You are evolution. What is evolution? Your Self pointed at something and said, “I am that, I am.” You spent some time as that. Then you pointed at something else and said, “I am that, I am.” Go ahead. Let’s all say it together. What is evolution? “I am that, I am.” Yes, you are.**

It was *you*, not “evolution’s” “spontaneous generation” or “biogenesis.” Do you remember in middle school when they taught you that life cannot spontaneously emerge? There were scientific debates that there was always some kind of living bacteria already present in the air that would grow in a sealed container. This is the whole point of beginning scientific research from a sterile, sealed laboratory into which bacteria and viruses cannot accidentally enter or escape, unless you are in Wuhan. In a truly sterile environment there is no life. There is no spontaneous generation. There is no biogenesis. There is no such thing. That was the whole point of that education. Educators use the history of science to debunk the biogenesis and the spontaneous generation on which the theory of evolution relies. Also, panspermia is not spontaneous. It is a version of intergalactic seeding of life on earth from somewhere else in our galaxy and nearly as absurd. **No, life is and was always you. You just are. We are life and you have a soul of some kind of eternal, ethereal, indestructible energy.**

Yes, you may *temporarily* be playing a pathetic character wearing a ridiculous costume which you have totally bought into. **What if you chose the character, the costume, and the amnesia, so that you would be totally invested in the part you are currently playing? What if over the eons you have played innumerable characters wearing innumerable different costumes? Only now you are getting really smug about it. You are a human, so now you think you have the bright idea that you can get rid of your Self, your power, your godhood. You think you are smarter than all the other life forms. You think you are the height of “evolution” or “creation,” and now you are more miserable than ever, and your DOG is happier than you are. How many lower life forms have you encountered that appear more at ease with life than you-mans? Do the birds on your power lines seem more anxious than you?**

My dog fetches his green ball. He is so happy with his ball. He chases it as if nothing else exists. He jumps on the swinging bench and chews it. Then he runs back to me expectantly waiting for me to throw it and he runs with full force to recapture it. Then he stays there and **then I have to drive away and go to “work” and talk to amazing people like you all day about our pursuit of happiness, which I just left to sit around and talk about it instead of just doing it.** That is the world we have created. Between my dog and I, which of us is happier, more successful, more fulfilled? **You see, the answer to that is not obvious at all.** My life is definitely more complex, but am I happier than my dog? Which of us is more stressed? If his ball ends up in the pool, he is stressed because he cannot swim. If he cannot find his ball, he is stressed sometimes. But he lets it go and looks for his blue bone. He has two toys, **and he is happy. He is content. He does not need to write a book to feel sane. Maybe my clients would be better served throwing his ball for him. That is an actual, possible reality.** I have thought of redesigning my office as a grass lawn with trees. What if you could “afford” to play catch as long as you wanted?

The reason you do not have time for that is because we live in a monetary system of debt in which you cannot even own your home without having to make money to pay annual property taxes. You “own” your home until you miss your property tax payments. This is why we look forward to death, because it is synonymous with **rest**. In a world of financial strain on everyone including the elderly, death is the only real retirement. “But, David, you’re a whiner. Your life is great.” What is “my life”? “The life is more than meat...”<sup>328</sup> The realization of “work” almost makes me want to rebel and sit on a park bench in a state of ecstasy. Then you suddenly understand the homeless “rebels.” They have “transcended” the rat race, but then they expect everyone to stay in the race to support them. So, they become a drag and a drain. They really don’t say, “No” to life, so they just look like slobs. Really committing to say no to life is a commitment to suicide. It is not the real you at all that gets old. It is the “race” that gets old, the human “race” gets old. Which race is your preferred race? Which race course would you prefer to run? Which race would you choose today if you had a choice? The cat race? The dog race? The bird race? The horse race? The cloud race? The space

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<sup>328</sup> Please, see the Bible, Luke 12:23, *New International Version*.

race? Which would you enjoy? Because if we are not enjoying ourselves, the only thing we are racing towards is death. That is passive suicide. Death by 29,200 cuts. Yes, that is 365 days times 80 years. When are you going to start using those 29,200 “cuts” for something that brings you joy? Turning everything over to the One-Lifer god is really childish, uncreative, and unoriginal. You worship a god who gives you the answers for every question in life in exchange for your life. Is that not just as ridiculous as asking Jesus to drive your car? “Jesus take the wheel”? How absurd. How ridiculous. Jesus, take responsibility. **You** take responsibility.

One-Life Psychology has an agenda, but it is not that bright as the reader will have seen so far. One-Life Psychology uses a hodge podge of ideas to achieve its agenda while driving humanity by threats and psychological violence rather than reason and science. There really is no logic to the Bible. It is entirely a romantic idea that there is one cohesive timeline and one cohesive, internally consistent theology in the Bible. In the future the psychotic, irrational religions like One-Life Psychology will be replaced by a spirituality that is based on science that every person can verify personally. Your mind, body and soul share a unified field of energy which is electrical and magnetic. Once you develop your conscious awareness of how to operate this field, then you can determine what practices and routines best enhance your energy. Is the energy low, dark, and weak? Or is the energy awesome? Tracking and trusting energy is the essence of spirituality. One-Lifer folks refer to energy by the term “spirit.” But that is unhelpful and obscure. “Spirit” is energy. Everything is energy. It is science, real science, “divine” science.

What is “surrender” in our spiritual, energy science? Surrender is accepting who and what actually helps you and not who or what you wished *helped* you. Surrender is saying, “I am that” or “I am not that.” Maybe that is or is not a One-Lifer. Surrendering to what is *toxic* in your life means leaving behind whatever or whoever that is right now in the present moment. “I am not that.” This is very different to surrendering to what is actually beneficial in your life. I never wanted to be a writer, but “I am that, I am” right now for this moment. This spiritual process of surrender is easily explained by contemplating the Department of Motor Vehicles (DMV). You are surrendered that you are not *the DMV itself* right now and this is why you naturally limit

your exposure to the DMV, because you know DMV energy is toxic energy for you right now. "I am not that, I am not." I am not using the phrase as the Moses Code. I am not all things in the sense that I am not spiritually present in all things simultaneously. I am not that "advanced." **I am what I am right now. I am no more or less than I am. When I see low, toxic, dark, loathsome One-Life Psychology, I do not say, "I am that, I am." I say, "I am not that. I am not. I was that. Now I am something new, something else, something far, far better, something far more true of my Self." I have surrendered that One-Life Psychology was toxic in my life so I could leave it behind accepting that it NEVER helped me. Surrendering to what is toxic in your life does not mean dooming yourself to that, but rather accepting that it is toxic and must be left behind even though you were previously completely invested in it. Because that is what hurts. That is ego. You had invested yourself completely in something toxic like an ignorant ass and you are so pissed about it and yet you can no longer live in denial that you have been wading through literal energetic sewage. Surrender in this case means affirming and clearing and living, "I AM NOT THAT, I AM NOT" SO THAT YOU CAN THEN SURRENDER TO WHAT IS ACTUALLY BENEFICIAL IN YOUR LIFE.**

Happy Gilmore had to surrender *to being* a golfer **and** surrender to *not being* a hockey player. Why? He had a champion swing, and he was a terrible skater. Surrender to not being that you are not what you *wish* and surrender to being *that you are what you are* in this lifetime at the present moment. **You will never be exactly this character again in this exact world at this exact moment. How could you as the rest of eternity marches on with however you choose to participate or not? Imagine this incarnation of yours in your body in this moment of context having a specific value in itself. I never wished as a child that I would be a writer. I daydreamed of being an astronaut. I accept that I am a writer right now. I am that, I am.**

Alan Watts again rescues us from our dogmatic One-Lifer prison. We are the fabric of existence itself. Human life is a type of drama. "God" is your Self, not someone sitting on a throne. You are god, but you are here to pretend and convince yourself that you are not. That is the essence of drama. Everyone comes into the theater to be convinced

THAT THE WHOLE THING IS REAL. The actors want you to really laugh and cry. They can and do get you terrified and captivated. Now consider this. These are human actors in human plays. However, you in your life role are a cosmic actor at this very moment. All the shit that is going down in your life is an ACT. You came here to PLAY. Alan does not want you convinced of this idea. He invites us to play with it. We are not victims of a mechanical universe controlled by an autocratic god. You can stop blaming your existence on your parents for having sex and giving birth to you. You were behind your own birth. You deliberately came to earth life including being locked in a Nazi concentration camp if that was the case. It is a far better way to view life than being a helpless puppet. You are experiencing suffering, so that you can experience bliss. Because you are a cosmic soul and life is an act, you are in no real danger. We are here to have far out adventures and then to wake up and come back to your Self.<sup>329</sup>

I sit with clients in session, and we listen to Alan Watts and discuss it relative to their current issues. A client was recently released from jail after a relapse in which she was high with her boyfriend and her son was present when she was arrested and she gave me permission to share our conversation.

### Transcript

Therapist: So yeah, if you think about what Alan was saying, he calls it a kind of “cosmic masochism,” which is that we’re really not taking a risk here so we need to stop thinking of it as “traumatic” in the sense that this is our “one life” and “this is all there is.” That’s melodramatic, but realizing that this is a play and we’re in costumes and that you can play the role of the abandoned mother who is addicted to drugs...

Client: Desperate!

Therapist: ...desperate, clingy, needy, frantic, panicked and would you say that you’ve won the Emmy award for it now?

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<sup>329</sup> Please, see “You Are God: The Truth About Awakening I Alan Watts” *Youtube* uploaded by Astral Eyes, 22 Dec 2022, <https://www.youtube.com/watch?v=dKbnidkopE4>. If this is removed, search “You are God Alan Watts.”



Client: (smiles and laughs) Yes.

Therapist: Did you nail the part?

Client: Yes.

Therapist: OK, so can you stop hitting yourself in the head with a hammer, right? Because you realize that that part, what you learned from playing that part is that it doesn't work. You can't be happy hitting yourself in the head with a hammer. You can't be happy with men who aren't ready to do whatever it is that you want them to do, and so that's where the arrogance comes in where we're at this stage of pride and it's really denial and I've realized that to be truly satanic, to be Luciferian means that you are so proud and so determined that you can have your way, and your way is to do what is not possible. And that's what truly evil people do, attempt to do, as they try to make the impossible possible. They try to make hate into love. They try to make fear into peace, and they try to be terrible and good at the same time and so if we break out of that we realize like, "No, it's gross energy and I don't want it and I can't do it any longer because all it does is hurt me and maybe eventually it'll kill me." Right? Because you know in the case of drug addiction it does kill people.

Client: Jail, institutions, or death. That's what they tell us if you're not sober.

Therapist: Jail, institutions, or death...

Client: ...is the only way out of drug addiction.

Therapist: And in the rich sense of sobriety it really is connection of some kind. Here we're talking about connection with the Self and not the fake character. You know so we can be dramatic and desperate. He really nails that the ego is the character that goes with the costume of the body. That's why he says think about how great the actors are in our movies, and what they can do to us emotionally. Now, imagine what a cosmic actor can do, which is what all of us are. So, we come here we take on these bodies and we're fully invested, and we have amnesia. So, we are fully invested in "your name is this" and "you're a part of our family" and "you're our son" or "you're our daughter" and "this is your life" and "this is who you are" perspective on life. Right?

Client: Yeah. This is what we do. This is what we believe in.

Therapist: And that is programming right? So you receive the whole character. And you're like, "This is my character" and you're fully invested in it, and then you hit the wall, and you start having conversations, and then eventually we get to this point where we can have these conversations like this where "I'm ready to wake up. I got my Emmy. I can stop hitting myself in the head with a hammer. It feels wonderful."

Client: Yeah, I'm ready to be done with that. You take out the garbage and I've learned like I really do know something. So, I'm not gonna chase a man anymore. I'm not gonna rely on men who just aren't ready to do that, and I'm going to get in and have a relationship with myself and really learn how to enjoy my time with myself, and I'm going to figure out what my purpose is independent of my old character. I'm not relying on somebody because I have found out if I'm not happy with myself, then it doesn't matter who I'm with or I'm not with.

Therapist: That's acceptance! That's acceptance! We start to forgive life for being whatever it is, and you start accepting that you are the source and creator, not of life, you don't create life, because life just is, you are the source and creator of your *experience* of life and that's acceptance, so that's surrender, right?

Client: Yeah because like don't get me wrong. I love my boyfriend and he makes me happy, but if it didn't work out, I wouldn't be like...I would be sad, but I wouldn't be like I was before. I mean I have found happiness within myself with my son. You know what I mean like when we were fighting like whatever with my ex I would've been so "Oh my god" you know. I think that I needed that relationship to show me what I don't want.

Therapist: That I am not *that*. I am *that*. I am not that. So that's what I'm talking about. We are here to recognize what we are right now for this lifetime. This is what I am. This actually works. This actually helps me heal and so that's fascinating.

Client: Yeah, yeah exciting.

Therapist: And so surrender. Accepting that you're surrendering to the reality instead of what you wish. Scarlet O'Hara. If you watch *Gone With The Wind*, have you seen it?

Client: Yes.

Therapist: Where she is in the beginning versus who she is in the end. By the end, she's like bad ass. She's just like, "Dude, this is a cool lady," like "tomorrow is another day." You know, "I'm not gonna think about that." She takes control of her mind, and she goes from being the sniveling, cowardly, self-absorbed, obnoxious person. Melodramatic, fantasy, wishful thinking to hard-core administrative...

Client: Strong, smart..

Therapist: Determined, relentless, enduring, and she transforms her character. Right? So, it's time for a new role and I'm gonna start. I'm gonna stop playing the role that I was programmed with and I'm gonna start playing the role that really actually works with this life. And that's why I want everybody to watch it, because I think in those seven minutes Alan Watts is providing better therapy then I may have ever heard in my life. Right? Your character, like you said, you know, as you're falling all over the stage, shaking your fists and throwing stuff around. You're watching this, your higher self may be sitting in the audience watching your ego death as you roll around on the floor in a straight-jacket and the police are on stage trying to hold you still and you're fighting, "No! No!"

Client: It's like I just remember the day I got arrested. I am I felt like this. Where is my sense of relief? Yeah because I was done I was like, "Finally. This is my way out." I was so deep into my addiction again. I knew it was wrong. You know what I mean? I had all the tools, and everything learned from all that sobriety that I had. It was so hard to find anymore because you're like you know all the stuff that you learned, and I couldn't stop, and weeks turned into months. You know what I mean? So, it was like finally when I was in the back of the cop car, "This is my way out." When I got out of jail after 2 1/2 days my mom didn't know where to pick me up. Right? I didn't have my cell phone because when I got arrested they didn't give me anything. I left my whole entire purse and so they don't know when I'm getting out

and we couldn't find each other. I'm walking down Basin and I'm thinking like "there's my dealer's house. It's right there and I can go get high" and you know that crossed my mind and as I'm walking. I'm like, "No, no. This is my chance. I want to see my son. I want to go home. I don't want to go back. What am I thinking?" I'm calling from a gas station and my mom is not answering her phone. She can't get ahold of me and they probably both think I'm getting high. I call my dad and he finally answers and we're both angry. I'm like, "Where is mom?!" He's like, "She's looking for you!" and I'm like "OK!" and so then my mom said she came, and she saw me. She is probably thinking that I was going to get high and that's when I truly was like "Yeah, I know I'm done." I opened the car door and said, "I'm so glad to see you." She looked surprised.

Therapist: Because there's still this little dark tinge in myself and some kind a little agitation with those situations. You see, when we get angry like that, it's really covering up our fear of ourselves in that moment. "I'm not sure there's not a part of me I just noticed there that was almost ready to go back to the old dramatic persona, and I'm actually kind of freaked out about that so I need to use this anger right now to vent myself and over shoot." "You are gonna get here right now and pick me up before I shit all over myself!" It's dramatic isn't it? It doesn't have to be. It's just where it's at and so you're kind of embracing these next levels because we do have to get mad about it enough to get pissed off that "I'm not gonna take this shit anymore even from myself." Right? That can get you through things like to break through the wall of whatever it is. What's the next level? Sometimes anger is the answer. If you've been desperate, that's fear. Anger is the answer to fear, and anger is the antidote to fear if you're in a low level of consciousness. It gets you revved up and I am mad enough about this to really do something about it. And you say to your mom, who thinks you're getting high, and you surprise her saying, "I'm so happy to see you." It's really genuine. Then you transform and there's all these other emotions and it's important for us not to be alone because then you realize there's these connections. So, we're trying to connect with our higher self, but we're also trying to be real in our connections from a loving place which is not sexual. It's not erotic. It's trust and reliability. Right? Are we gonna be dependable for our kids or not? Are we gonna mess up their minds?

Client: So just like my son saw his mom go to jail because he was there. He saw all three of us get in the back of a cop car, so there for a while and every time I was leaving the house after that, he would say, “Are you going back to jail?” I still have to tell him that “Cops are not bad, because there’s a cop that lives by our house and when I take him for a walk all the time he says, “No, he’s going to take you!” I say, “No, I was doing something wrong. Cops just don’t take you.”

Therapist: This isn’t LA or Chicago or New York.

Client: They’re not gonna take me for doing what is right.

Therapist: That’s right. So, he’s traumatized with separation anxiety. Then we see, “Look at what I’m doing. Wait. It’s messing up somebody’s mind!” It’s traumatizing our kids to see us act a certain way and so he’s got some separation anxiety and then you see it triggered if say he has to go to the doctor and he’s even more sensitive and so these things add up for a kid’s life and see you’re like “I’m damaging somebody’s mind at this point not just myself. It’s not all about me.” I am...god forbid, I tap into my compassion for other people’s feelings instead of being self-absorbed and nasty. So then we start to be really loving to ourselves and recognizing that when we’re loving ourselves, we’re automatically loving others.

Client: Yeah, he deserves more than a mother trying to get high in the bathroom as he’s banging on the door. Now we go on walks. Now we play together.

Therapist: He’s only three once. He’s only this little boy once. Once, and then it’s gone forever no matter how many times he reincarnates he’s only this little boy once.

Truly the universe holds its breath as we make each decision for each decision is a decision of great consequence.

I shared Alan Watt’s video with a childhood friend who is a mental health professional. He responded, “My perspective is I love Christ more than myself and value his life more than mine, at least that is my desire. Sometimes our desire is the only thing we can offer.” The reader will recall the case I have made against toxic, needy Desire level 125. This is basic Buddhism 101. How awful and desperate to believe that “sometimes our desire is the only thing we can offer.”

How terribly melodramatic. How perfectly One-Lifer. Is “desire” all this client could offer her three-year-old son? Perish the thought. No, the kid needs **results**, not desire. He needs his mother to dig down deep and value herself more than “Christ.” Has Jesus loving her transformed her? No, going to jail and feeling ashamed and seeing her son traumatized, *that* changed her. **Her pain was her “Christ.”** The real “Christ” is your personal pain, your rock bottom. The reader will also know by now how I feel about the ridiculous idea that god demanded that we love him above all else and before all else. I asked my old friend for his definition of “love,” and he responded by copying and pasting 1 Corinthians 13, which I have already dissected. I was hoping he had *his own* thought. He believes he can love Jesus more than himself. Remember also that there are not multiple kinds of love. You actually cannot love others unless you have an abundance of love *within* yourself which **necessarily** means loving yourself. **Love is a state of being, not a relationship.**

There will be those One-Lifers who shudder, twitch, cough, and seize at the idea that I would refer to each of us as “god.” This is *because* of their **idea** of god as One-Lifers. “David, I do not **worship** myself! How dare you suggest such a thing! Blasphemy!” This is what I actually thought of when my old friend said that he “values” Christ more than himself. **He thinks recognizing god within himself replaces or threatens Jesus’s value.** No, but it threatens One-Life Psychology. The idea that you are “god” and, therefore, you should “worship” yourself is completely absurd, just as absurd as the One-Lifer belief that the “god”/intelligent being who created, owns, and operates the Milky Way galaxy is managing *your* personal life. **When I say you are “god,” I mean that you are entirely responsible for choosing to be born into the character and costume through which you are currently performing. You are god over your little life. Stop blaming the world and “god” (i.e., your Self). Accept your Emmy award for your dramatic, toxic, unconscious performance due to your amnesia and now consciously choose to be your Self. Prove that you have recognized and learned your self-chosen life lesson.**

## **The End of Part 1**

# My Interpretation of the Map of Consciousness

*Christ / High-Power / Higher-Self*

## MAP OF CONSCIOUSNESS®

God-view	Life-view	Level	TRUTH	Log	Emotion	Process
Self	Is	Enlightenment	↑	700-1000	Ineffable	Pure Consciousness
All-Being	Perfect	Peace	↑	600	Bliss	Illumination
One	Complete	Joy	↑	540	Serenity	Transfiguration
Loving	Benign	Love	↑	500	Reverence	Revelation
Wise	Meaningful	Confidence Reason	↑	400	Understanding	Abstraction
Merciful	Harmonious	Acceptance	↑	350	Forgiveness	Transcendence
Inspiring	Hopeful	Willingness	↑	310	Optimism	Intention
Enabling	Satisfactory	Neutrality	↑	250	Trust	Release

*the Path of Redemption*

*INSPIRATION*

*POWER VERSUS FORCES*

*Gradual Examples*

*Engaged*

*Open*

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*From the Cotton to the Garden*

↑ Hope vs Despair

### The Energetic Chettra

Permitting	Feasible	Courage	↕	200	Humility	Empowerment
Indifferent	Demanding	Pride	↕	175	Affirmation Human Scorn	Initiation
Vengeful	Antagonistic	Anger	↕	150	Hate	Aggression
Denying	Disappointing	Desire	↕	125	Craving	Enslavement
Punitive	Frightening	Fear	↕	100	Anxiety	Withdrawal
Disdainful	Tragic	Grief	↕	75	Regret	Despondency
Condemning	Hopeless	Apathy	↕	50	Despair	Abdication
Vindictive	Evil	Guilt	↕	30	Blame	Destruction
Despising	Miserable	Shame	↕	20	Humiliation	Elimination

*MANIPULATION*

*Hyperconscious*

*Satan*

*From the into line*

*TEST RESULTS & INTERPRETATION*

54  
2  
8  
7  
6  
4  
5  
5  
1  
4  
9