

THE LAZY MAN'S GUIDE TO ENLIGHTENMENT
by Thaddeus Golas

We are equal beings and the universe is our relations with each other.

Love is the action of being in the same space with other beings, which means love is real, as real as we are.

A willing awareness will take us to heaven, a loving attitude will make us free. Whatever you are doing, love yourself for doing it. Whatever you are thinking, love yourself for thinking it.

No matter what your spiritual condition is, no matter where you find yourself in the universe, your choice is always the same: to expand your awareness or contract it.

Physical reality is one of the biggest horror movies of all, and you know how we love horror movies.

Love is the only dimension that needs to be changed.

All states of consciousness are available right now.

It's always within us to relate this way.

Enlightenment doesn't care how you get there.

Whatever you are doing, love yourself for doing it.

There is nothing you need to do first in order to be enlightened.

Regardless of how you have limited your awareness, you are a free and self-determined being.

Enlightenment is expanding our comprehension of other beings, until we experience everything as a live interaction.

The more we withdraw from loving other beings, the more of a "physical" world we will contend with, the more mass-obsessed we become.

To be whole means, when we emphasize a positive, we must also accept the negative which we are also creating.

Look calmly at undesired events, absorb them mentally, and love yourself for disliking them, you will keep going higher.

We tend to return to the vibration level where we feel stable, something we can "live with". It's the level where we feel comfortably stable.

As you grow more loving of yourself and others, you will begin seeing every person and object as a perfect form, just the way they are now.

This, too, can be experienced with a completely expanded awareness.

Love itself is the positive path to space.

What you deny to others will be denied to you.

It is precisely your own unlimited power to control your experience that hangs you up. How much compassion and forgiveness do you want for yourself? Give it to others. Forgive all beings for their karmic debts to you. Grant to others the freedom, the love, the consciousness that you want for yourself.

If we "listen" to the world, and let it act on us without either-or judgements and ideas, then we can learn to comprehend each flash of pleasure as a tone in the infinite harmony.

I wouldn't deny this experience to the One Mind.

As I looked about me at people turning evil, shrunken, colorless, old, and weird, I suddenly thought, what did you think it was that needed to be loved?

There is no action that is always right or wrong: the only true variable is the love with which you act.

Love as much as you can from wherever you are.

Start by loving your negative feelings, your own boredom, dullness, and despair. When you love yourself you are in truth expanding love into many beings. Loving yourself is a willingness to be in the same space with your own creations.

Loving yourself is not a matter of building your ego. Egotism is proving your are worthwhile after you have sunk into hating yourself. Loving yourself will dissolve your ego: you will feel no need to prove you are superior.

There was something that freaked you, or more likely a whole series of ideas that you were unwilling to conceive of or love, so that gradually your vibrations dropped to a mass level, and you found yourself being a body.

What am I doing on a level of consciousness where this is real? This is the first question you should ask yourself when you become aware of something ugly or evil or stupid.

No resistance.

Love it the way it is.

I surrender to thisreality. I have no resistance to thisreality.

The ego, the mental structure, "feels better" when it has to contend with the tension of threats to itself.

As a normal process, we define ourselves, we find out who we are, by what we disagree with. And we identify others by what is wrong with them: we keep looking until we find differences between "us" and "them". Virtues in others are invisible, not really interesting.

The motive for purifying yourself—that you feel spiritually impure—will prevent any genuine gain until you learn to love the impurity you started with.

The positive way to define your ego is to be one with the cause of it: love it the way it is, then freely choose whatever behavior feels good to you.

Changing your vibration level, raising your love level, is the only action that results in a real change for the better.

The only wrongness in any activity is being withdrawn from awareness of what you are doing.

When you offer people solutions for anything, you are asking them to give up what makes them feel active, alive, defined—their ego structure. It's dangerous, be careful.

Whether I am conscious of it or not, I am one with the cause of all that exists.

Whether I feel it or not, I am one with all the love in the universe.

The more you love, the faster you vibrate, then the less you feel to control anything, and you are not fearful of change and variety.

Never pull your attention away from a scene impulsively because it looks ugly, unpleasant, or painful. Staying with it is important. Look at it, love it, and then get away.

When you learn to love hell, you will be in heaven.

No matter what others are doing, you are the only one who is responsible for what happens to you.

Anything that really frightens you may contain a clue to enlightenment. It may indicate to you how deeply you are attached to structure.

We think fear is a signal to withdraw, when in fact it is a sign we are already withdrawing too much.

I am nothing, I am empty, I am silent. I have no resistance to the vibrations of other beings. I have no resistance to the expansions and contractions of other beings.

We cannot rise above the physical plane by denying its reality: we must love it and affirm the reality of the live beings who form it.

Let my intentions not attempt to contradict the necessary laws of our relations as equal beings.

You have an infinite choice of worlds to live in.

Love is the perfect means to enlightenment.

Go beyond reason to love: it is safe. It is the only safety.

The very people we now see as vulgar, unenlightened, stupid, rip-offs, insane-these people, when we learn to love them and all our feelings about them, are our tickets to paradise. We must see them and love them as they are now, for we cannot deny them the freedom to be what they are, just as we must love ourselves as we are now.

Giving others the freedom to be stupid is one of the most important and hardest steps to take in spiritual progress.

Whenever we hand on what we are shown, we must do so with the same divine love with which it is shown to us.

If we always stand facing the higher light, looking into the sun, our vision of the people around us will be distorted. But if we have the light coming over our shoulders, shining through us, we will see the beauty of others, we will open to the light coming through all forms, and know the glory of the creation.

Thank you, brothers and sisters, for letting my consciousness be in this place.

LEADERSHIP IS AN ART
by Max DePree

The art of leadership is "liberating people to do what is required of them in the most effective and humane way possible." Thus the leader is the servant of his followers in that he removes obstacles that prevent them from doing their jobs. In short, the true leader enables his or her followers to realize their full potential.

The true leader is a listener. Leaders have the self confidence to encourage contrary opinions and to abandon themselves to the strengths of others.

The signs of outstanding leadership are found among the followers.

When we think about leaders and the variety of gifts people bring to corporations and institutions, we see that the art of leadership lies in polishing and liberating and enabling those gifts.

The first responsibility of a leader is to define reality. The last is to say thank you. In between the two, the leader must become a servant and a debtor. That sums up the progress of an artful leader.

Leaders don't inflict pain; they bear pain.

The measure of leadership is not the quality of the head, but the tone of the body. The signs of outstanding leadership appear primarily among the followers.

Effective leaders encourage contrary opinions, and important source of vitality.

Leaders must take a roll in developing, expressing, and defending civility and values. To ignore dignity of work and the elegance of simplicity, and the essential responsibility of serving each other, is to be at the dying edge.

To be a leader means, having the opportunity to make a meaningful difference in the lives of those who permit leaders to lead.

Participative Management arises out of the heart and out of a personal philosophy about people. It is not democratic. Having a say differs from having a vote. Leaders need to foster environments and work processes within which people can develop high-quality relationships. Respecting people begins with an understanding of their gifts.

Some lose themselves in politically dictated togetherness or in the many adversarial relationships with which we are so familiar.

For many of us who work, there exists an exasperating discontinuity between how we see ourselves as persons and how we see ourselves as workers. We need to eliminate that sense of discontinuity and to restore a sense of coherence in our lives.

In baseball and business, the needs of the team are best met when we meet the needs of individual persons. By conceiving a vision and pursuing it together, we can solve our problems of effectiveness and productivity, and we may at the same time fundamentally alter the concept of work.

The following rights are essential if their is to be a new concept of work.

- 1) The right to be needed, includes a meaningful personal relationship to the groups goals.
- 2) The right to be involved. Leaders must genuinely open to the influence of others.
- 3) The right to a covenantal relationship. Fill deep needs, enable work to have meaning and be fulfilling. This makes possible relationships that can manage conflict and change.
- 4) The right to understand. Together we need to understand our mission. We have the right to understand the strategy and direction of the group. We need to understand and be "at home" in our work environment - both the human environment and the physical environment. The leaders must clarify the responsibilities of each member of the group. Leaders must communicate, educate, and evaluate.
- 5) The right to affect one's own destiny. Few elements in the work place are as important to personal dignity as the opportunity to influence one's own future.
- 6) The right to be accountable. We need to have the opportunity to contribute to the group's goals, to share in the ownership of the group's problems, and also to inherit risk.
- 7) The right to appeal. We need to build into our group structures a nonthreatening avenue of appeal.
- 8) The right to make a commitment. To make a commitment, any employee should be able to answer "yes" to the following question: Is this a place where they will let me do my best? How can leaders expect a commitment from the people they lead, if those people feel thwarted and hindered? The key responsibility of leadership is the obligation to be rational.

It is difficult for a heirarchy to allow subordinates to break custom and be leaders. The people who do respond swiftly and effectively are roving leaders. Roving leadership is the expression of the ability of hierachial leaders to permit others to share ownership of problems-in effect, to take possession of a situation.

Life is more than just reaching our goals. As individuals and as a group we need to reach our potential. Nothing else is good enough. We must always be reaching toward our potential.

LIFE BETWEEN LIFE

by Joel Whitton and Joe Fisher

Despite the success of Darwin in abolishing God from Nature, of Freud in reducing the divinity of man to the need to suck on a breast, and despite the supreme achievement of the Behaviorists in extinguishing consciousness, the belief in something beyond death persists.

The life between life is our natural home from which we venture forth on arduous journeys of physical embodiment.

Kabbalists: The night angel Layela invokes amnesia by giving the hovering soul a little pinch on the nose while applying light pressure to the upper lip.

The Self does not die when the body dies. Concealed in the heart of all beings lies the atma, the spirit, the Self; smaller than the smallest atom, greater than the greatest spaces.

Egyptian Book of the Dead (1300 BC) = Going Forth in Light

Love is everything. All-powerful rapture obliterates fear and negativity as the soul is reabsorbed into undifferentiated oneness of existence.

On earth, we disable our thought processes in order to approach unity with the Universe, hence meditation.

There is no experience of existence without thought.

The bardo dweller produces his own surroundings from the contents of his mind.
Tibetan Book of the Dead

Board of Judgment: Celestial authority figures usually appearing as 3.

The past life review is presumably extracted from the Akashic Records.

The Karmic script often calls for renewed involvement with people who have figured, pleasantly or unpleasantly in previous incarnations.

Those who are living out their karmic scripts, or have even exceeded them, have an inner sense that life is unfolding as it should. Those who have strayed from their blueprint feel, instead, that every thing is out of control. Chaos rules.

Dr. Whitton's subjects, 10 months is the shortest interval observed between lives while the longest extends for more than 800 years. Average = 40 years.

We are thoroughly responsible for who we are and the circumstances in which we find ourselves. We are the ones who do the choosing.

Darwin spoke only of physical unfoldment. He left untouched the bigger, more complex theme of spiritual progression which carries mankind from lifetime to lifetime through manifold shifts of consciousness.

Whatever a man soweth, that shall he also reap. This is karma's impersonal accountancy at work; everything an individual thinks and does acts upon the universe to create its own reaction.

heretic = one able to choose.

Reincarnation in Christianity persisted until terror of 13th Century, but continued under Rosicrucians and Alchemists.

You have inherited most from yourself, not from your family.

As a man acts, so he becomes...As a man's desire, so is his destiny.

Gnostics and Kabbalists came to understand karma as a law of compensation.

Eroticism, being a rudimentary force that provokes interaction, forces people to become intimately involved and can therefore initiate and assist in spiritual development. This is what I had to learn because I had always seen sex and spirituality as separate from one another. This is what I must now put into practice.

Five distinct stages: 1. Materialism = sensual cravings; 2. Superstition = materialistic but aware of other forces; 3. Fundamentalism = lead to life for God; 4. Philosophy = self-responsibility; 5. Persecution = intense desire to understand the hidden meaning of life.

As long as there is the slightest tinge of self in any of our actions, as long as we are good because we hope for reward, then we shall have to return here in order to receive that reward. Every cause has its effect, every action its fruit, and desire is the cord that links them. When this thread is broken and burned out, the connection will end and the soul will be free.

Joseph Weed, Wisdom of the Mystic Masters 1968

Long deep sleeps and low energy levels were her daily fare as she sensed, somewhere in the depths of her being, the warring demands that precede psychological transformation.

Celestial Sanctum method from Knights of Templars, a Christian mystical order which flourished at the time of the crusades.

Envision a magnificent cathedral floating far above the Earth which incorporates a vast library containing the Akashic Records.

A quiet place since exercise must proceed undisturbed.

Wash and dry hands.

Purge aura of negative influences and flick.

Access Akashic records to left, down stairs, meet guardian of records, tell him what you are here for, he guides you through huge library, and reaches for the volume containing records of your previous life or interlife.

Seen objectively from the interlife, every human experience is simply another lesson in the cosmic classroom. The more we learn from each lesson, the faster we evolve. Opportunities to love and serve are always sought in interlife planning and, consequently, they must be seen as fundamental to self-development. As restful and rejuvenating as the experience of solitude might be from time to time, karmic unfoldment demands human interaction.

Me

I can not live out the rest of my life as a dreary man in a tedious job, bereft of passion and imagination. To play it safe is never to be noticed by anyone. There are many parts of my youth which I am not proud of. Untidy parts of me, loose threads that I would like to remove. But when I pulled on those threads it unraveled the tapestry of my life.

Jaun Luke Picard - Star Trek

Your children are not your children. They are the sons and daughters of life's longing toward itself. You may house their bodies but not their souls, for their souls dwell in the house of tomorrow. For life goes not backwards, nor terries with yesterday.

Wonder Years

We open our awareness to the Ultimate Mystery whom we know by faith is within us, closer than breathing, closer than thinking, closer than choosing... closer than consciousness itself. The Ultimate Mystery is the ground which our being is rooted, the source from whom our life emerges at every moment.

Thomas Keating

Music is Intuitive Oneness: Becoming one with the now, what has been, what will be. The trinity of the time domain.

Me

Let this be the day...

when you stop just thinking about your dreams, and you start doing to make them happen!

Let this be the day...

you give your best, believing that you can make a difference in the world, because it's true!

Let this be the day...

when you can honestly say you've lived life to the fullest.

Linda Lee Elrod

All life depends on other life for its survival, until the vary base of the food chain. At this base, life comes from sun light. Those of us who can not consume light, the giver of life must consume organisms who store it's energy.

Me

A job where the responsibility is layed out. I know it, my supervisor knows it, and I can concentrate on getting it done. Flexible working hours and compensated over time. Resources to get it done.

Me

The bird flies, the deer runs, the bear walks, each confident the next meal will be provided. Not worrying, not judging, only living. They have the freedom to live in the now. We have paid a great price for our artificial skins, our food, and shelter. We have lost our freedom to live.

Me

A baby bird falls out of the nest on to the ground, The birdy is freezing as it lays on the cold ground. Tweet,tweet... Along comes a cow and hears the birdies cries. He drops a steaming cow pie on the little birdie. The birdie

Me

is now nice and warm but the smell. Tweet, tweet... A coyote hears the little birdie covered in manure goes over cleans him all up. Gulp!

My Name is Nobody.

If your up to your nose in manure, keep your mouth shut.

My Name is Nobody.

The best way to live a long life is not to look for ways to shorten it.

My Name is Nobody.

Parents work to allow children to achieve a higher status than themselves.
Parents propel their children to be what they can not be.

Me

Nothing is intrinsically good or evil, but it's manner of usage may make it so.

St. Thomas Aquinas

ONE

by Richard Bach

You've held to your sense of right , your inner ethics, even when it's been hard or dangerous or when people called you strange. That strangeness sets you apart. It makes you lonely. It also makes you perfect for each other.

The point is not that it's done, but that we have infinite choice. Our choices lead us to our experiences, and with experience we realize that we are not the little creatures we seem to be. We're interdimensional expressions of life, mirrors of spirit.

How many lives in the universe, Richard? ONE

My heart wasn't in it, you see, so I could only allow myself a limited amount of success.

Find out what you really want to do and do it.

I want to believe there's some reason for living that makes sense, some principle to help me through hard times and good times, too. It's not religion because I've tried it, I really have, and instead of answers I get "Have faith my child".

You're not two places at once, you're everywhere at once. And you rule your worlds, they do not rule you.

Mistakes? Call them unexpected learning experiences.

The President can't be responsible for dropping the bomb because the President doesn't know how to fly an airplane.

One challenge of our adventure on earth is to rise above dead systems-wars, religions, nations, destructions-to refuse to be a part of them, and express instead the highest selves we know how to be.

No one can solve problems for someone else whose problem is that they don't want problems solved.

No matter how qualified or deserving we are, we will never reach a better life until we can imagine it for ourselves and allow ourselves to have it.

Her ideas have to support her, they have to take the weight of her own questions and the weight of a hundred or a thousand or ten thousand critics and cynics and destroyers. Her ideas have to stand the stress of every consequence they bring!

An easy life doesn't teach us anything. In the end it's the learning that matters: what we've learned and how we've grown.

We generate our own environment. We get exactly what we deserve. How can we resent the life we've created for ourselves? Who's to blame, who's to credit, but us? Who can change it, and time we wish, but us?

As stars and comets and planets attract dust with gravity, so are we centers of thought, attracting ideas all sizes and weights, from flashes of intuition to systems so complex they take lifetimes to explore.

There's no disaster that can't become a blessing, and no blessing that can't become a disaster.

You are creatures of light. From light have you come, to light shall you go, and surrounding you through every step is the light of your infinite being.

By your choice dwell you now in the world which you have created. What you hold in your heart shall be true, and what most you admire, that shall you become.

Fear not, nor be dismayed at the appearance that is darkness, at the disguise that is evil, at the empty cloak that is death, for you have picked these for your challenges. They are the stones on which you choose to whet the keen edge of your spirit. Know that ever about you stands the reality of love, and each moment you have the power to transform your world by what you have learned.

To name a thing is harmless. To name ideas is to create a religion.

In any conflict we can defend ourselves or learn. Defense has made the world unlivable.

Our politics scare us, our religions pit us against each other....

From the ground is dug luxury for a few, jobs for the rest, and graves for the children of all. In the end, the children didn't agree, but the children have come too late.

A human being is an expression of life, bringing light, reflecting love across whatever form it chooses to take.

When you love someone, when you know they're ready to learn and grow, you set them free. How could you learn, how could you feel your experiences if you knew I was there, a shield between you and your choices?

Choose your own path, follow your highest sense of right, and not someone else's.

When you turn to page about nuclear war do you despair, or do you learn what it has to tell? Will you die reading the page, or will you move on to other pages, wiser for what you've read?

Reality has nothing to do with appearances, with our narrow way of seeing. Reality is love expressed, pure love, unbrushed by space and time.

Each of us chooses the destiny of our world. Minds must change before events.

TALK TO ALTERNATE SELF: Imagine the self you want to talk with, Richard, make believe you ask whatever you need to know. Pretend you hear the answer.

It's like, at the end there's this surprise quiz: am I happy with me? I gave my life to become the person I am right now! Was it worth what I paid?

To love someone unconditionally is not to care who they are or what they do!
Unconditional Love comes out the same as indifference!

Look at the idea, and hold up your hand if it seems to you that your idea is made of words, metal, empty space, crystal?

Out of diversity comes this remarkable unity. We notice so often that what we imagine is exactly what we find.

OPEN MIND, OPEN HEART

by Thomas Keating

The Christian tradition has consistently counselled avoiding extraordinary gifts whenever possible because it is difficult to remain humble when you have them.

Unusual physiological or psychic powers appear to be innate human capacities that can be developed by practicing certain disciplines. but they have nothing to do with holiness or the growth of our relationship to God. To regard them as a sign of great spiritual development is a mistake.

In any case, the people who have the most exuberant mystical lives are married or in the active ministry.

Christian life and growth are founded on faith in our own basic goodness, in the being that God has given us with its transcendent potential. This gift of being is our true Self.

Contemplative Prayer is not so much the absence of thoughts as detachment from them. It is the opening of the mind and heart to God.

The cultivation of habits of dedication to God and of service to others is the indispensable means of stabilizing the mind in the face of emotionally charged thoughts.

Dedication to God is developed by commitment to one's spiritual practice for God's sake. Service to others is the outgoing movement of the heart prompted by compassion.

John of the Cross says that those who give themselves to God enter very quickly into the night of sense. This interior desert is the beginning of contemplative prayer even though they may not be aware of it.

It is with a view of cultivating interior silence that the method of centering prayer is offered.

Just as we need exercise, food, and sleep, so also we need moments of interior silence because they bring the deepest kind of refreshment.

Faith is opening and surrendering to God.

Choose a time for prayer when you are most awake and alert. Early in the morning before the ordinary business of the day begins is a good time.

The word should be introduces without any force: think it the way you would andy thought that might arise spontaneously.

Twenty to thirty minutes is the minimum amount of time necessary for most people to establish interior silence and to get beyond their superficial thoughts.

Give yourself at least two minutes before opening your eyes.

Return to the sacred word as gently as possible or place the sacred word in your awareness.

Waiting without expectancy is sufficient activity.

External things are not obstacles to prayer only what we do with them.

Since the will is designed for infinite love and the mind for infinite truth, if there is nothing to stop them, they tend to move in that direction.

When you feel disappointed, that is a thought with an emotional charge to it. It shatters whatever interior silence you may have been enjoying.

If you have just had an argument with someone or received bad news, you will need a little preparation for prayer. Reading scripture, walking, or jogging, or doing yoga exercises may help calm the emotional turmoil. One reason to pray early in the day is that events haven't had a chance to upset you yet.

The less the sacred word means to you, the better off you are.

What then is our principal focus in centering prayer? It is to deepen our relationship with Jesus Christ, the Divine Human Being.

Since it is part of our nature to have a wondering imagination, accept the fact that thoughts are certain to come.

You must keep turning your attention from what is on the surface of the river to the river itself, from the particular, to the general, from the forms to the formless.

The playfulness of God is a profound part of reality. It warns us to not take ourselves too seriously, to realize God created us with a certain sense of humor.

It is only when you come out of interior silence that devils can tempt you.

There is a great value in praying at the same time each day, twice a day.

Wait an 1 1/2 hours after eating a full meal before meditating.

Christian practice aims at first dismantling the false self. It is the work that God seems to require of us as proof of our sincerity. Then he will take our purification in hand, bring our deep-rooted selfishness into clear focus, and invite us to relinquish it. If we agree, He takes it away and replaces it with His own virtues.

So long as you feel united with God, it cannot be full union.

If we reflect on self, we start to move out again into the conceptual world.

* Centering prayer is an exercise in letting go. That is all it is.

When one is in deep quite, one is very susceptible to brilliant intellectual lights. Most of the time they are just illusions. Human nature does not like to be emptied before God. If your are making head way in this prayer, you will be tempted by jealous demons.

In this prayer God is speaking not to your ears, emotions, or head, but to your spirit.

We can not know God with our mind; we can only know Him with our love.

As we grow older, it is important to develop our analytical judgment, but we shouldn't lose the enjoyment of reality as it is, the value of just being and of just doing.

It is the possessive attitude that prevents us from enjoying the simplicity and childlike delight of the experience.

The attitude that reinforces the false self more than anything else is our instinct to possess something, including our own thoughts and feelings.

The method doesn't consist in how you sit or in the length of time you give, but in how you handle the thoughts that rise.

The alternation between peace and thought barrage is all part of the process.

The more confidence you have in God, the more you face the truth about yourself. Trust in God is so important.

The thought of not having a thought is the last preserve of self-reflection. If you can get beyond self-reflection, allow yourself to be self-forgetful, and let go of the compulsion to keep track of where you are, you will move into deeper peace and freedom.

When you practice contemplative prayer on a regular basis, your natural resources for psychic health begin to revive and you see the false value systems that are damaging your life.

As you experience the reassurance that comes from interior peace, you have more courage to face the dark side of your personality and to accept yourself as you are.

Emotionally charged thoughts are the chief way that the unconscious has of expelling chunks of emotional junk.

In this prayer thoughts and silence have an important role to play.

The nature of the unloading process is that it does not focus on any particular event.

Not contemplative prayer, but the contemplative state is the purpose of our practice.

To let go of a disturbing thought is to sink into it and identify with it, out of love for God.

DO NOT RESIST ANY THOUGHT, DO NOT HANG ON ANY THOUGHT, DO NOT REACT EMOTIONALLY TO ANY THOUGHT.

This prayer is an apprenticeship in letting go of our dependency on thinking in order to know God in interior silence.

When you truly love yourself, you become aware that your true self is Christ expressing himself in you, and the further awareness that everybody enjoys this potential too. Augustine had a phrase for it: One Christ loving himself.

Only when you pass beyond the word to pure awareness is the process of interiorization complete.

Expect to make mistakes, but learn from them. To learn from experience is the path to wisdom.

By accepting others unconditionally, you discipline the emotions that want to get even with others or to get away from them.

Divine love is compassionate, tender, luminous, totally self-giving, seeking no reward, unifying everything.

Chastity is the acceptance of our sexual energy, together with the masculine and feminine qualities that accompany it and the integration of this energy into our spirituality. It is the practice of moderation and self-control in the use of our sexual energy.

Chastity enhances and expands the power to love. It perceives the sacredness of everything that is. As a consequence, one respects the dignity of other persons and cannot use them merely for one's own fulfillment.

In the beginning, emotional hang-ups are the chief obstacle to the growth of our new self because they put our freedom into a straight jacket. Later, because of the subtle satisfaction that springs from self-control, spiritual pride becomes the chief obstacle. And finally, reflection of self becomes the chief obstacle because this hinders the innocence of divine union.

Jesus did not teach a specific method of meditation or bodily discipline for quieting the imagination, memory, and emotions. We should choose a spiritual practice adapted to our particular temperament and natural disposition. We must also be willing to dispense with it when called by the Spirit to surrender to his direct guidance. The Spirit is above every method or practice. To follow his inspiration is the sure path to perfect freedom.

Active Prayer: Phrase to be said to heartbeat rythm; Open my heart to your love; Not my will but thine be done. Speak God, Your servant is listening.

How shallow are all the things that upset and discourage me! I resolve to give up the desires that trigger my tormenting emotions. Having tasted true peace, I can let them all go by. Of course, I shall stumble and fall, for I know my weakness. But I will rise at once, for I know my goal and where home is.

Person to Person: The Problem of Being Human
Carl R. Rogers & Barry Stevens

1967

Real People Press
Box F
Moab, Utah 84532

Other Books: Don't Push The River, Barry Stevens; Gestalt Is Perls & van Dusen; Awareness, Stevens

Common Characteristics of Adult Valuing:

The majority of his values are introjected from other individual or groups significant to him, but are regarded by him as his own.

The source or locus of evaluation on most matters lies outside of himself.

The Criterion by which his values are set is the degree to which they will cause him to be loved or accepted.

Because he has relinquished the locus of evaluation to others, and has lost touch with his own valuing process, he feels profoundly insecure and easily threatened in his values. If some of these conceptions were destroyed, what would take their place? This threatening possibility makes him hold his value conceptions more rigidly or more confusedly, or both.

By taking over the conceptions of others as our own, we lose contact with the potential wisdom of our own functioning, and lose confidence in ourselves.

There is an organismic base for and organized valuing process within the human individual.

This valuing process in the human being is effective in achieving self-enhancement to the degree that the individual is open to the experiencing which is going on within himself.

One way of assisting the individual to move toward openness to experience is through a relationship in which he is prized as a separate person.

In persons who are moving toward greater openness to their experiencing, there is an organismic commonality of value directions.

These common value directions are of such kinds as to enhance the development of the individual himself of others in his community and to make for the survival and evolution of his species.

Adulthood seems to consist of shoveling out the manure that accumulated in childhood.

Glory Road
Pilgrim

The Way of the Pilgrim
Translation by Helen Bacovcin Author Unknown

Philokalia is a holy book that this is based on.

Sit alone and in silence; bow your head and close your eyes; relax your breathing and with your imagination look into your heart; direct your thoughts from your head into your heart. And while inhaling say "Lord Jesus Christ", exhaling "have mercy on me," either softly on your lips or in your mind.

Endeavor to fight distractions but be patient and peaceful and repeat the process frequently.

Repeat the prayer three thousand times per day. Use rosary to count.

Repeat the prayer six thousand times per day for one week

Repeat the prayer ten thousand times per day and see guide every two weeks

Using the rhythm of the heart beat, say a word with each beat, "Lord' 'Jesus' 'Christ', 'have mercy' 'on me', "

Prayer without interior feeling is not very effective either for the one who recites it or for the one who listens to it; everything depends on interior life and on the one who listens to it; everything depends on interior life and attentive prayer.

I discovered that the Gospel, as an abundant fountain, contains all that is necessary for true interior prayer and a holy life.

In one way or another all of these instructions show him the necessary conditions for salvation: a devout life, heroic actions, and complete self-renunciation. The practice of virtue and a wholehearted fulfillment of the Commandments.

Ask God; Pray to God that he would help you

In the practice of interior activity of the heart it is necessary to have an experienced director. If one is not available, you should diligently search for one. If however, one is not available, with a humble and contrite heart call on the name of God to help.

During the time of contemplation one is to avoid every kind of dreaming and is not to imagine or receive any kind of vision of light, of a saint, an angel, or of Christ.

Sit silently in our cell and it will teach you everything.

The person who lives in solitude is not idle; he is even more active than the individual who lives in society, but the hermit's activity is of a higher order.

You must be free from all cares, not only from vain and unholy cares but also from good things. You should be dead to everything. Then sit alone in a quiet

place, close the door, take your mind from every temporal and vain thing, bow your head toward your chest and stay attentively inside of yourself, not in the head but in the heart, and holding the mind there with your inner eyes watch your breathing. With your mind find the place of the heart and let it abide there.

Regulate your breathing to desperse distracting thoughts.

The Gift of Acabar
by Og Mandino

Pedar=Father Inga=Mother Tulo=Gifted Son Jaana=Tulo's Sister
Acabar is star he pulls down from sky with kite.
Kalvala is town in Sweden where it takes place.

Uncle Varno is old Lapp that likes the old days when they were free'er.

Star Lirra is second star that comes down for Tulo. Tulo flies to the sky with it and his kite.

Credenda

Turn away from the crowd and its fruitless pursuit of fame and gold. Never look back as you close your door to the sorry tumult of greed and ambition. Wipe away your tears of failure and misfortune. Lay aside your heavy load and rest until your heart is still. Be at peace. Already it is later than you think, for your earthly life, at best, is only the blink of an eye between two entities. Be unafraid. Nothing here can harm you except yourself. Do that which you dread and cherish those victories with pride. Concentrate your energy. To be everywhere is to be nowhere. Be jealous of your time, since it is your greatest treasure. Reconsider your goals. Before you set your heart too much on anything, examine how happy they are who already possess what you desire. Love your family and count your blessings. Reflect on how eagerly they would be sought if you did not have them. Put aside your impossible dreams and complete the task at hand no matter how distasteful. All great achievements come from working and waiting. Be patient. God's delays are never God's denials. Hold on. Hold fast. Know that your paymaster is always near. What you sow, good or evil, that you will reap. Never blame your condition on others. You are what you are through your choice alone. Learn to live with honest poverty, if you must, and turn to more important matters than transporting gold to your grave. Never meet trouble halfway. Anxiety is the rust of life; when you add tomorrow's burdens to today's their weight becomes unbearable. Avoid the mourner's bench and give thanks, instead, for your defeats. You would not receive them if you did not need them. Always learn from others. He who teaches himself has a fool for a master. Be careful. Do not overload your conscience. Conduct your live as if it were spent in an arena filled with tattlers. Avoid boasting. If you see anything in you that puffs you with pride look closer and you will find more than enough to make you humble. Be wise. Realize that all men are not created equal, for there is no equality in nature, yet no man was ever born whose work was not born with him. Work every day as if it were your first, yet tenderly treat the lives you touch as if they will all end at midnight. Love everyone, even those who deny you, for hate is a luxury you cannot afford. Seek out those in need. Learn that he who delivers with one hand will always gather with two. Be of good cheer. Above all, remember that very little is needed to make a happy life. Look up. Reach out. Cling simply to God and journey quietly on your pathway to forever with charity and a smile. When you depart it will be said by all that your legacy was a better world than the one you found.

The Choice
by Og Mandino

Man is made or unmade by himself. By the right choice he ascends. As a being of power, intelligence, and love, and the lord of his own thoughts, he holds the key to every situation...

Mark Christopher: Treasury Insurance turned author.
Louise=Wife Josh=Son Todd
Croydon's house with the lighthouse.

Wrote book, a better way to live.

Charles Bergen is Publisher.

Mr. Success

THE GREATEST SALESMAN IN THE WORLD

by Og Mandino

Failure will never overtake me if my determination to succeed is strong enough.

Failure is man's inability to reach his goals in life, whatever they may be.

I will form good habits and become their slaves.

As a child I was slave to my impulses; now I am slave to my habits, as are all grown men.

I will greet this day with love in my heart.

I will look on all things with love and I will be born again.

Always will I dig for reasons to applaud; never will I scratch for excuses to gossip.

I will love myself. For when I do I will zealously inspect all things which enter my body, my mind, my soul, and my heart. I will cherish my body with cleanliness and moderation. I will uplift my mind with knowledge and wisdom. I will feed my soul with meditation and prayer. Never will I allow my heart to become small and bitter, rather I will share it and it will grow and warm the earth.

I will greet this day with love, and I will succeed.

I will persist until I succeed.

I will hear not those who weep and complain, for their disease is contagious.