

Some Truths About Living

Insights and Perspectives
from Enlightened Hearts
through the ages



through

Steve Allat

(Steve Birce at the time it was written)

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Contact the author at steve@illuminatingthedisconnect.com

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What IS the meaning of life?

HOW can we feel true peace?

WHAT can I do to live from my soul?

What can I do to heal Gaia?

Is there a WAY to feel good every day?

Life IS easy, if you know where to look

Allow Steve's thoughts and essays to lead you on journeys and meditations into the heart of the truth about living to give you something to contemplate.

Use your heart to transcend your mind.

You may find living the truth is not as hard as you think, or as far.

As you think, so you are.

For Nila

&

Gaia

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PREFACE

The premise of this book is simple. Life is easy. Living is simple. Everyone has the right and opportunity to feel complete peace and it costs nothing.

Humanity has created the chaotic, competitive and materialistic world we live in. Humanity has created the notions of class, segregation, race, sex, racism, good and evil, religion and philosophy, dis-ease and suffering.

My contention is that all that humanity has created humans can uncreate, one person at a time, to elevate ourselves to the status of divine beings co-habiting peacefully and compassionately on mother earth, Gaia. It is our individual and collective mission to pursue peace and happiness (freedom from unnecessary suffering) in this physical earth-walk we all endure countless times in varying forms as we learn our lessons.

It all starts with each of us, inside. We must have a knowing that we can heal ourselves, learn for ourselves who we are and why we are here. Then we can begin to act collectively, working together, without ego, without pride, for the good of all. We are a part of everything, and everything is a part of us. We cannot act selfishly without bringing harm to others as well. What we do to ourselves we do to others, and to Gaia.

Let these thoughts permeate your being, your very soul, and you may make different choices, which ultimately will lead to a more calm, peaceful and happy existence.

Nothing I am putting forth has not been said before. I am sage enough to recognize this and also that I do not know what I do not know. The words I use may be different, but the message is the same. From the Bible to the Hermetica, the message is the same. As with all the major religious doctrines and philosophies the message is the same because it is indeed so simple. Simple in words, and yet terribly difficult for us humans to live daily.

The thoughts proffered should resonate within every one of you who reads this for it is inside us all to seek the truth. If I have sought and found at least some of what I yearned for, then you can too for you are just like me, my brothers and sisters.

Let me take you on a journey so rationally short and yet so irrationally long to a place deep inside yourself, where the truth about everything exists.

I have no expectations for what I say other than to make you think, but more with your heart than with your head. Make those words yours that

you feel a need to. Let go of words and images that don't resonate within you now. Your journey is your own- each step yours alone. Everything you do is your choice.

This is my truth, based upon my choices. Contemplate the choices you have made, are making and need to make to find your truth.

And realize it is a process, it is neverending, and hopefully we do our best to continue to learn, to live, to love.

Namaste

Note: i am using the usual proper pronoun I in the lower case, and in so doing mean to point to the knowing that there are two I's, and that the author Steve is the 'i' that is speaking of the worldly things written about herein. I, know better.

Q u o t e s

'I am the way' **Jesus Christ**

The essence of this quote is that if we are to be Christ-like, we should be like Christ and not simply follow him. After all, does the simple act of being with someone make you like them? If so, Jesus' apostles would have imbued his essence and it would have grown exponentially.

Think, if you were to be with someone you admired, say a popular singer, would you in turn become a popular singer just by virtue of the fact that you follow them ardently, and know every physical fact about them? Of course not, but if you find out what makes this person act the way they do, what feelings drive them, what attitudes and beliefs they hold, then you have begun to make a more sincere connection, an empathy for who they **really** are.

Humanity has taken what Jesus said and did and turned it into religions, and political and economic organizations which endeavour to preach the word of Jesus. While the intention was and is noble, the direction is off-target. Jesus wanted no churches, no ministries, no kingdom I would say. Rather, according to his own ethic he simply wanted us all to be happy, healthy and free from suffering. *All* of us, regardless of race, colour or creed. Jesus learned that the way was inside. He *was* the way by showing us it *is* possible for man to overcome physical limitations and be spiritual beings first. He showed unconditional love and compassion and so that is what we were supposed to learn and still need to learn from his example, whether real or allegorical.

Thus, 'I am the way' equals I am divinity walking. There is not complete way to benefit by association. We each need to find the place in our hearts that Jesus did, where complete faith in showing love and compassion for all will bring us joy beyond our wildest dreams. We need to KNOW that we are spirits in physical form only for a limited time, and that the choice is ours to live more ethical lives. We need to see with our hearts, and not with our eyes and other base senses, for it was by using our eyes that we determined to copy what Jesus said and did and have tried to emulate that instead of finding our own way, our own truth inside. The way isn't in following even Jesus' words, it's by BEING Jesus' words, and by BEING Jesus' love, and by BEING Jesus' compassion.

We all have the same opportunity and capacity that Jesus did. We just have to do it.

Another avatar, from another time and another place, said:

'All paths lead to me' Krishna

Coincidence? I think not . . .

'BE the change you wish to see in the world.'

Mohandes K. Gandhi

If you want peace act peacefully.
If you want to be happy think happy thoughts.
If you want love love yourself.
If you want to harm nothing . . . BE compassion.

You can be anything you want to be in this world. But wouldn't you be happiest being YOU? The ultimate you? The one you came here to be?

It is up to you, so all the choices are yours. You may think you need to be this way or that way, but that is just society's programming. How many people in society are truly happy or know how to achieve true happiness presently? Exactly, so why emulate society and perpetuate this cycle of suffering? Tear away the layers of un-truths, the rules and laws that man has cast upon you and ask your OWN heart and soul what is fair, just, loving and compassionate. We all deserve nothing less than complete happiness.

The shortest road to everyday happiness is the one from your brain (your body-mind) to your heart (your soul-mind). Up until now, your body-mind has done most of your thinking for you. It may seem to serve you well, but that is the game. The mind and the ego serve themselves first and foremost. Ask your heart-mind what to do, and you will always receive the blessing of the divine in the only positive way for your soul development. When in need of answers, quiet the mind with meditation or prayer and the truth will come. To deny your heart's truth would be akin to denying that the sun burns and the oceans contain water. It simply cannot be wrong, but we haven't been taught as human beings to trust the invisible forces at work inside of us and everything around us.

We also do not want to be hypocritical in our thoughts or our actions, so we must endeavour to live our thoughts. Humanity is still very judgmental, a trait we would do better without, so if we are to make change, we have no choice but to be what we want to see in others and in society.

I don't want to see violence, so i do not think and act violently.
I don't want to be unhappy, so i think and act happily.
I don't want to be prejudiced, so i embrace all my brothers and sisters.
I want to heal Gaia, so i give her my love.

'The hunger of love is much more difficult to remove than the hunger for bread.'

Mother Teresa

Is it not true that we could feed the hungry if we decided that we really wanted to, without considering the economic problems or consequences of doing so? In every city, many go hungry for food daily, while those who hunger more for love, pass them by and fail to reach out. Neither is satisfied at the end of the day! A few dollars, or an apple from a nearby shop would be food for both of them. Who among you cannot afford to help those in need financially? Even a little? So then, who among you is afraid to share more than your money-to share that which is yourself? That which satisfies the true hunger?

When you give of yourself, your time, and show genuine concern for another human being, you have already accomplished your goal! No need for praise or reward. You already have it, and you felt it in the other's smile and words or thanks.

Give the bread of life, which is LOVE to those in need, and remember that you get what you give.

'As it harms none, do as you will.'

Wiccan Rede

Of course this is something we all want to do, and most of us think we already do make most of our decisions according to this saying. But I'd like to challenge you to think more deeply about the words.

What constitutes harm? Harm can be loss of life; suffering in the form of punishment, cruelty, or loss of enjoyment of life: physical pain, mental anguish or emotional trauma to one's being; a negative thought about another sentient being.

Who is 'none'? None is you, me, family, friends, neighbours, society, humanity, the animal kingdom, the plant kingdom, Gaia, the Universe.

So, as long as you cause no undue 'harm' to any of the above, you are living truly compassionately! Looking at it this scrupulously, is it humanly possible???. Yes, I believe it is.

We are still here only because it IS possible, and we have not yet achieved it. It is our divine purpose to co-habitate on this plane of existence with true compassion, realizing that every action we make affects ourselves and all other life. The traditional human requirements for living are food, clothing and shelter. These can be met without undue harm to other creatures, the environment or the earth's resources. A vegan diet is both compassionate and meets all of the body's needs; we can clothe ourselves with natural materials; and our homes can be built more modestly, with manageable resources. So why are we not doing these things? We've lost our way in a materialistic, greedy, selfish society.

These blinds have made us lose focus of our true purpose-to be happy through selfless service to humanity-to CO-exist with all of creation, taking no more than we need and giving what is needed of ourselves. The balance has been disturbed and Gaia is bearing the brunt. But just remember, who does Gaia support?

US.

So, in the end, we are only harming ourselves.

Somehow we have taught ourselves to believe that pain is necessary, that hurting is just a part of life. Just because it has been a part of life does not mean it has to be that way right now and tomorrow. Past feelings are not precedents for our current state of being. That man has lived through suffering and pain is not a cause of man's current pain and suffering-rather it is an excuse to explain why we do suffer and must suffer as part of our earthly existence.

Pain is not necessary in the here and now. This moment can be whatever you choose it to be, whether you are alone, in love, in prison, or in physical pain. It can still be joyful within the soul, if you realize that there is nothing but peace and love within your own heart.

I see a day when humanity, ALL of humanity embraces and embodies these words, 'As it harms none, do as you will'. It's going to take time, but like other processes, it starts within each of us. One peaceful thought at a time.

There may never be a day when people are free of physical pain, or physical 'suffering', but the suffering which we can control, suffering of the soul and of being human will end. When we all act with love and compassion, and detach ourselves from the outcome of our actions, because everyone's actions are loving and will come back to you as love, there will be no more suffering. There can't be if we don't let it be, if we don't contribute to the perpetuation of the cycle. No cause (ie-no negative thoughts, no hurtful thoughts), no consequence with suffering.

We can break this cycle of believing by asking our own heart what is true!

'Until he extends his circle of compassion to all living things, man himself will not find peace'

Dr. Albert Schweitzer

We have not tried it yet, so how do we know it DOES NOT work?

This is something i challenge myself with on a daily, indeed a minute by minute basis. To try to give of myself what is needed by others in the moment, while balancing that with loving and caring for myself.

To me, it means helping where help is needed in whatever way i can-sometimes it's giving my time; opening my ears and my heart; a caring smile, spare change; sharing thoughts and ideas; being myself.

It also means, taking care of Gaia by looking at her beauty and thanking her for sharing with me, whether it's a pretty flower, a new leaf, the ocean tide receding, or the rocky mountain top.

Caring for all living creatures means: putting the spider outside; brushing a mosquito away gently; loving all of humanity from a distance when necessary.

Gaia, her plants, her wildlife and all her creatures are at peace in their daily lives. Look closely, feel their presence, and peace will grow in your heart too.

'Ignorance and prejudice and fear walk hand in hand'

Neil Peart, Rush

I have never met a prejudiced person who could explain his/her prejudice beyond 'Well, i just don't like coloured people, or the like.' Is this the defence for self-proclaimed superiority?

Behind the veil of prejudice is often fear-fear of the unknown, fear of what someone who 'appears' to be different from ourselves can do to us. Further behind the veil of fear is ignorance, whether authentic or self-imposed. Ignorance is simply the state of being unaware of something, whether it be a way of thinking, a belief or an attitude, or a way of life.

Ignorance cannot invite blame.

Fear should bring sympathy and compassion.

But prejudice demands action, because it is rooted in choices the people make every day. Prejudice in and of itself couldn't exist without ignorance and fear, so those who discriminate need to be informed about the harm that their choices make-to themselves, and those they hurt. Prejudice is weakness. Prejudice is false pride. Prejudice hurts the innocent.

To stop the cycle, love all and learn that we are all the same inside, despite the fear and ignorance.

***'To every thing there is a season, and a time to every purpose
under the heaven'***

Ecclesiastes 3:1

Everything that has happened up until now upon this earth, indeed in this universe has HAD to happen. How could it be otherwise? I am who i am. I always have been who 'i am'. But it has taken the experiences of this and other lives to remind me of who i REALLY am. For those experiences, 'good' or 'bad', I am grateful. Sometimes, for a split second i am sad, for the suffering that has happened in my life, and for others in their lives, until i realize once again, that everything, EVERYTHING has happened for a reason. Whether we like it or not, agree with it or not, love it or hate it, it is an undeniable truth.

'Bad luck' may be karma reconciled, and 'good luck' may be earned abundance.

That these things have happened, and we have not learned from them, has been our demise. We do not want killing to occur, we do not want suffering to continue, but unless we ALL resolved to be completely peaceful NOW, and reconcile our feelings immediately, loving everything with divine compassion, we are still fated to accept what happens.

What we CAN do however, is to look at life's events more positively. The lesson learned can do nothing but help us if we allow it to serve us as it is intended to. This means opening our hearts to possibilities beyond how we normally look at things that we currently find unacceptable. Murder may be unacceptable, but life does go on-one lesson that we all seem to continue to re-learn. How many really look beyond death to ask the bigger questions? Maybe someone's being murdered occurred so that you could learn to resolve to never do the same, because you had in previous lives? That would be a noble deed! Maybe a murder is an 'evening' of karmic scores between two 'unrelated' people? (there are no unrelated souls, remember). Maybe you are fulfilled in this life because you deserve it based on past good deeds beyond this life. In that case, you aren't 'lucky' or 'blessed' in ways that others aren't-you are simply reaping the benefits of past sowings.

In any event, everything does happen for a reason, and have a meaning which in the Akashic scope can be explained. We humans do think too much with our brains, looking for explanations that are beyond that capacity.

Faith is knowing in your heart that all is working out the way it should, the way it has to, so that we can continue to evolve into the spirits we are destined to be.

'All you are is in you . . .'

**Jeff Martin
(The Tea Party)**

Well, what else did you think was in there? We put a lot of stuff we don't need into ourselves-mentally, emotionally and physically-these days, but the rest is still in there. So why is it so hard to find?

Think about that amazingly simple concept. What you are born with, is all that you are, and all that you need. Access to all of this is right there for you, all the time. ALL the tools you need-mental, physical and spiritual are within you ALL THE TIME!

Every thing you ever were, in every lifetime is inside you. Every thing that has ever happened to your soul, is in you. Every thing you are going to be and do is in you.

And when you've left this earth for the last time-discarding your physical body and your mental interpreter, you will still be all that you are.

Your job is to realize it now, while you are in the physical body, so that you can fully enjoy this earth experience. Enlightenment is not only attainable, it is everyone's purpose.

Find yourself . . . inside yourself!

'You are, You are, You are You . . . get used to it . . .open'

**Travis Meeks
(Days Of The New)**

***'It is so arrogant of us to believe we can make music.
Only God makes music.
The Universe is her song.'***

Bhagavan Das

We put into physical form things which are universally everpresent. We ARE creations of universal vibrations, universal laws of physics and matter. What we create therefore is simply an extension of this. In our ceaseless yearning to find answers to inner questions, we allow the divine energy to flow through us and express itself.

When you are alone, and sing and hum gently, making your own tune, where does it come from? It was 'nowhere' one minute, and then inside you only to be expressed by your body, through your breath, voice and lips, the next to be 'now here'! When you play the piano or the guitar, do you not know when notes go together as opposed to when they just don't fit? Do we not all know 'in tune' from 'out of tune' instinctively? The universe is always, 'in tune' and when we reproduce sounds that are soothing, calming, energizing or give us some feeling, we are re-creating unheard vibrations on the physical plane, for all to hear.

Great musicians and composers throughout the ages, from Mozart to John Lennon to Ravi Shankar acknowledge that the music they are inspired to create flows through them, from a divine source, and is not created by them, from only their own minds. This music is usually soothing, calming and harmonious. Studies indicate that we, as well as all life, responds positively to the vibrations in their music. Studies have shown that plants grow faster and towards the music of Ravi Shankar, and Mozart, while growing more slowly and away from harsh sounding, heavy rock or metal music (though it can be soothing in it's own way and has not yet dissuaded me from listening to Rush or Tool).

Music in general is a reflection of the state of society at any given time. A lot of the popular music today is inharmonious, lacks any deep feeling, and is loud and obnoxious just for the sake of it. So what does this say about us? We live in a repressed, chaotic, violent world. The general sound of the music of a given era is a direct expression of the beliefs and attitudes of the collective unconscious of the times. So, as much as musical expression is the result of universal feelings, so to can it happen in reverse. We can help co-create a more calm and peaceful world by surrounding ourselves with beautiful sounds. Most of them occur already, naturally. . . . listen . . .to the birds, the wind . . .your own vibration.

'Nobody can make you feel inferior without your consent.'

Eleanor Roosevelt

Judgement is what most people do whenever they encounter another-be it another human life, another life form, or an object in the world.

Notice that with each thing except when encountering a human life is the judgement reciprocated. Upon encountering an animal, the animal does not change it's character, it's nature or it's essence. Even more poignant is the fact that an object does not change what it is, regardless of the fact that if 10 different people looked at it, you may get 10 different perceptions of what it is.

If you look at yourself objectively-as a human being, with feelings, and with the same rights as any other human on this earth, then nothing else matters in the moment.

If you know and feel a truth within yourself, then it is yours. No one can take that from you. Others can argue, discuss, contradict, agree or disagree with any thought or action you may have, but the notions of superiority and inferiority cannot enter the exchange without your consent.

You are in control of what you think of you, no matter what anyone else does.

'Man merely discovers. He never can and never will invent.'

Khalil Gibran

Everything that ever was, is, or ever will be is made up of elements which have always been a part of the earth. Sometimes, man arranges the elements to a particular form, for a certain purpose, and this is called an 'invention'? Is it, really?

Inventing entails producing something new, something not possible perhaps in the natural world. Edison 'invented' the light bulb, to light the inside as the sun lights the outside. So is this an invention? No, it's just a clever way of putting elements together in such a way that they produce a desired result. What is being done is that properties about the elements, which have always been that way, are discovered (uncovered) and put to use as man sees fit for his own purposes.

To think that WE, as physical human beings in a physical world, can invent that which is beyond physical limits is arrogant and egotistical. To discover what these elements can do is clever and serves many purposes, but to me is simply an analogy for what is lacking in the human spirit today. We are so eager to figure out how the physical world works, and what IT can do for US, that we once again forget to look beyond what we 'see' to ask the bigger questions. Should we be using this 'discovery'? Does it serve our inner growth as well as our ego and outward fascination? What will be the consequences to humanity and Gaia from what this discovery brings? Think about television, electricity, cars and planes . . . the pros and the cons . . . and figure it out for yourself.

I would much rather live in a simple world, where we don't measure by time how we feel about ourselves, our accomplishments, our success and our happiness. Rather, I'd sooner spend time discovering what I am all about, how I work, what makes me happy, TRULY happy, and stop thinking about that which does not serve me.

Those are the discoveries that will last for lifetimes, and reward you with a final goal of enlightenment, and true peace, when you reach your inner goal. Good Luck.

'Aerodynamically the bumblebee shouldn't be able to fly, but the bumblebee doesn't know that so it goes on flying anyway.'

Mary Kay Ash

I have to smile as i think of my friend the bumblebee. I long to rub her back as she lands for a quiet moment on a flower, but i resist and am content with the thought and the feeling that i actually have.

I have to smile and shake my head as i think of scientists actually calculating that something which occurs as regularly and steadily as sunrises and full moons, should not be possible. Absurdity exemplified for my amusement.

It is a good thing that the bumblebee has not the notion to be concerned with what we think of it, or else it would not be what it is. It would then be capable of changing itself and it's instinctual behaviour based upon the judgement of others-something which only humans do to the capacity that we do.

Now isn't that sad?

Oh, the things we can learn from a bumblebee - a buzzing world of enlightened living, in a fuzzy, spasmodic-flying creature which is perfectly content unto itself, as we all should be and are divinely capable of.

The lesson is absurdly simple: be yourself and do not take to heart the opinion of the world around you.

*'If we do not change our daily lives,
we cannot change the world'*

Thich Nhat Hanh

One person at a time. One day at a time. One action at a time. One thought at a time. THAT is how we make a difference.

The world today, is different than it was a minute ago, a week ago, a year ago and a century ago. Why? Because people had thoughts and put them into action. We wouldn't have the technology we have today if people had thought it (which they did hundreds of years ago), but not applied that thought to action. The last hundred years have seen monumental leaps in the standard of living, as measured materially. This has come about by society's desire for these things. It would not have manifested itself without our collective unconscious desiring it. What that tells me about the world today, is that while people say they desire a happy and peaceful world, they are not collectively ready to put their actions where their thoughts are, and that's why the world is not changing very quickly. If we all put our egos aside, and truly lived for peace in each moment, we would have it!

Change your thoughts, put them into action, and you can change the world. Just because the effects of the change outside yourself may not be visible in your lifetime, shouldn't change the desire to live as you believe NOW. It is faith that inspires us to do the right thing, even when we can't see the difference with our eyes. If you believe what you are doing in your heart, for yourself first, then you are already doing the right thing, and that is contagious. People will notice, and people will respond. Never get discouraged because you don't see the world you want to live in the day after you decide to change YOUR actions to make yourself happy in this world. The fact that you have done that for yourself is the most important thing.

It is never too late to start making changes you believe in. Besides, if you do not make them in this lifetime, you (or pieces of your energy – that is another subject for another time) are going to have to pick up where it left off in the next anyway. But wouldn't you rather affect the future now if you have the power to? Of course. And it takes a brave soul to go against the flow of society, to live the beliefs, to live from the heart. Look at Gandhi, Pythagoras, and Jesus amongst many others who lived divine lives in 'undivine' times, only to be judged and scrutinized. They sowed seeds which are still bearing fruit today. We can all do the same.

One thought . . . one action . . . at a time.

'I keep my ideals, because in spite of everything, I still believe that people are really good at heart.'

Anne Frank

Wow. WOW! A young girl, imprisoned for years and dying at the hands of the Nazi regime, still had the capacity to see through the pain and embrace the truth. Not only to embrace the truth, but not to let her deep beliefs in humanity be changed by the actions of one group of people. Once again, a large example of faith under what we consider extremely horrible circumstances.

We ARE all born with the capacity for 'good' or 'evil'. In my books, 'good' represents actions which serve all of humanity, not just the self or the ego, while 'evil' would be those actions which are nothing but self-serving, feeding greed and desire in the physical world. If you look at the world around us, I think you'll agree that we aren't all being as good as we can be-to ourselves, our human family and our planet.

Despite the state of Gaia, our Mother, I still believe that people act on what they think are good intentions a lot of the time. The trouble is that what a lot of people think are good intentions are just habits and traditions passed down; the need for education to secure a good job; to forsake love for security in marriage and in work; to have the newest, and therefore the 'best' things money can buy. Each generation attempts to pass on to its children those tools, skills, attitudes and beliefs that it thinks will make them happier than they were growing up and are now. Those are good intentions. Good intentions don't breed good habits or beliefs, however. In the process of creating a path to happiness, we've forgotten just how simple it all is. We don't need money to be good. We don't need a big house to be good. We don't need rich friends to be good. What we need to do to be good, and therefore to do good for ourselves and the world is to be ourselves! Why? Because inside we are all good. Inside we have all the tools to make ourselves happy. We know what we are really like, and what we really want. We all have special talents, unique personalities and ways of expressing ourselves. We all would be good if we could be ourselves and then offer that to the world and be accepted for it unconditionally. Look at what happens when we don't; people start wars; people shoot their co-workers; people hurt and kill their partners and families; people kill themselves, the ultimate act of an unaccepted soul.

Let others be themselves, and be the good person they were born to be. They will return the favour, and we can all live more happily and peacefully together.

'There is no scarcity of opportunity to make a living at what you love; there's only a scarcity of resolve to make it happen.'

Wayne Dyer

Indeed. How many people truly love their work? To me that's the same as asking 'How many people truly know themselves?'. Most people who truly know and love themselves find their work in themselves-their loves, their passions and their self-less service to serve humanity with who they are.

The sad thing I see in the world today, IS the world today. We have made such a game of living-from becoming educated, to growing up so quickly, 'needing' to earn a certain amount of money to be able to enjoy the things that everyone is supposed to want to have to be fulfilled in life. When needing a job which pays enough to be able to afford the house, car, clothes and other accessories needed to be 'successful' becomes the priority and the standard by which we measure our culture, then I have to say I'm not very proud of this world. When children get beaten up for the jacket they wear to school, I hang my head at what we've made this world. When a man ends his life because he's afraid he is not successful enough to provide for his family, I say a silent prayer for his soul, and tell him that it didn't have to be that way. No matter what this world APPEARS to be like, that is just it-an appearance of what is.

The world is not about jobs. The world is not about money. The world is not about houses. What do most people work so hard for? So that they can enjoy time with family. So that they can travel to meet new people. So that they can enjoy the world. Is there a common link?

The world is about people. About getting to know people. About serving humanity and making people happy. No matter what our job, most have an end goal of satisfying the customer (ie-making people happy), no?

We have simply put so many hurdles and hoops in the process, when really all it takes is an open heart, a warm smile, and a genuine interest in humanity.

Do you think the Nazi's really hated the Jews? I don't think so. I think they were scared, and ignorant. Scared of their own leaders, scared of their own actions, scared for their future. Ignorant of the people they were making to suffer. Ignorant of the truths inside their own hearts. They are to blame for their actions as humans on this planet, and they will pay the price, in their own time. It is not for us to judge, but for us to sympathize with their fear and ignorance. Inside is a good person-ALWAYS. Turn the other cheek, and you may find it.

'Possessions are generally diminished by possession.'

Nietzsche

Have you ever noticed that once you have acquired something, the process of becoming bored with it has already begun? Look at children on Christmas morning.

Why does this happen? Is it because we never really wanted it in the first place? Is it because the acquiring was the satisfying part, not the possession itself?

Possession is not a trait which the soul carries, rather it is a learned human behaviour-plain and simple.

The soul needs nothing except itself. It needs not this body or this world, really.

When the human mind convinces the body that THIS IS IT- the body IS living, IS life, then as humans we attach importance to other things as well. For isn't the human body the FIRST material object that the mind tries to attach the soul to? To POSSESS?

Many people aren't happy with their body, their mind, their thinking, so they then try to fill these 'holes' with other possessions. It is easy to now see how this can never be fulfilling, for the soul longs to be itself.

Let go of what you do not need. Long to possess nothing. Your soul will take you where you need to go.

'They say God is everywhere, and yet we always think of him as somewhat of a recluse.'

Emily Dickinson

God is that rock. Goddess is that tree. God is the sun. Goddess is the moon. Goddess is man. God is womyn. God is the air. Goddess is . . .

The paradox is that we say we can't see- tangibly- with our physical eyes that which we call GOD, when really all that we see is GOD!

We can see the elements which make up the physical world, but we can't see the force which *moves* the elements to life!

We can see a rock and it doesn't appear to move. Yet there is something inside it, which makes it a rock. At a certain level, it too is in motion, for the smaller particles of matter are always moving. What moves them? The primary force, the vital force, that which some call God.

We need to not look with our physical eyes to see God. Rather, we need to look with our hearts and have faith that God is indeed inside everything.

Again it is a balance of heart and mind which can reconcile the paradox of god being everywhere and everything, and yet going unnoticed by us in our daily lives. It is a humbling process to acknowledge all that we are, all that we see around us and all of creation as being acts of god. Even what hu-man (god-man) creates, is really a creation of God since man himself is. Man does not create, God does. We've taken the sacred aspect away from people and things of the earth as we've humanized them. We've taken responsibility for things which we have no right to. We are merely transmitters, albeit 'godly' ones.

Let the energy of God, the light of Goddess flow through you and see the world as the miracle it is.

Look with loving eyes, compassionate eyes, and knowing eyes upon the earth and all her creatures.

When you learn to look at EVERY THING that way, you will see gods and goddesses . . . everywhere . . .

'In search of my mother's garden, i found my own.'

Alice Walker

Truth is found along the way, not in arriving at the destination of the journey.

Idolizing and even mimicking our elders will not necessarily make us like them, but in it's own way it will aid in the development of the soul.

Each of us must find our own truth, our own garden. Each one is as individual as we all are, for we all have different pasts, a different set of related experiences to put together to make sense of our present condition and our present self.

We take from our search that which we need and make it our own. If we do not, then we truly lead an empty existence-always striving to be like someone else. Even a student who copies the enlightened master's actions exactly, cannot achieve what the master has achieved without making those actions her own-born of her own heart and soul. THEN those actions, free from thought of the master, have the meaning of truth that they need to allow the student to be her own master.

There are as many gardens, as many truths on earth as there are people.

There are as many paths leading to those truths as their are people.

We can all start heading in the same direction, once we all start looking in the same direction-inside. Our garden is the heart. Love and compassion are the seeds. Tend them and they will grow and multiply.

'It is never too late to be what you might have been.'

George Eliot

Time does not know how old you are and does not care.

Time does not know what you have done, have not done or what you plan to do.

How can it possibly be too late to ever do anything which you are thinking right now?

Even if you never physically get where you aspire to go . . . if you've gotten there in your mind and your heart, by thinking and feeling it, then you've already arrived. Don't let being 'seen' by society, or even by yourself in the mirror be the judge of whether or not you ARE what you think you are.

If you want to be a singer, think it, feel it and then do it . . . for yourself. There-you're a singer!

If you want to change anything about yourself, you can do it now.

The soul has the will to change everything, once the mind and the heart agree. Anything . . . ANYTHING is possible once the front is united between soul, body and mind.

'Everything Intercepts us from ourselves.'

Ralph Waldo Emerson

From the second we're born, especially in this era and society, we are inundated with external stimuli which challenge us. As well as those things we see, are those that we don't see, but which we feel - people's thoughts, emotions and other invisible projections. All of this 'stuff' out there, for us to see and feel from the moment we're born. No wonder a new-born babe cries upon entering the world. Not again!

All we are in this world and all we have is with us all the time. Our mind, our body, and our soul is with us wherever we go. Things come and go-possessions, work, feelings of happiness and sadness; pride and guilt; other souls - parents, friends, lovers, pets. Through it all we have ourselves, affected to whatever degree we let ourselves be affected by these things. We are affected as much as we want to be. We choose to take from each encounter, each situation and each thing, that which we think serves us in the moment. We are completely responsible for our own soul evolution.

Think about what all of these things really mean to you the next time. How will this affect me? How will I LET it affect me? Does my soul need this?

'Everyone has talent. What is rare is the courage to follow talent to the dark place where it leads.'

Erica Jong

Ask most people who have a 'regular' job what they'd REALLY like to do, or be, and the response is often going to be something like: a singer, or an actress, or an artist-a painter, or poet, or even something like an astronaut or a scientist of some type. Watch as their eyes light up at first, and then, listen for the sigh as they despair that it's just not possible to be what you really want to be in this world, due to the responsibilities and pressures of today's society.

Talent is that essence of spirit deep within you that longs to express itself-indeed to reconcile your current feelings about your state of being with who you really are. Talent is the ability to do something that only you can do. In reality, we all have the talent to be ourselves-something no one else can do. And that is a road not often travelled these days.

Talent is also expressing spirit in our own individual way. By singing or dancing or speaking poetry, we can give life to spirit. Talent is being in touch with your own truth so deeply that when you sing, or dance or speak, those who listen or watch are moved by your soul's attachment to spirit and ability to express it freely. We are here to use our minds and our bodies to express who we are. When we do that on the deepest level, we are honouring the divine presence within us, our soul, in a most humble way. Our soul's want to dance and sing and speak freely.

As another saying goes, 'Dance as though no one is watching and Sing as if no one is listening'. When we can express ourselves from deep inside, without caring if anyone is judging our expression, and do it whether one person is watching or the whole world is, then we have done humanity a service.

It may seem like a dark place where this talent leads, but that's only because few are really doing it, and really living! Remember, out of the darkness, always comes light.

I prefer to say 'Dance and sing as though everyone is watching, and you want them to see'.

"Women are repeatedly accused of taking things personally. I cannot see any other honest way of taking them."

Marya Mannes

It is peculiar the traits that we associate with one sex or the other, but this is one which is fairly stereotypical, and with some reason-as per the logical human mind of the 20th century.

Q. Are women people?

A. Yes.

Q. Can an interaction between 2 people be described as personal?

A. Yes.

Of course men are people too, but it seems that the reason why women are 'accused' of taking things personally is that they are more aware that they are each an individual person-worthy of respect, honesty and treatment in a fair and equal manner. When this doesn't occur, then it is a personal issue, for they are people.

The unfortunate thing is that this stereotype perpetuates itself, and is somehow seen as a 'negative' aspect, when really it is, as the quote says, the only honest way to interpret it! Men need to bring themselves back into balance with this aspect of themselves. It would serve them and humanity if we could all see every interaction as personal, and acknowledge the spirit, the mind and the body of the person we are with at each moment. Verbally, non-verbally, it doesn't matter-just unselfish, compassionate and loving. Namaste- The spirit within me honours the spirit within you.

Any time two or more persons interact, the connection is personal. Whether it is in business, between family members, between 'strangers', or between mother and new-born child-the connection is personal.

Two people meet, two hearts meet, two minds meet. And when parting, each takes a part of the other along on the journey, as we each journey forward.

'An eye for an eye will only make the world go blind.'

Mohandes K. Gandhi

Look at the world around you. We kill each other in the name of peace. We kill our animal friends in the name of hunger. We kill the forests - Gaia's lungs, in the name of progress and productivity. When will we learn?

Is it any surprise that we live in such a violent world, when violence has become accepted to the degree that it is now? Whether it is disguised as discipline, self-defense, 'religious' sacrifice, mercy or slaughter, it cannot be argued that taking a life is taking a life. When a soul is killed, it's last memory is of the suffering inflicted upon it by another soul! The cycle perpetuates! We are in an age of detachment from our inner selves to the greatest degree. Our brains contain so much information while our hearts forget what we're born knowing-to love all. It is really that simple.

Two aspects of our human selves that we really don't try much to control, is that of following other's lead and reacting to other's actions. We see violence, so we act violently. It is our weakness that allows us to do so. We get hurt, so we hurt back. Again, it is our weakness. Strength is following your own heart, setting aside ego and pride to do what you know to be right for yourself. Strength is turning the other cheek. Strength is teaching someone to grow their own food, not growing it for them them feeling proud of your noble effort.

In this way, we are still very immature, very spiritually 'blind'. We see the consequence of our actions when we react violently, but we don't see the scars on the soul so we assume there aren't any, or that they heal with time. They don't, they accumulate. The world grows more violent with each passing millennium, century, decade, in fact every year.

Why is humanity so violent? Trace each person's action back to the source and there you will always find an answer-lack of love, acceptance, or compassion. Everyone just wants to be loved-a new-born baby and a serial killer. Who has enough compassion to embrace them both?

We all have the capacity, and the choice. Lets start making better choices.

'Do not do what you would undo if caught.'

Leah Arendt

There is ONE person in this world that you will never be able to fool no matter how hard you try and that is YOU. It is a spiritual impossibility for YOU to do anything without YOU knowing it. Contemplate that.

Another way of thinking about whether or not you should or should not do something, is to picture yourself as the only person in the world right now. Does your sense of 'right' or 'wrong' change? Are you dependent upon the judgement of others for your actions? You may think you are not, but in the end it is what you think of yourself that matters most, and though you may think you already know that, this simple exercise can point out how much you do rely on the opinion of others, of society.

If no one was looking would you steal, knowing that another was being deprived for you to be fulfilled?

If no one was looking, would you dance and sing with all your heart?

If no one was looking, would you help a drunken man cross the street safely instead of mocking him?

If no one was looking, would you say I Love You to everyone you love.

Have the heart and the confidence to be yourself, and act accordingly, no matter who is watching.

'The best teacher lodges an intent not in the mind, but in the heart'

Anne Michaels

The best teachers have known that since the truth resides in the heart, that it must be the heart that is moved to action first, even if through the mind at some point.

The best teachers, such as Jesus and Buddha, were walking in compassion, after they had done the inner work to discover the connection to compassion. Their actions were thereafter borne out of their hearts. With their minds they then decided which actions they should take with their physical body in each moment to embody their compassion. Each action of kindness, of sympathy, of healing, of anger, and even of seeming indifference, was borne out of compassion. Knowing what each soul needs in the moment to best of their awareness. Love is the key ingredient behind those actions.

To start with the mind would be the ego acting on it's own behalf-looking for the reward of pride. It is not a proud soul who leads another to that place inside themselves where the truth exists. Rather it is a peaceful soul-one who knows his or her own truth well enough to exemplify that. A true teacher points the way inside . . . but knows when to walk away.

'People travel to wonder at the height of mountains, at the huge waves of the sea, at the long courses of rivers, at the vast compass of the ocean, at the circular motion of the stars...and they pass by themselves without wondering.'

St. Augustine

When you look in the mirror, what do you see?

Do you not see the miracle of life that you are, arranged and working harmoniously to keep you alive?

Do you not see more cells than we can count-in fact more than the endless stars in the night sky?

Do you not see that there is only one physical you on this earth, just as there is only one grand canyon, or one of this grain of sand from the desert?

Do you not see beyond the physical to the soul that is really there?

Or do you only see what you want to see; what you've been conditioned to see?

Everything in existence is a miracle of science, of balance, of creation. You are no more and no less a miracle than anything you'll ever see outside of yourself. Nor are you more or less beautiful-outside or inside

Wonder about yourself . . . inside and out.

'The heresy of one age becomes the orthodoxy of the next.'

Helen Keller

The world is FLAT! No, the world is round!
The earth is the center of the universe!
She's a WITCH! Burn her!
Everyone should have a slave.

If time should teach us anything, it's that no matter what we think we know today, unless it is the ultimate truth, then we are destined to re-arrange what our present reality means to us to suit our own needs at this moment.

The facts of proving or disproving this or that have never really been the issue when it comes to beliefs of a people at any particular time in history. Facts can be twisted this way and that to suit each one's reality and therefore are not the only reliable criteria by which we can judge the truth of any age.

The simple fact that views can change so drastically must show us the extremes that our minds can create that seem to endure and what we must remember is that the truth is still the truth despite these things.

Faith in the truth is what we need till we know it.

'We came to the earth to graze'

Ed Kowalczyk

(LIVE)

Cows are born and raised on their mother's milk until they are old enough to graze for their own food. They continue to grow, feeding only on grass and pasture, until they are old enough to either sire or be able to breed their own young. They then nurture and care for their own as they age, living out their life as long as they can naturally sustain themselves. When they can no longer graze, their bodies die. Animals are so simple, yet we can learn so much. My utmost respect to the animal, for being just that - an animal, pure instinct.

So as humans, how do we graze? We live and we learn, taking what we need for our soul development, taking that which serves us best and dismissing the rest. We see how we fit into the world, who we are to be, and what we want to accomplish. We graze on religion, philosophy, politics, whatever interests us.

Unfortunately, up until now, the focus of our grazing has been mostly selfish - to be intellectually smart, to be outwardly beautiful, to have a good job, and to be wealthy and secure. We think we serve ourselves best when we achieve all of these things, but we are missing the point of the game of life. To be truly successful is to merely graze for what we NEED. We NEED to discover who we are and what makes us truly happy.

When the desire to graze for physical rewards, which arise from feelings of greed and selfishness, is stronger than the desire to graze for what will make us truly happy (not just in the moment), then we are losing the game. The game is never over, but why make it last longer than it has to when the end result is eternal peace and happiness? Sounds pretty good to me.

Earthly pleasures only last so long. We all know that the gratification we get from these things only lasts for the moment (sex, drugs, alcohol, fame), but true happiness endures. That's why these things become habits or addictions, trying to fill in the hole which is being saved for the peace that we all yearn for. Enjoy them, still, but know the temporary nature.

Graze on thoughts and ideas. Listen to people and learn by example from those who are peaceful and happy. Choose to reject ideas which seem to lead to satisfaction, but which are really empty and void of any goal except instant gratification without regard for other's or the future self.

Graze on music, art, poetry, philosophy, nature, family and friends. And remember that when you graze, don't take what your mind wants, take what your soul needs.

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*Accept what you cannot change
Change what you cannot accept.*

We spend a lot of time thinking, and worrying and planning, when these energies could be much more efficiently directed. Acceptance will rid you of these time-robbing activities. What is done is done and to think about it so you don't do the same negative things again or so you DO the same positive things again, is good - but worry is thinking without an end result and therefore is almost always pointless. It is not about saving time as much as it is about using what time you do have more wisely. Would you rather worry and think about how you forgot to do something important this morning, or take actions to do what you need to NOW so that you don't have to think about it anymore?

When you think about it, you really have no choice but to accept what has happened. YOU HAVE NO CHOICE. You do have the choice to continue thinking about it, to re-live it in your mind. The simple way is to accept what happens in each moment, and thus live more truly in the moment. Isn't that all we REALLY have anyway? This moment? Stop for a minute, close your eyes and just BE HERE NOW.

Just as we HAVE to accept what we cannot change (the past), the converse is about what we CAN do, not what we cannot. We do have the power, through choices of thoughts and actions, to 'change' the future, to shape our destiny as we see fit. I subscribe to the point of view that most of our existence is pre-ordained, and that we are playing it out like a game, but that we do control the 'pace' of the game, the duration of the game, and the events in the game. Eventually, we all have to return to where we came from-the divine energy that we are. I would like to get there as soon as i can, without causing any suffering at all. To that end, i can make choices every second of every day, to live by my soul's truths.

When I don't like what i see in the world, i reject that thing and don't let it become a part of 'me'. When I DO like something I see, i make the choice to incorporate it into my thoughts and my being. These are simple choices we all can make and need to try to make without letting society dictate what makes us happy. We each know, inside, what truly serves us in the moment. It takes strength, courage and lack of fear or pride which can help us make these decisions. In the end, you will be a 'better' person for having made yourself happy first. Then you are better able to affect the world in a positive way as well. So, think about what you DO want, make the right choices, and reject that which does not serve you.

A path is not the way.

What is a path? A religion, a philosophy, a doctrine.

What is the way? The action needed

The way to where? The divine. Here. Now.

Paraphrased for you: A religion or philosophy is not the action needed to reach the divine.

Any time you adhere to one particular set of rules, values, codes or principles put forth by man, you are limiting yourself forever to the material plane. Man is divine in the flesh who has forgotten the way. The laws of man, when heeded, reinforce that we are each more human than divine. To go beyond this is to look inside, where all the answers can be found. Religions, philosophies and the like can surely give us hints and suggestions, but each must be tempered with our own judgement. In the end, we each know what is best for ourselves. Trust your instincts, act on your beliefs, be a leader by leading yourself first.

If you seek leadership, follow only the one who will teach you to find your own inner path, your own inner guide. A true teacher does not preach and expect you to believe without question; rather a true teacher allows you to discover the truth inside yourself, for yourself.

Love Thy Nature

These three words say so little and yet so much! There is a subtle two-fold meaning shrouded within the word Nature. First, nature is the way each of us 'is'-our essence, our individuality . . .for while we are all divine creations made from the same elements, we each have a way of being and expressing ourselves. Secondly, nature represents to humans, those living elements which exist 'outside' of ourselves. I say 'outside', because truly nothing is beyond us once we realize our divinity-the song of a bird makes us smile, the breeze on our face begs for a deep breath, and the falling of a leaf reminds us of our own mortality. We are nature and nature is us. To ensure our own balance, we must live in balance with that which nature provides. We haven't up until now and need to start acting more mindfully about her, because with each action and decision, we affect our own nature.

To Love nature is to love ourselves.

We all want to love and be loved, and the easiest, shortest path is with us all the time.

Love yourself and you love nature. Love Thy Nature.

*What goes around comes around
As man thinks, so he is
You get what you give
Reap what you sow
Like begets like*

Stated in many ways, the age old adages are akin to the doctrine of karma-the law of cause and effect. We all know them, we all say them, so why don't we all believe them enough to live by them??? Lack of faith, pure and simple.

In today's 'visual' society, we need to see immediate reward for our actions, while the law of karma plays itself out over lifetimes (something a lot of us don't admit as a possibility or don't remember). That doesn't leave much room for doing a good deed today, without expecting any return other than the joy and satisfaction you feel inside. That should be enough in itself, but we have been taught differently about giving and receiving and the value attached to those actions.

If you want to be rewarded with peace, act peacefully to those around you. If you want to be rewarded with love, love those you come into contact with. Along with your actions, which mirror the way you wish to be treated, must be faith-faith that performing these actions will manifest these things amongst others, which ultimately always does lead back to you. This is different than acting these ways SO that it WILL come back to you. There can be no desire behind the original act other than that of unselfishness and the faith that it is the 'right' thing to do.

All of these sayings have been around, and came from somewhere. These things don't happen for no reason, just as all of our actions and thoughts don't happen without a reason. The result right now is the life we live today, and the world we see around us right now. In order to be more peaceful and live in a more peaceful world, we must embody the thoughts and actions that we know will bring us the individual and collective peace we deserve.

It starts with one.

One peaceful thought.

One peaceful action.

The next time someone smiles at you, for no apparent reason, remember that you deserve it, and let the warmth of the smile fill your heart.

***Where there is love there is no fear
Where there is fear there is no love***

When the heart is filled with love, then what else does one need? As simple as it may sound, love is all you need (just ask the Beatles). Love, that indescribable condition, not necessarily human, is the beginning and the end of everything. Just as a desert plant loves the rainfall it receives each year; just as a bee loves the plant for providing it with all it needs to do its 'job'; just as a mother loves her new-born baby; and just as one human being loves another. No words can describe love and no words should. As Khalil Gibran said, 'for love is sufficient unto love'.

Nothing can be 'wrong' in the presence of love, rendering fear as well as any other human emotion useless. Fear serves nothing but the ego, a purely mental human condition. To dispel fear, we think of things we love, places we love, or 'happy' thoughts (love) from our lives. The fear disappears. Co-existence is impossible, and you can control what you feel-through your heart and your mind. First with the heart . . .

Thou Shall Not Kill

Now forgive me if i'm 'wrong' or naive, but to me 'Thou Shall Not Kill' is painfully obvious, although rarely adhered to.

Am i extremist in thinking that not killing anything can be nothing but a good thing? Should this point of view need defending?

Wouldn't God have been more clear, and added a footnote or an extra commandment if it was meant that we shouldn't kill EXCEPT for animals and other sentient beings?

For the masses who claim to adhere to the Christian Bible, isn't there a relatively high number of killings going on within our species anyway, let alone that of other species we claim dominion over in the name of survival?

Should we have even needed a God to proclaim it?

I guess i'm left with more questions than answers, because the answer is in the saying, and should never have needed further explanation. Another classic example of the human mind at work, separate from the heart.

We were created to BE gods and goddesses in the flesh. As long as we kill each other, we kill a chance at realizing our purpose. Stop killing yourselves . . . now

Careful What You Wish For . . . You Just Might Get It!

The doctrine of Ahimsa preaches non-violence in thought, word or deed. If you apply the law of karma, it is then easy to see and understand the reason for being so completely compassionate towards all of humanity, as well as the animal, plant and mineral kingdoms. If you reap what you sew, then of course we should sew seeds of love, respect and compassion for our fellow creatures here on earth, as well as for our mother earth herself.

Take a small leap forward with the faith of the belief that you are what you think, and you reap what you sew, and you arrive at the conclusion that you CAN manifest what you need in life. In other words, if you want something bad enough, if it pervades your thoughts, then it WILL happen. If you think about something you really want, meditate on it, keep it in mind constantly, then you will receive it.

The power of thought is more powerful than we give it credit for. But think about it- isn't it the power of thought that has made the world what it is today? Everything thing that exists, is here because someone thought it.

A wish is simply a thought with faith, not desire.

As Above, So Below

Above is the macrocosm, below is the microcosm.

Above is the universe, below is our Earth

Above are planets & stars, below are human beings.

Yet we are all connected. How else could astrology have any credibility? (not to mention accuracy). We are, to a certain degree a reflection of everything in the universe. We are boundless, just as the universe is- scientists still haven't discovered the smallest particles of matter, and even if they did what would THAT be made of? We are infinite, just like the universe. As big as the universe seems are we, only the other way around. Science would like to provide answers to BOTH, but still can't.

We learn about ourselves by observing what is outside of ourselves, then bringing those observations within. Somehow, we have forgotten to look inside ourselves for a truth which maybe could be used the other way around to help us understand what is outside of ourselves.

Once we learn to be masters of our own kingdom (the soul), looking outside of ourselves in a truthful way will help us to see the physical world as it really is.

You Are What You Eat

Your body is made up of what you put inside it, what you breathe, and what it keeps to keep you going. Your body is also the temple of your soul. Your body is what enables you to enjoy the journey here on earth. Seen in this light, doesn't your body, which is a miracle of physics and biology, deserve complete admiration and respect?

If you truly love yourself, you will love your body and want to keep it working so that you CAN enjoy this life-something we all want and deserve. To keep your body healthy, is quite simple. Eat foods that are alive! We don't want to be dead, so don't eat any foods that are dead! What does this mean?

Do eat fruits, vegetables, herbs and spices.

Don't eat any living creature that had to be killed unnecessarily.

Do eat organic, locally grown food.

Do not eat food treated with pesticides, herbicides, hormones, or genetically modified organisms (GMO's).

Demand that your body meet it's nutritional requirements with only good, healthy food that is alive.

Like begets like. Don't be like the animals slaughtered in fear. Do be like the apple on the tree, wanting to nourish you.

Make your temple a palace.

Before you can break out of prison, you must realize that you are locked up.

Have you ever seen someone who works what you consider to be an unfulfilling job, day in and day out, and feel sorry for that soul because from the outside, YOU can see that there is a different way?

Have you ever tried to convince someone who is a proclaimed atheist that there is indeed a God or Goddess?

Each individual's search for his or her own truth is exactly that. His or her own search. Respect must be given to everyone for who they are right here and right now. We have all had moments in our lives when we did things we never thought we would do; when we said things we didn't think we were capable of-good or bad. After the fact, upon reflecting, we find it hard to realize that that was 'I' who did or said those things. At the time, you were so enveloped in your reality, your world that you couldn't see any way but the one you had created to deal with the situation.

It IS possible, however, to look at even your own life, your own circumstances, and your own choices from outside of yourself. And you can do this by looking deep within, to where the truth resides. This may seem a contradiction, but for those who have never ventured there, it can seem this way-for the truth, while inside, is also universal and therefore in everything and everyone. One of the great paradoxes of life is that everything, yes EVERYTHING is inside and outside of ourselves, simultaneously.

In wanting to make any 'change', you must first accept that change is needed-change for the better, in your own view of your own situation. Surrender to preconceived ways enables you to let go of some of the attachment the ego has on you. The ego loves the prison walls, and would like to keep you in there indefinitely. It takes strength and faith to break down the walls. Love is strength. Gentleness is Strength. Self-Love is the first and most powerful strength of all.

Allow yourself to find the strength inside of you to surface-to surpass the ego. Where there is no ego, there is no prison. Where there is no prison, there is freedom-freedom of thought, freedom of action, freedom of expression of your truth. Truth is boundless and needs no prison, in fact, desires no prison-for such a thing would be a contradiction.

Find your truth, embody your truth, and free your soul. A world of individual truths would be prisonless.

To the world you may be just one person, but to one person you may be the world.

We all get lost sometimes in the illusion that we are but one amongst TOO many to make a difference. The illusion is that we are all separate when really we are interconnected.

There are over 6 billion people on this planet and you are 'but' one.

There are more animals, more insects, more plants than you.

When we divide and name the life forms we almost forget it is all alive.

You alone constitute .0000000001666666 of the human life. And of course there IS the possibility of life on other planets as well . . . look out at the stars in the sky and realize that we are physically so small as to be smaller compared to the universe than a grain of sand might feel if it could see the whole world.

You are one human being.

You are the voice on the other end of a 911 call.

You are the mother watching her new-born baby being born

You are the teacher guiding the student.

You are compassion, bringing peace, love and hope to one soul at a time.

You are you, the only one there ever was or ever will be.

In each life, you are father, mother, sister, brother or relation. You affect everyone you contact in every situation.

In each moment, you are everything IF you give everything of yourself.

One thought could change the course of a life, of lives, or of humanity.

You are Jesus, you are Gandhi, you are Mary, you are mother Theresa, you are Buddha, you are everyone that has ever been or ever will be. And still, you are only you. There will only ever be one historical, physical YOU for each incarnation. This *you* exists for a reason-is CHOSEN for a reason. To experience this life and share of that experience. No life exists in a vacuum.

Learn who you are, by asking who you want to be, then be that soul-the one who means the world to those who choose to look at you that way. Some responsibility does come with it-to yourself, and to the one you are with at the time.

You are worthy of being the world, when you are your own truth, when you are what is needed of the one who thinks the world of you.

***Everybody wants to go to heaven,
but nobody wants to die.***

Greedy we humans are! As Freddie Mercury put it, 'I Want IT ALL, I Want IT ALL, I Want IT ALL, and I WANT IT NOW.'

We all have this lovely vision of living a nice life and this being good enough to be able to pass the 'test' at the gates of heaven (wherever that is), so that we can enjoy an eternity of peace and bliss at the side of the deity we believe in with our loved ones who have also, hopefully, passed this same test! . . . WELL, i hate to tell you this, but BZZZZZZT! Thanks for playing, but it just may not be that easy! lol

A couple of questions to consider first:

1. If the point of life is to die and go to heaven, then why do we fight to prolong our lives as much as possible?
2. If we only live once, die once, and go to heaven, why do many religions & philosophies mention re-incarnation?

We cling to life in these physical bodies as if it were the ONLY thing that mattered. We trick death with modern medicine, we escape death in 'miraculous' ways, we prolong death as we lay there incoherent. Is physical life SO precious that we do these things? Is the pleasure of the physical senses more than that of a blissful soul for all eternity? Do you not realize you can have BOTH right now?

The struggle of the ages has been to live a long life worthy of admission into 'heaven'. But what constitutes 'heaven'? Is heaven a place? Is heaven a feeling? Is heaven enlightenment?

If heaven is what you THINK it is, then my question is-Why keep THINKING about it. Heaven doesn't even have to be, in order for you to find peace and happiness, in this life and beyond. The notion of heaven, akin to the notion of hell, is man-made and ties us to a way of thinking that does not allow us to live in the moment, the REAL heaven. If you are living moment by moment, then you can't even be concerned with either heaven or dying. These thoughts become mutually exclusive!

Don't worry yourself with figuring out what heaven is, where heaven is, and what you need to do to get there. If you discover your truth, and live it . . . every minute of every day, then . . . you're already there.

***Rain beats a leopard's skin,
but it does not wash out the spots.***

Nothing can change you if you are what you are.

If you embody your truth, no one, no thing, no situation, no challenge, no thought can change that. Even death cannot change that which is eternal

It is one of the hardest things we do as humans-to not let outside factors influence us. Until we know our truth, it is pride that keeps us from changing our ways because of someone else's influence. After we have learned our way, by following our heart, it is not so hard.

A leopard is a leopard is a leopard, no matter what should happen during it's life.

We are souls in physical bodies, but with the power to accept that notion or not through our conscious mind. Accepting what you really are will free you of the influence of others, if it not to your soul's development.

You are divine. You are capable of being divinely human or humanly divine. The difference is up to you to figure out. The choice is yours to make.

BE the leopard that knows no other way of being.

BE the leopard that welcomes the rain when it comes, watches it bead on it's fur, and continue on . . .

Inhabit your self.

Essays

TRUST

Trust IS the belief that another person is thinking and acting in YOUR best interest with honesty, sincerity, sympathy and empathy. When you trust, you basically let another make a decision for you. When you trust, you must accept the outcome of that trust. When you trust, you believe in the good in human nature.

A lot of the people I have talked to are wary of trusting too much, too deeply or at all! Most set limits with regards to who they will trust and to what degree. Most SAY they don't trust either very many people or with what they consider to be important things. Is this true?

You trust your doctor to keep you healthy.

You trust the police to keep you safe.

You trust the government to provide you a good society to live in.

You trust that driver's will obey 'the law' and drive safely.

You trust that restaurant chefs won't serve you food that will make you ill.

You trust that spring follows winter, and summer gives way to fall.

You trust your mother with your life for the first years of your life!

You trust the bank to keep your money for you.

You trust, you trust, you trust . . .

I would contend, that we DO trust much much more than we do not. Trust is implicit in most decisions we make and most moves we make every day to the point where it doesn't need to be stated anymore. It IS human nature to trust. If it was not, most of us would be paralyzed living in this world amongst others. We trust our lives to others everyday, especially those who don't APPEAR untrustworthy. Does the untrusting soul who aims to take a life this day walk down the street with a gun in his hand and a sign on his back announcing his intentions? Does the bus driver need to tell every person who come aboard that s/he is a nice person, and will drive you as safely as possible to your intended destination (marked correctly, you trust, on the front of the bus; arriving on or near the time you trust the schedule to tell you).

Trust dwindles with age, as you become more comfortable with being human. This is no coincidence.

When you trust another, you trust yourself.

CHILDREN & THE FUTURE

I would guess your first thought on the subject is probably something like 'Oh, yes, the children ARE our future. It's so nice he's writing about this'.

Well, I'm actually here to say that if i hear one more person say that 'the children are our future', I think i'm gonna scream (well, not really). From President's to leaders of religious groups, to all mothers and fathers we have heard the cry relentlessly. Yet no one has 'saved' the world despite noble efforts supposedly made on their behalf!

Is it not a fact that the children are going to live into what we call the future? Of course.

So, what about YOU!!!

HERE!

and NOW!

John Robbins was once quoted saying *'We don't inherit the land from our ancestors, we borrow it from our children.'*

There is a lot of truth in that, but I'd like to push the envelope one step further. How about *'We inherit the land from our former selves, and we borrow it from our future selves.'*? Our collective selves even, as we are all in this together.

The 'problem' with Robbins' statement is that it takes the focus off of the self and away from here and now. Also, it is seen as a noble and empathetic deed-concern for others being a genuine good quality to have. All true, but I have to argue that unless you do the right thing for yourself first, come to your own peace and understanding in your heart, how can you offer that truth to the children? THAT is what the future truly needs-children that ARE what they want the future to be. I don't believe they can do that simply upon our good intentions. They have to see us being the future now.

A majority of children today can be categorized as materialistic, violent, sexually active, detached from the outcome of their actions, and feel invincible! Confidence is great, but . . . Where did they learn this? Parents never taught them to do that, did they? Well, look at the movies they watch - who makes them?

Listen to the music they listen to - who makes that?

What is television portraying and who is in charge of what goes on tv? If you're an 'adult', a baby boomer, then YOU ARE! Directly or indirectly you are creating your children's future with your examples, with your likes and dislikes, with your habits and attitudes. Yet, it's all so they can 'have

what i didn't have' isn't it? Which is what?

LOVE?

The cycle always runs full circle back to Love. How can it be otherwise if that's what we all want? EVERYTHING else that gets in the way is just a smokescreen. Dad taking you on expensive trips is just an illusion of love. Mom buying you new clothes so you'll 'fit in' is just an illusion of love. Where are the real lessons? The real issues? The real love?

Why do many children have so much, yet hate so much and have little self-respect or genuine care for others? The last few generations have replaced inner love with outer expressions of love. Instead of giving of ourselves, we give 'things' we have in the material world. Some say that the last 2 millennium, the 1*** millennium, can be categorized by the 'I' mentality. I tend to agree in that it appears as though we have been more selfish, greedy and egotistical, especially regarding the collection of material wealth. The importance we have placed on success, as measured by money, job status, possessions, and physical beauty are at an all-time peak. We have a ways to go to before the impact of the changes that occur today, will become the majority of the reality of tomorrow. But I'm optimistic.

Start by saying listening openly and honestly.

Start by living morally and ethically.

Start by finding out who you are, why you're here.

Start by speaking your truth, to everyone!

Start by living how you want the future to be.

Start by treating 'children' with more respect.

Remember, children are just souls in young physical bodies. The role as parent is to let the soul develop, and to not layer it with society's laws and rules and judgements. Let the heart of the child feel, let the mind think, and let the child figure some things out alone. Lessons learned through joy or pain are lessons not forgotten. Idle words and idle threats are empty if not backed up with real actions and real consequences.

Children are 'smarter' than given credit for. Trust them more. Make them your respected friend as well as your offspring. Tell them the truth at all costs. Do it NOW!

People Don't Change ... or ...

At least that's what my mother always told me. What she didn't tell me, however, is that people only show you what they want you to see, and that they hold tight onto who they THINK they are. Let's look at this in a couple of ways.

On the one hand, I would have to agree wholeheartedly with the above statement, but from a different perspective. I believe that people don't change because people are inherently all very similar. What changes are their thoughts and consequently their actions. The soul, always inside there somewhere, does not-in fact, cannot change.

On the other hand, it could be argued that people DO change, since their thoughts and actions change-therefore giving the appearance of change.

I used to believe this statement and acknowledge it as a pearl of wisdom I lived by and judged other people by. But now I see that it is not only unfair, but it is also extremely limiting in its scope. To say that people don't 'change' is to not let them discover truths about themselves and acknowledge them. Instead, most believe that it's a good thing that someone knows who they are, and sticks by it, even if it's to their own detriment. Is it a noble deed to know you are a liar and not want to acknowledge that for fear it could lead to change? A lot of people are exactly like that. Afraid of what they DON'T know about themselves. Afraid of letting the world see something of themselves that they haven't shown yet. And still we stifle people's efforts with the statement, 'Well, that's just the way he is! He'll never change'. Being told that implies that we should not strive to 'change', even though it isn't really a change-it's more an unfolding or a tearing away at the layers and masks we've either put on ourselves or allowed society to put on us.

The human mind is filled with thoughts of pride and ego, and these relate to the 'I' that we create and want to show the world. We become so proud of this 'I' that we may forget that there is something else about each of us. Inside us all is the truth, and the truth does not wear a mask. That truth has always been the same.

That truth cannot change.

People don't change.

People's thoughts and actions do.

The truth does not change.

Our vision of the truth changes as we evolve.

RESPECT & ANIMALS

Every single animal is an enlightened being. Remember that . . .

When an animal, or mammal or insect is born, it knows what it is. It's mother doesn't have to explain to it, what it is . . . what it's essence is . . . what it's instincts are and how it should act. Actions and behaviours may be taught as they may aid in survival, but that isn't to be confused with an animal simply knowing what it is.

Humans are the only species that needs to inform its offspring of its identity and their relationship to the other species on the planet. Can you even imagine a world where we do not need to do this? I can . . . and i believe it's the utopia man has always yearned for and has not yet achieved.

For this, and this alone . . . for the creatures of this world being themselves, which is all they know how to do . . . my humblest respect.

I smile upon all of the living, sentient beings as my friends, and co-habitants. I love you all.

THE CYCLES OF LIFE & KARMA

We would be much better served if we applied the law of karma, and other 'mysterious' events in our life beyond the scope of this physical life. In our pursuit to explain everything we see in order to understand it, many many holes remain. Why did that man kill that child for (apparently) no reason? Why can this child play Mozart on the piano at age 5 without any formal training? Why do i long to travel to Egypt? Why are so many people afraid of snakes? If absolutely everything starts at birth, with parents and then society being the only influences on us, wouldn't we grow up differently than we do?

It is, i believe, the goal of every parent to love their child and ensure that they grow up happy in a peaceful world, unlike the one they themselves grew up in. And yet humanity appears to grow more unhappy and less peaceful with each passing generation. So what's missing?

Detachment from the spirit world around us, from our own soul's journey through lifetimes of evolution and the 'i' mentality lead the way. We seem to be in an age where the notion of doing things because they are the 'right' thing to do, appears to be what people do, when really it is not. A lot of people recycle but neglect to ask themselves whether they need to consume the recyclable items in the first place. Many people attend church on Sundays or on Holidays, or attend confession every now and then, figuring that this will balance the 'sins' they are allowing themselves to be a part of every day. This is definitely an age of self-gratification of the masses, with little thought given to consequences of present actions on the future self or others.

To accept the notion of karma, of cause and effect, would make one accept completely every thought and action that one makes. While that may sound ominous, and a lot of mental and emotional work, think about it. Really think about it. Think about the consequences of a lot of the decisions you make every day. Do they all lead to happiness, success or the desired outcome you want for yourself and others? Look at the world around you and realize that it is what it is because of the actions people took based on their thoughts, which at the time they had because it was supposed to make them happy. Their must be something 'wrong' with a lot of the decisions we've made for the world, Gaia, to be in the state she's in, despite our supposed attempt at making good decisions every day. The proof is right there-in your life, in your children's lives, in your parents lives, in everyone's life, and in Gaia's state of being.

The longer we each avoid dealing with the responsibility of being a divine soul in a human body, the more we hurt ourselves and Gaia. It's a

cycle that has perpetuated itself since we first appeared here on earth, whenever that was. And it's a cycle we can stop instantly, individually, by accepting that our thoughts have impact, our actions have impact and that it's the most responsible thing we could each do in our lifetime to come to this realization and embody it.

Karma does not know that we have many lifetimes in these physical bodies. The universe does not know that we have clocks that track time. Energy does not know the bounds of time and space.

Accept.

SPIRIT WORLDS

Sting once sung 'we are spirits in the material world', and while that is indeed correct, it's only part of the story.

What would you say if I told you we are living in more realities than the one we see with our eyes?

What if i told you that every living thing-human, animal, insect, plant, rock, or dirt- contains a spirit, a soul, something that embodies that object?

Many cultures and many religions make note of the 'fifth' element-the 'ether', the space between space, or the vital force. It is something which is unnameable, and intangible, and thus our problem with attempting to grasp it with the logical minds and physically oriented sight we've developed through our 'modern' sciences. Yet we all 'feel' these things. The cool tingle on your back from some unknown source. The calmness upon entering a forest. The nervousness and fright of being in a cemetery or abandoned building (where there was once 'life' but now only an empty shell).

What makes a seed grow? It is a physical entity like ourselves, and needs more physical input to grow (water, air, elements), like us. But WHAT makes it grow? What makes it WANT to develop further, to reproduce, to produce more seeds and fruits? WHAT?

This quality, the 'essence' of the plant- that which makes it what it is (and each plant is unique, each animal unique, just as we are), is the spirit, the vital force. In some cultures, these are the fairies and nature spirits that inhabit plant life and mother nature's landscapes. When you are alone in nature, and really pay attention, you can feel spirit all around you, although to your eyes, no one else is there. There is no other explanation other than that which we really all know, but haven't been admitting for too long. Their is 'spirit' in everything.

Some people see spirits, energies or other forms of being. Some people feel it. All of us have felt it at some point, but did not know what it was. Instead of ignoring it, or trying to use your mind to justify it, accept it, with your heart. Your heart can communicate with spirit even if your mind isn't understanding yet.

Close your eyes and trust.

DIS-EASE

The last 100 years have seen a growth in disease of unprecedented proportion, leading to the notion that dis-ease is a normal part of life.

As soon as you're born, 'they' vaccinate you.

Get the slightest illness, 'they' give you medicines, and needles and pills.

You get osteoporosis-'they' say drink MORE milk!

You get cancer-'they' invade your body with chemicals.

The 'normal' state of the human body is one of balance, energy, feeling light and centred. That's why when you're not at ease, it's called DIS-ease. What some people are starting to realize is that we have created the disease which we are now experiencing, and we have to take care of it. I say it's up to each and every one of us to make this happen.

We don't need health care. We don't need modern medicine. We don't need that at all. We DO need to take complete responsibility for our own bodies-our temples of God. We've become so dependant on other people telling us how we feel, and how to fix it, offering only certain solutions, that we've come to accept living this way. And that is very sad, especially considering it doesn't have to be that way.

So what can you do about it?

1. Educate yourself-mind and heart.

In the end, whatever your choices, you need to figure them out for yourself, so-educate yourself. My personal beliefs are that anything that ails you can be cured through diet, using herbs and vitamins, assessing underlying emotional or mental stresses and working on those, and having a positive attitude towards illnesses and your body in general.

Illness only appears when there are underlying problems. Physical ailments are symptoms of emotional, mental or spiritual stresses, whether they are 'current' or past issues (this life or others). A healthy body resists dis-ease. This is why we don't ALL get the flu when it's flu season, or develop other diseases that other's contract who seem to share similar lifestyles as our own.

2. Balance yourself-mind, body and spirit.

We are more than the physical body we see with our physical eyes. Yet this is what we treat most often when we suffer. What about the other parts of our being? We know we are mind too, and most accept the notion

of a soul or spirit which is our essence. So why don't we integrate these parts of our being into the healing process? We can, we just haven't been taught how to, or we know instinctively and have forgotten the way. A few practices that can help re-connect the body to the mind and spirit are: meditation, yoga, and mindfulness.

3. Diet

My belief is that a vegan diet-one free of any food requiring animal suffering is the ultimate in compassionate eating, nourishing both the heart and the soul. There is nothing the human body needs that a plant-based diet cannot provide. I will not go into any more detail here, as I'm not a 'dietician', but I will offer this. I have been vegan for 4 years, I feel light, strong, sure and confident. I don't get sick easily or often, and when i do, i know why-a lapse in eating properly not enough water, or some other small thing. My 'proof' is that I AM HERE NOW. I don't need a doctor to tell me that.

4. Stress

Stress is a major factor in compounding any other problems you may have. Stress is not dealing with 'problems' you have right now. Stress is worrying about yesterday and thinking about tomorrow. Stress is second-guessing the decisions you make every day, because you can't fool yourself, and the result on your conscience is stress. Stress affects the body through the mind, and it also affects the soul, that part of you that knows what you're doing ALL the time and won't be fooled.

If you live in the moment, you will not have stress. Period. It's just not possible.

Wouldn't it be nice to enjoy life right now? In the body you were born with? It is very possible, but like everything else, it's up to you. With a little education, a lot of heart, and a focus on every decision you make by living in the moment, what you've always wanted can be yours.

Cancer is so limited, It cannot corrode faith, It cannot shatter hope, It cannot kill friendships, It cannot cripple love, It cannot destroy peace, It cannot silence courage, It cannot suppress memories, It cannot conquer the spirit. (anonymous)

SMILE

A smile can make you forget your hunger, be it physical or emotional.
A smile fills you up for the moment.
A smile can change your mood, your day and your life.
A smile is free to give, and rewards both the giver and the receiver.
A smile brings peace to the soul, and a peaceful soul always brings a smile to the face.
A smile is universal, knowing no boundaries of human law, race, creed, sex or colour.
A smile in the mirror means you have arrived.
A smile is happiness revealed.
A smile without thought is inner peace attained.
A smile can happen in the head, the heart or the soul.

ETERNAL OPTIMIST

By this point, i do hope that this is obvious!!! How else could someone who is vehemently non-violent, compassionate, empathetic, animal loving, nature loving, honest and financially insecure at this point in life and in human history not be and still lead a very happy, fulfilled, calm and peaceful existence?

The answer is that i do believe in the good in everyone. I do believe that we are all here to achieve complete peace, and as much happiness as we can experience in our daily lives. I do believe that we can do whatever we want to do, without causing any harm to any other living creature, or to Gaia.

I believe that even the most 'evil' soul has the same chance to achieve this within a lifetime as any other.

I believe that every single little thing happens for a reason.

I believe that we will all find our happiness, and that at some point, all those walking the earth will be doing so in an enlightened state, FINALLY enjoying the 'heaven' on earth that we all want.

SOULMATES/SOLE MATES

Soulmates . . . twin flames . . .split-aparts.

Many names with one meaning-two souls, so closely connected as to seem eternally drawn together, and eternally happy together..

I consider myself one of the lucky ones, for I have met one of my soulmates, and we are together at the moment in this lifetime, and thus the connection remembered for all time. You just know when such a thing is real, and not imagined.

A soulmate is one that you resonate with completely. All thoughts are understood, reflected, and related in an easy and compassionate manner. Even if there are any disagreements (in the end, there really are none, other than those brought about by human conditioning), they are understood and accepted.

Soulmates yearn to be together constantly.

Soulmates reinforce the belief in the power of love, and the ability to support another to fulfil any dreams and live the life you really want to live.

A soulmate will allow you to be yourself more than anyone else ever has. IF you already know yourself, and love yourself completely for who you are, it will make recognizing your soulmate that much easier. Be yourself, and find your other half.

**note – i am no longer with my partner when I wrote this book, but I still hold true to knowing that we are all connected, learning in love from each other, no matter who we spend our time with.*

IF YOU LIVE BY YOUR BELIEFS

You will have to re-evaluate the way you live in terms of material possessions, diet, career, sports and hobbies, and whatever else you have an interest in!

You may have to accept things which you've done, that you will no longer do.

You will be able to interact with others in a more peaceful and calm way.

You don't have to justify your past actions, only your current ones. What's done is done. What you used to believe is different than what you believe NOW, and who you are NOW.

You will project confidence and self-assurance, which will help you achieve what you want to in this life.

You will be respected for your right to have those beliefs, even if they are yours alone in a big world.

If you live by your beliefs, you may find yourself . . . and find peace.

Religion = Re-connection

Why are there religions?

Why do we think we need religion?

If religion means to re-connect, then we must instinctively know that we are indeed disconnected from something. Being disconnected from that certain intangible essence implies that we are not whole. We are all restless as we search for the missing link to restore us to our state of grace-our inner peace.

In all my reading, from ancient civilizations such as Mu, Atlantis to the present day religions and philosophies of the world, there is always mention of the religious beliefs of the time, and that follows. There has never been a time upon earth, when humanity as a WHOLE has existed in a divine state. If there had been, we probably wouldn't be here right now, because there would be no point.

Our existence is interconnected with re-connection and religions have been the consequence. In man's effort to figure out where we come from, and how to get back there, religions have strived to be the answer. As noble as that is, they only can do what I can do, and that is to give hints and clues. It is entirely up to you to do most of the searching, for it is within your heart that you will reconcile your thoughts, based upon whatever beliefs you have. Ultimately, we each need to form our own religion-a religion of 1, which is YOUR experience, interpreted through your mind and heart, but with the same goal that all religions, all philosophies have aimed for-peace.

YOUR religion will have the same destination as all others-the feeling of interconnectedness with all life, without the attachment to the material world-but will be yours and yours alone. No one, no guru, no teacher, no preacher, no master can ever tell you how you will end up there. They can tell you of their 'religion', their journey, and their current state of enlightenment.

ON SCIENCE

Science is forever attempting to explain to the human mind things which are either incomprehensible via the intellect or need no answer in that manner in the first place.

Can science provide answers which the heart asks? Will scientific answers provide the keys to open doors closed by the heart and not by the mind?

Science is created in the minds of men, not the hearts, so how can it aspire to answer all questions about living which we are searching for answers to? Science is innately human, and attempts to explain that which we think we need to understand in order to survive. Do we NEED to know how our body works in order for it to work? Do we need to travel to the moon in order to say it is there, and that the earth is over there? Do we need to predict the weather in order to enjoy the day?

Despite sciences huge advancements in the last century, think about what we still do NOT know:

We do not know what the smallest particle of matter is and how it functions.

We do not KNOW how the soul animates the body.

We do not know of all the creatures at the bottom of the ocean.

We cannot explain in words what love is.

We cannot cure ourselves of the most common diseases, the common cold, or the flu.

We cannot explain how we got here.

We cannot explain with certainty the origins of the Pyramids, or even date most of them accurately.

We cannot.

Science may be the ultimate testament to man's attachment to the mind, and this material plane. It cannot and will not explain the mysteries of life-those things that we try to explain and connect with through religion, meditation, contemplation, or heart-felt prayer.

Gurus, masters and philosophers throughout the ages have tried to allude to the mysteries, without needing science to help in the cause.

Science will continue, and will always fall short. It is just another thing we do to keep ourselves diverted from the truth-the intangible force-inside us all. The force that connects us all is what science simply cannot and does not need to explain. We all feel it, and don't need an explanation. Let intuition be your science. Let your religion be your science. Experiment with your truth by using your heart as your guide.

This will take you where you want to go . . .

THE HUMAN MIND vs. THE HEART CENTRE

The human mind-the body's link conscious reality

The heart center-the spirit centre's link to the body.

We are as human beings, a balance of mind, body and spirit.

We can think with our mind, 'think' with our heart, or use a combination of both. Throughout our evolution, we have at times existed in societies, and communities based on differing degrees of the usage of the heart versus the mind. We think of people living in the Indus Valley where equality reigned, war and violence were unheard of. Then we look at our present society-so mind driven-thinking all the time, with so much to know, to learn and to make decisions about in order to survive. At least that's what you think.

You can think a lot less than you do, and everything will be ok. You can trust your heart to make decisions for you, and everything will be ok. Not everything has to get done today-the sun also rises tomorrow.

Can you imagine a world, where all of your decisions, every day are based upon what you FEEL in your heart as opposed to what you THINK in your mind.

It is hard to, when such a world has not yet existed. Yet it is our destiny. How are we going to get there?

We need to trust that our heart, our soul's connection to our body, cannot guide us anywhere but where we are destined to be-and that is in complete self-realization of ourselves as divine spirits in human clothing.

The mind is necessary, or we would not have one! But the mind cannot serve itself first, for the sake of the ego's self-gratification. The mind must allow the decisions of the heart to be made freely, if the heart is pure and the intentions honest. Then there can be no attachment-no worry, no doubt- to the outcome of the decisions of the heart. Therein lies the key to a peaceful existence, living in the moment, making each decision as needed, guided by the heart, accepted by the mind and body as being the best thing for the entire human being.

PROJECTIONS

Always looking outward, we humans are. For reasons for living; reasons for dying; things to do to distract ourselves from our own lives, our own selves; others to blame for our circumstances; material things to fill our internal emptiness with; looking for faults in others which we possess; admiring the strength in others that we lack; honouring the wisdom of others which we've forgotten; calling others name we've earned for ourselves but are too weak to acknowledge; pride in things we haven't done ourselves but wish to take the credit for.

Any time you catch yourself doing any of these things, you must stop and ask yourself what these thoughts are really saying about YOU! Everything you think is about you. Everything you do is about you, no matter how it APPEARS to be.

Projecting out is in direct proportion to the willingness to look inside. Those who look outside of themselves for explanation are those who have not looked inside yet, have not looked deep enough, or do not trust the answers that lie inside, for they may seem contradictory to what the mind wants.

You can also condition yourself to start looking inside more honestly by FIRST attempting to not look outside so much. When you catch yourself putting another down, or blaming, or being envious, stop and ask yourself why you feel this way? Is it because you lack these qualities, or you HAVE these qualities and would rather not? The easy thing to do is to keep looking outside for a reason. The truthful, seemingly harder thing to do is to accept that it is really you who is to blame for these thoughts, and the need to change them to be happy.

Once you take responsibility for your thoughts, for your circumstances, and for your actions, then you have made a step towards not needing to project your own negative thoughts about yourself onto others. The cycle of perpetuation of suffering will stop at this point.

An enlightened being projects only love.

Life is like a road . . .

On the road of life, we all travel along . . . each at our own speed, taking whatever detours we need when we need to . . .

And we make rules for driving, as we've made rules for life . . .

Have you ever wondered, why, when the light turns green, it takes so long for the cars behind the first car to start moving. Why? What is to stop them from all moving at the same time?

The fact that we are at this point in our human evolution is in fact directly responsible for this phenomenon.

If we all trusted every other driver on the road, we would in fact start driving at exactly the same moment, as soon as the light turns green. But this can only happen if:

- the first driver is ready when the light turns

- all the drivers are also watching for the light

- every driver behind the first driver TRUSTS the driver in front of him or her

So, what prevents this seemingly possible situation from proceeding smoothly?

Lack of a feeling of connectedness with all around us. Lack of trust. Lack of instinct.

If we all felt in touch with those in the other cars, with the energy of the lights themselves, then we would all drive on at the same time, quite simply in fact.

The world is mostly 'followers', but not very good ones. We attempt to copy other's actions, in hopes of being like them. Sometimes we do so blindly, as though following is what we're meant to do. Have you ever watched the car ahead of you slowly drift over with the car ahead of it as that car prepares to turn or exit the road, then when the person in the car ahead of you realizes that he or she is continuing on straight ahead, then they quickly re-adjust the car and get back on track. Only to have it happen again?

This shows how much we do not focus on where we are going. In the car, and in life. We wish someone would just take us by the hand and guide us there, without needing to think about it ourselves. We do not want to, for some reason, take responsibility and guide ourselves, which is what we each ultimately need to do. No one has ever attained peace that did not do so through their own thoughts and actions. Not one.

Don't ignore the car ahead of you, but do guide yourself more consciously towards your destination, your REAL destination, inside.

mu, atlantis, eden, etc.

It doesn't matter what has been, where you think you've been. That is all nice and fine and let it be of interest to you, but do not let it become the focus for you. Any thing, any time, or any place which distracts you from yourself now is ultimately yet another experience to learn to detach from once you've taken what you know your soul needs to re-learn or remember.

Some say that an advanced civilization-one far 'superior' to ours- existed upon this earth over 120,000 years ago, for about 100,000 years! Only to be destroyed in a cavalcade of earthquakes and other forces. I happen to believe this to be true, in my heart and enjoy reading about others ideas on the subject of an ancient motherland (Mu, Lemuria). But while i do have an interest in this from a human standpoint-to know if we've been here that long, what we learned, why it ended, etc.- that's exactly where the interest lies, with my human mind. My soul is here now . . . even if it was there, then (which i do not recall).

I have always found the subject of ancient lands such as Atlantis and Lemuria and man's beginnings-be it in Eden or otherwise-to be very interesting. I've longed for and searched for answers to man's questions in these places. I never did and maybe never will find the 'truth' there, but it's always been an interesting search. The reason for this interest is that i, like you, almost certainly existed in some form during those times-for we all have existed and been witness to every time. For some, it is a stronger attachment to one place or one time, while for another it is a different place and time. We usually shrug off the feeling and neglect to look for an explanation or ask our heart why. There are some who do remember their past lives and have seen or can visit other places in time and recall events in their or other's lives. Again, that's ok for them, as long as they realize that in the end, the focus cannot be on anything but the here and now.

Someday, a future civilization will surely look back at our time, and wonder at some of the marvels of technology we created, the cities we built, the wars we waged on each other, on our animal friends , on Gaia, and the destruction we left in our wake, and KNOW how unhappy an existence the majority of humanity endured without ever hearing first hand testimony.

Stop and think of what you would think if you were an alien being, visiting this planet for the first time. A being of pure compassion, looking with loving eyes upon Gaia, her people and her creatures. Ask yourself- Why are people fighting with other people? Why are people killing other creatures for food and for fun? Why are whole species being eliminated

as one species races to dominate? Why are people of different colours, but exactly the same genetically, not all living together harmoniously? I would feel pretty silly, being the person who had to try to explain these things, for there is no good answer for any of it . . . none . . . and we are all responsible.

This world, and all her people can live beyond what has ever happened. We're about to turn a corner. Think about who you are, who you want to be, and the world you want to live in . . .then create it through your thoughts and actions.

Human Being

HU = god

Man = all people of earth

Being = here, now

We are NOT god-people doing, coming or going.

We are NOT human beens or human going-to-be's.

God is not one god, but god of all religions.

All people is all-man should mean male and womyn.

Language does not do justice to the problem of trying to name ourselves. We should be nameless, for our soul is and our ultimate state of existence cannot be expressed, for it is beyond the human mind to comprehend. The mind must let go to get there.

But for now, BE as human as you can be

BE as divine as you can be.

BE your own god or goddess in each moment.

BE.

The Arbutus Speaks

There exists on Vancouver Island a variety of tree unlike any other-The Arbutus. She has beautiful smooth bark-green and beige in colour. On the younger branches, a cinnamon coloured layer peels away, exposing the smooth inner bark. The leaves are a lustrous green, and remain on the tree year-round. Shedding of leaves occurs intermittently throughout the year. The wood of these beautiful trees is hard to the touch, and is a dense hardwood to be sure. From all appearances, one might assume this to be what botanists call a 'hardy' tree for the area, a tough variety. They have thrived here for many many years, that is, before more people came.

As with people who assume a 'hard' exterior, she is soft inside. Soft and sensitive. And she is starting to show that we are doing more harm than good here on this planet. She is but one example among many-one which people aren't acknowledging in this way yet.

In newer subdivisions she is losing more branches and more leaves more quickly. Near power lines branches die while just a few more feet away, limbs remain healthy longer. Coincidence? I think not.

In the wild she is perfectly healthy as she always used to be. No dropped branches-in fact I've never seen a 'healthy' branch on the forest floor.

For the Arbutus, more people = less Arbutus

More pollution = less Arbutus

For people, less Arbutus = less oxygen, less beauty, less diversity, less habitat for wildlife, less connectedness.

Today I heard two people talking about the Arbutus trees-casually commenting on their appearance-too straggly, always losing their leaves, and about the smell of their flowers as being too pungent for their liking. To the Arbutus, we must smell too . . .like death . . . like negativity . . . we kill them daily with our thoughts, with our 'progress', and with our chain saws.

When Gaia is out of balance, someone takes the brunt. It isn't always noticeable, or measurable, but here it is, like a BILLBOARD in my heart, while no one else notices. They scramble for reasons here-it must be a fungus, a disease . . .hmmm. Mayhap we are just too near-sighted to see ourselves as a fungus.

The Arbutus speaks to me, and I give her my love and respect.

FREEDOM IN TRUTH

Complete faith in anything is necessary to become the thing in which the faith is placed. Simply understanding 'the truth' isn't enough. KNOWING 'the truth', in one's heart, is the end result of faith believed, and practised so that it is an ingrained habit, never to be strayed from. Circumstances cannot change what one knows. People cannot change the truth. Hardships and suffering will not have an adverse affect on one who walks in truth. For these things are simply events unfolding in this game of life-each with a purpose to those intended to learn from the experience.

Freedom of the most important kind is possible with a knowing of the truth, whether through a lifelong search for self-realization or an instant flash of insight into the workings of life-how and why things happen when they do.

To feel sadness for the state of other lives enduring suffering in the world, is still possible while experiencing the freedom that truth affords. To be able to not dwell and to let the thought flow in and then out of the heart and mind is a key. To feel happiness, conversely, is a human luxury, albeit fleeting. Therein lies the reason for humanity's search for a never-ending succession of happinesses. These things cannot replace peace, which is the freedom that KNOWING the truth allows.

Peace and Happiness

Happiness is temporary. Peace is forever.

Happiness is the smile from seeing an old friend.

Peace is **knowing** everyone is your friend.

Happiness is looking at photographs of good times.

Peace is closing your eyes and knowing good times.

Happiness is an emotional and mental good feeling.

Peace is your soul hugging your physical self.

Happiness is watching an animal sleep.

Peace is being that animal.

UNITING GODDESS & GOD

past

Through many societies, cultures and religions in all ages, there has never been a complete balance between god and goddess. Close to a balance, probably. But a complete balance, within each soul, between souls, between families, between cultures, there has not been. For that would be the ultimate testament to the whole of humanity having found their truth, and living it. In that balance, the apparent differences between 'male' and 'female' aspects would be gone. Unneeded and unknown. All beings would love and be loved, giving and receiving as needed, regardless of physical sex.

There have been examples of cultures throughout the ages which did worship the divine in primarily a feminine aspect, as there have been those that have worshipped primarily the masculine as creator. And of course there has been every combination of the two, from the beginning to present day. I will leave the technical aspects of labelling previous attempts at symbolizing the divine as one or the other to those who care more to do so. My interest lies elsewhere, and that is with where we are now, and maybe where we're headed.

present

I look at the world around me and I see many things, but mostly I see unhappy faces, empty eyes, worry, stress, and anger. That's not to say that I don't see people enjoying themselves or their lives, smiling and laughing, but what i'm seeing goes beyond the superficial, and beyond the face. People's actions speak very loudly. From the television programs and movies we watch to the casual conversations at work or home, I see a very angry world. Angry for not being happy. Angry for not having time to be ourselves. Angry for thinking we don't have time to be ourselves. And we have a right to be angry for not being happy, but we only have ourselves to blame.

I also see a very male dominated world. Think about who makes a lot of the decisions in everyday life? In the political and economic arena? Think about how long it's been that way. Try to think of a time when it was otherwise, and also think of a time when the world was at peace, knew no war and all were treated equally by all others. Think of a time when everyone was accepted as they were. . . right, i didn't think so, because there hasn't been such a time.

There has been an imbalance in the world, on Gaia, our mother earth for a long time. This imbalance of male dominated energy has led to the world being what it is today. How many female leaders have declared a war in the last 3000 years? Exactly.

It isn't as much that men are responsible because they are men, more so it is because we as men have neglected to acknowledge the other part of our being-the feminine, the Goddess-as a part of ourselves that we need to exist in balance and harmony. The same can be said in reverse, of women, but I believe not to the same degree, for women are naturally more balanced and more intuitive about life and it's sacredness.

Male pride and human ego have done spiritual progress a great disservice as we leap forward technologically in the world, but fall behind spiritually. We are doing more, building more, having more-yet feeling less-less full, less satisfied, less peace. And now, a greater number of women are 'buying in' to the notions that man has created about living that are responsible for our detachment from our own soul. More and more womyn are acting like men, in business, in politics, and in their everyday actions when they act with anger or pride. Again, these are feelings that ALL humans have inside them, but which the male sex has personified to a greater degree over the last portion of our existence here.

Balance is needed . . . for an enjoyable *future now*.

matriarchy

def.-women ruling the family or tribe

free to express; standup for yourself; having a say on; body -in,out; non-violence; equality; ancient times; singing, dancing, communing with nature; moon; cool,; nurturing, water; simple living, simple decisions; intuitive; heart-based decisions; sympathetic, empathetic; less sense of 'I', more sense of 'We'

patriarchy

def.-the male head of a family or tribe, as in ancient times

violence, war; lack of feelings, cold, numb; current times; god, jesus, modern prophets; written word; dominance over nature; keeping feelings in-no monthly cleansing; power; sun; politics; logical, mind-based; decision making; greedy, selfish; ego

future

Balance is needed inside every man and womyn
Balance is needed between men and womyn
Balance is needed between husband and wife
Balance is needed between father and daughter, mother and son
Balance is needed between families
Balance is needed between generations
Balance is needed between cultures
Balance is needed between religions.

but it starts with balance within ourselves.

A VISION

I see a day when all life enjoys the rising sun, the setting sun, the moon and the stars; breathes fresh air, and lives each day as their will takes them.

I see a day when people live only where it's naturally possible without artificial means. Therefore,
I see a world with far less people, but all happy souls.

I see a day when killing does not occur.
I see a day when the thought of killing does not occur.

I see a day where physical dis-ease is unknown.

I see a world without pets, but with every creature as our friend and co-habitant.

I see a world where we see everything, with our eyes closed.

I see a world where everyone is your brother or sister, mother or father, regardless of bloodline.

I see a world of walking divinity.

I see a day where we speak with our hearts instead of our mouths

I see a day where there is no discrimination between the physical world and the spirit world.

I see a healed Gaia, in harmony with enlightened souls, living as one.

**I close my eyes to see all this, for it is within my mind's eye- the heart-
that the truth exists.**

stories
parables
poems
quotes

Gandhi on 'Do as I do, not as I say'

A woman once came to Mahatma Gandhi with her little boy. She asked, "Mahatma-ji, tell my little boy to stop eating sugar."

"Come back in three days," said Gandhi.

In three days the woman and the little boy returned and Mahatma Gandhi said to the little boy, "Stop eating sugar."

The woman asked, "Why was it necessary for us to return only after three days for you to tell my little boy that?"

The Mahatma replied: "Three days ago I had not stopped eating sugar."

Most people are mirrors, reflecting the moods and emotions of the times; few are windows, bringing light to bear on the dark corners where troubles fester. The whole purpose of education is to turn mirrors into windows.

-Sydney J. Harris

On Enlightenment

Eckhart Tolle

A beggar had been sitting by the side of the road for over thirty years. One day a stranger walked by.

"Spare some change?" mumbled the beggar, mechanically holding out his old baseball cap.

"I have nothing to give you", said the stranger.

Then he asked: "What's that you're sitting on?"

"Nothing", replied the beggar. "Just an old box. I have been sitting on it for as long as i can remember."

"Ever look inside?" asked the stranger.

"No," said the beggar. "What's the point? There's nothing in there."

"Have a look inside," insisted the stranger.

The beggar managed to pry open the lid. To his disbelief, and elation, he saw that the box was filled with gold.

I am that stranger who has nothing to give you and who is telling you to look inside. Not inside any box, as in the parable, but somewhere even closer inside: inside yourself. "But I am not a beggar," I can hear you say. Those who have not found their true wealth, which is the radiant joy of Being and the deep unshakeable peace that comes with it, ARE beggars, even if they have great material wealth.

Re-ligion = Re-connection

2000 B.C. - Here, eat this root.

1000 A.D. - That root is heathen. Here, say this prayer.

1850 A.D. - That prayer is superstition. Here, drink this potion.

1940 A.D. - That potion is snake oil. Here, swallow this pill.

1985 A.D. - That pill is ineffective. Here, take this antibiotic.

2000 A.D. - That antibiotic is artificial. Here, eat this root.

**A child's life is like a piece of paper on which every person leaves
a mark.**

(Chinese Proverb)

Genius is the fire that lights itself

When we understand the sun, our love will warm the earth.

Aug. 30, 2000 RAMBLING . . .

Life is about living. Life is about what we do NOW to be true to ourselves. The truth is that everyone's truth is their own. Can that be the same? Do we all have the same truth? We espouse the notion of being 'unique' individuals in this universe, and indeed this would have to be true. At least, the flesh and blood of it. For our bodies are each put together uniquely, with a different combination of elements, in different proportions and ratios. Even identical twins are not the same since they don't eat identically or breathe the exact same air every moment of the day. So, even if we are all different physically, does this mean that we are each after our OWN truth, or is there actually ONE, infallible truth which ties us all together universally? This truth is the simple answer to all our questions-why are we here? what is the point of this life?

We are all different because we have to be. Through the ages, and over the course of many re-births, our souls acquire 'knowledge', which the soul uses to assess what is left to learn over the course of the next life. Each life begins, physically and mentally anew. with the challenge being to carry on from where the last incarnation left off, applying lessons learned; balancing past actions with current actions and hopefully, learning to be oneself despite the layers cast up on us by society.

'Our primary relationship is with ourselves, and ultimately that's the only one that can provide the foundation for wholeness. That's the place where we need to find integration and balance.'

Shakti Gawain, Awakening

The Order of Enlightenment

If the Universal Law is non-discriminatory, why are some enlightened before others?

The Maka Shikan explains:

When the sun appears in the east, it first illuminates the tallest mountains, then the next highest peaks until finally even the valleys are filled with light. The sun does not discriminate.

The first enlightened are those who seek the truth most strenuously, they are like the tallest mountains who first receive sunlight. Inspired by their example, others follow and are illuminated like the next highest peaks. Finally, the Universal Law illuminates even those of low capacity, like sunlight filling the valley. (Paraphrased from "Great Calming and Contemplation", p. 122)

Nichiren Daishonin wrote: "Fire can be produced by a stone taken from the bottom of a river, and a candle can light up a place that has been dark for billions of years. If even the most ordinary things of this world are such wonders, then how much more wondrous is the power of the Mystic Law." (From "The One Essential Phrase")

And:

"Please understand that I am merely joining my one drop to the rivers and the oceans or adding my candle to the sun and the moon, hoping in this way to increase even slightly the volume of the water or the brilliance of the light." (From "Recitation of the Hoben and Juryo Chapters")

*How happy is the little stone
That rambles in the road alone,
And doesn't care about careers,
and exigencies never fears;
Whose coat of elemental brown
A passing universe put on;
And independent as the sun,
Associates or glows alone,
Fulfilling absolute decree
In casual simplicity
(Emily Dickinson)*

'Choose well. Your choice is brief, and yet endless.'

(Goethe)

'Love the sinner but hate the sin.'

(Mahatma Gandhi)

But you're still only seeing hints
You've got a way to go yet
Gate/Gate/ Paragate
Parasamgate
Bodhi Svaha!
Gone/Gone/Gone Beyond/Gone Beyond Beyond
Hail the Goer
Beyond even conceiving of a place
Beyond which you can go beyond

Who's adventurous enough to go on that journey?
Do you realize that when you go on that journey in order to get to the
destination YOU can never get to the destination?

In the process

YOU

must die?

MUST DIE?

Pretty fierce journey. Pretty fierce requirements.

We Want Volunteers

Ram Dass 'Be Here Now'

**'Many a man thinks he is buying pleasure, when he is really
selling himself to it. '**

(Benjamin Franklin)

***'The tragedy of life is what dies in the hearts and souls of
people while they live.'***

(Albert Einstein)

'There is nothing stronger in the world than gentleness.'

Han Suyin

***'There are two ways of spreading light - to be the candle or
the mirror that reflects it.'***

Edith Wharton

**'Your work is to discover your world, and then with all
your heart give yourself to it'**

Buddha

***The Teacher's patience must be greater than the student's
frustration.***

Sweetness is closer to bitterness than it is to decay, no matter how sweetish its smell.

The essence of everything here on earth, seen and unseen, is spiritual. On entering the invisible city my body is covered by my spirit. Who so seeks to cleave the body from the spirit, or the spirit from the body is turning his heart away from the truth. The flower and its fragrance are one, they are blind who deny the color and the image of the flower, saying that it possesses on a fragrance vibrating in the ether. They are like those, deficient in smell, to whom flowers are nought but shapes and hues without fragrance.

Everything in creation exists within you, and everything in you exists in creation. You are in borderless touch with the closest things, and, what is more, distance is not sufficient to separate you from things far away. All things from the lowest to the loftiest, from the smallest to the greatest, exist within you as equal things. In one atom are found all the elements of the earth. One drop of water contains all the secrets of the oceans. In one motion of the mind are found all the motions of the laws of existence.

Kahlil Gibran, 'The Prophet'

Questions without answers . . .

Why do bombs exist?

Which religion is the right one?

Why don't women earn the same as men for doing the same job?

What should you be doing right now except reading this?

SOUL

B

S

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N

I cannot fault anyone for what she or he does not know or i would be the ignorant one

Humanity has created dis-ease . . . humanity must un-create it.
Humanity has created suffering . . . humanity can un-create it.

Accept everything, regret nothing.

Be yourself, it's all you ever have to be in life.

Look for the 'good' in everyone & everything-it's there.

We test our medicines on rats in hopes of cures for human 'dis-eases'-these same creatures we try to get rid of in our homes because of their uncleanliness, we pin our hopes for life on.

All the scientists in the world have yet to 'invent' anything as strong or beautiful as that which the spider creates-every day.

Pride in a job well done is not the same as a job well done.

Honesty is at the heart of even those truths that some do not realize they understand yet.

If I could trade places with any other form of creation, that would be taking the easy way out.

A bear is a bear, a rose is a rose, but a human can act like a bear or a rose.

There are no coincidences, only unacknowledged connected events.

If I had my life to live over again, I would-exactly the same until right NOW.

To dance and sing freely, allowing spirit to flow through you, not from you, brings you closer to the God or Goddess within.

GLOSSARY

according to Steve

Ahimsa-non-violence in thought, word or action

Akasha-the record of all that is, that has been, that will be

Children of Life-all human beings

Compassion-selfless service towards others when it is needed

Gaia-our Mother Earth

God-see Goddess

Goddess-see God

Happiness-an uplifting emotional feeling, temporary and fleeting

i-the ego, realization of the physical mind & body

Karma-universal 'law' of cause and effect.

Om Mani Padma Hum-universal mantra of compassion (Buddhist)

Msatriarchy-a system of rule with a female leader

Namaste-honouring the spirit in another with love and respect

Padma-the lotus flower; compassion

Patriarchy-a system of rule with a male leader

Peace-being at one with your truth

Respect-honouring the choices, goals and 'being' of another

Suffering-allowing the mind to dwell/attach to negative or painful events

Trust-faith in another to act on your behalf empathetically

Vegan-consuming no products of animals origin or requiring animal ingredients, by-products, or suffering.

RESOURCES

food for thought

Books:

The Prophet-Khalil Gibran

The Khalil Gibran Reader

The Magic of Findhorn

The Hermetica

The Bible

The Bhagavad-Gita

The Koran

The Four Noble Truths-Dalai Lama

Living Buddha, Living Christ-Thich Nhat Hahn

The Wings of Joy-Sri Chinmoy

Nature-Ralph Waldo Emerson

Vegan Nutrition: Plain and Simple-Dr. Michael Klaper

The Secret Life Of Plants-Peter Tompkins/Christopher Bird

The Secret Life Of Nature-Peter Tompkins

Be Here Now-Ram Dass

The Power Of Now-Eckhart Tolle

The Lost Continent of Mu-James Churchward

The Secret Forces of Mu-James Churchward

The Essential Mystics-Andrew Harvey

**Do not go where the path may lead, go instead where there is no
path and leave a trail.**

Ralph Waldo Emerson

about THE AUTHOR

I, Steve, am a human being, just like you and yet unlike you, currently residing in Victoria, British Columbia. With a background in horticulture, a personal interest and education in a variety of faiths, and a dedication to serve humanity and Gaia by doing what is best for her-nonviolently and compassionately- I offer a positive and to the point description about what we need to do to be at peace with ourselves and our world.

I follow a completely vegan diet, and make my daily choices regarding food, clothing, shelter, entertainment or whatever based upon what harm is not needed in order that I may enjoy it.

This 'new' look at familiar quotes, expressions, saying and lyrics is intended to bring out from within what is already there.

Soul development is the goal, as that is what we are-souls developing. Take these words as a guide, amongst other guides, so that you can reflect and find your own answers-the way to your peace and happiness. I wish you the best on your journey . . .

Love & Blessings

Steve

What IS the meaning of life?

HOW can we feel true peace?

WHAT can I do to live from my soul?

Is there a WAY to feel good every day?

Life IS easy . . . if you know where to look

Steve's thoughts and journeys, essays and meditations into the heart of the truth about living will give you something to think about. Use your heart as well as your mind. You may find living the truth is not as hard as you think, or as far

As you think, so you are . . .

Sayings remain meaningless until they are embodied in actions.
(Kahlil Gibran)