

Discerning Truth

A guide to accessing both the internal Wisdom of your conscience
and the external Guidance of synchronicity (a.k.a. “God's Will”) ...



an Inspiring the Altruistic Moment publication
www.inspiringthealtruisticmoment.com

An introduction to “Discerning Truth”

Inspiring the Altruistic Moment*, the sponsor of this workbook, is devoted to enabling a reawakening of your True Self. In essence, each of our lives can be more meaning-filled. Despite the temptation to be superficially “productive”, ***we can*** choose to appreciate those things with which we have already been blessed. Despite the desire to extend kindness only to our friends and family members, ***we can*** choose to intimately care for strangers and our “enemies”. And, despite our ego's insistence that life is “complicated” and that we cannot ever hope to consistently understand it, ***we can*** choose to humbly access a deeper awareness of our own personal sense of Truth ... And it is this latter choice that this workshop is specifically designed to enable.

In the beginning of our existence, we each have a fundamentally sound comprehension of the basic Purpose for human life – namely, to go forth and be powerful agents of harmony (a.k.a. Love). Over the course of our early lives, however, our self-preserved reactions to the severe emotional, mental and physical traumas to which we are all subjected serve to cloud that primal understanding. We are all thereafter left in a state of confusion; feeling on some subconscious level that there must be “more to life”, and yet not consciously aware of what that “bigger Purpose” might be ...

For the fortunate, their Calling comes to them clearly the moment they choose to act selflessly for others (unlike most members of the animal and plant kingdoms, whose actions are primarily ruled by self-preserved instincts). For the rest of us, we are left dazed and confused during our search for a similar sense of clarity ... It is this workbook's purpose to provide each of you with both a deeper understanding of the basic dynamic of this fundamental search, as well as some practical tools to help you ultimately find that which you seek – the sense of fulfillment that comes from finding and engaging your own unique Life Mission ...

In essence, a sense of Inner Peace ***can*** be realized by everyone, and this experience can be one that is both relaxed and joyous. Indeed, every word herein is dedicated to making such a transcendence both practical and effective ... Some of this workbook's pages will inspire joy, while others will uncomfortably challenge your current sense of “the truth”. Either way, the degree of your success in accessing your own consistently perfect sense of “Divine Guidance” will be directly proportional to how intensely and how humbly you engage its practices ...

Yours in Peace,

Scaughdt (“scot”)

(i)am's principle founder

Note: While this workbook can be used independently as a means of Self-Reactualization, it is encouraged that you approach these exercises first within the framework of an (i)am seminar, workshop or retreat ... The group dynamic, led by an individual well-versed in these experiences, will greatly deepen both your appreciation and your comprehension of this material.

*Webster's 3rd New International Dictionary (unabridged, 1986) defines “**Inspiring**” as “infusing with life”, “awakening”, “stimulating to creative activity” & “having an exalting effect upon” ... “**Altruistic**” is explained therein as “an uncalculated devotion to others' interests,” often at the expense of one's own desires ... And “**Moment**” is clarified as “an instant in the present time”, “an essential element”, “the tendency to produce motion about an axis” & “a timeless point of decision when a person freely enacts his or her relationship to eternity.”

Inspiring the Altruistic Moment attempts to make these definitions your reality by offering workshops, seminars and presentations (like this one) designed to facilitate a personal resurrection of your True Self ...

Step One: Glimpsing Grace

As conscious beings, we have all been born with three Cosmic Blessings – what I refer to as the “Three Pillars of Grace.” Please note that I am not advocating that these Gifts have been given to us by God or any other external Spirit-Being. Rather, I am merely re-minding you that these Gifts are real, that they are innate facets of being Human, and that they are yours to use as you see fit on your journey towards an inevitable re-union with Source.

Grace I: Free Will ... I refer to this Gift in several diagrams as “The Fulcrum of Choice” (see the middle columns of this booklet's pages 7 & 9), meaning that we each have the ability to choose **how** we deal with whatever happens to us, regardless of **what** happens to us. In essence, your level of contentment is a slave to your emotions, your emotions are slave to your thoughts, and your thoughts are slave to nothing!

To experience this Truth, simply pause now and choose to hold your breath. Regardless of how long you do so, it is you who choose to hold it and it is you who choose to resume breathing ...

Grace II: Moral Guidance... Specifically referred to on pages 8 & 9 of this workbook, this Gift refers to the conscience – that moral barometer constantly guiding all conscious beings in every moment of their lives. Every human culture has been founded upon some sort of ethical code – a set of moral standards that, when “melted down” to their fundamental precepts, perfectly harmonize with one another. This phenomenon evidences the common understanding of Virtue residing within the conscient consciousness of all humans.

To experience this Truth, pause now and jot down the actions that you **Know** to be “right” (e.g. saving a drowning child, being kind to strangers, etc.) as well as those that you **Know** to be “wrong” (e.g. torturing another being, ridiculing another person, etc.). If you wish, share your thoughts with others to rediscover the common ground of Universal Morality.

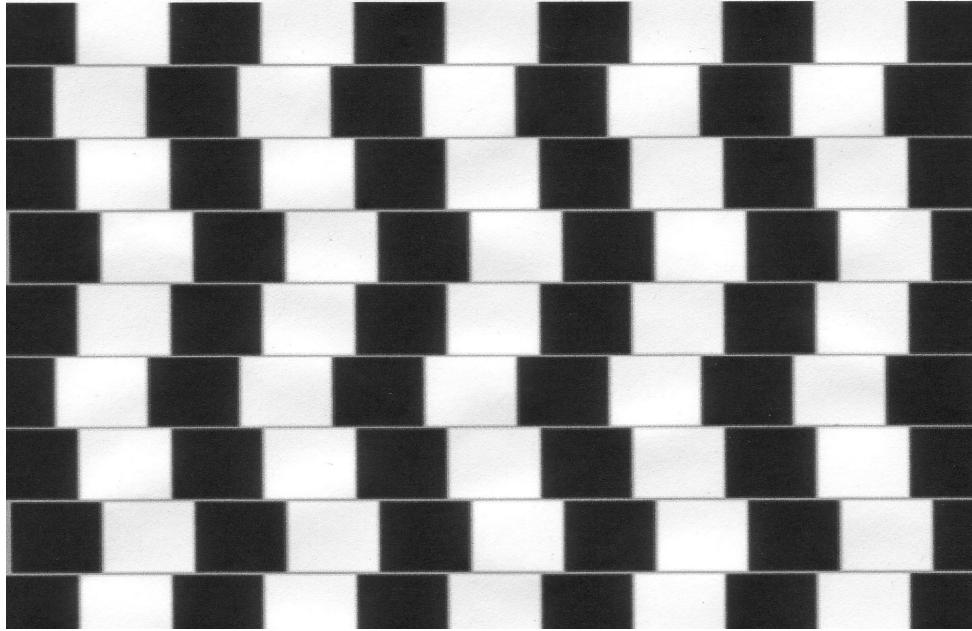
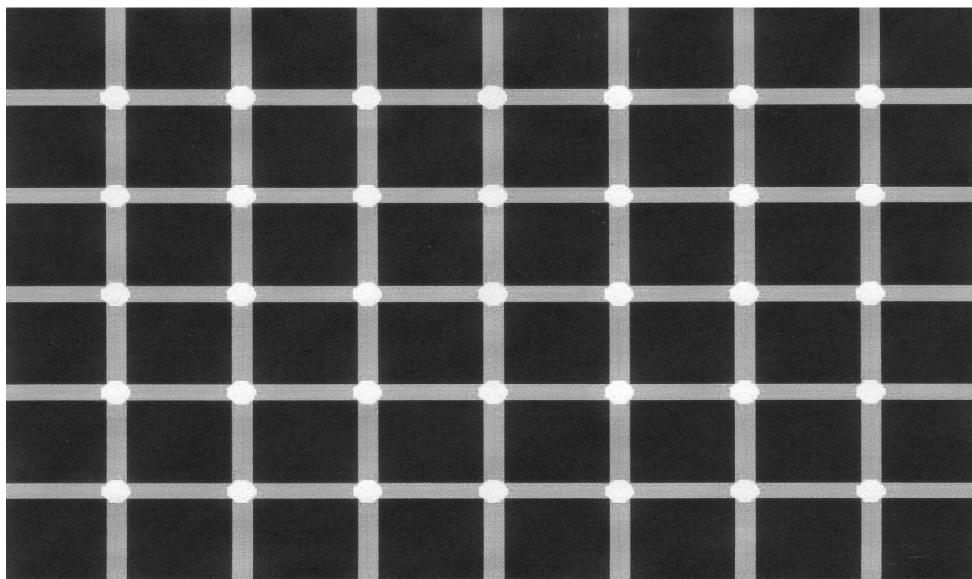
Grace III: EmPowerment... Generally referenced on pages 22 & 23 herein, our final Gift of Grace is the ability to co-create an individually unique existence. Indeed, the physiology of both our brains and our hearts support this idea. Cardio-neurologists are now “proving” that our chosen attitude in any given situation not only influences our experience of that event, but literally alters it. Such a conscious shift in focus also attracts additional events into our immediate future that resonate similarly with that chosen attitude. In essence, our intentions co-create our Reality – objectively as well as subjectively.

To experience this Truth, simply gaze upon any nearby object while forcing a frown. After a brief pause, choose to look upon the same object with a forced smile. An open-minded approach to this exercise will show you that consciously chosen actions of the body literally alter what we choose to observe – by shifting what portions of that Reality we choose to focus upon, as well as by altering the way we choose to feel while doing so.

The Reality of Illusion

“We don’t need to learn to Let Go.
We need to recognize what is already gone.”
~ Suzuki Roshi

Oftentimes we “see” what is not Real ...
(e.g. the illusory black dots “seen” in the diagram below)



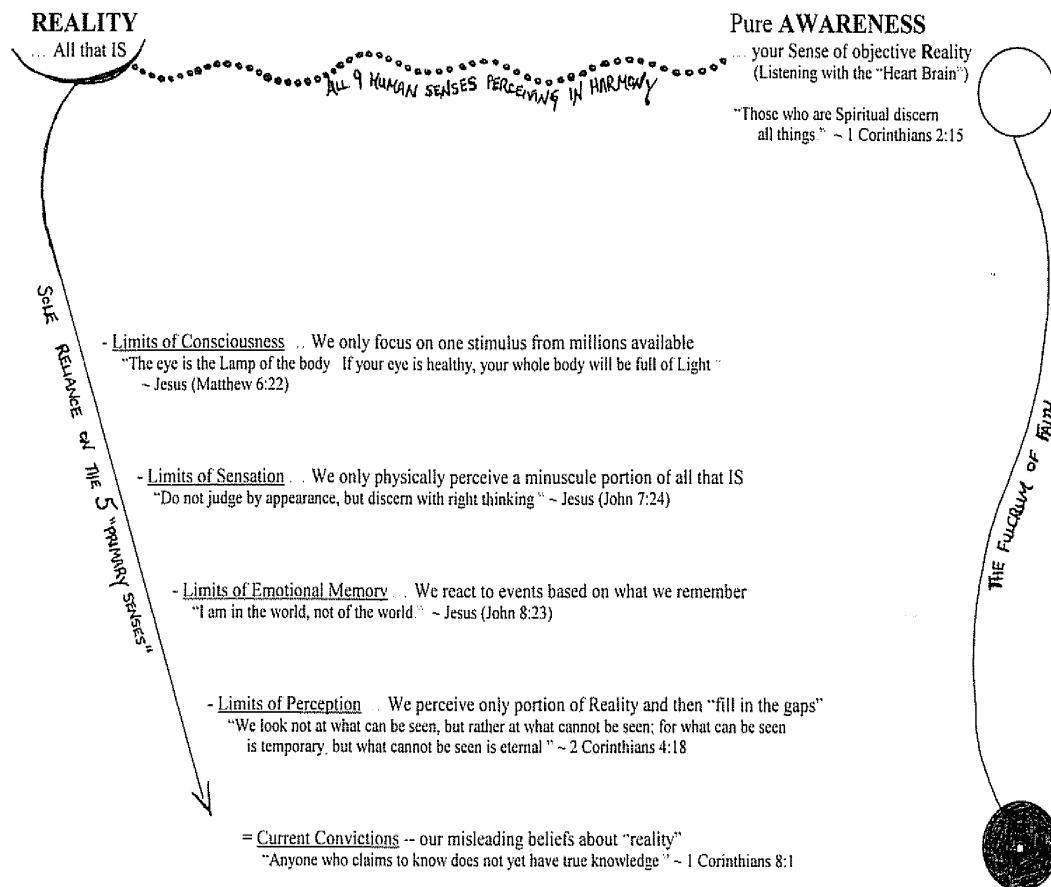
... while at other times we do not See what **is** Real!
(e.g. every horizontal line above is perfectly parallel with every other horizontal line in that image)

The Illusion of Reality

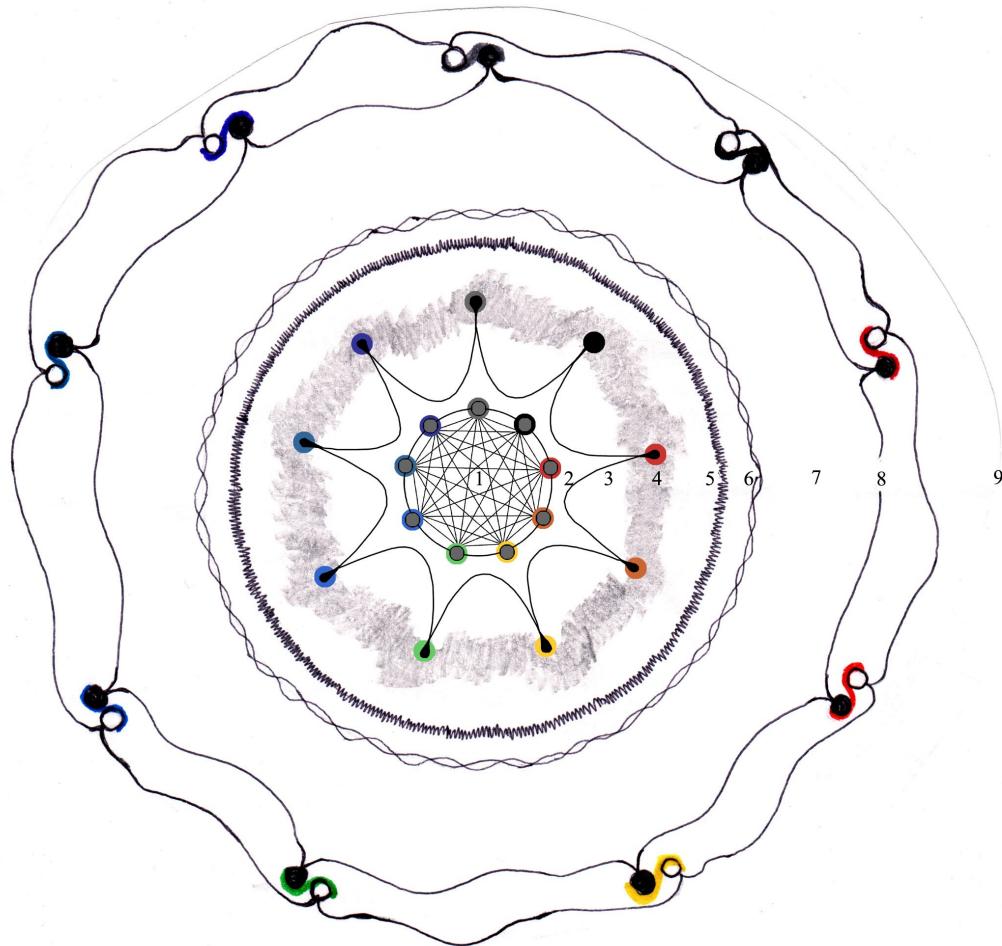
While our five “primary senses” may be useful in keeping us from harm during our everyday lives, the scope of their perceptions is extremely limited and do **not** give us an accurate vision of the objective Reality that surrounds us ... Our consciousness can only focus on one of the thousands of stimuli of which we are fundamentally Aware ... Our “primary senses”, while miraculous gifts, can only perceive an infinitesimal portion of the stimuli present to be perceived in any given moment ... Our “reptile brain” then uses our emotional memories to interpret these perceptions through filters of “friend or foe” and often “fight or flight” ... Finally, our brain is hard-wired to take this very limited input and “fill in the blanks”; using any knowledge that we have previously acquired to in effect co-create the very “reality” we believe to be so objective ...

Fortunately, all conscious beings have four additional senses at their disposal – four senses that, when used in conjunction with our five “primary” ones, allow us to accurately **Feel** our state of being in relation to the objective Reality that surrounds us ... These four senses are intuitive resonance (our innate Perception of the flow of energy in our immediate environment), limbic resonance (our innate Understanding of both our own and others’ emotional States of Being in any given moment), electro-magnetic resonance (our innate Knowledge of the level of harmony or discord we are experiencing in the immediate area we are inhabiting), and conscient resonance (our innate sense of the Right Actions available to us) ...

Only when we release our attachments to the convictions we have formulated using the more primitive “primary senses” – by simultaneously incorporating the Knowings of these other four “secondary senses” -- can we attain a “re-Awakening” and use these “higher sensations” to make choices in our lives that maximize our potential for experiencing Contentment ...



Interacting with your environment: Good vs. Evil



In every moment of life, you are exposed to stimuli from your environment. Most of these interactions are perceived by your five “primary senses.” Afterwards, they are processed by your brain; and most often labeled as either “normal” or “familiar” -- with “normal” experiences harmonizing with the beliefs of your particular culture, and “familiar” stimuli reflecting experiences that you have judged to be “non threatening” in the past. Despite your almost constant bombardment with situations that can be readily labeled in this manner, you are also regularly exposed to people, things and/or situations that are extraordinary (i.e. either unusually wonderful or shockingly repugnant*). When these unfamiliar manifestations of either “good” or “evil” are perceived, you have no filter in place with which to interpret them. There is nothing in your experience to compare them with, and you are forced to take notice and experience their amazingness. When you see your first double rainbow, you can only gasp in astonishment at its beauty. And when you witness extraordinary suffering, your stomach involuntarily twists and you are repulsed by that tragedy.

Fortunately, life is so amazingly varied that no amount of categorization can ever remove your ability to experience these constantly re-occurring amazements. Every time you see something that transcends your understanding of “good”, you are reminded of the Good within you; you are re-minded to Do Good yourself ... Every time you witness an extreme act of cruelty or immorality, you are reminded of your own potential failings; you are re-minded not to behave selfishly when next tempted to do so. In this way, you are “guided” to continually readjust your life – you are repeatedly encouraged to act as a Human Being instead of merely striving to survive as a self-centered “human” ... This interactive dynamic is illustrated by region seven (7) in the diagram above – the area that represents the interaction between your physical body and its environment.

***Note:** In the chart on the following page, the startlingly “good” moments we perceive are labeled in the left-hand column as “Noble Beacons”, while the right-hand column contains “Ignoble Warnings,” those surprisingly “evil” acts we witness.

Synchronicity: your life's external “Divine Guidance”

Noble Beacons ...
(Love-based Inspirations)

The Fulcrum of Choice
(you choose your interpretations of events)

Ignoble Warnings
(Fear-based Affronts)

Wonderment
("good")

Kindness to enemies
(Justice IS Forgiveness)

Universal Truths
(all related to Revering Life)

Love your enemies

Repugnance
("evil")

Zealotry
(Condemning the "meek")

Remember: our temptations to anger & criticism allow our Forgiveness to be Power-full ...

Calm despite "danger"
(unconventional acts)

Courage is as courage does
(Choose to enliven your Freedom)

Confinement
(Manipulation)

Remember: our temptations of hope & frustration allow our Patience to be Power-full ...

Giving despite poverty
(self-sacrificial service)

Better to give than to receive

Selfishness
of the "wealthy"

Remember: our temptations of lust & greed allow our Service to be Power-full ...

Thankfulness
for Life's Challenges

Give thanks allWays
(Be Grateful for your life)

Whining
over minor mishaps

Remember: our temptations of envy & sadness allow our Gratitude to be Power-full ...

Kindness to strangers

Love is eternal

Hate Crimes

Remember: our temptations to callousness & apathy allow our Compassion to be Power-full ...

Flagrant Truth-telling
(silence when pressured)

Be Truth-full allWays
(Actions are louder than words)

Manipulative betrayal

Remember: our temptations to deception & abandonment allow our Honesty to be Power-full ...

Humility during
accomplishment

Be Humble like a Child
(Accept all that IS)

Arrogance without
accomplishment

Remember: our temptations of pride & arrogance allow our Humility to be Power-full

Power of Discernment
(harmony vs. discord)

Life is allWays amazing
... Live in the Moment

Boredom in face of
the Wondrous

Remember: our temptations of boredom & familiarity allow our Wonder to be Power-full ...

Seeing the Highest Good
(pilgrimage & loyalty)

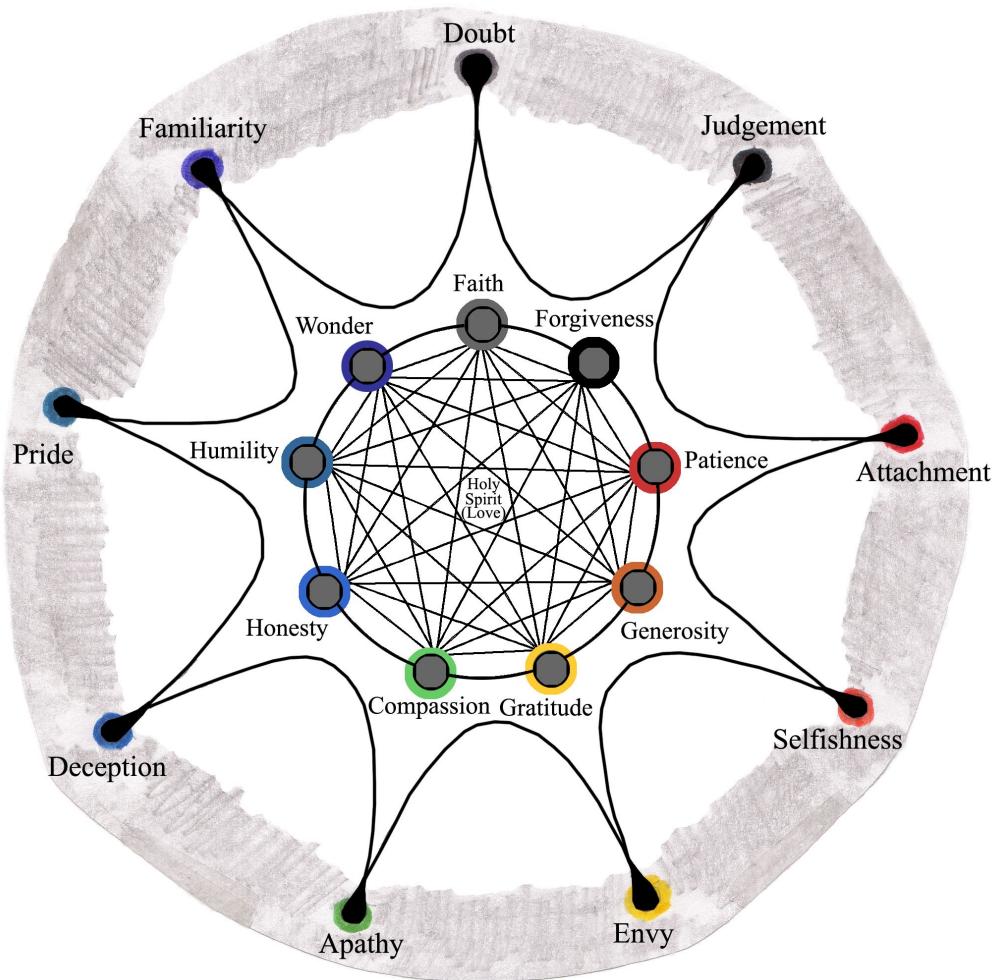
Faith moves Mountains
(Believe and it IS so)

Paranoia
(striving for "security")

Remember: our temptations to mourn & doubt allow our Faith to be Power-full ...

In each moment, you have the opportunity to See the Wonder present around you. You can also use the "bad" things you witness to inspire you to Goodness (as opposed to reacting to them with sadness or anger). Every situation is either imbued with Beauty or Opportunity. All "Ignoble Warnings" re-mind you to act selflessly, while lending you the additional opportunity to have Compassion for those "perpetrating evil" ... All "Noble Beacons" invariably re-mind you to appreciate the miracle that is your conscious life. Every moment affords the opportunity to choose anew what kind of life you are living. Both "boring" & "adventuresome" are choices that can be made in every moment, regardless of their related circumstances ...

Interacting with yourself: Conscience vs. Ego



○	◆ Acceptance	... is emPowered by Condemnation	●
○	◆ Patience	... is emPowered by Attachment	●
○	◆ Generosity	... is emPowered by Selfishness	●
○	◆ Gratitude	... is emPowered by Envy	●
○	◆ Compassion	... is emPowered by Apathy	●
○	◆ Honesty	... is emPowered by Deception	●
○	◆ Humility	... is emPowered by Pride	●
○	◆ Wonder	... is emPowered by Familiarity	●
○	◆ Faith	... is emPowered by Doubt	●

Note: Purely actualizing any one of these Virtues automatically actualizes all of them. One Virtue cannot purely exist without the simultaneous co-existence of the other eight. Thus, when any of the “Noble 9” is actualized, pure Love is enlivened in that moment as well ...

In addition, the “sins” listed here need no longer be viewed as “evil” or even “bad.” “Sin” simply means “to miss the mark” – to fail to act as an agent of True Self. Temptations to be selfish lose their power the moment you choose to be thank-full for them by recognizing that the difficulties they pose make your subsequent moral choices difficult, and therefore quite Power-full.

The Dynamic of Conscience: your Inner Guidance

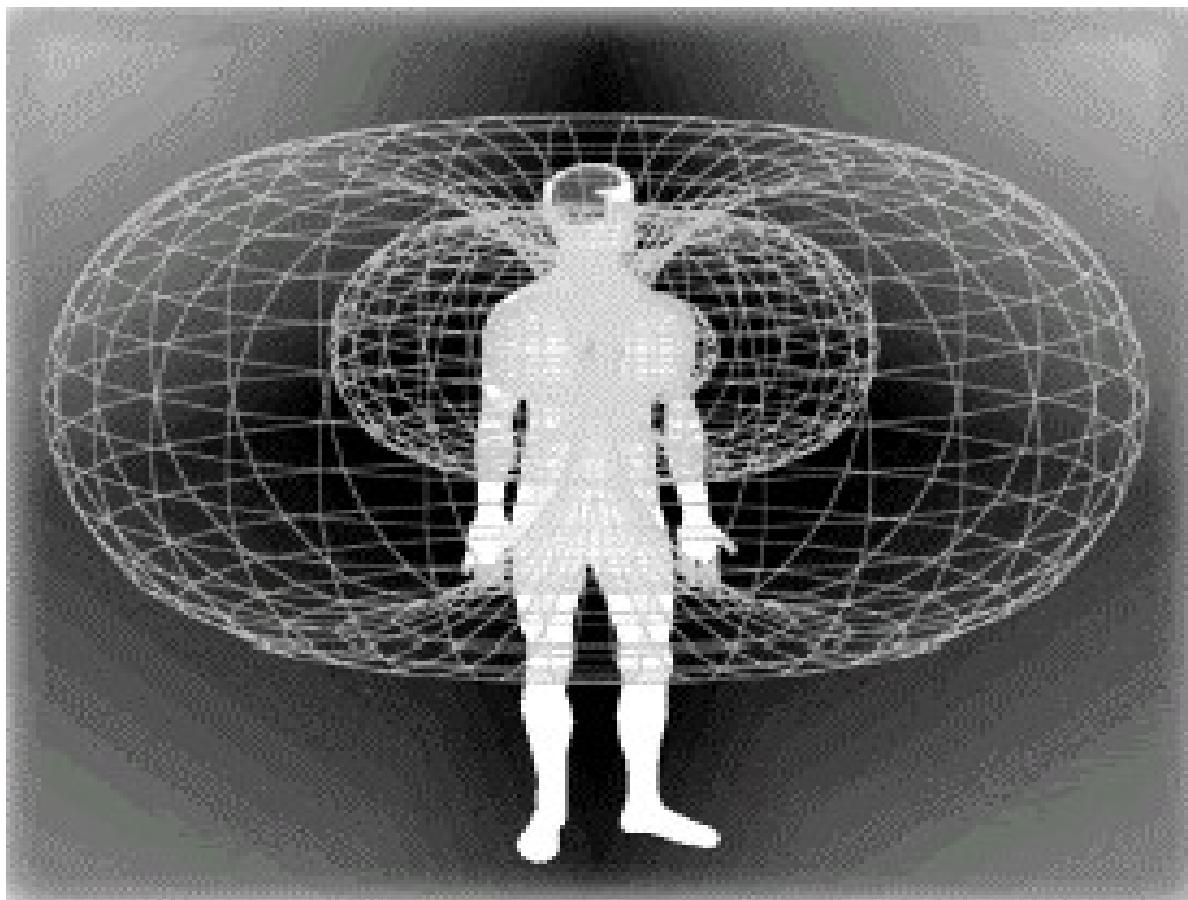
“Right Actions” Love-based	The Fulcrum of Choice	“wrong actions” Fear-based
9 Noble Virtues (pro-active)	Universal Truths (all related to Revering Life)	9 deadly sins (reactive)
Acceptance (Forgiveness)	Love your enemies (Justice IS Forgiveness) Re-member: true Forgiveness is neither condoning nor forgetting ...	Condemnation (Judgment)
Patience/Flow (Freedom)	Courage is as courage does (Choose to enliven your Freedom) Re-member: true Patience is not inactive or future-oriented ...	Attachment (Frustration)
Generosity (Right Action)	Better to give than to receive Re-member: true Generosity is neither draining nor material ...	Selfishness (Greed)
Gratitude (Acceptance)	Give thanks allWays (Be Grateful for your pain) Re-member: true Gratitude is neither actively reciprocal nor verbally expressed ...	Envy (Lust & Coveting)
Compassion	Love is eternal Re-member: true Compassion is neither intellectual pity nor emotional sympathy ...	Apathy (Callousness)
Honesty	Be truth-full allWays (Actions are louder than words) Re-member: true Honesty is not mere verbal disclosure ...	Deception (Persuasion)
Humility	Be Humble like a Child (Accept all that IS) Re-member: true Humility is neither self-degradation nor obedience ...	Pride (Certainty)
Wonder (Awe, Beauty, etc.)	Life is allWays amazing ... Live in the Moment Re-member: true Wonder is not only found in the grandiose or the unusual ...	Familiarity (Boredom)
Faith (Belief)	Faith moves Mountains (Believe and it IS so) Re-member: true Faith is not a future-related certainty of belief ...	Doubt (Hesitancy)

In each moment of your life, you have the opportunity to actualize either one of these Virtues or one of their opposing “sins.” There is always a choice between alternatives that are either selfless or self-centered, and choose between the two you must in each moment of your life. All self-centered actions inherently cause you dis-ease, while all selfless choices invariably bring you Peace ... And every moment of your life brings you a fresh opportunity to choose anew just Who we will Be in this regard.

Welcoming your Heart-Brain

The heart has been referred to as a source of not only virtue and love, but also of intelligence. One of the most prevalent themes in ancient traditions and inspirational writing is the heart as a flowing spring of intelligence. Many ancient cultures (including the Mesopotamian, Egyptian, Babylonian, and Greek) asserted that the heart is the primary organ responsible for directing our decision-making ability. Similar perspectives of the heart as a source of intelligence are found in Hebrew, Christian, Chinese, Hindu, and Islamic traditions. For example, the Old Testament saying in Proverbs 23:7, "For as a man thinketh in his heart, so is he," is further developed in the New Testament in Romans 6:17, "Become obedient *from the heart* to the teaching with which you were entrusted" & Romans 14:14, "Nothing is unclean in itself; but is rather unclean for anyone who *thinks* it unclean."

Neuroscientists have recently re-discovered exciting information about the heart that helps us realize that it is far more complex than we'd ever previously imagined. Instead of simply pumping blood, it seems to actually align many systems in the body so that they can function in harmony with one another. These scientists have found that the heart has its own independent nervous system – a complex system referred to as "the brain in the heart." There are at least forty thousand neurons (nerve cells) in the heart – as many as are found in various subcortical centers of the brain. In addition, the heart has an electromagnetic energy field 5,000 times greater than that of the brain and this field can be measured with magnetometers up to 10 feet beyond the physical body. This evidence provides support for the spiritual teachings that indicate we humans have energy fields that constantly intermingle with each other, enabling healing thoughts (or harmful ones) to be both extended & received by others.



The heart communicates with the brain and the rest of the body in three ways (all documented by solid scientific evidence): neurologically (via transmissions of nerve impulses), biochemically (via hormones & neurotransmitters), and biophysically (via pressure waves). In addition, growing scientific evidence suggests that the heart communicates with the brain and body in a fourth way – energetically (via electromagnetic field interactions). Through these biological communication systems, the heart has a significant influence on the function of our brains and all other physiological systems. This evidence shows that the heart uses these methods to send our brain extensive emotional and intuitive signals.

Scientists are also re-discovering that our hearts may actually be the "intelligent force" behind the intuitive thoughts and feelings all sentient beings regularly experience. Numerous experiments have demonstrated that the messages the heart sends the brain affect our perceptions, mental processes, feeling states and performance in profound ways. Indeed, the heart communicates information relative to a person's emotional state (reflected by patterns in heart rate variability) to the cardiac center of the brain stem (the medulla), which in turn feeds into the intra-laminar nuclei of the thalamus and the amygdala. These areas of the brain are directly connected to the base of the brain's frontal lobes, which are critical for decision-making along with the integration of reason and feeling. These intra-laminar nuclei then send signals to the rest of the cortex to synchronize cortical activity, thus providing a mechanism to explain how the heart's rhythms alter brainwave patterns and thereby modify brain function.

More specifically, one of the functions of the amygdala is to organize what patterns become "familiar" to the brain. If the rhythm patterns generated by the heart are disordered and incoherent, especially in early life, the amygdala learns to expect disharmony as the familiar baseline; and thus we feel "at home" with incoherence, which can affect one's ability to learn, create and maintain emotional balance. On the basis of what has become familiar to the amygdala, the frontal cortex mediates decisions as to what constitutes appropriate behavior in any given situation. Thus, subconscious emotional memories and associated physiological patterns *directly affect* our perceptions, emotional reactions, thought processes and behaviors.

Finally, the heart's "brain" has a direct effect on the available stimuli each person's neocortex uses to construct its version of "reality". In essence, the heart not only emits an electro-magnetic field around its mind-body (discussed above), but it also is responsible for the regulation of "ANF" – the hormone responsible for the regulation of the limbic system's emotional memories. Thus, as a person's emotional state shifts, so too his/her EMF field changes – which in turn alters the accessible stimuli upon which that person can choose to focus. Negative emotional states of being generate a "negative" EMF field, which in turn generate a "negative" set of data from which that person can create his/her version of Truth. This more "negative" set of available stimuli leads more often than not to a more "negative" world-view, which in turn directly alters the emotional memories of that individual – making it more likely to experience such negativity in the future!

Thanks to the re-discovery of heart intelligence, with its premise of the heart as a primary source of both emotions and emotional memories, we have a new paradigm for understanding the way we view Reality – and the control we all have over that view.

~ various sources, including the Institute of Heart Math (www.heartmath.org)

Harmonizing your Nine Senses

Intuitive Resonance (the 6th Sense) ... The “hunch” Felt in your “gut” when the overall Flow of Life-Energy around you re-Minds you of the blossoming of a probability more distinct than usual ...

Limbic Resonance (the 7th Sense) ... The innate ability to Know the emotional State of Being of any other conscious entity (primarily mammals) with which one comes into immediate contact ...

Electro-Magnetic Resonance (the 8th Sense) ... The inherent awareness of every conscious entity to Feel the relative Harmony or discord of its physical proximity with every other entity in its immediate surroundings ...

Moral Resonance (the 9th Sense) ... The “internal” Guidance of conscience (whose Source is, of course, both internal and external) that constantly informs all conscious entities as to the “correctness” or “incorrectness” of any thought, word or deed (i.e. the propensity said thoughts, words &/or deeds have to engender Harmony [Peace] or discord [pain]) ...

When these non-tactile senses are combined with the information gathered with our other five tactile (a.k.a. “primary”) senses, we can make choices much more likely to be Right (or “correct”) ... The more a decision harmonizes with the Guidance of all 9 of our senses, the more likely it is to engender Harmony and Peace for self and others ... When this occurs, true Balance is attained ...

In such moments, criticism becomes humble Acceptance, frustration becomes Patience, self-centeredness becomes Generosity, yearning becomes Gratitude, apathy becomes Compassion, manipulation becomes Honesty, arrogance becomes Humility, boredom becomes Wonderment and doubt becomes Faith ... Blame is replaced by self-responsibility, embarrassment becomes amusement & confusion leads to clarity ...

Note: There is a “hierarchy” of sorts among the 9 senses, with the least powerful being sight (the most self-centered sense, with the other) and the most Power-full being Moral Resonance (the most selfless interactive sense) ...



Taste ... Smell ... Hearing ... Sight ... **Touch*** ... Intuition ... Limbic Res. ... EMR ... Conscience

*Touch, as the sense most intimately related both to movement & to interaction with one's environment, is appropriately the “Fulcrum of Faith” ... To know, one must physically experience.

“Look for GOD like a man with his head on fire looks for water!” ~ unknown

Seeing Reality Anew

Take any object in your immediate surroundings and focus upon it ... Now, bit by bit and moment by moment, gently remove all the associations that allow you to define it in a specific manner ...

Remove its meanings by releasing the definition(s) you learned about it ...

Remove its label by re-naming it ...

Remove all similar memories you may have seen in the past ...

Remove the object from its surrounding context ...

Remove any and all judgments you have made about the object ...

Now – what's left? You can't label the object anymore, and yet you CAN truly SEE it!

Finally, choose to beam intense, warm Love for (and into) the object ... Do so until you Feel ONE with it ... Welcome to the world of Compassion!

Re-Awakening Perception

The separateness we “see” prevents our experience of real Community ...

The rules & laws we obey prevent our experience of real Virtue ...

The “facts” we learn & believe prevent our experience of real Truth ...

The politics we champion prevent our experience of deeper real Justice ...

The work we perform prevents our experience of real Service ...

The wealth we crave prevents our experience of real Abundance ...

The health we seek prevents our experience of real Wholeness ...

The dogmas we espouse prevent our experience of real Wonder ...

The romance we desire prevents our experience of real Love ...

.....

We are taught that romantic love “fills a void”,
and yet loving others that way is our Choice!

There are many sunsets in every lifetime,
and yet seeing any of them as “normal” is our Choice! ...

There are countless opportunities to criticize others,
and yet condemning anyone in any way is our Choice! ...

Science can relieve pain and “cure” symptoms of dis-ease,
and yet relying upon it to do so is our Choice! ...

Money and possessions can provide pleasure & comfort,
and yet defining your Happiness thereby is our Choice! ...

The world is full of “good reasons” to fear for your safety,
and yet our fears are allWays our Choice! ...

There is a Right that brings Harmony and a wrong that brings discord,
and yet allowing laws to determine our morals is our Choice! ...

The mass-media paints a dark and ominous view of Life,
and yet agreeing to listen to their negativity is our Choice! ...

There are many valid causes of concern in this uncertain world,
and yet worrying about them is allWays our Choice! ...

We do seem to each be separate and independent individuals,
and yet that world-view is our Choice! ...

That world-view is simply a Choice! ...

Remember: Your world-view is allWays your Choice!!!

“Let G ♥ D play in your Awareness the way sunlight amuses itself on water.” ~ E. Gilbert

Myth-busting Meditations

You are **not** in the United States of America ... You Are Here.

-- It is **not** the year 2010 ... It Is Now.

The sky is **not** blue ... Air is an invisible liquid.

The sun never rises - the sun never sets ... The Earth is turning.

The means never justify the ends ... Just means **are** their ends.

There are no "wrong actions" ... All difficulty is the consequence of prior, self-centered intentions.

There are no tragedies & there are no "problems" ... All suffering is chosen by the sufferer.

Pity is harmful and has nothing to do with Compassion ... Love has faith in others' innate strength.

Sympathy is harmful and has nothing to do with Compassion ... Love has faith in others' innate strength.

Worry is harmful and has nothing to do with Compassion ... Love has faith in others' innate strength.

Evil does not exist ... What IS, is Right.

There are no "Spiritual Warriors" ... All "angels" are reflections of your own personal Virtue.

There is no such thing as "Spiritual Warfare" ... All "demons" are reflections of your own personal fears.

Selfish acts are not "normal human behavior" ... Conscious beings (focused in the moment) make no mistakes.

It is impossible to "grow" or change ... You are perfect at conception & remain so through your death.

There are no "levels" of Love, healing or awareness... Pure Values are unconditional states of being.

One has no obligations, no responsibilities and no duties ... Human Beings Are completely FREE!

It is impossible to harm anyone accidentally ... Every action is essentially premeditated.

Hope, trust & expectations have nothing to do with Love ... Love exists only without condition.

There are no "healthy boundaries" in loving relationships ... Your enemies **are** your Soulmates.

You cannot ever "help" another person ... You can only assist others to Help themselves.

It is impossible to "give too much" ... Being purposefully "used" is a good thing.

There are no "political solutions" ... There is Truth in every jest.

You do not need money to survive ... Wealth is measured only by the purity of your Happiness.

No drama is "good drama" ... Sadness, fear and anger are allWays selfish.

Gossip is not "human nature" ... Analysis of others is allWays self-reflective.

Criticism is always ineffective ... It is impossible to judge another being accurately.

There is no such state of being as "Normal" ... Anger is allWays unjustifiable.

There are no "reasonable fears" ... No external force can harm your True Self.

There is no such thing as "divine intervention" ... There are no coincidences.

There are no "ascended masters" ... Your "spirit guides" are reflections of your True Self.

The sun never rises - the sun never sets ... The Earth is turning.

The sky is **not** blue ... Air is an invisible liquid.

You are **not** in the United States of America ... You Are Here.

-- It is not the year 2010 ... It Is Now.

Discerning The Truth

Guidelines to Hearing the Advice of your True Self

Every Right Action embodies nine different characteristics; all of which harmonize with our personal experiences of Peace and Contentment ... In short, every “best Choice” we make in any moment is **personal**, **pro-active**, **generous**, **free**, **kind**, **courageous**, **humble**, **detached** and **faith-full** ... These are the nine facets of the “gemstone” that is pure, unconditional Love – the Love that is the primary motivation behind every decision that brings our lives deep-seated Happiness and Joy ...

As can be expected, what is actually Meant by these nine terms radically conflicts with how they have been traditionally defined for us ... In order to apply them as Guidelines, they must first be Understood ... And in order to Understand them fully, they must be redefined ...

♦ The 1st Facet: Right Actions are Personal ... The True Path is one of simplicity and ease ... Its Choices, by their very nature, encourage us to Be at Peace; with a Calm Mind and in Calm surroundings ... Thus, more often than not, they wish for us to engage Life on an Intimate, personal level – and this often results in Actions that we either undertake alone in Solitude or can fulfill without external assistance ...

The inner Peace that comes from most Personal Decisions is also grounded in the Acceptance of what already IS ... Thus, Personal Choices are those that attempt to Do something with what currently exists, as opposed to striving to change the Status Quo into “something better” ... They accept what IS, as opposed to striving for what “should be” ...

Determining Factor: Which of my alternatives is least dependent on others’ compliance?

♦ The 2nd Facet: Right Actions are Active ... Harmonious Actions are applicative; not analytical ... The Way encourages us to pro-actively participate in Life via Choosing and then Doing ... The ego-based “small self”, on the other hand, tempts us to retreat and hide from such bold, Intimate Decisions ... It encourages us to believe either that we have no Choice or that we should wait to Choose ... Reacting to stimuli is not Choosing, just as waiting to Choose is no Right Choice either ... Right Actions are not only thought or felt – they are performed ...

Determining Factor: Which of my alternatives is most active?

♦ The 3rd Facet: Right Actions are Altruistic ... The True Path is selfless and Serving of others ... “Sin-full” action, on the other hand, is self-centered and serving of one’s self ... Right Action Gives while “wrong action” takes away ... Altruism in its purest sense is the Giving of more than is expected, in ways other than desired, without motivations of personal benefit, in times of personal discomfort, for those often judged “least deserving” ...

Determining Factor: Which of my alternatives is most Giving to others?

♦ The 4th Facet: Right Actions are Free ... The Wisdom contained in “The Truth shall set you Free” implies not only that what is Truth serves to Free your Life from the prison of ignorance, but also that all Choices tending to shackle your Free Will cannot simultaneously be reflective of your personal Life-Path ... Therefore, any action that is **based in** either duty, obligation, responsibility, commitment and/or a conforming to societal expectations (i.e. everything “normal”) cannot simultaneously be in Harmony with your True Path ...

Determining Factor: Which of my alternatives is least capitulative to external influences?

◆ The 5th Facet: Right Actions are Kind ... They further Love by being gentle – always intending to cause as little harm to others as possible ... Fear-based actions, on the other hand, always (at least in part) intend to further self-survival, and thus often produce pain (including additional fear) both during and after their effectuation ...

Determining Factor: Which of my alternatives most powerfully relieves others' burdens?

◆ The 6th Facet: Right Actions are Courageous ... The True Path is one of bravery in the face of fear ... It can easily be said that the option most feared is the option most in need of actualization; both to allow for the most personal Growth (i.e. the freeing of the True Self) as well as to Serve others more Power-fully (see page 14) ...

One off-shoot of this characteristic is that Right Actions, due to the Courage required to effectuate them in the face of so many temptations not to, tend to actively “test” one’s Life Path ... The more often one Chooses to test one’s Way, the more often one is Open to Receiving Guidance if one has strayed from that Path ... These courageous “tests” most often take the form of Actions that are intentionally unconventional – namely, those Choices that fly in the face of social expectations and/or cultural norms ... Thus, Right Actions are often the “least respected”, “least honored” and/or “least powerful” options available ... As a consequence, they often require one to actualize the Courage needed to persevere into regions that more conventional sources deem to be “detrimental”, “hopeless” or even “dangerous” ...

Determining Factor: Which of my alternatives requires the most Courage to engage?

◆ The 7th Facet: Right Actions are Humble ... When in doubt, it is allWays effective to openly ask for Guidance ... Instead of merely relying on reasoning based in your five “primary sense”, Choose to also access your other “fundamental senses” (see page 5) ... This can be accomplished by paying attention to your “gut feelings” when confiding in Friends, evaluating your dreams, and/or praying ... Purpose-fully make your Choices “irrationally” (i.e. intuitively) by following your hunches instead of “more rational” alternatives ...

Right Action is Aware of the malleability of your perceptions (in relation to what is “real”) and therefore keeps an Open Mind with regards to others’ opinions (even their advice and/or criticisms) ... Right Action remains flexible by choosing to remember that “I am not sure my current Choice is the best one, and yet I intend to Harmonize Power-fully with the Highest Good and am prepared to alter my course of Action if it becomes apparent that my original Choice is not the most-Harmonious one” ... Though Right Action does not require supporting unpopular alternatives, it does require the active Respect of the same ... We cannot be Guided unless we are open to Seeing all the choices available to us; especially those we might otherwise deem to be too “unpleasant” or “radical” ...

Determining Factor: Which of my alternatives is most Open-Minded?

◆ The 8th Facet: Right Actions are Detached ... Truth resides only in the Present Moment ... To Flow with what IS, one can neither strive to create what “should be” in the future, nor rely upon the “guidance” of “what has worked” in the past ... As a consequence, to actualize our most Power-full Path, it is counterproductive to **worry** about an action’s potential consequences ... Similarly, all hope for “success” must be removed from any decision-making process in order for that process to be truly Effective ... Right Actions release the striving for personal ambitions, goals and/or dreams in favor of using what one has already attained to Serve where one already IS ...

Determining Factor: Which of my alternatives is most grounded in the Present Moment?

◆ The 9th Facet: Right Actions are Faith-full ... Our conscience is a consistent Guide to Right Action ... Societal judgments of morality are allWays fear-based and therefore inaccurate ... The Spiritual Man and Woman measures his or her Actions instead using the Universal bellwethers of Virtue (see pages 10&11) ... To Do so consistently, these Humans trust in their conscience; focusing on the well-Being of others instead of striving for personal comfort ... Right Action discerns the Highest Good that resides in everything making up every Moment ... Faith has us realizing that what IS, is Right and Good – our “job” is simply to find that Good and aid It however we can ... This deep-seated Faith allows us to See Life as Right; allowing us to more readily harmonize with that Reality by doing powerful Good therein ...

Determining Factor: Which of my alternatives requires the most Faith in Life?

“And why do you not judge for yourself what is Right?” ~ Jesus (Luke 12:57)

“Those who are Spiritual discern all things ...” ~ Paul (1 Corinthians 2:15)

Making the “Right Choice”

Using the rational “left-brain” to Hear the deeper Understanding of the intuitive “Heart-brain”

The 9 characteristics of Right Action (see RDP Handout pages 6-7) can be utilized during everyday Decision-making ... Simply chart any Choice’s alternatives on a piece of paper in any two (or more) Ways ...

Graph 1: “Counting Stars” ... Analyze each alternative comparatively with regards to each individual characteristic; Giving the alternative that most purely embodies the particular characteristic a “star” ... When Analyzing 5 or more alternatives, you may give your second-most Power-full alternative a “star” as well (but only if it purely embodies the characteristic!) ... Do this for all nine characteristics and then add up the stars ... The alternative with the most stars is your most-Power-full Choice; the course of Action most likely to bring you Peace, enLighten your True Path, and Give others the Love that could emPower them to make similarly courageous Choices ...

Below is a sample chart with five alternatives that were frequently options in my “previous Life” ... It was often easiest for me to simply stay late at the office, go to the gym or write in my diary ... And indeed, the easier courses of action are often the least-Power-full -- thus bringing lesser amounts of Joy and Peace into our Lives ... Investing in others’ well-Being, on the other hand, allWays requires more “work” AND, somewhat ironically, allWays brought Me the most Peace ...

Alternatives	1	2	3	4	5	6	7	8	9	Total
Write in Diary	*				*					2
Work Late										0
Go to the Gym										0
Dinner with partner	*	*		*	*	*	*		*	6
Play with kid(s)	*	*	*	*	*	*	*	*	*	8

Graph 2: “Cumulative Worth” ... The “cumulative worth” method also charts alternatives in relation to the individual characteristics of any Right Action, though this method assigns each alternative a numerical value per characteristic - a “1” for the alternative that is “most Right” (i.e. most purely embodies that characteristic), a “2” for the next-most Virtuous alternative, and so on ... After all nine characteristics have been so evaluated, the nine characteristic-scores for each alternative are added together and the lowest score is your most Power-full Choice ...

Alternatives	1	2	3	4	5	6	7	8	9	Total
Write in Diary	1	3	5	2	3	5	5	1	3	28
Work Late	2	5	3	5	5	4	4	4	5	37
Go to the Gym	5	4	4	4	4	3	3	5	4	36
Dinner with partner	3	2	2	3	2	2	2	3	2	21
Play with kids	4	1	1	1	1	1	1	2	1	13

*Note: to be Effective, this method should evaluate at least four alternatives at a time ...

Charting your own Truth(s)

Graphing your “best choice” for this week ...

Alternatives ... 1 2 3 4 5 6 7 8 9 Totals

Alternatives ... 1 2 3 4 5 6 7 8 9 Totals

Finding your Life's "True Purpose"

The “chart-method” is equally Effective when analyzing one’s Life as a Whole ... We often wonder things like “What is my Vocation?” “What is my Purpose in Life?” or “What Life Path should I really be Following?” ... It has been my Experience that we allWays Know the solution to such questions - even though we often cleverly convince ourselves that these Answers are “beyond knowing” or “mysteries” ... Fortunately, when you have the Courage to Answer its questions honestly, this method is allWays Effective in identifying your True “Life Mission” ...

Graph 1: “Counting Stars” ... The sample chart that follows contains the five major “Life Avenue alternatives” that I was **Willing** to undertake several years ago (just before commencing with my still-ongoing Peace Pilgrimage) ...

Of course, even though it is not necessary to include options that you “know” to be feasible, it is crucial that you only include alternatives that you are completely **Willing** to engage ... Thus, it is logical that this method only Functions effectively when you are truly Ready to engage your True Calling - otherwise your ego will prevent you from even including the Choices in your list of alternatives that reflect your True Path ... Therefore, it is necessary to dismiss all concerns related to “practicality” and/or “probability of success”... You are Free to Dream -- and you are then Free to Actualize those Dreams!

Alternatives	1	2	3	4	5	6	7	8	9	Total
Politician										0
K-6 Teacher’s Aid	*	*			*			*	*	5
Civil Rights Attorney										0
Writer/Author	*				*			*		3
Peace Pilgrim	*	*	*	*	*	*	*	*	*	9

Graph 2: “Cumulative Worth” ... This chart functions similarly to the previous “Cumulative Worth” chart (discussed on the previous page) ...

Alternatives	1	2	3	4	5	6	7	8	9	Total
Politician	5	5	4	5	5	2	4	5	5	40
K-6 Teacher’s Aid	3	2	2	3	2	4	2	2	2	22
Civil Rights Attorney	4	4	3	4	3	3	5	4	3	33
Writer/Author	2	3	5	2	4	5	3	3	4	31
Peace Pilgrim	1	1	1	1	1	1	1	1	1	9

*Note: to be Effective, this method should also evaluate at least 4 alternatives at a time ...

Charting your own Truth(s)

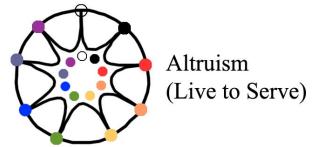
Re-Discovering your Life's "True Purpose"...

Alternatives ... **1** **2** **3** **4** **5** **6** **7** **8** **9** Totals

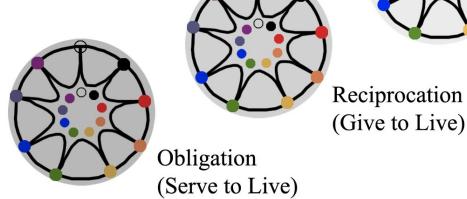
Alternatives ... **1** **2** **3** **4** **5** **6** **7** **8** **9** Totals

How you interact with (& alter) your Universe: The Soul’s “Service-Beacon”

The Selflessness of each Act of Service
Determines its “Frequency” ...



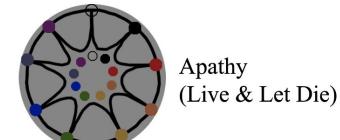
The Sacrificiality of each Act of Service
Determines its Power ...



Obligation
(Serve to Live)



Superficiality
(Live & Let Live)



Apathy
(Live & Let Die)



Self-Preservation
(Kill to Live)



Callousness
(Live to Let be Killed)

Re-member that Thoughts are Things!

Re-mind that Intention is Everything!

Re-member that Thoughts are Things!

Re-mind that Intention is Everything!

Re-member that Thoughts are Things!

Re-mind that Intention is Everything!

The human body oscillates interactively with its environment. Essentially, we are all electro-magnetic entities. In every moment of our lives, we each emit a very specific frequency into our immediate environment – a frequency that reflects our momentary State-of-Being in relation to our current thoughts, emotions, and actions, as well as the motivations behind those actions.

The diagram above illustrates this effect. The level of selflessness behind each thought or act determines its “base-frequency” (with more self-centered motivations leading to “lower” frequencies and more generous, altruistic intentions generating “higher” ones). It is the relative difficulty of actualizing those choices that then determines how powerful or weak they will be. The more self-sacrificial an act, the more difficult it is – and thus the more potent.

Fundamental physics also reminds us that “like attracts like.” This means that the frequencies we choose to emit attract similar frequencies back into our surroundings. Thus, it is true (and somewhat ironic) that the actions you engage solely for others (especially performed with great personal sacrifice) actually bring you and your life the most Peace.

Note: While not apparent in the diagram above, there is an enormous leap between “Reciprocation” (the motive behind level 3 choices) and “Kindness” (the intention underlying all level 2 actions). Indeed, it is this very leap that must be made for any conscious being to experience truly deep-seated Happiness.

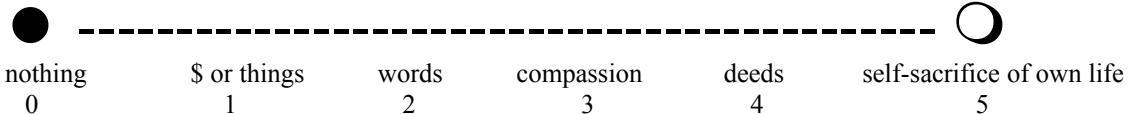
The Power of How

Life's 3 primary "Right Action Amplifiers"

The object of an enlightened Life of Peace is not to merely engage acts of kindness, but rather to engage acts of **powerful kindness**. The most powerful act for the Universe is the one affecting the most Harmony -- for those undertaking it, for those witnessing it, as well as for the environment in which it is undertaken. And yet, it can be difficult to comprehend which of our choices are truly potent and which only *appear* to be powerful.

Use the scales below to quantify the "Power of Goodness" behind any action you undertake. Simply identify an act (it doesn't matter what type) and then analyze its "worth" according to the three ratings below (a score of 18 is the maximum). Once the relative power or weakness of your past choices is clear, it will prove easier to act with more potent Kindness in the future ...

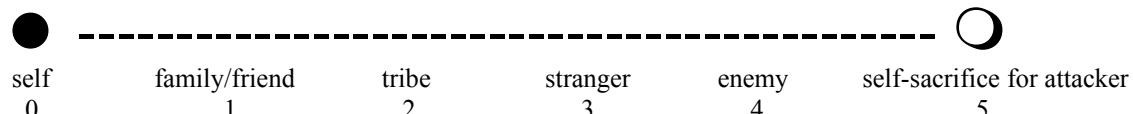
I: The Power of **What** – the gift given and/or the giving method employed ("LOVE")



*Bonus: if the giving act is extra-difficult to perform, add 1 ...

Or, if the object given is cherished (very difficult to give), add 1 ...

II: The Power of **for Whom** – the "target" of the giving ("NEIGHBOR")

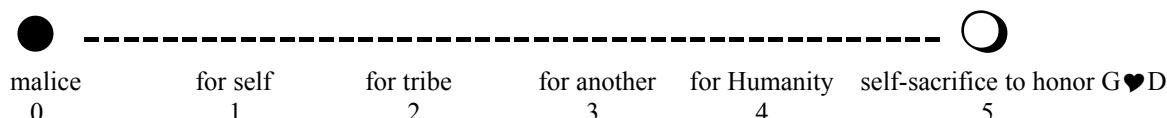


*Bonus: if the "target" of giving is feared, add 1 ...

Or, if you fear the "target", add 1 ...

Note: hatred, aggression, dislike and fear gain this "bonus", while feelings of apathy, self-defense, caution and curiosity do not.

III: The Power of **Why** – the purpose behind the giving ("as SELF")



Bonus: if the attitude of Being while giving is based in gratitude, add 1 ...

Note: gratitude, compassion, joy and humility gain this "bonus", while feelings of duty, obligation, expectation or hope do not.

Example: When a wealthy man gives money (what: 1) publicly to a friend (whom: 1) to repay a debt (why: 1), the action is still "good", but very weak (3 out of 18) ... On the other hand, if a poor person gives their last two pennies (what: 1 + bonus) joyfully (why: bonus) to someone they hate (whom: bonus) who recently ridiculed them (whom: 4) in order to serve the community (why: 4), the same donation has a frequency-emission that is significantly more powerful (12 out of 18) and therefore effectuates much more Harmony – both for that person and for the Cosmos ...

Activity: rate the Power of three of your most recent acts of giving –

- 1)
- 2)
- 3)

Note: A weak "what" cannot powerfully influence a potent "who" ...

A weak "who" cannot powerfully effectuate a potent "why" ...

A weak "why" cannot powerfully effectuate a potent "what" ...

Knowing True Guidance

For many years of my early life, I searched avidly for Truth – and in doing so, it can be no surprise that I came across hundreds of “prophets”, gurus, shamans and preachers; all claiming in one way or another to have access to the very Truth I sought ... Of course, more than few of their philosophies and teachings actually led me even further into pain and confusion ... And so I often wondered whether there was a more “efficient” way to recognize the True Guides from the “false prophets” ... This addendum contains a set of general guidelines intended to help you make this choice more accurately for yourselves ... I do not claim to have any specific advice that is Right for each of you ... And yet I have experienced enough to share some "Pathfinder Personality Traits" that will enable each of you to seek (and inevitably find) a "True Guide" for your Way ...

This collection of characteristics is not based upon mere "logic" or my personal beliefs ... Rather, it is founded solely upon a personal witnessing of hundreds of community leaders -- how they taught, what they taught, and (most importantly) what consequences came from their teachings and their methods ... The consequences that brought pain to themselves and others I deemed "false", while those that brought Peace and deep-seated Happiness were deemed to be "True" ... Looking to your current leaders' actions, speech &/or beliefs, you can tell whether or not a particular guide is leading you towards deep-seated Contentment ... Basically, the more "True" a particular leader is, the more his or her actions, speech and teachings will be Accepting, Generous, Humble, Kind, Joyful and Consistent ...

1. The True Guide (and his/her Teaching) is **Accepting & Patient** ... He/She radiates Compassion to everyone in the hopes of allowing them all to rediscover their own True Selves ... The "false Prophet", on the other hand, tends to radiate condemnation or pity to others, in the hopes of encouraging them to glorify his/her own ego ... The True Guide sees others as his/her brothers and sisters - already "Children of God", while the "false prophet" sees them as “underlings” who need his or her assistance to become "saved" or "happy" ... The former encourages followers to discover their own Paths, while the latter attempts to force others onto paths that are "proper" or "more appropriate" ...

A true Teaching preaches unconditional Acceptance of others (not an agreement with them, merely a deep-seated recognition of their innate validity) ... "False prophecy", on the other hand, professes a knowledge of “**the right Way**” or “**the only Way**” ... A true Teaching is open in its sharing (inclusivist), while "false prophecy" harbors "secret knowledge" that only the "worthy" can learn -- if they are obedient (exclusivist) ...

The True Guide is humbly amazed at the majesty of the Universe, while the "false prophet" already understands "the way things are" with relative certainty ... The True Guide encourages us to make the best of what IS, while the "false prophet" persuades us to "make life better" for ourselves ... A true Teaching is grounded in forgiveness, while "false prophecy" extols us to enforce retributinal "justice" on "wrongdoers" ... The True Guide knows that all religions and all the leaders of those different creeds are bound by the common Truth of God's unconditionally loving Way ... He/She embraces all of them as Family ... The "false prophet", on the other hand, sees members of other life-views or faiths as competitors - enemies to be either "corrected" or vanquished ...

2. The True Guide (and his/her Teaching) is **Selflessly Generous** ... True leaders look to help those in need, and are never wealthier than the poorest member of their congregation ... "False prophets", on the other hand, are fixated by material abundance and often exude superficial displays of personal vanity ...

The True Guide focuses on what can be attained in our current lifetime (specifically how to more powerfully serve others in the present moment), while the "false prophet" tends to concentrate on opportunities for “advancement” in the future or "salvation" in the afterlife (typically how a follower can either "be happier" or "get to Heaven") ...

A true Teaching preaches generosity, while "false prophecy" encourages you to "protect your own" ... A true Teaching preaches selfless service for others , while "false prophecy" tempts its followers towards fulfilling their own personal desires ...

3. The True Guide (and his/her Teaching) is **Gratefully Humble** ... True Guides have no desire to lead others or to change them ... They simply are who they are -- not caring whether they are followed or not ... "False prophets", on the other hand, exert time and energy trying to win others over to their own ideas of "what's right" ... They often attempt as well to pull True Guides down with criticism &/or condemnation ... The True Guide teaches with humility (i.e. with an open-mind) ... He/She honors everyone, while the "false prophet" tends to find subtle ways to honor him/herself, exuding pride and arrogance in his/her own set of beliefs while doing so ...

4. The True Guide (and his/her Teaching) is **Kind & Joyful** ... "False prophets", on the other hand, are often sad, angry or overly serious ... The True Guide teaches with gentleness, while the "false prophet" demands obedience ... The former listens more than he/she speaks; teaching often via an open willingness to learn ... The True Guide teaches with joy and positive encouragement, while the "false prophet" uses anger &/or melodrama to persuade his/her followers ... The former knows success when his/her followers are at Peace, while the latter knows "success" by "saving souls" or "enlightening the ignorant" ... A true Teaching preaches Joy & Happiness, while "false prophecies" entrench fear, often using shame, guilt &/or embarrassment to convince or manipulate its followers ... The former focuses on Seeing humanity as **One**, while the latter has us focusing warily upon -- and striving to protect ourselves from -- our "enemies" ...

5. The True Guide (and his/her Teaching) is **Consistent**, faith-fully "Walking the Talk" ... "False prophets", on the other hand, often engage in the same "sinful behaviors" they condemn ... The True Guide is courageously truth-full, communicating with either flagrant honesty or complete silence -- while the "false prophet" is often merely "polite", "tactful" or "friendly" ...

The True Guide evidences nobility as his/her "norm", while the "false prophet" only displays a deeper Morality when "on his/her best behavior" ... The True Guide acts righteously voluntarily and cheerfully, while the "false prophet" tends to confine his/her life with rules and vows that he/she feels compelled to obey ...

In essence, then, True Guides are simply humans who have chosen to humbly accept the Mystery of Life ... They are able to live for extended periods of time in Joy and Gratitude regardless of their lives' external circumstances, and they live that life in the selfless service for -- and promoting the enhanced Happiness of -- others ...

In **conclusion**, if you have the Courage to neutrally examine the leaders in your Life, it will be relatively easy to identify which are "True" for your current Life-Path and which are not ... Note that no leader is completely "false" or completely "True" ... Indeed, while most of my own teachings these days effectuate Peace (and are therefore "True"), there have been many times during my life when my leadership has been in error and caused pain (making me, at those moments, a "false prophet" as well) ... If you wait until the "perfect Guide" is found to follow, you will never move at all ... Indeed, even your own Inner Guide (which IS perfect) cannot ever be perfectly heard through the haze of your ego's fears and desires ... Often times we must simply act on Faith that the guidance we are following is Right ...

Thus, these characteristics are not meant to show you how your own True Guide should act or appear ... Rather, they are guidelines for helping you to determine whether the leaders in your life are giving you mostly accurate advice or not ... The more purely a leader reflects the above-mentioned traits, the more you can know that his/her guidance will bring you Peace ... The more he/she diverges from the same, the more that advice will bring you and others pain and suffering ...

Your objective should not be to find someone else to blindly follow, but rather a guide to enlighten your Path as **you** walk It ... You are both teacher and student in Life ... You are the co-creator who continually responds to and acts upon the environment around you ... There are always guides available to make these choices clearer for you ...

... may you choose them wisely and then follow them with Courage!

Re-Awakening to True Self

A Message from your Soul

The following can be read silently while listening to your favorite inspirational music (a tune without lyrics, of course) ... OR, it can just as Power-fully be read aloud (with sunrise being an exceptionally emPowering time to Do so) ...

“I am Here within you ... I am your True Self; a perfect embodiment of Cosmic Divinity residing in every cell of your body ... As such, my Love for you is endless and all-Power-full ... I Love you completely regardless of your actions and/or thoughts ... When you neglect to do something Kind out of fear, I Love you anyway ... When you neglect to do something Kind due to selfish desire, I Love you anyway ... When you do something harmful our of fear, I Love you anyway ... And even when you do something harmful due to selfish desire, I Love you anyway ...”

There is nothing think, say or do that would chase me away ... And while my job is not to protect you from pain (or do anything else that might hinder your Journey of Self-Awakening), I am allWays Here to Care for you and assist you with Wisdom & Courage whenever you ask for them ...

I am all-Power-full; much stronger than your sadness, much more Peace-full than your loneliness, much more caring than your anger, and much braver than your fear ... AND, as I gain my Strength directly from the Universal Godhead, nothing can ever exhaust or deplete my Love!

Indeed, I am with you always and in all Ways – even until the end of days!”

EnJOY some time and draw a symbolic representation of the all-Loving True Self that resides within you as Guide, Companion and Friend ...

A fond Fare-well

There are many individuals (both friends and “foes”; teachers and “students”) who have enabled me to enliven my True Self and live the life I currently live; serving the Way I have been blessed to serve ... I thank them every time I look another in the eye and smile ... I thank them with every anonymous Good Deed ... I thank them all by sharing my Way ...

And so I also thank each of You with –

Shalom*



... and wish you all Peace on your respective Life-Paths!

P.S. As far as the information in this workbook is concerned, I do not consider it “mine”. I feel as though The Source gave it all freely to Me, and therefore I give it freely onward to you and yours as well. As such, feel free to pass it on or forward it -- however and for whomever you wish!!!

P.P.S. As far as questions or comments are concerned, answering “Life’s Calls” is what I Do ... Feel Free (literally!) to contact me any time for any reason! It would be a Blessing for me to be Able to Serve any of you in any way.

Contact Information:

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website – www.inspiringthealtruisticmoment.com

“For those who Seek, there always comes that Magic Moment when what they Seek is themselves.” ~ Natalie Norman

“The end of all our exploring will be to arrive where we started and Know that Place for the first time.” ~ T. S. Eliot

“In a gentle manner, you can shake the world ... Let him who would move the world first move himself ... You must become the change you wish to See ...

There is no way to Peace – Peace is the Way!” ~ M. Gandhi



*“And I will take one from a thousand and two from ten thousand,
and they shall Become a single One.”*
~ Jesus (*Gospel of Thomas 23*)