

A Bright White Light

(Thoughts on Hope and Personal Empowerment)

By

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For Suzanne, Conner, and Aidan

“ Why not open the door, come what may ... ”

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Introduction

Through meditation and the lessons learned from everyday experience a person becomes able to organize, intensify, and enhance both their inner life and outer sensory experience to such a degree that a threshold is crossed whereby one can say *I know that from the inside*. This is a fully attainable goal for everyone, regardless of external circumstance. A human being can be considered a creative center that thinks, feels, speaks, and acts, causing a cascade of effects and repercussions throughout the world ... in each and every moment. It is therefore important to be cautious in our speech, in our use of words. It is important to choose to think one thought and not the other. Both thought and word are causal and their effects both multiply and expand, all mostly unseen.

This book is written for people who search for depth and fulfillment, yet for whom conventional answers to conventional questions are not sufficient. It is either a quick or slow read depending upon how it is used. The following thoughts can be either meditated upon or taken simply as a quick hint for the approaching day.

Empowerment

1.

Be quiet inside.

Do not emote.

Watch the sun this morning,
as it rises.

You do not have to do it every day,
just this morning.

Let the sun create a feeling inside you,
inside the quiet you have created.

This feeling belongs to the sun, not to you.

You are its witness

and have given yourself the opportunity
to let into your heart the great wide world.

2.

Wake up early.

Be kind to an animal today ...

a dog or cat or horse or any of many wonderful creatures.

The cognitive chasm between you two

traverses eons in evolutionary time

and is an abyss of consciousness.

But there he or she is and here you are,

so strange, yet familiar ... connecting.

3.

There is only one thing to be done
and that is to embrace
whatever comes your way.

That which comes to meet you,
hidden in your life circumstances,
is always and forever your true self
bringing whatever is right for you.

4.

Look to the positive in all things
and you will become buoyant
in your newly found wisdom.
You will turn literally everything,
every circumstance to your inward advantage ...
that would be to joyful insight
and release through giving.

5.

Whatever your responsibility,
determine to carry it willingly and cheerfully.
Before long it will become an ability,
like learning to write,
and you will feel the burden no longer.
Life will invariably bring further
and weightier responsibilities.
Do the same as before.
Push the envelope.
And one day you will suddenly find
that you simply are the person
you always wanted to be.

6.

Assume that as you walk while awake
you are, in reality, sound asleep
or perhaps barely dreaming.
Search for that true awakening.
There is something more,
something greater.
You have the ability to find it.

7.

You are more powerful than you know.

Do not devalue yourself.

Our entire culture educates you to devalue yourself.

Do not comply.

Focus your energies and enjoy the strength
raying forth from your heart.

Focus.

8.

Someday you will realize that ...

Everything you do will be seen and observed and studied.

Everything you think will become visible.

Every secret you possess will be revealed.

Everything within will out.

What's the point in hiding?

Choose to transform instead.

Blossom.

9.

When dealing with people assume nothing.
Or, rather, assume that most assumptions are wrong.
Be quiet and listen.
Make still the reactive voice,
which is the inner voice that never shuts up.
This work must be done
if you do not want to remain isolated and insulated,
as silence always opens and awakens.
The door out of your self is through another.
Just open and listen.

10.

The shortest route to happiness is through
your most serious issue.

It is up to you and only you.

That problem is your key to opening the impenetrable door.

You want a new life?

The key is always in your hand.

11.

Every good thought thought with strength
dispels a thousand thoughts issuing from the darkness.
Be a thought warrior for the *Good*.
You are more powerful than you can possibly imagine.

12.

A tragedy would be a world without you.
If you did not exist there would be a rip,
a breach in the fabric of time and space.
Only you can do what you do.
No one can approximate your essence,
your coloring, or your individuality.
To try would be absurd.

13.

If you are afraid, anxious, fearful, worried, nervous, tremulous,
and dreading in despair what comes next ...

make a choice to act with courage.

This next act could be merely getting up
and walking out the door to face the new day.

You do not have to overcome the fear first.

That is not required.

Just add to the fear an act of boldness
and the universe will come to your aid.

Forces of light will rally around you
and your load will be lifted for a while.

Then repeat the process.

14.

Lift yourself up,
for you are a force in the world
and can affect great change.
You need not have power, fame, or money
to change the world, only yourself.
Be profoundly committed to becoming a selfless human being.
Deeply desire to do what is good and the effect
of your decision will be staggering to witness.

15.

You need look no further than your own life
for great love, great tragedy, heroism, or adventure.
Open your eyes.
All humanity lives hidden
within you.

16.

What is
rather than
what if ...

(All your hopes and dreams become very real possibilities
when you work with what is here and now.
Dream only on the things you intend to realize.
Be patient and work through, one by one, every problem life
brings.
You will soon feel the solid thrill of progress.)

17.

The great world conspiracy (or whatever)
convinces you that you are small, unimportant,
vulnerable and powerless.

Nothing could be further from the truth.

Do not let others think for you.

Choose to nurture your Self and grow.

Harvest from your own mind and heart.

18.

Focus your entire being
through the lens of your mind,
like sunlight through a glass,
and burn your name
into the fabric of this world.
Your heart is a white light
burning brightly.

19.

What is yours is yours and belongs to no one else.

Envy of any sort is useless.

Focus on what you have rather
than what you do not have.

Life will provide everything
you require to make the changes you want to make.

Your life circumstances will guide you
to the right place at the right time.

At every turning there is a sign.

Only look, listen, and be willing.

20.

If you want to do *the Good*,
if you want to be on the front lines
fighting evil,
then attempt to develop complete inner silence
whenever required.
Here is your first battle in the war,
your first experience as a soldier.

21.

Life is found in the quiet yielding,
in the breathing with,
not against.
Be gracious, generous, and conscious.
Let the wind of the spirit
blow through your hair.

22.

There is always collaboration
between yourself and the higher powers.
Have faith in your conscious intention
to guide your own life.
Have faith that the higher beings
will always help if you only ask.
And when you choose not to participate
they simply wait for you,
whether it be one day
or a thousand years.

23.

Resolve to turn every experience,
positive or negative,
to your benefit.

Yes or no does not matter.

Use each to learn, to acquire knowledge.

Your interior resolve will make you solid and strong.

There can be no other result.

24.

Look forward to the time
you meet that next person.
Assume something brand new will result
from that quintessential moment passing
between you both,
whether chit-chat or deep talk.
Each searches for a lesson, a discovery,
a receiving from, and a giving to.
No one knows what will come next.
This is the wondrous mystery.
And you can be sure that your desire
for spontaneous life,
for organic unfolding,
and for harmonious anarchy
will lead to boundless freedom and newness.

25.

You are constantly giving birth to yourself
out of the seeming chaos.
How conscious you are as to the kind of birth
is entirely up to you.
In every moment you deal with numerous influences,
both from within and without:
a bombardment of thoughts, memories, feelings,
and countless physical stimuli.
From within this matrix, this nexus,
you decide what direction next to take.
And the more conscious you become,
the more the sheer number of inputs increase, exponentially ...
the necessary result of your expanded seeing.
No wonder you want to go to sleep
and fall into peaceful and dreamless oblivion.
But try to stay awake a little longer.
Exercise your ability to *let go*
and then *pull together*, over and over.
Surrender and focus repeatedly.
This is a soul rhythm you can control.
The more you do this the stronger you become.

26.

Whatever is to be learned
will always present when the moment is right.
The universe will not give you a lesson
that you lack the strength to learn.
You possess, somewhere in your being, that strength.
Just dig it up.
Look forward to the challenge.
For your life lessons stand in front of your face forever
and lead, ultimately, to ever-renewing strength and joy.
These are two sides of the same.

27.

There is so much in life that seeks
to rob you of yourself in the present moment ...
impulses from within and input from without
surge and impact ceaselessly.

Awake!

Stand up and shout if you have to ...

“I refuse to let anyone determine the content of my mind.
I refuse to be influenced by anyone or anything unless I give
permission.

I refuse to be pushed, prodded, controlled, manipulated,
cajoled, or coerced by any person, group,
corporation, or nation.

I and I alone determine my value, my worth, my contribution,
and my path through life.”

28.

Be a warrior for what is right and true and good,
a warrior that does no damage.
Build something into this world
and create what you can create.
You require neither applause nor recognition.
It is enough merely in the doing.

29.

The powers of darkness work 24/7 on their agenda,

How many hours do you work *for the good?*

Time to get going ...

There is nothing these powers hate more

than a highly conscious, healthy person

feeling joy and love mixed with a large measure of common sense.

Now

1.

Today is the day.
Try not to daydream
about future fulfilled desires,
and forget what is next and next and next.
Avoid reverie, regret, and wandering
into the unchangeable past.
There is no better time than now
to decide to live in the Now.
It is the only thing you truly possess.
You may be gone soon
and if you are not yet gone,
then you can be grateful,
which is a gift you can give yourself and the world.

2.

We are exactly where we ought to be.
Accepting this, we are ready to begin the change.
We want the change
because we desire movement and inner freedom
as we sense an approaching exhilaration
in life and existence,
an enjoyment in clarity of consciousness ...
like a crisp, deep breath on a frosty morning.

3.

You know what you want to be doing with your life.

So do it.

Take all of your excuses off the shelf
and put them in the trash basket.

This act, in itself, will lighten your load.

Then go to step number two ...

leave the shelf empty.

4.

You are miserable and upset
because you have no control over your life.
You have no control
because you linger, inactive, in weakness.
You are paralyzed in weakness
because you live in doubt and fear.
You live with doubt and fear
because you choose those thoughts.
Don't do this.
You are free not to choose doubt and fear.
Choose differently.
If you are afraid, decide to think thoughts of courage.
If you persist you will no longer be afraid.
Act with the assumption that things will go well.
Even if they don't, try again.
Take the leap.
Control your life.
Be happy.
It all starts with the thought you choose right now.
You are totally free in every moment.

5.

Posit
that you will not be
walking this earth tomorrow.
Seize this, your moment.
Focus
until it begins to glow white-hot.
Enjoy
the force of your brightness
streaming into this world.

6.

Decide to be as awake and alert as possible.

Put all your force into this act.

Enhance your seeing.

Enhance your hearing.

Live on the edge.

7.

Extract life-essence
from every moment.

Condense it
like the bee the nectar.

The moment you do not you have lost ...

Be grateful for what comes your way.

8.

Think to change your formidable *will to live*
into the *will to live well*.

The time is now.

You are here for only a few brief moments
and then you are gone.

It is time to make all those changes
you feel you must make.

Seize this moment.

9.

Regardless of where you are,
here is the only true place to be.
Dreaming about somewhere else
is a waste of time and life.
Here, in this moment, you truly live.

10.

On or off.

Off or on.

You are a constant, unending manifestation from within,

A boundless pouring forth,

A creative entelechy.

You.

A human being.

Practical Advice

1.

Wake up with the sun
and watch it rise.
Say nothing, think nothing, and do nothing
but see it, breathe it,
and taste it with your whole soul,
right down to your stomach.
Let the sun's impression reverberate.
Then go have a delicious breakfast.

2.

Think of your body as a permeable membrane ...
something through which you pass
on the way to somewhere else or upon return.
It is a miraculous piece of clothing, this body,
but it is yours only for a brief while,
and then you must disrobe.
And under the robe is a radiant flame,
where light, heat, and more light
reveal you, eternally you.

3.

Just do what you feel is right and true and good.
Avoid bitter thoughts when you do not get credit.
You have already affected great change.
You are the pebble thrown in the universal pond
and have made great, widening ripples.
So what if the pebble sinks.
There is beauty and life below, too.

4.

Work hard.

Don't be lazy.

Such effort leads to optimism.

Go to sleep only when completely exhausted.

Every day is an opportunity for rebirth.

5.

Live energetically
and you will receive more energy.
Use it rightly and this new energy
will benefit yourself and others.
Use it wrongly
and it will be taken from you.

6.

Resolve to do *the Good*
and what is not good will begin to peel away
like layers of old, threadbare clothing.
But before each layer can fall away
it has to present itself to you
once again for judgment.
In the face of your solemn resolve
you must decide in each case yea or nay:
“I continue to accept, live with,
and feed this evil
or I will have nothing more to do with it.”
Then quietly, without fanfare, just let it go.

7.

Never let go.

Never give up ...

(You may give yourself permission
to let go or give up only when,
after profound soul-searching,
you decide that it is the right thing to do.
Sometimes it is better
to go around or over the stone wall
rather than through it.)

Be stubborn.

Adapt, too.

Be a tree.

8.

Acceptance
is not so much a state of mind
but a willed activity.
Accept things not passively,
but aggressively,
with a view to changing
those things that require change.

9.

If you do not control yourself ...
some outside force,
visible or invisible,
will be happy to step in and take over.

10.

It is impossible to avoid your problems.

The universe will not let you.

You cannot run from a storm but must weather it.

Delay creates new and ever-widening negative ramifications
and avoidance brings disaster sooner or later.

Why not just get on with it,

face whatever difficulty, tackle it, solve it, and move on
to the next challenge?

Put the familiar old behind you and get on
with the frighteningly new.

11.

Being cynical, critical, judgmental,
sardonic, sarcastic, and on and on ...
all these things simply kill your inner life.
They damage you, as if you take a knife and cut yourself.
They add to and feed your inner decay.
Refrain from these
and suddenly you will feel alive and vibrant.

12.

Bounce back.
Never, ever give up.
This must be your way of life ...
For failure is the path to success
and each mistake brings a gift.
With every renewed effort
you acquire new skills.
Endure.

13.

Losing your temper is the overt and final manifestation in a long and preexisting chain of inner negativity. Refrain from those critical and angry thoughts and your temper will never flare again.

14.

Are the thoughts you think yours
or do they belong to someone else?
How many are truly yours?
Answer this and you can then determine
where you end and another begins.
Know your boundaries.

15.

You are changing the world just by being here.
It is up to you how to manage your energies.
Until you can do this you lumber around
doing damage everywhere,
yet unaware of your effect on things (or people) around you.
Control your thoughts.
All else follows from this.

16.

Read your life like a book.
Unearth its mysterious plot
with all its various thrills and entanglements,
interesting byways, and painful lessons.
Read this book you have written
so you may, with understanding,
know what next to do.

17.

It does not matter whether your circle
of worldly influence is broad and far-reaching
or narrow with few human contacts.
The quality of your interaction with others is most important.
How you regard others in the deepest recesses
of your thought is paramount.
If you want to change the world,
begin with your own thought.

18.

Be vigilant and protective of your mind ...
time for disk cleaning.

Think about how you think.

Purge unused files and remove what you deem unnecessary,
as inactive files are far more active than you think.

19.

Go about your business ...
your business, not someone else's.
Resolve to be cheerful and do your duty.
Try not to impinge upon the world.
Gentle.

20.

If you do not choose,
someone else will choose for you.
You do not have to be a leader of others,
only yourself ...
that is, if you want to be free.

21.

Embrace every new experience,
whether good or not so good,
with openness.

Protect only when necessary
and with whatever means at your disposal.

Try not to protect out of habit.

Tread lightly.

Intrude upon no one or no thing.

Endeavor to create and build,
nourish and sustain.

Return the gift.

22.

There is great cause to worry.
Evil and corruption run rampant.
But to fight these with anger and outrage is a fruitless effort.
Rather assert and embrace faith
that the universe is ordered according to justice,
law, and goodness.
Faith is an assumption based on lack of knowledge.
This knowledge will come.
Then you will know that your faith was rightly placed.
Those who do wrong can never escape
the consequences of their actions.
All that need concern you is what you do and how you do it.

23.

Life presents each of us
with our own set of very individual issues.
Solve these, each one, patiently and methodically.
This is our most important task.
This truly is “pushing the envelope”.

24.

If you are depressed
make the commitment to act ...
to do *some thing*.
Your volitional movement lifts the weight.
How and what you do determines
whether that weight will return or not.

25.

Let people be.

Let them be who they are and go where they may.

Why burden a person (and yourself)
with lust, envy, revenge, or what not?

Why silently consume them?

Rather *refrain*

and focus on your own inner path.

Be responsible for your own Self.

Strive to be free.

26.

Choose the important stuff.
Avoid getting muddled in the trivial shallow,
the confusing minutiae of existence.
Focus your energies on the quality
of each precious moment and savor that.
For when the beauty of death's door opens
and you enter that astounding world of light,
much that happens there is determined
by what you have done here.
You always return to yourself.

27.

Sit silently
and take stock of who you are
and why you are walking this earth.
Say to yourself:

“What I am in the deepest part of my being
wants to consciously reveal itself in my words and deeds.
My spirit, my self desires to traverse the path
from the invisible to the visible
and show itself in the light of day,
manifesting in continuous creative activity.”

28.

If you want to feel safe and secure,
clean your mind and heart.
Forget the guns or locks or alarms
that only heighten rather than dispel the fear.
There is no heavier burden
than your secret knowledge
of your own misdeeds.
It is like being chained
to a big stone dragging behind you,
a stone that no one sees.
Then, one day, something happens.
The ground suddenly liquefies
beneath your feet and down you go
gone for good.
Start now and start anew.
Clean and clear your conscience
and then guard it with your life.

Insight

1.

Positive thought and the desire to do what is good
require energy and work.

They require a conscious decision to do so.

Negative and dark thoughts

tend to build and grow

through a kind of magnetic attachment

that takes on a life of its own.

A lack of consciousness

is necessary for this growth.

Negative thought overwhelms and imprisons

while positive thought leaves one free.

2.

It is not so much what you do
but how you do what you do.
The quality of thought and feeling you hold inside
always flows through
as you engage in some activity.
Some may not notice,
but this flow determines the type of impact
your deed has upon the world.
What you are inside streams through what you do.

3.

A well-placed word can alter a mood,
change someone's perspective,
or the course of a life,
or the tide of history.
The gift of the *Word* is a powerful thing.
Do we help or hinder?
Why not simply speak *Love*?

4.

The problem is not so much light against darkness
but light intermixing with darkness, or rather
the over and under-lapping each with the other.
You, as a human being, stand in the middle
and must choose in every moment.
Your choice brings color into all of life.
The art of choice
is the human drama, your drama.
Every choice you make adds a color, your color, to the world.

5.

Every impression
calls for its thought,
its completion or other half.
You think the thought in the thing.
Each without the other
is simply not quite real.

6.

The longer you live
the more you experience
the nature of *the return*.
Your orbit through life
catches up those things left behind,
things lacking motion
due to rigidity ...
like all those problems.
Lapping those
allows you again the possibility
of dissolving them
or bringing them up to speed.

7.

In each moment
which question
is ever
the question.

8.

It is pointless to avoid fear or anger.
Just put on the brakes and take a look.
Take a positive approach.
Anger signals that an issue requires your attention.
It is a great benefit in disguise,
sending a message of learning to you.
It is in the *overcoming* that you bound forth,
making rapid life-progress in acquiring new strength
wonderful and unfamiliar.
Your resolve to transform the inner rage
makes you formidable,
while offering opportunities
for blazing realization.

9.

Guns and bombs and wands and light-sabers
will not help you defeat the dark powers.

Do not be duped into thinking
that these physical responses to evil
are your only weapons.

The real weapon is *you*, in your entirety:

Your capacity to think, to feel, and grasp the truth,
to wield the spiritual power of thought and word,
your ability to know that you are immortal
and that death and birth

are only doorways through which you pass ...

that you take the long view, the very long view,
and will return again and again and again
to fight the fight for *the Good*.

There will always be a new day.

10.

We never stand still.

We are either gaining ground or losing ground,
moving forward or slipping backward.

All is in motion.

And the movement always seems circular
which, through time, becomes spiral.

There always seems to be a return to the same place,
but further up or further down.

Old problems revisited are new ones to conquer.

But between the old and the new we have acquired skills.

We solve our problems and so move on
to the next adventure, for it *is* an adventure ...

11.

You belong here.

The changes you make, while here, determine
your future course, whether up or down.

These opportunities will never come again
in the same way and are, therefore, crucial, vital, and pivotal.

What you miss today
is usually lost forever.

It may return
in a different form, but still ...
take advantage of your moments.

12.

Always think
through.
Only think
over
or think
around
when you must.

13.

What is it that you want ...
power, money, fame, or endless, ecstatic pleasure?
All this pales before the infinitely warming
and nourishing infusion of spiritual love.
The love is there if only you awaken it.
It resides within your heart.
Your heart is a sun.

14.

An extreme person is someone
who lacks the ability to draw daily nourishment
from life and therefore seeks
the hyper-intensity of the manufactured moment
to fill a self-created void.
Desperate thirst will not be quenched
by drinking gallons of water at once,
but by taking in a little at a time.
Moderation and balance is the key.
The thrill is life, not death.

15.

Being lonely means you are not connected.

So get connected.

If you cannot find a person,

connect with a dog, a hummingbird, a butterfly,

or anything else in this whole wide world.

Just think the thoughts.

Think only about that other and not yourself.

Practice surrender to those thoughts and to the other.

Let the *other* enter into you and form its thoughts inside you.

And one day you will find that all these beings

begin to speak to you, as if to say, "We are all part of each other. Welcome."

And you will never be lonely again ...

16.

The undiscovered country
is the spiritual within and the spiritual without.
This is the new frontier,
not space ships and science fiction.
Space fantasy shifts focus to *out there* and *not me*
whereas the focus should be *right here where I stand*.
The tool needed for adventurous travel
into this new world is you yourself,
possessing your everyday consciousness
as starting point.
Nothing else is needed nor required:
no technology, no drugs, no gurus ...
just you and your desire to search within
and work on your own consciousness.

17.

There is nothing like the crisp
early morning, autumn air
gently piercing the lungs.
A deep breath wakes the body
and opens the mind.
It is time for my journey to begin ...
to where I do not know.
I stride with determined gait
into the unknown,
eager for new and unusual experience.
All I know
is that my will for what is good
and right and true guides me.
That is all I have.
All I know
is that the Sun has my back
and the Earth my feet.
All I know
is that I will always find my way
if only I remain true
to my Self.

Perspective

1.

Randomness does not exist.

Predestination does not either.

What we do not understand about both
is due to our lack of perspective.

Not knowing the *why*,

we assume one leads to luck or chance
and the other to unalterable fate.

Natural and spiritual laws govern
the interconnectedness of all things, events, and relations.

What tightens randomness and loosens predestination
is every free human act.

We change everything because we can choose to do
or not to do.

To be human is to be powerful and effective.

2.

Exercise your limbs, heart, and mind.
What you do not use will atrophy and fall away.
Awaken feelings and think strenuously.
Learn to live.
It is easy
to be a walking, talking,
dead person.

3.

Examine yourself.

Look at your faults and forgive others theirs.

Judge gently, if at all.

Suffering with your own imperfections
allows you the first step in knowing the suffering of others;
people, animals, and all other beings.

And so you begin to tread the long and wonderful road.

4.

With your entire mind and heart
embrace every experience,
both good and bad.
Resolve to learn from both every day.
Learn how to give and to protect.
Learn to be a knower.
This is a path to love.

5.

You have the freedom to think
or not to think,
to do or not to do.

In every moment you choose
one or the other thought,
one or the other course of action.

The accumulation of such decisions
determines the character
of your life and circumstances.

The relation between your inner life
and outer circumstances
is very intimate, complex, and direct.

Attempt to find the links
in what you think is the heavy chain of your life.

Once found, you realize the chain is only made of straw.

6.

What you see with your eyes, hear with your ears, taste with your tongue, smell with your nose, and touch with your skin is the very smallest portion of *what is*.
The senses provide everything to one who knows nothing else and represent only the beginning for one who knows spiritual things.
And how does one learn to know spiritual things?
... practice, desire, openness, and thought.

7.

Be silent.

Talk when necessary.

Take the phone off your ear.

While talking there is no listening.

Without listening

there is no accurate inner rendering
of the things perceived, no learning.

Lacking a clear picture,

how can you then correctly connect yourself to those things
either in thought, word, or deed?

Without listening

you isolate yourself and become stuck
within your own personal boundaries.

You can then do nothing

but talk endlessly about ... well, yourself.

8.

Concerns, worries, and fears
continually drive us
out of the conscious present moment.
The *what if* in us propels us on a phantasmal journey.

What if *what is* becomes our point of departure
for grasping the moment?
Then we can choose our own path.
And the quality of that choice is crucial
as that choice forms a new cause
which will produce effects
reverberating through the wide world
leading, ultimately, back to ourselves.

9.

It is a simple question.

What kind of person are you growing into?

The days pass and you survey your life ...
the many things done, not done, and undone.

Are you growing up or growing down,
growing in or growing out?

Is your life a life of expansion toward
an embracing knowledge of all things
or one of contraction and isolation?

As I said, it is a simple question.

10.

Try this one thought:

The experience of reality, in its true essence, is beyond your wildest imagination.

Nothing on television, video games, computer, or any experience

offered by drugs, or theory offered by science accurately picture this universe as it really is.

But you, as a human being, have the capacities and tools to achieve glimpses, true glimpses into the structure of the real universe if only you work, quietly and inwardly, to transform yourself.

Stop listening to the theory experts, to those who package images and information for your consciousness.

Reject all of this and discover your own pictures, your own images and thoughts.

Don't be fed.

Feed yourself.

11.

Who you are is entirely the result of who you are ...
Not your parents, or their heredity, or microbes, or aliens.
Who you are, what you are, where you are and how you are ...
in other words, your total life circumstances, both inner and
outer, are results or effects of conscious decisions and acts
made by you in prior and present times.
God gifted you with existence
and your life as it is today is what you have made
of this existence.
If you are unhappy, look into yourself
for the cause and solution.
Let your search deepen and guide you.
If you are happy, please spread it around.

12.

You are addicted because you desire oblivion.
You desire oblivion because the pain is too big.
The pain is too big because you have run from it for so long
and it has grown ponderous and paralyzing.
Avoiding the pain is equivalent to feeding it.
Face it and the frenzied feeding will stop.
Let those feelings wash over you.
Do nothing but this.
Do not act but only feel.
Follow this feeling to its boundary.
Every feeling has a boundary beyond
which you should not cross.
It is the place where you become conscious of what it is
and the lesson in learning that it brings.
Beyond this boundary you will find only self-indulgence
and the beginning of a new cycle of addiction.

13.

If you say you will do something then do it.
In the saying you launch a force into the universe.
This force demands the doing,
the completion, the promise kept.
To not do what you say you will do
makes you not so much a liar
but an incomplete human being
who lacks the capacity to truly live.
Is this the path for you?

14.

Every moment a decision
Every decision an act
Every act a directed force in the world
Each force a power which eventually manifests outwardly
only to return and “smack us upside the head” ...
as if to say, “Wake up. Snap out of it!”
Ignorance is only bliss until the next smack.

15.

To exercise power over oneself is good.

To exercise power over another is not.

If a person possesses the knowledge, capacity, means,
and opportunity to exercise power over others,
but chooses not ...

this will be recognized and respected
(by both friends and enemies).

16.

Anger, revenge, horror, negativity, ugliness, and vapid beauty are conceived, packaged, and sold as entertainment.

The market for this is huge.

It sells because we want it.

We want it because we avoid solving our own problems with others and within ourselves.

We prefer to pretend,

viewing to indulge those feelings vicariously.

Avoid, pretend, and dissociate ... a recipe for madness.

Rather engage, desire the real, connect and embrace ... a recipe for health.

Take a small but brave step forward.

Disconnect your media gadgets, if only for a little while, and take control of your own consciousness.

In other words *live*.

17.

Someone begins this life a scoundrel
and leaves this life a good and kind person.

This person has traveled far.

Someone begins this life a moderately good person
and leaves this life a moderately good person ... ?

18.

There is no escape from the consequences of our actions.
Positive finds positive and negative finds negative.
Those who have avoided societal justice
will face a higher justice.
All will out in the end
as no secret remains secret.
For the human drama is the revealing of the inner.
We just can't help it.

19.

The powers behind oppression
depend upon your self-satisfied indolence
as their greatest weapon against you.

Wake up sleepyhead!

Wake up and smell the roses.

Grab one and let the thorns
prick you awake.

20.

Call it a conspiracy
or call it a cultural anomaly, if you will.
Its goal is to completely erode
each and every human being's capacity for inner silence.
The onslaught comes from all sides.
Gone will be the remarkable fruits
of quiet introspection and self-assessment ...
balance, flexibility, and inner strength.
In fact, a new kind of inner strength
might be developed precisely as a result
of battling those very forces threatening.
This would be good, if only we could.

21.

Every positive thought builds.

Every negative thought destroys.

How many of each do you have in a day?

Try to count them.

22.

Negativity of any sort is binding
as it magnetizes you
to the object of the negativity.
If you want to be free,
begin by negating negativity.
Then release the positive
that frees and loosens.

23.

Do not pray to God for help.

He already has.

He created a universe based on laws that are just.

You may call them scientific, natural, moral, or spiritual laws.

Such words do not matter.

Live by and in harmony with these laws

if you want your life to broaden and deepen.

24.

The energy that is yours to possess and access
must be utilized by you to accomplish your self-chosen task,
your mission in life, whatever you determine that to be.
If you do not use this energy for its intended purpose,
someone or something else will collect your energy
and use it for their purposes.
If you allow this you become a slave
rather than a self-directing entity.

25.

Desire ...

It is the force behind action.

It is part of you, not to be denied, detached from,
or put in a box.

It is the life that will not be suppressed.

It need only be formed, directed, guided,
and honed to a purpose, a focus.

Embrace it and transform it, butterfly.

26.

Only give advice that you have lived.
It is through the living
that force for change presents itself.
Life imbues your words with the ability to influence.
The person receiving your words
will always hear who you are through what you say
(though they may not immediately know this).

27.

The *real* is a real thing.

It lights up within you or you enter into it.

The prerequisite for cognizing the real
is the overcoming of personal selfishness
combined with a balanced capacity for surrender
to the impression, or thought, or memory ...
a quiet listening.

Consciousness

1.

To help you must know.
To know
you must step outside yourself into the other.
This is not an exercise in fantasy
but an actual ability,
like using words to speak.
Being human means you can do this.

2.

Try today to step outside your own skin
into a crystal, a tree, cricket, dog,
or whatever you desire to know.
This is the first time,
your first effort.
Perhaps after the thousandth time
you will get it,
and then your life
will be changed forever.

3.

Falling asleep is exactly that ...
falling.

The precipice is not a danger.

It is merely a place where you rapidly descend
into your next mode of experience.

Try to remain conscious
as long as you can.

4.

Time to breathe.
Craft in your mind an open space.
Hold at bay the burden
of unpleasant memories and present fears.
Stop all dialogue and other voices ... silent open space.
Before you decide what next to do,
notice the immediate brightening of your mind
in that new space, this new moment.
It is like a cloud lifting.
Notice how what you see brightens
as you become more awake.
It is a subtle, yet noticeable change.
Then, in awareness, and not being pushed from
within or without,
decide.

5.

Breathe.

Breathe deeply for five minutes ...

No distractions.

Empty mind.

Follow the breath.

Don't pet the dog or plan for dinner or obsess
on the tick of the clock.

If you can really and truly do this, you are amazing!

6.

One consequence of being a *Being*
is that you affect
everyone and everything.
When you think a thought,
that thought does not remain in your cranium
but is let loose upon the world,
like fire in the wind.
Long after you have done with it,
that thought still lives, without you.
And as your creation
it continues its own life,
circling while you sleep.

7.

To a great extent personal selfishness prevents us from stepping out of ourselves:

So it is time to step out!

Be selfless.

This does not imply you are a wimp
or potential doormat.

As a truly selfless person you are protected
from injury, spiritual injury.

You cannot be hurt because selflessness builds
the capacity to overcome that separating
aspect of yourself.

You inwardly experience the essence of the other.

The joyousness of such experience needs no protection
but gives, instead, insight into helpful solutions.

Compassion works.

8.

Rise and shine!

The operative word is *shine*.

It is a new day as every day is a new day.

Make the resolve to hold back any dark in the past
that would cloud your new day before it has even begun.

Avoid negative thought.

Forget and forgive.

Every taste, touch, sound and sight is now new.

Do not waste your moments but enjoy them.

Practice this and any looming darkness
will slowly recede into the distance.

And then you will see ...

9.

Do not forget the sunshine and the moonshine.
Do not forget the stars, flowers, bees, or just watching
the green grass grow ...

Watch the grass grow.

Try it.

Listen to the green.

Use your inner ears, the ones connected to your heart.

All you need do is surrender to the impression.

10.

Think

Think

And think more ...

Wake

Wake

Awake more ...

Will your awakening.

11.

You live your life on the edge.

On both sides the precipice drops away.

You just don't know it (perhaps).

This lack of awareness prevents the paralysis
of fear, the fear which comes with a knowledge
received before its time, before you are ready.

This leaves you free in your life movement.

Act while you can.

Prepare for growth and unfolding.

12.

Trust in your own thought's ability to look at itself.

Observe your thinking dispassionately.

The picture becomes clearer

as you move closer to knowing.

As you approach your *Self* you realize that things

are not so desperate.

Then the real breathing starts and you begin to feel ...

the breathing of life rhythms,

the breathing of nature rhythms,

earth's breath,

and humanity's breath, too.

13.

This moment.

This place.

Be now.

Be here.

Through the single point
into a widening
universe.

14.

All that you see is not all that there is.
Open your mind's eye to the possibility of a light
and color-filled expansion of your soul.
Travel with and into the inside of everything else.
Why not the tree or cloud or moon?
They all wait for you.
It has been so long.

15.

Speak only
what you truly
know
from your direct experience.
In other words,
be silent
most of the time.

16.

Dig deep.

Reach high.

Wrap your arms around the warmth and color
of the broad horizon.

Sit.

Then quietly let the world
come to you.

17.

Look in, not out.

Look deep and avoid the shallows.

Everywhere a sign indicates the way.

Be alert and desire to find your own path,
the path that no other but you can tread.

You will find that path within the beat of your heart,
which is the beat of nature,
the beat of this, your earth,
and the planets ...

Listen.

18.

As you walk down the lane
waves of your light and color
wash over the trees, birds, bushes, and bugs,
like water over sand.
Your existence cannot
but touch and influence all things.
You radiate light.
You swim in light.

19.

A tree that falls in the forest
always makes a sound,
especially when you are not there.
Wake up!
You are missing so much.

20.

You are the first domino
in a line
of thousands connecting thousands ...
Do you want to begin with a good deed or a bad one?

21.

Using your imagination to pretend
propels you into the unreal.
Fantasy removes you from life,
from your *Self*.
It is far away and over there.
Your *Imagination* can truly cognize and image what is real.
Then you stay right here, right now ...
but deeper, broader, and higher, too.

22.

Meditation only works
when you silence the inner tumult
of voices, memories, and feelings ...
when you silence the outer impressions
of the ticking clock, the itch, or the traffic passing by.
You can do this through force of will.
Or you can let all these things detach
from your personal self and float away.
But what seems to work best
is total interest and immersion
in the object of your meditation,
even if you are meditating on the *Nothing*.

23.

What you say is who you are.

What you say is determined by what you think.

What you think is a choice made in your heart.

Your heart is the cognitive center, the source.

24.

With every tick of the clock
you decide something.
There are many moments in a day,
many decisions ... thousands upon thousands.
The aggregate consequence of this activity
colors your day, week, year, and your life.
What is your color?
What color do you paint the world?

25.

Your most important work is with the invisibles.

What are these?

They are your thoughts and feelings,

and also those of other beings

that you inwardly sense

and to which you respond.

All things seem to unfold

from this hidden place.

26.

At this moment
you stand on the threshold
of a new world.
Just open your *heart-eyes* and step forward.
You are only required to possess four things,
forming a square of strength:
openness,
courage,
common sense,
and the resolve to remain conscious.

27.

Love the thought you think.
Forget yourself in the surrendering.
Enter into it and merge with it.
Cross those boundaries
of skin and bone and rock and root.
Enter into the thing itself.
Love the thought you think.
Use it.
Exercise it.
This, your gift.

28.

You can be a conduit
for powerful forces.
Make yourself ready.
Make yourself strong.
Just remember
that you ride the horse,
not the other way around.

29.

The relentless busyness of life
and the constant inner tumult
of emotions, conflicts, reactions, disjointed thoughts,
and so on and so forth
deter you from finding the quiet place.
This is the place
where you are awake, alert, and waiting
in a state of active rest and anticipation.
Waiting for what?
A shining crystal clarity.

30.

There is a dissolving within.
The ground gives way beneath your heart and feet.
“Is this it, is this the last straw?” you say.
Don’t quaver.
Just calmly let yourself go.
Trust, watch, and feel,
knowing that when it is time to re-form,
to pull yourself together,
you will surely do so.
The strength is there.
Dissolve and re-form.
Dissolve and re-form.
It is your rhythm of decay and growth,
the breathing rhythm of your expanding soul.

31.

Your thought must become
for you
a tangible thing,
like rocks at your feet.
Once you realize
that a thought is a rock,
you will refrain
from hurling it at others.

32.

Birth is not easy.

Just ask any woman.

So why should the conscious birth
of your soul and spirit be any easier?

Is blissful *oneness* a worthy goal? Certainly.

But why not also search for practical, spiritual strength
and an intuitive ability to act?

Why not search for the secret of growth?

Spiritual birth seems more an act of *igniting*
rather than a peaceful and immersive retreat.

33.

To think that death is an end
would be to fall prey to illusion.
It is simply a new and different kind of birth.
Now free of the body we expand to the stars.
What a ride.

Conclusion

One can consider that the word-pictures communicated in this book address, in part, the spiritual thirst so many of us feel in our lives. The natural world is a wide-open and wonderful place, replete with daily miracles. And so also should our minds be wide-open and free from constraints and manipulations from within and without. Therefore, ideas concerned with death, life, afterlife, and life after life, birth of body, soul, and spirit should all be intensely questioned, discussed and expanded. No thought born of interest, sincerity, and a genuine search for that which is most humane and deeply spiritual should be eclipsed, distorted, or otherwise thwarted.

