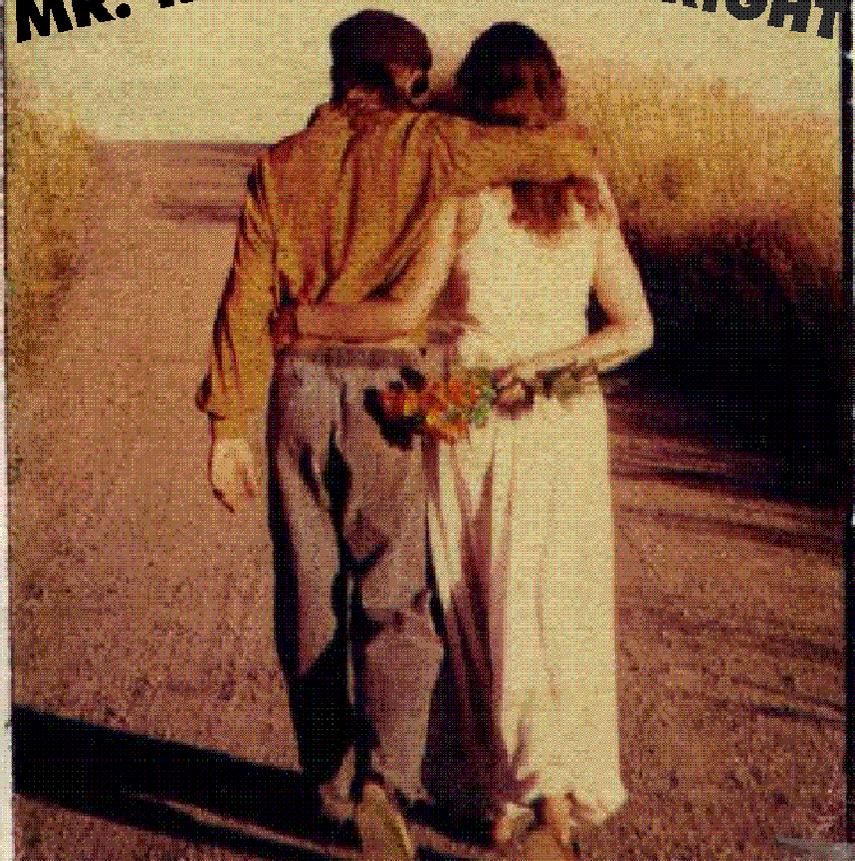


FINDING

MR. RIGHT OR MRS. RIGHT



BY RUSS MICHAEL

FINDING Mr. Right OR Mrs. Right

By **Russ Michael**

**Author of long-time bestseller *Finding Your Soulmate*
and
Soulmates, Twin Rays and Special Lovers
Autobiography of an IMMORTAL
Your Soulmate Is Calling
and many others**

FINDING Mr. Right OR Mrs. Right

by Russ Michael

Russ Michael Books

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Front Cover Art:

A highly talented volunteer Russ Michael eBook Team artist who prefers to remain anonymous created the beautiful front cover art for this book and for most of the other Russ Michael eBooks. The artist states:

“I just have to say this. Because of this immense effort that I have been putting forth, it has kept me coherent, sane and remaining in the light. It has kept me happy, moving forward in creative endeavors, and most of all, ALIVE. Thank you, dear Michael, for your giving freely to all that have ‘ears to hear, and eyes to see’ of yourself, and that you are fulfilling the reasons that you came back into this life at 18 years old. Whenever you embark on ANY journey, you do it in a BIG way ... and that is incredible. A wonderful example to ALL ...”

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Preface by Author

Are you looking for Mr. Right or Mrs. Right?

Almost everyone has looked or still are looking! We all have a built-in image or consciously defined, almost graphic picture of someone who is our own perfect lifelong mate. It is only natural that we yearn to find and merge with him or her. If you are in pursuit of Mr. Right or Mrs. Right, I know for certain this book was literally written just for you.

My two former best sellers, *Finding Your Soulmate*, and the sequel, *Your Soulmate Is Calling* (respectively published today in 12 and 13 languages worldwide), have generated countless heartfelt letters to me from almost everywhere around our globe. Most of my book readers are trying *to make* a soulmate out of someone they have met, that they work with or they know rather than having the patience to wait for, or better yet, reach out and acquire the “how-to” knowledge to draw a perfect Mr. Right or a perfect Mrs. Right into their waiting arms.

Think it through. Are *you* trying to make a Mr. Right or a Mrs. Right out of someone you know?

Be assured, you cannot *make* a soulmate out of just anyone. Either the natural inner and outer dynamics are there—created by you and Mr. Right or Mrs. Right—or not. If not, chasing after each other is a foolish waste of your time and of his or hers. Why waste any more time or energy on what does not work? Release that tight death-grip you may be holding onto that impossible relationship. It is obviously going nowhere, and is often a “living hell”.

Life is too sweet to waste racing around after someone who really does not care for you or who has no romantic interest in you, even though you feel or think you are ever so madly infatuated with them. *That is not genuine love!* It is a useless and often miserable waste of valuable, personal energy needed for your well-being. That wasted vitality could be better used discovering who and what you really are or

who or what you really want or need to be a grand, self-fulfilled and happy-go-lucky soul.

I can confirm it. Your knowledge and understanding of simple Universal Laws cannot only “set you free”; it can make you physically and mentally balanced and healthy, as well as filled daily with a genuine passion, love and joy for life. Relative to Mr. Right or Mrs. Right, this can lead you to making your sweetest and wildest dreams come true!

Mr. Right or Mrs. Right wants you as much as you want him or her. You only need to know what you really want. Combine that decision with the knowledge you gain here about how to increase your attractiveness or personal magnetism, and you are already moving forward on your way to a really, really bright and RIGHT love relationship!

Why not recognize and swiftly cut those painful cords that bind you to the past?

BE the free unfettered human spirit who can make each moment of your life filled with a grand love given *and grand love thankfully received*. *You are probably not too, too young and certainly are not too old.*

If you are still alive and still in a human body, your chance of finding and mating soulfully with Mr. Right or Mrs. Right is now not only humanly possible—it is very conceivable and thus quite likely. *So be it then.*

Isn't that a better picture of your future to hold?

So come journey with me in consciousness now and let us make what will be, will be very soon.

Russ Michael



Chapter 1

The Search for Mr. Right

If you are a young maiden or a grown woman, you have already begun your search for Mr. Right. In fact, television and modern communication have not only contracted the whole earth, it has motivated children before the age of puberty to be already looking for their male or female “lover”.

Things move fast these days and we are moving through time on this planet at an increasingly rapid pace. What was so unthinkable years ago has literally become fashion today. Who would have dreamed twenty-five or fifty years ago that see-through woman's blouses and dresses would be worn in public and marketed so heavily in fashion shows worldwide today?

No matter what age you are, as a female you live in a world where excesses and free license to dress as you please are possible. Less than ninety years ago, there were actually police officers who measured the length of a woman's dress. If it was too short she could be fined or jailed or both.

My own very strong feeling is that a man or a woman ought to be able to make his or her own decisions about what kind of style—or what length—clothes they wear. If dress codes are made, let them be limited to private institutions, not to public thoroughfares. The way you dress may greatly determine whom you will attract or repulse. *Human free choice belongs completely in your hands*, not in the hands of any city, state or national government or church, nor to an approving herd-like acceptance of mindless social consciousness.

Probably up until now, your search for Mr. Right has taken you along many out-of-the-way quarters or environ-

ments. Yet, I would be greatly surprised if you have truly found your own fantastic Mr. Right. On the other hand, you may have found a Mr. Right who has “passed on” and are now rightfully looking for another Mr. Right to help to brighten and fulfill you. If the latter scenario is true for you, it shows that you love yourself, which, too, is also rarely cultivated in this current finally *awakening* civilization.

Your Mr. Right is definitely available and waiting! He is just as eager to be holding you gently—or tightly and strongly—in his arms, as you want to be held and loved. Mr. Right is actually nearer than you think *since he is already in or on or passing through your mind at this moment.*

All three-dimensional “events” begin with what is known as your or my “intent in time”. All of these various intents in time eventually manifest in some reality of yours or mine as an “event in time”. The main point to grasp or understand here is that by Law, there are never any universal or human *events* without prior universal or human *intents!*

Your *intention* to find Mr. Right has already caused a ripple or a wave in cosmic creation. The Mr. Right currently mirroring or reflecting your state of consciousness is already aware that you are searching for him at an inner level of his being. Your search has begun with your ardent desire to “materialize” your own dear Mr. Right into your existence.

Your search will end soon if you follow the easy guidelines I have outlined for you in this book. The ideas I present are easy to understand. The techniques to enable you to materialize *your* Mr. or Mrs. Right are well proven by thousands upon thousands of readers of my books.

You will find Mr. Right! He is focusing on this same kind of ecstatic and soul-fulfilling event. The power of two persons focusing single-pointedly on one aim or goal is ruled by a mathematical direct square. This means that the cumulative power to achieve that goal is now quadrupled. It is *now* four times greater than if you were trying to do it all by yourself. All that you need to know and learn more now is how to

link up more completely in consciousness with Mr. Right. Your personal way to do that will unfold in your mind as you read on through this volume.

To enhance further your understanding of the Law, I suggest you read how Mr. Right is guided to search for you as well in Chapter 2. .

One final point, I aim here to present Universal Principles that literally *create worlds* so that even an eight-year-old can understand them. Your grasp of these principles will help to steer you into the waiting arms of Mr. Right. Of course, you can also find more understanding of these Universal Principles in my many current and forthcoming Russ Michael books.



“Thank you for autographing my copy of Finding Your Soul-Mate. ...the book was fascinating.”

“My days....were filled with enlightenment. Your lecture and books added tremendously to such. I bought two books then and want to order 3 more.”

Chapter 2

The Search for Mrs. Right

Whether you are in your youth or are a mature adult male, you are already hot on the trail of Mrs. Right. It's in your genes. In addition, this thought-form holds a major focus in social consciousness. A man quickly takes note of the females he encounters. This applies even more so if the female is broadcasting “I am available” energies or displays a deliberate seductive demeanor.

However, as a rule we men are blatantly oblivious to subtle flirtations from the opposite sex. Other women see and note it, but men normally do not. Our primitive male instinctive technique is to *stare and stare*, which is a turn-off to most females. On the other side of the picture, most females have developed the art of flirtation into an exact science. They give us men a provocative glance, brushing their hair with their hands or parading around before us. Females from an early age have already acquired a stock-house of subtle ways to arouse and hold the interest of an unsuspecting man.

Some men simply never do see this—or note a woman's subtle flirtations toward them—in their entire lifetime. Others of us do eventually manage to note more and more when a woman is sending us signals that she is interested in interacting with us.

Most men are “on the prowl” for an attractive or sexually permissive female in almost every walk of their lives. A pretty face or a certain walk will turn most of our heads.

We men who have not found a mate earlier in our lives will frequent bars, nightclubs, dances or public events to search for our Mrs. Right. Some of us men will actively travel nightly from bar to bar, order one drink and, if no seemingly available ladies are around, we will drink up and

go on to the next place on our routine “rounds” for the entire evening, night after night.

Our encounters lead to frequent “one-night stands”, but a loving relationship generally goes no further. This constant chasing anywhere and everywhere for an available “skirt” is usually non-productive. It is also highly frustrating, and all of us men who are still doing this sleepwalking, non-productive “night search” really do need to know there is a far better, far more direct and a faster, simpler way of finding Mrs. Right.

There are eternal Universal Principles that when known can save every man a whole lot of time and wasted effort. You will be introduced to these principles as you proceed through this book. That applies to my female readers as well. The power of a focused mind is greater than any “foot power” or muscle power used in walking, running or chasing after someone with your body.

You need not be ashamed or feel guilty if you have not succeeded in finding Mrs. Right. Very few have! Most of what is called marriage is not. Couples may have taken very sacred wedding vows to each other only to eventually find they were *not* wedded to Mr. or Mrs. Right. That discovery, in some marriages, occurs very quickly after their wedding day. Often marriage life is *hellish* instead of heavenly. Nevertheless, social custom dictates that he or she stay unhappily married. Fortunately, some folks here and there do come to their senses. They separate and divorce before one destroys the other. More often, married couples stay together because of the children or because of financial security. These marriage partners merely exist. One partner—or both—feels totally unfulfilled. So give thanks you are not in that kind of a “hell on Earth” marriage—or no longer in it if you are divorced.

Your search for Mrs. Right began again the moment you picked up this book. Keep reading. I promise I will do all in my power to help you find Mrs. Right.



Chapter 3

Is There REALLY a Mr. or Mrs. Right?

It is surprising how many people have given up their search for Mr. or Mrs. Right. Obviously, you are not one of them. Persistence pays. Read my *Autobiography of an IMMORTAL* and you will realize *there is nothing you cannot BE, DO or HAVE!*

The reason many women and men have quit looking for their Mr. or Mrs. Right is that he or she does not seem to exist. Every man or woman who first appears to be Mr. or Mrs. Right is soon found *wanting* in some major or personally significant way. He or she is too short, too tall, too fat, too thin, too loud, too quiet, too serious, too spaced out, too young or too old, too poor or a rich penny-pincher. The reasons for rejection go on and on and many are often very valid.

However, in all of the above cases and after many months and years of finding, losing, and rejecting or being rejected, a certain degree of hopelessness sets in. To all appearances, Mr. Right or Mrs. Right is nowhere to be found. You reckon that perhaps he or she is only a wishful dream! You surmise maybe only one out of a million women or men find a genuine Mr. Right or a real-life Mrs. Right. You speculate that maybe all of the Mr. Rights or Mrs. Rights have been taken already. Far worse, you wonder if maybe you are simply not good enough for a Mr. Right or a Mrs. Right!

WRONGO IN THE CONGO!

There is definitely a Mr. or Mrs. Right for you. You can count on it. There is one for me whom I am loving, being loved by and joyfully living with today. I know almost countless people who have encountered and are going with,

living with or are ecstatically married to their own adorable Mr. Right or Mrs. Right.

One of the *human* principles that I learned very early in life is that if another individual has done it, I can do it too. Once realizing this principle, I have been glad to see any and all exciting, grand and seemingly impossible feats done by men, women or children on Earth. I know then that beyond a doubt the same innate potential to do what they have done exists within my own divine human 'I Am' self. Therefore, instead of being envious or jealous of the talents and abilities of others, I am genuinely gainfully proud and glad of their *now newly known* incredible achievements.

This means if only one other human being has done it you or I can do it as well or better. If you can accept and understand the validity of this human appreciation principle, it will speed you quickly on your search for your perfect Mr. Right or Mrs. Right.

In short, the facts are known and in. I have done it. Friends, business associates and countless unknown men and women in human history have done it, *so you can do it too!*

We will probe this in a later chapter, but for now know that *you are far greater than your body*. There exists in you a co-creative human principle or divine spark in you that once known, enables you *to make real*, on 3-D Earth, whatever you truly desire. So the first big step toward your own personal co-creation or materialization of an invisible idea or strongly felt desire into *visible mass* is through *applied* understanding and knowledge of easy-to-use Universal Laws. It follows also that if you *know* others have found their own incredible Mr. Right or Mrs. Right, you can as well. At this moment—in *the Eternal Now*—you are already “in position” to attract him or her into your own uniquely vibrational 3-D world reality.

You yourself must certainly know at least one, or even several, *soulmate* or Twin Ray couples in your own family tree, or perhaps know or at least read about a Mr. or Mrs.

Right couple. Ponder that thought. This then means you are already a qualified knower. Which means, in further extension, that if they have done it, *you can do it*; especially since there are so very many absolutely limitless perfect Mr. Rights or Mrs. Rights so easily available on Earth today who are yearning for *a blissful union with you*



AUTOBIOGRAPHY OF AN IMMORTAL

My eyes opened wide in shock at what I heard. The loud inner voice spoke again, repeating the same sentences of the stern directive to me once more exactly, word for word.

“There is no way that you will spend the rest of your days vegetating here in a cave. You must bid your brother goodbye and begin your journey back to civilization this day. Hear me. I have spoken.”

I knew instantly that I was NOT dreaming or imagining things. This was the voice of my own *Higher Self* that I had heard so clearly on my life path on Earth at appropriate life-altering moments before. I knew at once—no matter how much of a paradise *Heaven on Earth place* this exquisite tropical valley was for me—there was no way that I could or would choose to defy such a clearly stated inner soul command. I obviously had to “get up, go forth, and do ‘my Father’s business.’”

When I told the hermit—Dr. Wheatley—that I wanted to gift him with my copy of *Volume 3* of The Masters of The Far East book series because I was going to be trekking back across the 4000 year old trail to Lihue, then back to the Mainland of the USA . . . because I had been given that decree from inner spirit upon awakening—he was shocked.

However—being of calm spirit—he took it in stride. He said that each soul must do what he knows he must do, for that is why he left civilization. He extended his hand and ...

See more of this excerpt and other Russ Michael eBook excerpts at the back of this book. For information on how to obtain Russ Michael eBooks or to subscribe to my daily free spiritual “Michael Worldwide Newsletter”, see “Final Notes from the Author Scribe” at the end of this book.

Chapter 4

Is There More than One Mr. or Mrs. Right?

*I*s there more than one Mr. or Mrs. Right? Absolutely! There are more than enough *perfect partners* for everyone. We are told our population on Earth today far exceeds six or seven billion. So do know in your heart of hearts that your own very, very lovable “special someone” is among them.

Another great factor to consider is that time-space has collapsed immensely in the past one hundred years. Our grandfathers and great-grandfathers needed up to six months, or even more than a year, to cross the entire United States from east to west or west to east. Today, at will, we may easily fly across this vast space in less than a scant few hours.

Almost any part of earth where these six+ billion or more other human brothers and sisters reside can be reached in less than twenty-four to forty-eight hours. Think of it. Millions upon millions of people are coming and going from country to country every single hour of the day. Mr. or Mrs. Right certainly may be one of those travelers on his or her way to you now. From this moment on hold that pleasing and attractive picture in your mind.

It is preposterous to say that somehow you have been left out of this pleasant world picture. Who could rightfully state that despite our earthly population of billions upon billions of humanoids, you, he, or she does not have a Mr. Right or a Mrs. Right somewhere among these teeming masses?

First of all, when you are searching for something it is wise for you to know *clearly* for what you are searching. Therefore, let's go ahead and define a Mr. Right or Mrs. Right. What exactly is he or she?

Our universe is a world of *vibration*. All life forms within our universe communicate with each other through vibration, so you know that he or she is someone who *resonates vibrationally* with you.

Therefore, Mr. or Mrs. Right has major similar likes and dislikes. Universal Law dictates that like is attracted to like. He or she is an almost exact *mirror* image of you. This, in reference to the opposite gender, is explored more fully in Chapter 36.

We are universally all made from the one same vibrational *stuff*. What makes each one of us uniquely different is the pulse or frequency of our *light wave*—our one-of-a-kind 'I Am' self-identity. Each one of us pulses or vibrates at a slightly different and unique rate.

From another universal perspective or holistic view, every form of mass—seen or unseen—is simply a different *light pressure*. All known mass—whether earth, stone, metal, fluid, gas, bone, flesh or any configuration of any mineral, vegetable or animal form of life—is made from the same ONE basic vibrational *light substance*. We are all different pulsations or pressures of *light* seemingly frozen in space. The hardest steel or iron in the world is no different, other than in pressure or wave frequency, from the skin on your face.

However, thanks to the universal holographic principle, all of us in human form can play the game of seeing and being in a colossal world filled with great forms. A world ranging from mountain ranges to a radiant sun above to the cold dark depths of a deep blue ocean to the myriad of shapes, colors and textures in every size or weight, sensed by sentient life beings anywhere in Creation.

What makes the billions of us on Earth a human family is the fact that we all are fashioned or formed within the human blueprint form within a planetary spectrum of incandescent light. We flock or gravitate together because we all hold or contain a human specie frequency—or a human light wave pulse—in the same way there is a gyroscopic leveling field action of water and sand on an ocean beach that amasses the drops of water and grains of sand. This is why gold is gold, air is air, fire is fire, and water is water.

A drop of water belongs to the water “family”. An ounce of platinum belongs to the platinum family. The point that I want to make briefly at this time is that this same universal principle uses a similar *gyroscopic motion principle* to bring you to Mr. Right or Mrs. Right or to bring Mr. Right or Mrs. Right to you. Ask and expect it and the powerful universal *Law of Attraction* will see to it.

There is a vast global gestalt matching you up perfectly with one of thousands—possibly with one of tens of millions—of other human beings on Earth who are the right age, the right race, the right color, the right height, the right weight and have the right looks or possess the right persona or spiritual awareness. He or she will be equal to you in essence and knowledge. Your own special Mr. Right or Mrs. Right will have somewhat the same dreams, visions or goals in his or her heart, soul and mind as yours.

One of the primal universal principles always at work is that “*the universe rearranges itself constantly to match your picture of reality*”. Think how self-empowering this realization becomes. *With one thought, YOU rearrange the entire universe*. Obviously, this is a huge responsibility we each and all hold as conscious co-creators of the worlds in which we live. Thus, the first things you want to pay careful attention to when you know about this ever-present universal principle (known widely as “*The Secret*” in 2007) are the feelings, thoughts or pictures you carry around in your mind moment to moment. These thoughts in their totality before and after your *human* birth have truly created your *present*

personal world reality. You alone did it. You alone can open, close, extend, limit or expand your current and always self-created personal physical or non-physical world events.

In the greater planetary reality, there is definitely a Mr. Right or Mrs. Right yearning for and wanting you as much as you want him or her. You now live in an age when the barriers of time and space have been collapsed. You can soon be with your special someone, even if he or she is on the other side of our earth, *in less than two days*. There is definitely more than one Mr. or Mrs. Right for you on earth today and, repeating a thought worth contemplating, who longs for you as much as you long for him or her.



Chapter 5

Two Waves of Light Passing in the Night

At this point—if not already side-by-side—you and Mr. Right or Mrs. Right are *two waves of light passing in the night*. Neither *light wave entity 'I Am' self* is aware of the spatial location of the other. You are both wanting, longing, straining to be in each other's arms but do not know where the other *mirror image I Am self* exists.

However, once you absolutely know that your Mr. or Mrs. Right exists, the ways and means of physically joining each other will unfold. Knowing transcends thinking or believing, and by Law, what is absolute is absolute.

Another basic Universal Law principle is that what is *absolutely known* by you must become a 3-D reality in your world. What you know absolutely will absolutely materialize in your personal world *for you*. That is the immense benefit of being a KNOWER, instead of being only a thinker or a believer or a feeler. You always *become* what you know. You also *become* what you focus on. You always *become* that to which you give your attention.

This is why it is important for you to be reading this book and gathering your own rich bank of personal knowledge that will lead you directly to Mr. Right or Mrs. Right. Otherwise, as I stated earlier, you remain merely two waves of light that pass each other in the night—you pass each other by instead of morphing or merging exquisitely together.

As a free-will, self-choosing co-creator of all things, all people and all events in your life, you must add weight or mass to your thought and desire of drawing a Mr. Right or a Mrs. Right blissfully into your life stream. We each co-create

our own personal world and thus expand the Milky Way universe we share together.

We will probe this area further in Chapter 30.

Every iota of your joyful drama and sorrowful trauma—negative or positive, sorrowful or joyful—has been duly co-created by you, yourself, alone. Imbed that thought in your brain. You live in a world that only you—*and you alone*—have created.

Now impress this realization indelibly upon your brain as well: If you do not like any single thing or any one aspect of your world, simply *change it to what you do desire*. Only you have the divine power and sole permission to do that in your world.

Mr. Right or Mrs. Right, that other uniquely similar wave passing you in the night, will respond to your fervent desire and personal invocation when you wholly accept or fully know he or she exists. This is where you start. You can make Mr. Right or Mrs. Right a literal human reality—a perfectly matching mate—who will be soon sharing your time and space at your side on this gorgeous planet Earth.

That awesome power to co-create Mr. Right or Mrs. Right resides in you right now. You only need to awaken your knowledge of that power in your conscious mind. Once you absolutely know Mr. Right or Mrs. Right is real and available to you, *he or she will so be. So be it.*

Instead of two oblivious waves passing unknown in the ethers and essences of your day or night, you will unite joyously in one of your oncoming movements and moments.

You can do it!



Chapter 6

Someone Special Wants You

There is a very, very *someone special* who wants you. You already know how special he or she is, but that is not enough. You must also know how very, very special you are!

Whether or not you know it and whether or not you believe it, you are unique. No other past, present or future *life spark* or light entity can be exactly like you. You have traveled past and present highways, mid-ways, side ways and low ways that no other being has traveled or can travel because the past, with its own unique *frequency rate*, is gone, never to return as it was.

You are uniquely what you have experienced, felt, learned and transformed in self-knowledge and self-identity. You are very literally *one of a kind*. No other has your aspects or vast array of illustrious human characteristics. Therefore, when you eventually realize how totally different you are than anyone else, it will bring you that self-esteem and valid self-worth so needed to create a strong enough electric charge to attract Mr. or Mrs. Right to your space in time.

Stop whirling around and take a moment to pause and think. Feel out exactly how much you want Mr. Right or Mrs. Right to share happily with you your days and nights on earth. That is *exactly how much* your particular Mr. or Mrs. Right wants you. What you give, by Law, you receive. The other end of that principle is what you hold you lose.

Anyone who truly understands the creative process will tell you that the *intensity* of your desire determines when it collects or coagulates a critical mass point and becomes a 3-D thing or an *event in time*. So start right now to turn up the desire power juice. Consciously build your desire to the point

where you can almost *taste* what you want. How do you do that? You learn how to harness and focus your mind. How to do this will be presented in due sequence in Chapter 26.

Your job now—make it fun—is to get to know and greatly appreciate your remarkable self. Begin by *knowing* that you are not your body or your mind or your emotions. The closest that you can draw your conscious self-awareness to who and what you really are is through *feeling*.

Emotions and feelings are levels and worlds apart. Emotions can be compared to frictional sparks or points of irritation within your body or mind. On the other hand, feeling wells up or rises out from your inner life spark—from your spirit or from your conscious ‘I Am’ soul self. It is your *awareness connection* to your *all-powerful co-creative divine and eternal God-spark being within*.

God, or more accurately phrased Creator Source of All That Is and all that is not, dwells at the very *innermost center* of every particle, wave, form or shape of life that exists. When you find and connect with your sacredly divine and eternal God-self ‘I Am’ identity, you become a veritable powerhouse of energy, knowledge and personal presence. That tremendous personal boost in knowledge and power will most assuredly help you greatly to draw Mr. Right or Mrs. Right into your 3-D living space with greater speed.

When your desire-power and his or her desire-power reach critical mass, you will suddenly explode into each other's conscious presence. So, wanting or desiring him or her is a very crucial element in bringing Mr. or Mrs. Right into your openly waiting arms. So be it, dear sister or brother. *May that blessing for you and your mirror image manifest soon.*



Chapter 7

Let Go of Death-Grip Relationships

One of the negative human characteristics strongly embedded in our genes is to hold the ones we love tightly in a vise-like death-grip. We must learn to relax and let go and let God. Otherwise, we pay the price of immense self-frustration. It is obvious to any veterinarian or person who works closely with animals that the tighter you hold an animal, the more it struggles to be free. The animal consciousness in human beings also kicks in exactly in the same natural way. The person we are trying to hold so tightly feels personally invaded and violated, and wants to break free from what feels like a smothering death-grip upon his or her freedom of body and being.

Because of our gender nature, it is actually easier for a woman to let go and release her death-grip on a relationship than for a man—even though, again by nature, she tends to love more than a man loves. The many subtle differences between a man and a woman are outlined more clearly in my now 35-year-long non-stop international bestseller *Your Soulmate Is Calling*, so I will not repeat all of it here. However, what is pertinent to this subject is that men have a difficult time letting go.

This is because *men prize their possessions* and usually regard their woman as their most sacred or most prized personal possession. Therefore, when there is a rift in the relationship and the woman wants to get out of it, the man has a strong tendency to try to grip her harder. This naturally sets up a reaction and makes her even more determined to split and enjoy her innate desire for freedom of body and spirit.

On the other hand, if you think it through, when you release a caged bird and it flies free but chooses to remain with

you, you know it loves its freedom but it loves you more. There is no coercion. It naturally chooses to be with the one it loves!

Your relationship with your Mr. Right or Mrs. Right, of the opposite gender or any partner in life, is exactly the same. If you let go and give that partner his or her absolute and unconditional freedom, and she or he willfully chooses to be with you rather than with someone else or somewhere else, you *know* he or she truly loves you.

Do not despair if it seems too hard for you to let go of present relationships that apparently seem to signal they are going nowhere. Most of your major security issues come directly from your genes. Therefore, this death-grip posture has been ingrained in your DNA through the ages. You merely need to know why and how what ails you is happening and you can learn how to let go without feeling panic or insecure.

You must realize that you have a definite personally defined space issue.

If someone not suitable is already not only in your space constantly, but is also being held to you by a death grip, how is Mr. or Mrs. Right going to be able to come into your fully occupied space?

Our tendency is to hold on to what we have until something or someone new comes along. However, true change requires that you release the past and go into the future with something or someone *new*. The *old* has lost any initial learning value. Therefore, *change* is essential for the growth and development of self-consciousness. Only lessons that are unlearned need to be repeated—and be assured they are repeated over and over again *until learned*. Life is determined to repeat each precious lesson gifted to us for our sovereign understanding, self-expansion and self-mastery.

By releasing present nonworking relationships, you open the door for Mr. Right or Mrs. Right to step in. Otherwise, the door is closed. Nothing changes for the same is the same is the same.

Change is as simple as getting up and walking away from the table after a meal. You are finished. There are other now more important dreams or needs to be filled or fulfilled.

This does not mean that you do not attempt to work at developing and furthering good relationships. If you are already with a loving Mr. Right or Mrs. Right, you will just naturally want to work out any differences between you. That is what is called evolution or growth. A love or marriage relationship is by far one of the greatest catalysts for self-growth for both marriage partners. You release your death-grip on soured relationships or any relationship that fails to bring you joy. Life is intended to be an ongoing adventure. When two people pursue mutual goals and work at developing their relationship they can, and they probably will, stay together an entire lifetime.

However, if one partner is failing to advance physically or spiritually in his or her evolution, that relationship will simply automatically dissolve in time. When appreciative thoughts and feelings of togetherness disappear, it is definitely time to release your tight death-grip and go on freely with joy and a passion for the good life to gaze on greener pastures.

Learn to let go.



***THE SECRET PROVEN \$UCCE\$\$
FORMULA TO WEALTH,
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Thousands of people have made their dreams come true by following the \$UCCE\$\$ FORMULA outlined in this book and presented in my countless lectures in most of the major cities across our vast USA country. There is no reason why you cannot make all of the yearning, burning desires within you a physical reality within any reasonable time that you choose. By the time you have finished reading this book you should feel completely assured that you can and will have all the success that you have ever longed for or dreamed about.

Think about it. If I can make my wildest, seemingly impossible dreams come true—if tens of thousands of other ordinary individuals like myself and you have used this \$UCCE\$\$ FORMULA to make their dreams come true—why can't you? You can, of course! For no single person or group has any greater access to the universal wealth that is waiting to be shared than you or anyone else who chooses to have it. It is not necessary for you to have a single dollar or a single obvious talent—or any kind of material possessions—to make this \$UCCE\$\$ FORMULA work for you.

See other Russ Michael eBook excerpts at the back of this book. For information on how to obtain Russ Michael eBooks or to subscribe to my daily free spiritual “Michael Worldwide Newsletter”, see “Final Notes from the Author Scribe” at the end of this book.

AUTHOR NOTE: *If you have purchased and read, The Secret of SEX and Sexual Attraction, by Russ Michael, you will have read Chapters 8-12. However, since the value of the information concerning the secret of sexual attraction fits both this volume and that one perfectly, rather than bypassing these five vital and so appropriate chapters, I suggest you re-read and ponder them again in relation to this volume. All is well. Bless us all. I Am, your spiritual brother, Russ Michael.*

Chapter 8

Your Sexuality versus Your Sensuality

There is a vast difference between *sexuality* and *sensuality*. Most people tend to think they are both sexual expressions. They are related, for *sensuality* rings out of your sexual reservoir. Yet when sensuality is shunned or turned off because the individual mistakes it for sexuality in ignorance, she or he needs to *wake up* and understand the difference.

The public media outlets constantly brim over with *sexuality* and *violence*—two totally different and powerfully opposite conditions. Violence always tends to breed more violence, while more sex only breeds more sex and thus *more love*.

More sex never makes anyone more violent. Sex releases stress and almost always makes us feel and BE more peaceful. Therefore, mixing sex and violence is like trying to mix water and oil or water and fire. They do not mix.

Sensuality arises from our sex drive. It is a very real flow of incredibly pleasing, magnetic energy that can be felt coursing up through every cell of our body and being.

When you are sensual, you are dynamically alive, as opposed to being a seemingly unfeeling and sexless person. Sensuality makes the blood flow to the face and through your veins and organs. It brings a pleasing “rush” into your body consciousness and being. It makes you want to get up and conquer the world.

Sensuality makes you feel like being productive and creative. It adds zip to your walk and your talk. Sensuality enhances everyone who has an abundant flow of it in his or her physical body both physically and spiritually. It makes you unusually attractive and magnetic. Therefore, cultivate and generate your own growing supply of ever on-hand sensuality as much as possible.

Do not buy into the social-consciousness pressure that says being sensual is being sexual. It is no crime to be either sensual or sexual. Everyone is sexual whether they acknowledge it or not, as explained in more depth in later.

Do not buy into any feelings of guilt about either your sexuality or your sensuality. Performing sex in public or for pay may be against manmade laws and a crime in most of the countries in the world, but we are not talking about that.

It is no crime to look sexy or to dress in a sexy way. Yet social consciousness will always try to make you feel guilty about looking sexy, by feeling sexy, or by dressing in a sexy way. Your genes have also been heavily programmed generation upon generation to think sex is “bad”. From early childhood, we are told good little girls and good little boys do not think about or explore sex.

Being sensual is like feeling a grand, intense love inside of you. A feeling of sensuality is tremendously subtle but powerful. You simply cannot help but feel sensual when your natural body flow of energy moves through the etheric chakras of your physical body and entire human being *unimpeded*.

Realize also that when you feel sexual energies rise and your whole body feels deliciously sensual, it does not signify that you must have a sexual release. You simply permit yourself to feel sensual and know it is okay. It is added energy that *is* good and *feels* good.

From one perspective, whenever you feel all of your joy, all of your pain, all of your lust, all of your love, all of your freedom—even your pain, your shame and your embarrassment—almost simultaneously, it is beautiful. You are intensely alive, for your mind and body are no longer still and static but moving vibrantly. Any added flow of energy through your body makes you feel internally sensual.

Take or make the time daily to feel out or search within and find that sensual euphoria inside of you. You will feel soft and gentle instead of hard and defensive. It's such an incredibly nice internal feeling, a thrill, a passion, a sensual state inside that minimizes your desire or need for raucous external stimulation. It also means that instead of going against the flow, you are moving in wonderful harmony with the entire universe. So do not ever be ashamed of feeling sensual and of loving that exquisite sacred personal feeling.

Be glad and thankful you are alive. Sensuality is your own innate, powerful body feeling the cosmic life force. Nurture and enjoy it.



EMAILS FROM EBOOK READERS

“... I'm now reading your 'Soulmate' eBook with great pleasure .. thanks for writing it, it already has given me a lot of hope in this! can't wait to have someone good to manifest on this end .. :)

“I'm working hard on myself so I could have this 'equal' to drop in, soon I hope! I am just now reading the part about 'what' we are really looking for in our soulmate etc,.. it's most inspiring Michael.Thanks a ton!”

Chapter 9

Sexuality and Pheromones

Very few people even know about pheromones. They are usually aware of hormones like estrogen, progesterone and testosterone, but are unaware of the powerful influence that pheromones exert over us and in our personal sexual lives.

Scientists, on the other hand, have done quite a bit of active research on pheromones. They know that pheromones are a form of airborne hormone used by all kingdoms of nature. A pheromone is actually a *neurotransmitter*. The more of these pheromones you have, the more sexual you are. Pheromones are what really create sexual attraction between people.

Sexual arousal is triggered in you when you encounter pheromones exuding from anyone you meet. That good sensual feeling cannot harm you. It can only make you feel more alive and thus increase your sense and actual well-being of body, mind and soul.

Hormones cover a vast range and there are almost countless different kinds of them, however pheromones are a class of their own. They are a very real, even though unseen, telepathic communicators that broadcast your state of sexuality out into the world around you. Pheromones are meant to communicate.

If you consciously keep or rigidly hold your pheromones *inside*, if you do not let them go out of your bodily being freely, they will bring you a deep internal body pain. Whenever you “close down” your natural body functions, you will feel the warning message of pain instead of pleasure.

You can always tell if you are holding your pheromones inside or outside of your body by your attitude or perspective of being *safe* or *fearful*; if you do not feel safe, you are holding them inside of you. In time, this will cause you internal body pains. Your pheromones were created to communicate and will naturally meet or bump into anyone else outside of you—and outside of him, her or them—and thus meet in a natural *neutral* territory.

A neutral, in-between, territory between yourself and another is always a safe place to meet someone.

However, if you hold your pheromones inside and we meet somewhere, my own pheromones must move *inside of you* to make contact and you will feel *personally invaded* and *violated* by me. It will feel like a space violation to you.

Whereas, if you naturally *release* your pheromones, they would encounter mine *out there* in a *neutral, safe*, non-personal area. A decision to act, or not to act, sexually about them could and would be made without feeling that a personal space-invasion had already occurred.

Closing off or holding your pheromones internally will also give you *body fear*. This can even induce hatred for your body and massive self-guilt. These are all clear symptoms of holding your pheromones inside of you instead of releasing them into the world naturally. Pheromones were meant, made and designed to be naturally released and airborne, not to be held tightly in the tissues of your body.

Thus anytime you feel intruded upon, as if you are being attacked, that you want to get away from someone, claustrophobic, or you feel like you are being boxed in—you can be sure that you are holding your pheromones inside of you. This is a fear of the unknown, a modern-day social conscious “rigid-adult body stance”—a very unnatural body state.

Conversely, the more natural and relaxed you are, the more pheromones you generate, the more communicative you are, and the more attractive you will be. A healthy, relaxed, trusting or “I am safe” attitude is a warm and friendly *communicative* attitude! You cannot be an outstanding,

highly successful or famous person without having a grand amount of pheromones that are effortlessly communicating your fine accomplished talents or seeming-genius abilities openly out into the world.

If you are feeling sexual arousal every time you run into the opposite gender, it means that you are holding your pheromones inside. When two people meet who are simply being their natural selves, they are going to connect *outside* of themselves, so they communicate in a relaxed way. They will not feel a need or a desire to focus on their sexuality. Yet each and all of us have been gifted with free-will choice. We can get into consenting-adult sexual interactions *if we choose*.

Being raped is normally caused from being agitated or frightened. Through fear, the repressed pheromones activate the sexual portion of the brain. This in turn activates the sexual anatomy and creates *sexual aggression*. That then provides an ideal—or sudden stage—for a rape situation.

Fear releases a flood of pheromones. This is how cats, dogs, horses and other such highly sensitive animals can tell you are fearful. Your pheromones are popping off you like crazy whenever you feel fearful. Animals and people both instinctively react to fear by either attempting to flee or lashing out and attacking the offensive fear-filled other being.

Psychics or intuitives are able to use pheromones to pick up communicative data by relaxing enough to get into alpha brain states, where they register pheromones that communicate the desired information to them. Pheromones are an asset, not a detriment, but they need to be released rather than held buried in our physical body cells.

When you have consenting sexual intercourse with another, you transfer pheromones to each other *directly*. You exchange pheromones. You are then free to use the new batch of pheromones you have acquired from your sex partner. However, if your sexual partner has a far lower vibrational frequency rate than you do, your frequency wavelength will

decrease while his or her wavelength frequency will rise proportionally.

This means your vibratory rate can drop from a higher nine to a seven, and he or she will rise from a lower five to a seven. A balanced vibrational state of equilibrium of 7-7 is reached naturally between yourself and your sexual partner. Thus both of you will leave your sexual embrace with a changed vibrational pattern. This readjusted vibratory rate will 'hold' until you rebuild it or have a sexual tryst with someone who has a higher vibratory rate.

In that event, yours will rise and his or hers will drop to the median point of a vibrationally balanced equilibrium between the two of you. This is why you must be highly selective as to whom you actually engage in physical sexual union. Your sexual tryst will either raise or drop your vibratory rate unless, of course, you are interacting sexually with a vibratory equal.

In short, pheromones affect the entire spectrum of your life. They extend and expand your life, and need to be cultivated. Here is one certain way to raise the count of your personal bank of pheromones simply and quickly. The more natural you are; the more pheromones you will generate. So *be yourself* as much as possible every living minute of each precious day and night of your human life on Earth. Your stock of pheromones will increase proportionately and your communicative skills will rise dramatically.

Sex is not bad. In fact, sex can be mighty good for you. So let's take a look at that picture. Meanwhile, your pheromones are what will connect you eventually with your special someone—your Mr. or Mrs. Right—and perhaps even with a *soulmate* or your own *Twin Ray* "other half" of your 'I Am' self.



Chapter 10

Is Sex Good?

While living in the world of pairs of opposites like good and bad—sex is not *bad*, while *guilt* connected to sex is definitely *not good*.

From a very early age, we begin to accept and self-create a great deal of guilt and high emotional pain about our sexuality. However, we have bought into the puritanical thinking of the past that sex is bad, while from my own personal experience and observation, *sex is really good*. So here is my own candid *Russ Michael* vote: *Sex feels good and sex is good!*

Sex is natural. Sex is nothing to be afraid of or to feel guilty about. Our children of the world will be a lot better equipped to evolve and grow when they all have a good open sex education. Education of any kind expands our minds and our human souls. Sex education is essential for the young. Sexual urges rise or well up within us often long before puberty. *I can attest to that.*

The false old prudish teachings that sex is bad and sexual organs are untouchable and dirty have done far, far more damage to us than good.

Having traveled extensively around the world, I have noted that there is particular rigid fetish or unnatural preoccupation with sex in our United States of America. There is too much of a sexual association with the sight of a beautiful naked human body, male or female.

In Austria and other European countries, men, women and children sit, walk, talk and lie naked together on a beach and in common mixed-public saunas or shower rooms—and feel no undue sexual arousal at the sight of the naked body of the opposite gender.

Most European females bathing on the beaches feel uninhibited about openly sunning their breasts, while uptight citizens in the United States become outraged when they see a female expose a naked breast. This obsession with hiding sexual body parts, pretending they do not exist, simply has the backlash effect of formulating a repressed individual who often then becomes unduly preoccupied with, or develops a perverted attitude or perception about, sex.

That is obviously an unhealthy attitude. While the recognition that sex is natural and good, and that sexual body parts are natural and good, is soundly healthy. Sex is then not the big deal or the hidden big issue continually bubbling beneath the surface of everyone's mind.

A beautiful, well-tended human body is a valuable work of art and need not be a sexual issue. If it is, then that issue is merely in the mind of the beholder. Beauty is beauty whenever and wherever seen. Any kind of beauty uplifts the spirit of the perceiver of that beauty. Who does not love beauty?

I personally love to see a good-looking human face or body—whether occupied by either a male or female. I am definitely a heterosexual, but that does not prevent me from observing and realizing beauty is beauty—or art is art—wherever and however expressed or exhibited.

Let's pause now for some light-hearted fun. Here is a little humor on the subject of *nudity* to lighten our reading day. (Grin)

NUDITY as seen through the innocent and healthy perspective of a child, versus a so-called normal “rigid-adult” Western mind social programmed perspective:

1) **NUDITY**: USA mother writes: I was driving with my three young children one warm summer evening when a woman in the convertible ahead of us stood up and waved. She was stark naked! As I was reeling from the shock, I heard my 5-year-old shout from the back seat, “*Mom, that lady isn't wearing a seat belt!*”

2) NUDITY: A little boy got lost at the YMCA and found himself in the women's locker room. When he was spotted, the room burst into shrieks with women grabbing towels and running for cover. The little boy watched in amazement and then asked, "*What's the matter, haven't you ever seen a little boy before?*"

If you are afraid that sex is bad and that it will overwhelm you, you will simply have to come to terms with it. First, you must recognize that most of your reactions come from your genes. A few others are learned or self-created during your physical and mental growth. Almost all of your *feelings* or reactions that sex is dirty or bad stem from the puritanical beliefs your progenitors had and were ingrained in your genes at birth. It means your line of ancestors actually felt and thought sex was bad. They *believed* sex was bad. However, "*thinking and knowing*", as my long-time, sharp-thinking friend **Ed Robertson**, from Virginia Beach, Virginia, says, "*are two different things!*"

Perhaps understanding how a *belief* is formed would be helpful here.

A belief is merely layers upon layers of similar vibratory-range thought, formed one upon another into a set belief. If your belief is *not* a fact, yet the genes you inherited from your great-grandparent and/or a parent *lie* and say it is a fact—you innocently believe your subconscious genetic belief to be a fact when it is not.

To take the heavy charge—or intrinsic power—out of that false belief, you need to feel and find it in your genes and expose it as an untruth. Alternatively, you may choose to recognize *the real truth* so strongly that it overrides your genes and imprints the real truth in your genes or DNA coil. *It is that simple.*

If you actually feel that sex is bad, find out where such a perverse thought came from. The old adage that "the truth will set you free" certainly pertains to this issue.

Your conscious co-creator job on Earth is to learn how to live your life fully in a *safe* world. In that safe world, you will most aptly find that sex is good. Violence against another is bad, guilt is bad, to judge is bad, regret is bad, and even living in the past is bad—*but sex is good!*



Chapter 11

Everyone Has a Sex Drive

Give thanks that you still have a sex drive, even if you do not consciously feel it. You *must* have one. You *do* have one. *Otherwise, you would be dead!*

No one can be alive without the vitality of the *first seal*—or first etheric and electrical ‘chakra’ (your sexual center)—pumping personal and vital life energy through the cells, organs, torso, and limbs of her or his physical human body.

Your sex drive is innately there in your DNA, genes and cells, no matter how thoroughly you have repressed it or covered it up. If you are breathing, your sexual center is still operating. When you stop breathing, it will quit. Therefore **stop thinking and feeling** that you have **lost your sexuality**. *You still have it*, and you are still using it with every breath you take—*so keep breathing!*

If for any reason you have fallen into the false belief that you have lost your sexuality or lost your sex drive, you need to correct that belief now. I assure you it is there within you. Move your conscious ‘I Am’ self-awareness into your inner being. Leave surface mind and go into your deeper core or sense of self.

Feel the soft gentleness of your being. Feel the subtle currents of life flowing through your organs. Focus on your first-seal chakra or sexual center and hold your focus there until you can actually feel the almost imperceptible waves or pulses of subtle energy rising upward into your body. This is one of the dual flows of what is known in esoteric circles as the *kundalini* rising flow. This energy is vital and real and flowing within you, whether you can feel it or not.

Your sex drive is there within you. With daily practice and developed focus, you will soon begin to feel a growing

electric sensation—a sentient very subtle, pleasant, whirling, dynamic sexual chakra aliveness. You will find this feeling will grow and grow in intensity with more and more practice. The Law is the Law and by Law, whatever you put your attention upon *grows* within your own being.

Do understand: by generating more of it, and feeling your sexual drive more, does not mean you must or will be *driven* to enter into a sexual relationship with another. Energy is only energy. Having a greater sex drive means we have more of that exquisite feeling all of us intimately know as sexual energy coursing through our magnificent physical human female-gender or male-gender bodies. Making your own sovereign free-will choice to hold and build or of how to spend that sacral energy falls in the domain of personal free-will choice of anyone feeling that priceless, alive, sex drive. Give thanks for it.

This extra exquisite, tingling, healing sexual-drive energy can be used to heal yourself by directing it to any injured or ill parts of your body. You can—by mental intent—also bring your sex drive energy up into your hands to help *heal* the illness of another. There are some hospitals where nurses are taught how to bring up this subtle energy and to help heal patients with it. It is called “the laying on of hands” treatment and has been practiced for thousands of years.

If you already know and can feel your strong sex drive, you too can now move into that central core of your being and tap this exquisite healing energy flow—and consciously help mentally move it through every cell, organ and limb of your body.

Sexual energy feels good and it is naturally good. It is pure sex energy—vital and alive. It is not diluted or watered down by lust or base sexual desire unless you add a lower vibratory feeling or thought to the otherwise sensuous vitally uplifting energy stream.

That sex drive energy by itself is one hundred percent pure life. This sex drive energy can help to keep your body young and supple. It can help to stop the aging of your body. It can help to keep you creative, productive and healthy to

the very last day of your physical human exit or *each day and night*—from today on—to the divine moment of the rapturous forthcoming ‘end times’ *ascension* of your physical body and being with Mother Earth.

My book, *The Birth of Earth as a Star*, will shed more light on what to expect on Mother Earth in the few years left before the year 2012 A.D planetary ascension—now on our imminent horizon.

When sex energy is not released sexually, it is transmuted and transformed into *a passion for life* or is automatically transferred to your fourth seal in the throat area to further your greater creativity and further foster an on-going richly abundant and productively fulfilling lifestyle for yourself.

Be wise. Practice self-control. Instead of releasing your built-up sexual drive so often by self-masturbation or sexual union with your partner, hold that orgasmic state or any accumulated sex drive feeling within your body. Use that vital sublime sex-drive energy to uplift and sustain you and the spiritual work or self-mastery you came to achieve.

Never, never deny or suppress your sexuality or sensuality. On the contrary, develop both to the maximum. Allow and use these natural flowing sex-drive energy streams to become personally a highly charged, self-empowered *master* of all, in all walks of life.

Guilt is one of the darkest, lowest personal energy states anyone can hold. If your sexuality is bogged down with guilt, you will not be able to use your creativity to its full potential.

Guilt, regret, and the after-thought “*I should have’s*” keep you chained to the past. Therefore, let all three of these heavy earth-bound anchors go.

Know and appreciate, and give thanks for, your sexuality and your sensuality. Your critics will wither and die, while you will continue to grow and bloom into the divine human self you came into this end times Earthly humanoid form to be!

Educate your children about sex. Let them know it is good and how sex must be handled with care and great love. Your personal example and open sexual education will be a great blessing to them. Let nothing be taboo between your children and yourself. Be open to see and learn what may be learned at any sweet moment of your precious Creator Source gifted human life.

I personally do not condone the passing out of “rubbers”—as we called condoms when I was a child—to children in school. I believe it creates a false assumption in their minds that they should be making use of them. Updating them about AIDS and other social diseases are also a matter of good health education.

The meek have always known that prevention is wiser than suffering through a painful or ghastly cure! If you have not yet read it, perhaps you might wish to obtain my book, *GOD & Miracle Products, CHOOSE Acid-DEATH or Alkaline-LIFE.*

An acid pH body state invites death, while an *alkaline pH* body state will naturally help to keep garden soil, plants, animals and human bodies healthy and able to repair even a failing immune system.

Children and adults both need to be educated about sexual issues, bodily nutritional deficiency issues, guilt complexes, and *a highly awakened sex drive and what to wisely pursue or DO about them!*

Sex is good.



Chapter 12

Why and What Makes You Attractive

From an exterior point of view, there are many things that make you attractive. The way you walk and the way you carry your body can be a big turn on to a man or woman.

The way you talk is also very important.

The resonance of your voice can be attractive. No one likes a shrill voice or the machine-gun staccato voice of a person that talks too fast or too, too much.

Most people do take note of the way you dress. If you are always dressed in rags and sloppy-looking clothes, it takes away greatly from your attractiveness. Wild, uncombed hair might fit the macho image, but after a while, it detracts from a good public image considerably. It does little to make you more attractive.

Clothes do help to make a person attractive. If you wear clothes that fit you well in colors that look good on you, that also adds to your personal attractiveness.

Some men and women are turned on by your intelligence, so being very knowledgeable about something—or many things—adds to the attraction of a man or a woman.

Cleanliness is next to holiness. Keeping your teeth clean and having a ready smile will always make you more attractive to all you encounter. Even a toothless smile is uplifting.

Anyone can look for and find, or make a long list of effective tangible traits and outer manners, appearances and attitudes that will help you be more attractive to one person or to another. At the same time, however, there are intangible

factors that enter into any and every such personal evaluations.

Some women are drawn to tall or heavy, muscular, types of men. Others like their men short, slim or lithe.

Some men like brunettes or very dark-haired women, while others have eyes only for blondes.

Some men or women like blue or green-eyed men while other men or women find dark-brown eyes more appealing.

Success is always a magnetic quality. Being successful in any profession or walk-of-life makes a man or woman stand out or be in center stage and more attractive.

Some men and women think only an artist or a poet is attractive, so they search for their own Mr. Right or Mrs. Right in these fields. Others prefer architects, engineers, or teachers. Many people find outstanding people in religion or government and politics attractive. Fire fighters, police officers and scientists may be attractive to others. Educators, songwriters, news reporters, singers, actors—and *even authors*—are found to be attractive.

However, most of what we have considered above is more about what is seen or known—while the unseen and the unknown plays a huge part in *why* we are attractive or *what* makes us to attractive to someone else, or us to attracted to someone else.

In that vein, our genes can be loaded or charged with repulsive or attractive energy traits that drive people away from us or draw them to us. If our last three progenitors on either side of our family line were outstanding personalities, then we will carry that aura in our genes. We will then ‘throw off’ pheromones, a heavily charged magnetic field that proclaims we are highly personable beings, which makes us very attractive.

On the other hand, if our last three progenitors on either side of our family line were listless and lifeless personalities, then we will have that recorded in our genes and we will

appear almost unseen, unnoticed or quite non-descript. In this event, we may have to work very hard while in *this* human embodiment to tap into or self-generate more persona, more “get up and go” zip.

Another unseen but strongly felt factor is the joy we may or may not carry. All of us naturally are drawn to joyful men or women. Even a little joy shows that person in a more radiant light and makes her or him more attractive. A joyful individual is like a sudden bright light in a dark room that draws all eyes to it, thus to her or to him when they move through a crowd.

A joyful radiance is something we naturally want to cultivate and to bask in all day long if possible. This is why joyful people have so many friends. Everyone wants to feel a little bit of that uplifting joy she or he carries around and emits. Their obviously steadfast state of sunshine-like joy is *what makes them so very attractive*.

In that very same vein, anyone who has found his or her sacred ‘I Am’ self-divinity within also exudes extraordinary attractiveness. She or he is usually very centered, calm and peaceful and—the majority of time—seems to be fully in command of her or his life.

Spirit is powerful! Our divine spiritual qualities have a powerful draw, a pull of their own. So many humanoids on earth lack any knowledge of their own goddess or god self-divinity. Yet all are drawn, fascinated and charmed when they see genuine light, love and power of spiritual divinity shine out from within the soul of another.

These awakened or enlightened individuals are a rapidly growing new breed of living gods in human form on Earth during these ‘end times’ now upon us.

However, none of them walks or struts around saying, “*I am God*”. To the contrary, they are all meek and humble before the divinity they recognize and honor in themselves and in all other life forms around them. Their silence and their silent aura of peace tells observers that they, each and

all, are *a unique unconditionally loving conscious 'I Am' goddess or god* sharing their thrilling Earth journey among and with us.

You too are divine. Find that soft, gentle sacred 'I Am' center in your own sacred being. Hold it as long as you consciously can in all you think, feel and do. That alone will "fire up your engine" and definitely will help to draw rapidly anyone or anything you choose to you. The Law of Attraction is your ever-present servant.

Furthermore, learn to generate joy within your own body through being and feeling consciously joyful in your whole body and being, moment-to-moment, day and night.

Be in joy.

Hold and magnify your own ecstatic feelings of joy. That joy you emit and spread will also be a beacon of light for your very own special someone or loving soulmate to more easily identify and find you wherever you abide.

Being *natural*—as opposed to "putting on airs" or pretending to be more than that what you are—is also a wonderfully attractive trait. A sincere person wins the heart and the valuable life-long trust of others very quickly.

"To thine own self be true."

Do not despair if you did not, for whatever now unknown reason, pick good genes at birth. You are far, far greater than your body and there are ways and means to *transcend* your body limitations, as you will discover in this volume.

Every chapter of this book is designed and set sequentially in place to easily inform and speed you on your way toward understanding the Law, and finding your own divine sacred 'I Am' self.

You can hurry up that upcoming grand encounter with a special someone in the meantime by consciously doing all you can do deliberately to make your own sweet self more attractive—body, mind and spirit.

In a way, we both share the same end goal. Mine is first to inform, guide and introduce you, to the best of my ability, to your own unique divine goddess- or god-self 'I Am' identity that you truly are. Without this divine spark of Creator God at the center of your being, you would not—could not—be alive. Then second, to awaken you to the longing, yearning, waiting for you, presence and arms of an ever-growing personal success in any walk-of-life you choose.

Your end goal is to *absorb, ponder and reflect* on this information, and thus by Law, attract whatever you want to be, do or have into your own personal co-created 3-D reality world where you now abide.

Look at this promising picture.

The power and thrust of *my* goal—united with the power and thrust of *your* goal—*squares* the power to make this now strongly unified goal a more rapidly manifested living reality in your personal world.

From one perspective, life is a game. The “game of life” is well worth playing. Your game now is to know and to feel your inner goddess or god beauty. The more you see of it, the more all others will also see it in you.

Simply KNOW you are as attractive to your special someone as he or she is attractive to you. Your own forthcoming Mr. Right or Mrs. Right is perfect for you and you are perfect for him or her. Like is attracted to like, so your own Mr. Perfect or Mrs. Perfect will be very, very *likable* to you and vice versa!



THE SECRET BREATH- TO HIGH ENERGY AND AGELESS PERFECT HEALTH

You too personally can summon the energy or *chi* needed to surmount seeming impossible obstacles and personally conquer even the final last enemy of mortal human being, DEATH itself...

Masters and Adepts of both the East and the West learned and taught these very same 'how to' breathing techniques to 'chelas or disciples' for eons.

In addition you will learn the 'merkaba' thoughtform or exact mental image you can use during your inhalation and exhalation of the secret breath.

With practice you will learn how to couple this powerful secret breath with a *whirling merkaba* mental image and a soon divulged subtle, slow lower unfolding body motion that will activate your lower 'seals'—chakras, or centers—and quickly crank up—elevate the atomic, molecular, cellular and vibratory frequency rate of your entire physical human body.

One step at a time. We will 'make haste slowly' so release any fret or worry that you might not understand '*how to*' do it.... As we move along the simple steps—both to understanding, and to the actual breathing and body movement exercises—will flow to you and through you like a river.

See other Russ Michael eBook excerpts at the back of this book. For information on how to obtain Russ Michael eBooks or to subscribe to my daily free spiritual "Michael Worldwide Newsletter", see "Final Notes from the Author Scribe" at the end of this book.

Chapter 13

Life is a Spiritual Game

During my vivid death experience at age eighteen, I looked longingly back toward this *earthly world* and I knew *it was but a dream!* Yet the dream was so alluring, so very challenging, and since I had failed to meet the challenge as clearly revealed in *three* relatively pertinent past lifetime flashbacks, I opted to return to this same space-time Earth period piece dream world point.

As detailed in my 360-page *Autobiography of an IMMORTAL*, I have been physically back in this earthly dream now for many decades. Since then, I have also learned that human life embodiment on 3-D Earth is a fascinating spiritual game.

Over a six billion teeming mass of us *light entities*—or powerful pinpoint *life sparks*—have birthed and taken up residence into sentient humanoid bodies. We are all playing a conscious—or mostly unconscious—dramatic spiritual game together. The game is unending. More experienced older game players fall out of and sharp new players jump into the ever on-going game of 3-D duality life on planet Earth.

The game rules are quite simple.

First, everyone embodied in human form must play the game.

Second, everyone must *believe* the game is *real*.

Third, new players may enter the game at will and present players can drop out of the game at will.

Fourth, the game is only a mental holographic light show so players actually never are killed, murdered, die or suffer any *real* mental, I Am soul or psyche identity damage.

Fifth, game rules are only *changed* when a player or a group of players manage to establish a new paradigm shift of human consciousness.

Sixth, as a rule *during our present game* the game players enjoy a female polarity in a female body or a male polarity in a male body. The exceptions are when *crossovers* occur and a male polarity occupies a female body or a female polarity occupies a male body, known in social consciousness as a *homosexual* or a *lesbian* role.

Seventh (but not last, since there are too many other *major*, *minor* and *minute* game rules), when an *ascending* game player *wakes* up in the dream or achieves self-knowingness and self-mastery, and so achieves her or his innate mission of *earth graduation*, she or he can drop out of the game. The ascending player can then watch from the sidelines of the earth stage, or may consciously reenter the *theatre-in-the-round* game at will by creating a *maya-virupa*—an imaginary body—that appears to be real flesh and blood like the human bodies occupied by players still in the earth game.

The great game of life has no final humanly set laws or humanly set playing rules or fields since Universal Law and presence always prevails. There are actually games-within-games-within-games *without end*. Additionally, a new game can be started, joined or played by any one of the game players at will.

The universe acts as the backdrop and supplies weight and mass—gravity—as needed so that individual, group or national group players can, as discussed before, create the *intent* in time, or mental blueprint, that by the *Law of Attraction* draws forth what eventuates as that *event* in time.

Humanly embodied life is a genuinely good game. I love it. It is especially fascinating and thrilling since I have now learned the major universal game rules. I know the divine IMMORTAL god co-creator self who I Am. I have fully realized that I can change over to any other game if I do not

like the game I am playing right now. I know in my heart of hearts that there is nothing that I cannot BE, DO or HAVE.

The kinds of games we can play in this magnificent, colorful *theater-in-the-round* on our beloved Mother Earth defy description. However, because most players have not awakened to the fact that they are playing a game and are literally lost in the confusion or dark unknown mystique of the powerful drama of the *story line* they are in—and cannot *break the focus*—they usually play in the minors. They are playing game like the *game of limitation and lack or bad luck*. They have not yet learned how to play in the *majors*—like the reverse fun-filled counter-point game—the *game of self-mastery and unlimited abundance*.

Some bold players choose to play a much heavier role in the *game of a loveless life* or the *game of abusive relationships*.

We will take a closer, more penetrating look at one or two of the major games. In the meantime, it might be a good exercise for your mind to see if you can unveil or wake up to what kind of major or minor games *you* are currently playing.

The rule of thumb is that if you *wake up* to any particular game you are playing—and *you like it*—keep on playing. Eventually you will get bored with it, especially since you may be on the brink or “leading edge” of knowing it is *only a game* and that you can end the game at will merely by taking your *attention* off that game and placing your attention upon another, more valued game. You deliberately focus your precious humanoid life energy away from the old game and on to a new, more fun-filled, and thus a more attractive game.

This presents no universal or personal problem since there are so many other more worthy or more challenging games you can enter at will immediately. The universe will re-arrange itself to provide you with new players instantly to

play any new game with you that you decisively choose to play. Your free-will choice rules supreme.

The thrilling, wonderful, provocative game you are playing right now is the game of “*finding and merging with Mr. Right or Mrs. Right*”. This is by far one of the most enthralling and popular humanoid games in town, so to speak.

I suggest that you keep reading and learn how to really play this game well so that you can come out to be a winner like so many of us awakening game players have gleefully done so already.



Chapter 14

The Game of Lack

At this recent end of the Second Millennium time-space period and entry into the Third Millennium, the absolute major game on the face of the entire planet Earth is the *game of lack*. Only a few players on Mother Earth know “the secret” *game of prosperity and abundance*. Obtain and read my recent eBook, *The Secret is No Secret Anymore—ASK—and There Is Nothing You Cannot BE, DO or HAVE* at www.TheSecretIsNoSecretAnymore.com.

Mostly it's the game of being *out of money* or not having enough usable or expendable personal energy to feel vibrantly alive and able to move around through a day freely. This game tops the list. Almost everyone prior to our imminent final arrival of our ‘Golden Age’ on Earth is barely making ends meet while the supposedly wealthy nations like the United States, England, Germany, Japan, Canada and other “leaders” ironically play their illusionary *game of abundance*. Yet statistics report many millions of penniless or poor folks are homeless in the USA.

However, the truth about everything gradually is becoming known. Though people appear to be making very high earnings, in the past quarter of a century the governments of the major world nations have grown into bottomless tax pits that consume up to twenty-five times the amount of income taxes that were paid by the average citizen twenty-five years ago.

At the same time, the Federal Reserve national debt of the United States has grown from the very high billions of dollars into the many trillions of dollars.

The logical question seems to have never been posed or answered: “*How can you owe yourself so much money?*” Of course, the answer is the non-government Federal Reserve

has for some time now printed worthless paper money. The USA dollar is no longer backed by real gold bullion or gold coins, silver bullion or silver coins. The supposed great USA national debt grows greater when no additional fake money is printed to pay back the interest. Thus, the 'Great Beast' now trying to devour the whole Earth grows and grows while the common person or woman faces greater and greater *lack*. Unless this bogus Federal Reserve game is soon fully exposed and changed to a game backed with real gold, silver or valuable bullion, it could wind up collapsing the entire monetary and trade system of the world.

The game of lack covers a wide range. You can play that you lack friends, and of course, the universe will rush in to fulfill your chosen game picture of reality. If you focus on having only a few friends, there will only be a few and possibly fewer and fewer friends in your life.

You can play a lack of security, and therefore many very insecure life situations or circumstances will crop up into your moment-to-moment daily journey. You will feel insecure about your job, about your relationships, about flying in an airplane or about walking the streets. This game can eventually make you a recluse where the only security you feel is when you are penned within the four walls of your home. Even there, chances are, you will have double safety bolts on the inside of your doors and will keep your doors and windows bolted or locked most of the time. The *game of fear* is also one of the biggest games around.

You can play the game of a lack of life essentials to the point where you will soon join the growing bands of the homeless on the streets of many cities of our modern-seeming, so-thriving world.

The game of lack can be played to cover any specific level or area of life you choose. Some of us play the game of lack in almost every walk of our lives. We have played this game for so long it has become a rut or a habit almost too hard to break. We lack fresh air. We lack money. We lack transportation. We lack proper food. We lack friends. We

lack security. We lack the right clothing. We lack change. And, most of all, we lack *new perspectives* or a healthful change of new ideas.

A cardinal rule or principle for staying focused in the game of lack is if you are in *ego*, you are in lack. However, this does not mean you get rid of ego totally or attempt to destroy your ego. Our ego is needed to protect our individual 'I Am' psyche. We only need to realize mentally, to know or recognize that when we are coming from a point of lack, we are coming from our ego.

Our ego always wants to *take*.

Our psyche gives freely while our ego takes. To recap, the game of lack usually stems from a strong identity with your ego, rather than relating from your soul-self or psyche. There is a whole lot of ego focus in the world today, thus this is another reason why the game of lack is by far one of the biggest and the most played games around.



SOULMATES, TWIN RAYS, AND SPECIAL LOVERS

“Now” is probably the second most said—and yet, not fully understood or appreciated—word in any language. The first most misused word is “*love*”. We will speak of love in later chapters of this volume, but now let’s put our attention now on the word ‘now.’

In brief, the past is gone. Thus in reality—and that is what counts—our *past* simply does not exist any more. The future is equally as nebulous. Nowhere can it be tapped, probed—or found to exist—in our very real now moment. Scientists can try and try senselessly forever to probe—our past or future—but it is nowhere ‘on record’ *now*. It’s because—from our very limited physical three-dimensional perspective—or view—only the one *Eternal Now* time exists.

Right now. In this immediate now—planetary moment—Earth is laden with promise. It’s now that more and more souls—abiding here—will be attracted to and will find their *soulmate* or Twin Ray!

It has been ordained that all of us embodied on Earth now—as you will hopefully understand before or by the time you finish reading and pondering this volume—are *destined*

...

See more of this excerpt and other Russ Michael eBook excerpts at the back of this book. For information on how to obtain Russ Michael eBooks or to subscribe to my daily free spiritual “Michael Worldwide Newsletter”, see “Final Notes from the Author Scribe” at the end of this book.

Chapter 15

The Game of Abundance

At the other end of the spectrum, the game played by a tiny, very minute minority is the *game of abundance*. This is a fun game that has been joyfully played on Earth by High Initiates, Adepts and known and unknown Fifth Degree Masters for some time now.

In this game, the players have learned that there is far more to go around than what anyone can use. They know that the universal SOURCE is endless and can be tapped at will.

The players in this game can be placed in two major categories:

1. Those who make a lifelong practice of gathering and storing excessive amounts of life necessities, and
2. the *Masters* or '*magicians on stage*' who may wander all across the earth with nothing in their pockets, yet have almost instant access to *anything desired from their known unlimited universal abundance—at will!*

Those in the first category still hold on to their possessions, and this works the game both ways. Their possessions own them.

Very few game players in this first category are willing to part with their excesses since they still find material security in it. These individuals could do so very much to alleviate hunger and ignorance in the world but are sadly still lost in the subtle side-game of personal greed. They have found the key to great abundance and simply do not understand why "*the common man or woman*" cannot duplicate what they have learned and done. Most of those in this category

give token gifts to their favorite charities, while holding on with a vise-like death-grip to their excessive holdings. Most of them are so caught up in this ongoing and fun game that they rarely want to get involved in other games of life.

On the other hand, the awakened High Initiates, great Adepts and Masters who walk the earth with nothing in their hands or pockets give an abundance of love, knowledge and wisdom to everyone they meet. Some may even pretend to be or play the role of destitute beggars. They do not really need the “*alms*” or gold they are begging for, as they are only “testing the waters” to see who is yet willing to *give* from the little owned or being held by the common man or woman on the roads of life. In turn, those who give freely from their sparse purse or bare kitchen pantry are rewarded more than ten times ten for what they have freely given.

These self-evolved High Initiates or Masters of the Law walk the earth and set the example of how to live simply and moderately, and yet materialize whatever is needed *in the moment*. I have encountered a few of these in my lifetime. My book *The Secret Great White Brotherhood, Masters and Adepts of Planet Earth*, is available for purchase (an excerpt is included near the end of this book). For how to order and how to contact me, see the “Final Notes from the Author Scribe” at the end of this book.

There are also those like me (and many others) who have awakened to this fun game. I, too, had played *the game of lack* for many years as a struggling songwriter as revealed in my book, *Your Soulmate Is Calling*, and in several others. I had the help of a friend named Jerry Hicks, who also had played *the homeless down and out game of lack* with me a few years earlier. Jerry, however, had switched games in the interim. My friend Jerry literally sat me down and made me turn my focus toward the game of abundance.

Therefore, instead of lack, *within six months*, by following the \$ucce\$\$ steps outlined by Jerry, I put in writing and thus invoked a move from abject poverty to owning my own home, a Cadillac and earning a huge monthly income in my

new career as a top producing, very well-paid professional real estate agent.

Jerry simply made me understand beyond a doubt that all abundance begins **in the mind**, not in the pocketbook. From that day forward, my life has been abundant with what I have needed or wanted. Once you start playing *the game of abundance*, you get “hooked” on it. *Having abundance is really a lot of fun.*

If you are getting bored with *the game of lack* (and most probably you are already quite bored with it) and wish to change the game, you are already on your way! When you seek knowledge, by Law knowledge seeks you!

The knowledge of how to play the winning game of your choice can be found in this and in my other many books. *Enjoy!*



From another instructor who heads a new-age institution: *“You help us all to see ourselves in the true light of love and great potential! I want to add a word of personal praise to your books. I read them all and am suggesting them to those who are truly seeking. We have adopted your words as our motto. We uphold all that unites, uplifts and expands, etc. Beautiful!”*

Chapter 16

The Game of a Loveless Life

As earlier stated, even though there are billions of eligible men and women presently dwelling on earth, many of them are, in ignorance, still playing *the game of a loveless life*.

Why? Why would anyone close their eyes to the obvious and pretend day after day, year after year that there is no one out there who loves them? What would prompt them to do that? The answer is in their *genes*.

Almost everyone who plays the loveless game is getting that message straight from his or her genetic and DNA codes. At least three of their last line of seven progenitors lived or is living a lonely and loveless life. If a parent or grandparent did not offset that trait, they will also feel lonely and loveless.

As you already know or have discovered, the universe always gives you more of what you focus on. This is not because our universe is unloving and uncaring. On the contrary, the universe cares greatly and gives to us each and all unconditionally. *The universe rearranges itself to accommodate our picture of reality* because it loves us and literally cares for us *at all times*. It knows we have absolute free will and naturally assumes that if we are focusing on anything *that we know how the law works and that we want more of what we are giving so much attention to*. Therefore, the universe generously gives us a more loveless state if that is where our major focus exists.

The key to changing your game, if you are one of these brave souls who have chosen predominately loveless genes, is simple enough—*change your focus*. Even though you may

strongly feel and strongly believe you are unloved, focus on seeing yourself being appreciated and loved by a growing throng of more and more people.

Remember, the wise person will focus always on the *solution—not on the problem*—because she or he now knows the constant non-stop operative universal principle of “energy follows thought” that goes to work for you. When you understand the Law, you enliven or personally energize being loved instead of being unloved. You simply make a concerted and conscious choice to look beyond the world of *what is now* appearance to the ***being*** of the *greatly loved world of your making*.

Imagine strongly what it would feel like to be loved very deeply by Mr. Right or Mrs. Right. That new wonderful feeling will help you to move away from, or out of the range of the old feeling of being unloved. Practice this healing, fun fantasy several times daily until the feeling of being loved grows so strong that it overrides what your DNA or genes have told you before.

Always know and assert the immutable fact that you are greater than your DNA or genes! You have temporarily adopted DNA codes and the genes you carry. You are not them, even though they will try to convince you that you are and that you must respond to their dictates.

At the same time, take a long, studied, good look at the happy and very loving couples whom you know. Study them carefully. See how they *focus on being loved* instead of being unloved. You can do the same thing. It will be your new focus that will change your too familiar old daily orbit and habits into new feelings and renewed thinking. It will be this, your strongly developed new focus, that will take you to the loving arms of Mr. Right or Mrs. Right.



Chapter 17

Know Your Game

There is nothing wrong with your playing any game that you choose. You have free will and the universal right to enter any new game or to quit an old game. No one else can make that decision for you.

The best thing you can do to break away from *the game of lack*, or other games of a struggle and work ethic or a wasteful worry game, is to start recognizing what games you play. When you consciously know you are playing any particular game, with whomever you play, you hold all of the aces in the game. You are awake to what you are doing while others are lost in the dramatics of the game. When you are lost in the game, it will make you fearful or worried. The game appears to be so real and seems to be affecting your life so dramatically. When you are lost in the agony and sorrow or trauma and drama of the game being jointly played, the players around you who *know it is a game* will have a tremendously great advantage over you.

The key is to start watching yourself from the moment you awaken in the morning until you rest in sleep. If you stand back and observe what you are doing, what games you play and what you are feeling at all times—even just for a whole day—it will change your life *for the better* forever. When you *know your game well*—whatever game you play—you will almost always come out of it as a winner. Better yet, consciously make it a win-win game for all involved.

For example if your partner or someone crossing your daily path snaps at you and you snap back, you are playing their game. On the other hand, you can realize it is *their* game and that their game has no attraction for you—you know it is not a game you choose to play—so you smile or nod pleasantly and silently move along your way. This will

confuse them, and may even anger them more since you are not playing their old game with them anymore, but it's your choice.

If someone tries to ruin your fun when you are having a fun game with some new idea or immediate project, ignore him or her and go on with your game. People do like fun and you will soon draw all of the game players you want or need genuinely to help you have more and more fun.

On the other hand, if you have decided to throw a big *pity party* for yourself, remember that misery does like company. In this instance, you would find a host of game players who will help to make you feel more sorrowful or more pitiful. Remember, you have been given free-will choice for a reason and it is okay to play any game you choose, even the game of self-pity, but *realize* that *you* are doing it. Then you can play it until you are bored with it or suddenly see or find a better game to play.

For example, you may be a female who has gotten over the male/female stereotype role-playing. You already know it is only a game. However, you may choose to wear high heels or to “dress to kill” and flaunt your femininity before all of the males in public or at a party. You can also play the dumb blond type game or the ravishing seductress game, yet all the while, you can be fully aware you are *game playing* and enjoying it immensely.

If you think it through, you will realize there is a vast difference between the man or woman who really buys into the classic male-female stereotype—who *loses* himself or herself in the drama of the game—and the person who knows his or her own current game. One is serious and maybe even fanatical, while the other is light, freehearted and having fun.

When you get into the habit of unearthing or seeing your own games, your self-mastery begins. How can you be lost in the drama when you know it is just a game? How can you hang on to your immense grief when a friend or a loved one

dies when you know it is only a dream and that there *really is no death?*

No one dies and no one really gets hurt in the game of life. Death is only the final exit from any particular “period piece”. The player withdraws to the sidelines of the earth stage but can go on stage in the “theater-in-the-round” on Earth and play the game of birth-life-death *again and again*. When the repetition of the games gets too boring to any given player, they may finally wake up and “graduate” out of the earthly human 3-D holographic “light show” game.

Therefore, in your search for Mr. or Mrs. Right, if you will pause and remind yourself from time to time that *life is a game* and that you know what game you are choosing to play, it will help you make the game turn out the way you want it to end.

Instead of being hopelessly lost in the game, you will simply take your bearings and move yourself into a better position to materialize Mr. Right or Mrs. Right to your side. Whenever things seem dark, unjust or out of control, remind yourself that you are merely playing a game. You can change games—as small infants do—in a moment. You can move from tears to genuine laughter just as rapidly. It's your game and it's your free-will choice.

Know your game!



MENTAL ROOM OF MIRRORS– SELF THERAPY TECHNIQUE

Our common heritage is to be *consciously creative* dreamers.

In fact we can correctly state that the major three-dimensional purpose within each one of us is to make our dreams a living reality. We can actually give substance and life to anything we can imagine..providing our desire and persistence is strong enough. Countless others have already done it. I have done it. You can do it...if you have not yet already done it.

I once consciously used self-suggestion to create a lovely female fantasy dream lover. Within a few evenings of persistent suggestive effort I managed to physically materialize her and to engage in seeming very real sex with her—all through a long amorous night with her—to my and her heart’s delight.

We finally fell asleep ecstatically in each other’s arms. When I *awoke* in the morning—of course—she had vanished but my exquisitely shared night of passionate love still remained a ringing, singing, tingling lucid and valid ...

See more of this excerpt and other Russ Michael eBook excerpts at the back of this book. For information on how to obtain Russ Michael eBooks or to subscribe to my daily free spiritual “Michael Worldwide Newsletter”, see “Final Notes from the Author Scribe” at the end of this book.

Chapter 18

Learn to Love Your Precious Body

You may be the richest woman or man on the entire earth but the most priceless and precious possession you have is your one-of-a-kind amazing human body. Your body is irreplaceable. It serves you from the day of your birth to the day of your exit at death. Your wishes are its immediately fulfilled commands!

The sad truth is that most people on earth take their bodies for granted and treat them without love and appreciation.

Most people abuse these precious human bodies in countless ways. We often hate or despise our bodies. Instead of taking the credit for making them exactly what they are, we often think and act or feel like it is the fault of our bodies—that they are too weak, too fat, too thin, too tall, too short—or the wrong color, the wrong shape, too sickly—and sometimes even *the wrong gender!*

The worst abuse we give our bodies in modern times is malnutrition. We stuff them with poison-laden processed foods, junk foods, lifeless foods, and then wonder why we are fat, ill and lethargic.

Radiation fall-out, secret chemtrail spraying of the global masses by our governments loading all kinds of pollution into the air, water and soil have killed off most of the beneficial soil-based organisms that kept the soil, the plant kingdom, the animal kingdom and human kingdom healthy until the early or mid-1940s when this flood of poisons and world pollution began. You can get more information on this subject in some of my books or booklets about health, such as *GOD & Miracle Health*, *CHOOSE Acid-Death or Alkaline-LIFE*, and *CHOCOLATE for Health*.

Consequently, our priceless human bodies are usually in terrible shape. Up to eighty percent of both young and old in the United States are obese. Most foods are loaded with MSG, which appears to be one of the major causes of obesity. The wise will stop using aspartame and rapeseed (Canola) oil products. Another related major cause is lack of health education. We can add a lack of fresh ripe fruits and vegetables, rather than processed grains and lack of the aforementioned natural nutrients that help keep our human body in superb health.

We need healthy energetic human bodies to live in and sentiently explore the 3-D world. The human spirit or light-entity self cannot interact with physical form in mass without a human body. Our dazzling white, white pinpoint spark of life has taken up residence in these human bodies in order to play the colorful exciting sensual game of 3-D Earth dreams.

Our human bodies are wondrous *embracement forms* that we move into at conception, at birth, or shortly thereafter. This supple, adaptable human body is an extraordinary “carriage” that we ride around in almost thoughtlessly. Our human body is also a medium for physical contact between other divine spirit beings also embodied in human form, including Mr. Right or Mrs. Right.

Without your precious human body, you could not feel the loving kisses and touches Mr. or Mrs. Right will gift to you. You could not feel the wind in your face or experience the loving hug of a friend. You could not taste the sweetness of honey or smell the tantalizing odor of a garden rose. You could not see the vast, glittering star-filled night, a blazing red sunrise, or an incredibly beautiful sunset. You could not hear the sweet sounds of nature and the familiar voices of those you love.

Your amazing physical human body was especially designed or constructed to be occupied as a mobile home for your non-physical spirit. There is no other human body exactly like it. Your body has its own unique frequency or strobing vibratory rate. The atoms, cells, organs, torso and limbs of your human body are held together by the strong

focus of your life spark to be humanly embodied. Once you take your focus or your “will to live” away from it, body death will occur. Without you there to hold your body together as a cooperative collective mass of body cells, systems and organs, your lifeless physical form will disintegrate quickly.

Your human body has a consciousness of its own. It knows you are a goddess or a god, so it moves at your command and it sleeps at your command. It serves you night and day without hesitation.

Your body is frightened and lonely when you move your mind and spirit away from it into the past or the future. Your physical body and ego consciousness can only abide or live in the present moment. Therefore, when you daydream about the past or focus wishfully in the future, like a lost child, it feels abandoned and fears you may not return to it.

Your body actually loves you. This is remarkable even though you may abuse and blame it for all of your woes and illnesses. It tries constantly to move with the speed of your light vibration or to keep up with your thoughts, which at this point of its own unique evolution is not possible.

Think it through. Without the cumbersome mass of this human body, you would most naturally move with the speed of light. You are indeed a light wave or a living light entity.

As time goes by, we all learn how to speed up our body's vibratory rate. When our bodies succeed in strobing or pulsing simultaneously together at the exact same frequency rate as our inner 'I Am' self-identity, our marriage of body and spirit will be achieved.

Think of it. When this occurs, you and your body will thereafter be a full-fledged human earth plane “graduate”. As a Fourth Dimensional Adept or a Fifth-Dimensional Master, you and your body can journey into other dimensions together and will be one fused or unified conscious goddess or god entity.

As I elaborate in my book *The Birth of Earth as a Star*, this gorgeous Mother Earth and all living inhabitants on it

are soon scheduled for an incredible paradigm shift. This imminent colossal event will not be the end of the world, but rather the beginning of an unbelievable glorious 'Golden Age' for all kingdoms of life on earth, our beloved human family included. Physical body death as we now know and experience it will end.

It is highly important that we all begin to realize how unique and valuable our human physical bodies are to each and all of us.

Indeed our body may appear to be too fat, too thin, too short, too tall, too sickly and not as perfect or good-looking as we would prefer. However, it takes on the exact design and shape that we personally have created. Your and my grand human body was not formed or shaped by any outside agency. The very personal today's design, shape and condition of your body and mine was and is an on going inside self-construction job. I am saying every atom and cell of your body and mine has been of our own conscious, subconscious, or unconscious making. We each and all individually chose to be or not to be, to do or not to do, to believe or not to believe.

If you are unhappy with the present condition or state of your body, and taking our protective time-lag into account, you can reshape or rejuvenate your body as you wish and it will be so in due time. By Law, your use of your growing super-consciousness can eventually bring about whatever changes you want, even a reversal of your age.

Meanwhile, consciously appreciate and love your grand human body. Give warm daily and nightly recognition to how it serves you on command. Express your daily gratitude to it for being there and serving you in the best way it can—and at your slightest wish or will. It is very important that you love and appreciate your dear body *just as it is now*. *Desire it so much you can taste it. There is nothing you cannot BE, DO or HAVE.*

Change is a vital aspect of life itself. What was before today is already changed. What is today will be changed tomorrow, and you alone are the master of your choices and

precious time on Earth. You may safely and naturally bring your shape or physique into the exact symmetrical shape or design—into any ageless youthful look you want or self-ordain. With the magic of love, you can change any situation, any self-body, any thing you intently desire, into a thing of ravishing beauty if you wish. The Universal Laws you understand and use are at your instant command. It is why the Master Jesus said, “*Above all get thee understanding*”, and “*These things that I do, you can do, and even greater*”.

On the other hand, you cannot hate your body and expect it to change or perform better while it is hated. Self-love is the golden key. How can you truly love another if you truly do not love yourself? Therefore, love your body into health and well-being. Realize how wonderfully unique it is. Love it. Caress and touch it with hands, fingers, feelings and thoughts of love and caring, and it will respond accordingly.

You can greatly increase and enhance your health, your energy, your stamina and implant new genetic DNA programming into your beloved human body. Your body has been and always will be your own unique prized possession. Mr. Right or Mrs. Right will also be loving, touching, feeling and caressing your body.

There is certainly enough knowledge or information now available to you in this book, in my other books, and in so many other reliable spiritual or body health sources to guide you back toward good, if not superb and even extraordinary body health and a continuity of prime well-being.

No doctor, no health councilor, no one outside of yourself can make your imagined and personally desired body changes for you. There is no one else on earth, in the ‘dead zone’ or in all Creation who will or can do it for you. Your body is totally and strictly under your own supreme domain and hopefully under your self-caring, responsible and loving control.

It is your own divine self-responsibility to educate yourself in how to give your sweet human body proper nutrition, proper rest, sound sleep, some daily exercise, many, many

fun times and the exquisite, well-deserved joy of living the good life.

There are Universal Laws and there are Rules. Here then is a universal rule that seems appropriate to speak about, “*What you do not use, you lose!*”

This is why old people who retire and literally do nothing creative or exciting for years on end eventually get bored out of their minds, become sick and die. The citizens “of the world” who live to a natural young body age of 100 or more are as a rule unusually active, playful, creative and exuding joy day and night right up to the day and moment of their body exit. They have an obviously easily noted or seen deep passion for everything they do in life.

Scientists are discovering we ought naturally to live in continual good body health to 120 or even up to 140 years in constant good health. Without any suggestion from an outside scientist or health expert, I personally determined many decades ago that I would keep this body of mine in superb health until at least age 140 or so, and I am still in a perfect, pain-free youthful vitality health state. Indeed, I have barely begun my self-ordained life work on earth. I intend to “graduate” with Mother Earth *in this lifetime*. Others have done it, so I know I can do it, and I know you can do it too. So, let's do it (smile).

I suggest you obtain my book, *Autobiography of an IMMORTAL*, and read how I have found my own precious self-IMMORTALITY—and how you too can do the same.

I love and appreciate having a good working, pain-free, dependable and vibrantly healthful human body. I keep it healthy, relaxed and contented. Your own body can and will do the same for you if that is your sincere desire.

Shower your body with a flood of warmly felt loving appreciation for it whenever you can remember to do it. You do create your own reality. When Mr. Right or Mrs. Right arrives, he or she will also love your healthful and beautiful human body.



Chapter 19

The Thrill of Abusive Relationships

You would think anyone who is constantly being physically abused in private and often shamed in public surely would want to leave his or her partner, yet this is rarely what happens. Even though the man or woman is beaten and terrorized almost daily, this abuse provides or fulfills the strange need for excitement that physically abused persons crave.

The abused individual would far rather have the personal stimulus of being mishandled and hurt physically than to find and live with a partner who is mild, peaceful and always showing a calm and level disposition.

What actually happens is that when the genetic nature of a person innately predisposes them toward wanting to be abused, they will eventually draw a partner to them who will have a predisposition to abuse others. However, when they first come together both of them show their “best sides” to each other and often move into a rapid and torrid love relationship. Their love for each other is demonstrative and their sexual frenzy will continue for weeks or months. Then at a certain point, when the initial passion or excitement lulls and the sexual interaction has cooled down, one or the other will feel a need for more excitement and an abusive situation develops.

After the initial abuse, the loving couple will “make up” and enjoy another few days of sizzling sex, and even show signs of loving care for each other. However, this will eventually cool off and another abusive event occurs, only to repeat making up, passionate sex, cooling off, and *more and more* cycles of vicious physical abuse.

The physical or psychological abuse reaches a certain level where it seems obvious to the abused party that he or she is going to be killed if they do not get out of that abusive relationship. The abused person finally gets help, gets divorced and now experiences the thrill of being free—and may often celebrate by being sexually promiscuous.

After a while, he or she will meet and become bored with a perfect partner who is loving, kind and certainly very stable, and who may be at peace with self and the world. It could be a good match but a vibrational gap exists and the person who carries abusive-craving genes will not see the goodness or the love in that suitor or love partner. Instead, they will be bored and will begin to send out a new signal that they want to enter into another sexually thrilling abusive relationship.

Naturally, the Law of Attraction responds rapidly to match that easily fulfilled desire.

A new man or woman shows up that is innately ready to play the role of the abuser or the abused. Fireworks go off at their first meeting. They are both thrilled to encounter each other: Passionate sex ensues, marriage or moving in together follows, and eventually the excitement wanes and a new round of violent physical abuse begins again. If the abused one manages to live through it, he or she gets divorced or breaks free, but soon gets bored and begins looking for another abusive partner who is a match, but is certainly not Mr. Right or Mrs. Right!

If you are either one of these two game players—the *abused* or the *abuser*—reading about the above scenario may help you to awaken to your problem. You are really never going to find Mr. Right or Mrs. Right until you realize what is happening and consciously transcend the message your genes are sending to you.

At this point, gentle, peaceful, calm and kind is not the kind of stimulus your genetics are searching for, even though this is surely what you will find in Mr. Right or Mrs. Right.

However, as earlier stated—but which needs repetition—you will not even see or note the fine qualities in the man or woman who could be perfect for you. Your genes are presently looking for someone to be abused by or for someone to abuse. This dysfunctional cycle needs to be corrected if you are ever going to find Mr. Right or Mrs. Right. I suggest you obtain and read a copy of my book, *Mental Room of Mirrors—Self-Therapy Technique*, as it can be a helpful guide in enabling you to *face, embrace, erase and replace* your old genetic programs.

If you are the abuser in the relationship, you are bound to be feeling a huge amount of guilt and self-regret that needs to be released. If you are the abused, you will also be feeling guilt for staying in a relationship that was obviously not working and you need to unload that immediately.

My personal death experience at age eighteen gave me insights into reality that I could never have otherwise. The true spiritual self-identity I found added greatly to my self-worth and sense of unbounded freedom. However, the day that I was taught by RAMTHA, my Master Mentor, how to release all of my lifetime of accumulated guilt and regrets was almost equal to the personal sense of liberation I had found through my dramatic journey through death and back into my lifeless 18-year-old body.

You will find that the weight or load of the world will seemingly vanish from your shoulders at that moment. You will feel elation and a lightness of being, and the realization that you truly are an unfettered divine spirit in human form. This is impossible to see or feel when layers and layers of dark, painful, very sticky and loathsome guilt feelings veil your mind and heart.

If you have been the abuser or the abused in past relationships, take heart. *You* are greater than your genes or body. However, your freedom comes only when you know or de-energize the genetic problem or overwhelm your genetic impulse by a more powerful or intense newly desired

and found guilt-free habitual belief pattern. Either one of these methods can *set you free!*

I suggest that you begin to see and interact with the seeming 'what is' reality differently. *You can be assured; a change of view can achieve miracles. The universe must and will rearrange itself to accommodate your new picture of reality.*

Simply realize and know with absolute certainty that you deserve a Mr. Right or a Mrs. Right, just like every other divine human being on earth. The path between you and Mr. Right or Mrs. Right is already unfolding. It opened up the moment you gave your serious attention to the desire.



Chapter 20

Your Genes Can Help Your Love Life

As you may already know or have surmised by now, your genes will determine what kind of love life your priceless human body is programmed to fulfill. If your father, grandmother and great-grandfather or any direct three of your progenitors had a predominately joyful and fulfilling love life, it will be greatly satisfying to you and your partner for he or she will also contain the same kind of genetics. The Law of Attraction will go to work. Most people around you will recognize the two of you as perfectly matched soulmates. You fit like hand in glove with each other and a certain bright glow or aura will surround the two of you when you get together. If finding Mr. Right or Mrs. Right early in your existence was your desire, you picked the right kind of genes.

As we proceed further into the study of how our genes affect the various walks of our life, you will also understand to some degree why you have or have not picked the genes you carry or do not carry. Your self-knowledge of how the Law works is the basic key to overcoming former programming in your genes. Are you ready to do that? If so, that readiness attitude will surely help to signal and invite, invoke and evoke Mr. or Mrs. Right into your space. Understanding your genetic makeup will enable you to focus more on what *you* want in life and to defocus what is *not wanted* in your life.

Most readers of this volume will not have a direct line of three progenitors who had fulfilling love lives. If they do and a loved one has recently died, that kind of a genetic configuration will bring them another Mr. Right or Mrs. Right into their life stream swiftly who is equally perfectly matched for

them, one who is at a perfect age or state of growth. Therefore, let's move ahead to see if you can see what kind of genetics you picked.



Chapter 21

What Kind of Genetics Did You Pick?

You picked the genetics you wanted *before* birth and so did I. No one else can do that job for you or for me. The dominant genes in both of us were self-chosen. Therefore, we must live with them or change the undesired genetic code to what we would rather have in our DNA.

I picked genes that would give me long life. My great-grandparent on my mother's side lived to be over 100, and my grandmother on my mother's side lived to be in her late nineties. My mother lived very healthfully up to the age of ninety-two. This genetic code will help support me in reaching my goal to live *healthfully* to at least any age I desire before I make a conscious exit from this body *without experiencing physical death*.

I also wanted a lot of physical strength. My father was known as the strongest man in the community until his death by accident at an early age. His father must have had great physical strength also, since at age eighteen I was the all-weight wrestling champion of the huge oil tanker that I served on as a seaman in the United States Navy. I won all of my wrestling matches—even with muscular weightlifters who weighed a hundred or more pounds more than me—through my sheer invincible strength. All of my matches were over within a minute or two—simply long enough for me to grab my opponent and throw him to the floor. I could easily focus my mind, exert my muscles and bend heavy metal bars. After being the ship's all-weight wrestling champion, on request I taught several of my naval officers how to use the muscle-building dynamics I had learned. Within a month, a few of them were also bending metal bars. These imagined tension

exercises helped me overcome the paralysis of both my legs after being hospitalized with polio almost a year before.

Later, a few months after being discharged from the Navy, I showed Paul Mead, a good school friend of mine, how I could bend thick, two-inch diameter metal parking meter posts. We both had been drinking way too much beer that evening and bending a parking meter looked like good, fun sport to me. When I said what I planned to do, my friend Paul said he did not believe I could do it. In fact, he said it was impossible, so he challenged me to show him.

I had just bent the second parking meter down to the ground in a V-shape when a St. Joseph city police patrol car rolled up and two cops jumped out to accost me. Seeing we were both young and very drunk, both of us were quickly arrested and taken to the St. Joseph, Michigan, police department station. Once there, one of the two interrogating police officers made the error of using insulting language obviously aimed to taunt me. I jumped up from my seat and knocked him flat to the floor with one punch. The second officer jumped up quickly and I knocked him down. I decided to flee rather than fight the entire police force, so I dashed out of the room, into the hallway and back toward the front door of the police station to seek my freedom. Alarms had sounded and in a few seconds, a swarm of about twelve police officers came rushing down the halls toward me from all directions.

Several tried to grab and hold me, but I was too strong. I easily pulled away and continued to flee down the hall. Soon, I was out of the entrance to the station and down the wide flight of steps outside leading down to the street level below.

At the same time, now a large band of police officers surrounded me. As each one unwisely approached, I simply knocked them down or threw them down on the flight of stone steps at my feet. Several of them moved cautiously close, swinging blackjacks. One of them soon scored a glancing hit to the side of my head. The blackjack blow so-

bered me up considerably and I started to laugh at the funny scene.

I knew I could not fight the entire police force for very long, so I shouted, “Okay, I surrender.” I threw my hands up in the air as I had seen in movies, still chuckling loudly. Several police officers rushed forward and one slipped handcuffs on me. I was escorted quickly straight to a well-bolted jail cell, where Paul Mead soon joined me behind bars.

The major things that kept me from being in very big trouble was that I was a well-known and very popular local basketball star, and that I was under the legal age to be buying and drinking beer at a tavern owned by the close friend of the Chief of Police. So when Mr. G., the then Chief of Police, arrived early in the morning and heard of the scenario, he released me and Paul with no charges or fines but with a firm command never again to “darken his doorway”.

While waiting to be released the second police officer I had knocked down came over to me and offered me his hand. With a huge grin he said, “Let me shake your hand; you are a real powerful man!”

Years later, he became Chief of Police in Buchanan, Michigan. One day, many years later, over a beer together we enjoyed a good laugh about “the day I had taken on the whole St. Joseph, Michigan, police force”.

I did not know it then, but it was in my genes!

Another characteristic I picked in my genes from the German side of my family was the stubborn “stick-to-it” principle. I learned early never to give up on my goals. I sensed then, very early, that if you persist, almost anything you can imagine would become your reality. I also picked some genes loaded with guilt, and that took a long time to realize. I was even able to overcome all the old and newly acquired guilt in one day, after self-struggle, thanks to the help of my then Master Mentor, RAMTHA.

You now know some of the genes I picked. *What kind of genes did you pick?* Many of the games we play spring

from our genes, so if you have learned what games you play, you are already on track toward unveiling or uncovering the wanted to be kept or the unwanted or undesired genes in your body.

There are 20 billion ancestors all clamoring to be heard in my genes and in your genes. The ones that shout the loudest or strongly insist that you do what they desire are from the last seven generations of your progenitors.

Let's explore that exciting genetic territory together now.



Chapter 22

Exploring Your Genetic Code

Your genes are made of DNA, a form of acid that leads itself toward a ladder-shaped archive of impacted memory nodules held in all of our human cells. There are billions upon billions of these nodules or genes in our cells. Each nodule is alive with the memory of its brief experience in human form *while residing in the body of one of those billions of ancestors that preceded your human embodiment*. Considering the very real fact that you may have been your own oft-reincarnated genetic line ancestor several times—your genes are quite powerful. I am positively certain that my older brother Richard, who passed on many years ago, is today the embodiment of my son, John Mathew Michael. I also have a very close long-time friend, Ed Robertson, who I am reasonably certain was my genetic father who passed on when I was two-years-old. He is likewise a most physically powerful person as he was during his embodiment as my father.

In one sense, you can look at these nodules as little electric “charges”. Each one holds a unique vibration or frequency vibration pattern.

Your memory is not a visual thing. It is a *feeling* coming from an “event in time” that you or your ancestors have experienced. It arrives in your conscious field first as a feeling and then is transformed via the visual sector of your brain into an image or dimensionally perceived picture. When you imagine a ripe yellow banana, you are not really seeing a newly formed banana shape in the optic area of your brain or inner eyes of the mind. You see a banana shape formed from real bananas that your ancestors and you have actually seen, tasted, touched or smelled. Every time you handled or ate a

banana, or your progenitors handled or ate a banana, it registered as a memory nodule.

Contrary to what is thought, a brain does not *think*. A brain is merely a passive powerful computer. It can only compute what has been put into it. When you mentally envision a banana, your computer brain searches the entire file of *known* bananas in your genetic code, adds them all up together, and comes up with an equivalent banana shape, texture and golden yellow ripe banana color and image as envisioned in your mind.

On a moment-to-moment basis, your genes are responding to the impacts you feel while you tread your life path. You will often meet someone for whom you have an instant like or dislike for, and you think the feeling is coming from your conscious mind when it is not. It comes from the chemical soup or electrical waves dancing around in your brain. Your genes are telling you what you like or what you do not like—and all the time you thought you were making your own good, or not so good, evaluation of the person or situation. Actually, *your genes did it*.

This is why I have emphasized the importance of *knowing* just what your genes are doing. If your genes are telling you it is a terrible and really unsafe world “out there”, they lie. You had better take another look. If your genes are telling you that you will not or cannot find Mr. Right or Mrs. Right, you need to let your body, brain and genes know what *you* really think and want. Otherwise, your genes simply will not allow a Mr. Right or a Mrs. Right into your personal vibrational field. Your genes will repulse them rather than attract them.

Your genes are just “doing their thing”. It is what your genes are. They can do no other, they are simply programs, but *you* can. The art is to separate you and your voice from the billions of other voices residing in your genes that want “to play you”. This is why all good teachers will tell you to stop running around in circles all the time. Stop and learn to

act rather than *react*. That signal to react is your body telling *you* what to do. It is not the boss. You are!

Isn't it about time you stopped, *listened* and said a conscious “*No*” or a conscious “*Yes*” based on what *you*—in *this* body, in this *time*, in this *place* or “period piece”—want to say, do, think or feel? Instead of playing a weak humble servant to your body, turn the tables now and start playing the more evolved role of your body's conscious, loving master. If I can do it, you can do it.

The side benefit is that Mr. Right or Mrs. Right will then also be a personal self-master and thus a secure and fun-filled lover boy or lover girl with whom you spend your precious lifetime.



WHEN GOD SPEAKS, I LISTEN

God can do whatever God wants to do. He certainly could speak to his human children in a very loud roaring voice if he chose. However a God of love does not intentionally frighten his little children. Therefore Creator Source speaks to us in far softer tones.

Another point to realize is that God wants every single one of his human children to grow up to be a unique and mature God in his or her own self-chosen, thus self-woven fashion. That is the kind of companionship desired by God.

God does not want any one of us to be clones. God has chosen to create a new breed of human Gods on earth. Us Gods, when fully matured, will have our own self-created minds, our own self-created thoughts, our own self-created persons, and will thereby be equal Gods with whom God can forever commingle and communicate with intelligently!

You cannot be surprised or pleased by what a clone says or thinks. A clone can only say or think what that clone's ...

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Chapter 23

Three Generations of Lovers

Going back to our *three generations of lovers*, you can be certain that if you have had three generations of parents, grandparents and great-grandparents who were great, passionate lovers, your genes will push and pull you into being a great passionate lover too. Mr. or Mrs. Right is then already probably envisioning and mentally sharing their great love for you. If not yet so inclined, you can be sure they will be after reading and putting this knowledge to work for you.

When you *see* more, *there is more!* If at this juncture of this book you already have “caught the vision” and are able to see Mr. Right or Mrs. Right holding, touching, loving you—that soul-fulfilling event is destined, and since you alone create your own reality, you have made it so.

The genes are agents of all forms of evolution. Plants and animals possess them too. You can use your genes to solidify or imprint the new characteristic you are developing or nurturing. When the implant in your genes is positive, your children and your children's children, and on down the line, will also be so and will show it.

It takes only three generations to build up a strong and continuous behavior pattern. On the other hand, it only takes three generations of negative or opposing characteristics to wipe out the good behavior pattern genes. You can change a certain family trait that has been around for centuries and in three successive generations, you will introduce a powerful new family trait into your genetic line. Once thoroughly ingrained, that new trait will be a conscious factor in your life and in the life of those beloved evolving descendants who are heir to your genes.

What you do today definitely affects what your children and their offspring will be thinking, feeling and doing tomorrow. You can put an uplifting soul force into your genetics, or be responsible for breeding a new line of degenerates. You can be a lover or a hater, a winner or a loser. If you hate life, you will be a loser and it is probably in your genes. It means that three out of the last seven generations in your family line hated life instead of loving it. However, you have the power now to reverse that flow. There is no fun in the game of losing. When you know what game you are playing, you can decide to play another, more fun game instead. You are not as helpless as you seem. Now let's look at *three generations of losers* and what you can do if you are the third or fourth generation of that line.



Chapter 24

Three Generations of Losers

Everyone loves a winner!
On the other hand, almost everyone feels as if he or she is a loser because this feeling is so deeply embedded in our genes. Billions of our ancestors felt they were losers, so this is a particularly dominant feeling all of us carry into our daily moments of life on Earth. This is why we feel such strong, but fleeting, joy over the little games we play *and win*. Winning is fun. Losing dejects us.

If you have picked a triplet of loser genes, you will have to overpower those genes with sheer determination to be a happy winner in life. You may also go back into yourself as far as you can feel and *face, embrace and erase* that ancient loser feeling. At the same time, you must *replace* the gene space formerly occupied by that losing gene with a new load of dynamic DNA that proclaims you are a natural winner.

This deletion technique works for any strong unwanted feeling coming from your genetic pool. When you know how or why you ignorantly or willingly have accepted feelings of guilt, you take the life out of that guilt. That is how I and exactly 197 other RAMTHA old Egyptian Mystery School students learned how to *face* our guilts, *to embrace* our guilts and *to erase* our guilts in one incredible day. And if 198 out of the 202 of us gathered there with RAMTHA could do it in one day, you can do the same!

Actually, the last seven generations of your ancestors carry the strongest or most compelling genes. If several of these progenitors were losers, you have the personal battle of rising above that dismaying genetic tendency. The rewards of deleting and reprogramming yourself as a natural sure

winner are obvious. Mr. Right or Mrs. Right will victoriously achieve that same grand victory. Like is attracted to like. The two of you together can alter those negative genetic codes. Instead of passing on feelings of unworthiness to your children and your children's children, right on up the line, you will pass on a feeling of worth or sureness because it is in their genes.

I would suggest that if you have not yet sat down and examined exactly with what kind of genes are running—or ruining—your life, you do it now. You can also sort out the highly self-supportive genes bequeathed to you by those in your last seven generations. The rule always is to *focus* on and thus energize your positive genes, and to *de-focus* and thus de-energize or devitalize your negative genes simply by subtracting your attention to those traits in yourselves or others.

In this latter process, since nature abhors a vacuum, you merely turn that negative gene inside out and layer it with a thick coat of positive feelings. The layers thicken, of course, as you continue to transmute your belief or attitude into brighter and brighter personal “reality”. When you go deep enough into your physical genes and beyond to your goddess or god self within, you will know unequivocally that you are *by nature—by your divine heritage—a winner.*



Chapter 25

Generate an I AM AVAILABLE Electric Charge

You are now well on your way toward bringing Mr. Right or Mrs. Right to you or you to him or her. What are needed at this point are your desire, intensity and thrust toward generating an “I am available” magnetic electric charge! You may already have genetic support for this. If so, that will speed up the time factor considerably. If not, or if your genetics are working against you, you will need to use a *decentration* technique to bypass your genes. In either event, deceneration—the opposite of focused concentration—takes you back beyond the *electric* aspect of the universe into the depths of your *magnetic* source.

Deceneration changes your direction, just as we and our sciences usually move from the particular or specific to the universal or whole. Whenever you are wholly centered—a good personal position to be in—you move out into our 3-D world from the whole to the specific or from the universal to the part. Perhaps now you know where the term 'holy' came from.

Now from that expanded or elevated perspective you know where you are coming from and where you are going. You also bring the power that creates universes along with you to accomplish your aims or goals.

How do you decenerate? Easy—in fact easy does it.

Find a place where you can sit or lie down alone. Later, with practice, you can do this while standing anywhere at any time. However, to start it is better to place yourself in a place of solitude and silence.

Once alone you will consciously do the following willful movements of consciousness:

- Relax your body completely.
- Clear your mind of all thoughts except the one that you are *ready and available* for Mr. Right or Mrs. Right.
- Take a calm, deep breath.
- Now move and hold your consciousness as deeply inside of you as you can. You are moving it into the most calm, most gentle space you can find in your quietly centered being.
- Continue to move more and more into the feeling of that gentle, gentle wide, free space.
- If at this point you are feeling the “entrainment vibrations”—a near or past trauma or recently daily thoughts and that is still vibrating like a train on a track in your emotional system—pause a moment; then reach further within to locate and focus on that subtle but irritating vibration.
- Hold your attention on it a moment.
- Now mentally imagine your mind has a huge pair of sharp scissors in it. Mentally take those scissors and cut off that entrainment vibration, exactly as you would cut a stretched rubber band or small rope. You thus release all of the energy from that band of unwanted entrained “worry” vibration. Feel it go away.
- Gently check your inner space and see if that subtle vibration is gone. If not, repeat the former scissor-cutting procedure for as many “cuts” as needed until you feel there are no more unwanted past 3-D vibrations interfering with your now so gentle, gentle feeling space.
- Stay in that incredibly gentle-feeling space for fifteen to twenty seconds. No longer time is needed. During these fifteen to twenty seconds, *do not think*. Simply *feel* that you are becoming electrically charged strongly enough

that Mr. Right or Mrs. Right will begin feeling your “I am available” magnetism or personal attraction draw or pull.

- Keep broadcasting this now highly charged message to Mr. or Mrs. Right several times. Remember to *feel* it. Do not focus on *thinking* it. Put all of the *joy* you can into that connected feeling with your very own Mr. Right or Mrs. Right.
- When you literally *feel* a very subtle “click”, you will know you have succeeded in making contact—for it does not matter where on earth Mr. Right or Mrs. Right is located at that precise moment. The connection is now made.
- Hold the good feeling of that exquisite loving feeling. Bask in your now connected most gentle, gentle space with Mr. Right or Mrs. Right for as long as it feels comfortable.
- THEN, gently now, move your consciousness back into your 3-D body.

Congratulations! You have succeeded in bypassing your genetic signals, created a new DNA code and sent out a strong, highly charged communication to Mr. Right or Mrs. Right *that you are available!*

Repeat this exercise as often as you wish daily. I recommend at least once just before you go to sleep. The good part is you can use the above decentration and reaching out broadcasting technique for whatever your human spirit desires. Notice how changed you feel—how relaxed, poised and centered you feel—when you take up residence in your body again after decentration. By Law, your vibrational frequency state has risen higher this higher frequency change also occurs after sitting in the deep silence of a meditation state. You can learn more about this in my book, *The Why & How of Meditation*.

At the same time, do realize that *mental telepathy* works also. Use what you have learned, or will learn in this book, about the mind to make your mind a natural powerhouse agent for you. Therefore, at any time of the day, and best before sleep, you can also send out a mental message to Mr. Right or Mrs. Right. State your 3-D physical location and that you deeply love him or her. Mentally speak that you want him or her to come to where you are as soon as possible.

Besides *mental telepathy*, there is also telepathic communication from solar plexus to solar plexus—through the *fourth brain* or gray matter in your solar plexus organ. This is the “feeling center” at the primitive brain or animal level, which is a far different space than telepathic communication via your head center or your heart center. This is how any animal communicates with or locates her young.

In our human species, it is how a mother knows when a son or daughter is in dire peril. My mother felt and saw a clairvoyant scene of a terrible car accident that I was in as a passenger. She even saw my soul—in the form of a fog-like wisp that left my unconscious body—pausing in the air above the car and me as if pondering whether to leave or stay. In my soul, I apparently decided to stay for the misty white spirit moved back down in a very slow spiral into my injured and still unconscious body.

To accentuate the communication, the exact same scene was repeated a second time. (That is in my genes, for my spontaneous warning psychic visions also often are repeated in exact format a second time.)

Prior to that, my mother saw the car I was a passenger in moving at high speed then slide suddenly on a patch of ice. It skidded and slammed hard against bridge guardrail, crashed *through* it, then plunged down seventeen more feet to the ground on top of me. She saw me thrown out of the car when it hit the guardrail and saw the car follow my body down into the ravine and land squarely on me. I had landed on a huge, heaped pile of snow.

At the exact same time the accident in Wisconsin was occurring, my mom, in Michigan over two hundred miles away, saw the entire real 3-D event. I repeat—this *duplicated vision* or repetition of the same psychically perceived event is *in my genes*, for as stated above, I have also experienced several visual psychic cognition's or warnings—repeated twice before me for emphasis.

When using mental telepathy to communicate with Mr. Right or Mrs. Right, if you feel it strongly at the same time it kicks in your solar plexus broadcasting station as well so that the message is relayed on both channels. The receiver can then pick it up at a gut level or a head level—or at both levels, depending on the state or level of his or her consciousness at that time.

The major point at this junction is to do all you can to broadcast your “I am available” message and magnetic electrical charge to Mr. Right or Mrs. Right.

Your pheromones will also be sending out airborne signals to the same effect. All is well. You are on track. You are taking greater charge of your conscious life every moment.

Isn't this fun?



THE SECRET IS NO SECRET ANYMORE...

As revealed in my *Autobiography of an IMMORTAL*, I tried many personally planned experiments and successful mind-over-matter experiments. I have often seen genuine miracles performed by others. I, too, have performed several astounding miracles on my own many times.

Step 1 to 3 in the threefold process of manifestation will always be instant if at some level within our Being we hold no strong contradictory vibrations against what we consciously want miraculously to manifest. I have learned from repeated personal experiences that you must believe or have a very strong faith in your ability to bring forth what you desire. This applies more so, in fact, if you want an instant or any kind of set time or time-limit manifestation.

Through absolute faith, thinking, and belief I that could, I literally went from a state of abject poverty to a very highly self-fulfilling professional career, with a home of my own and was a smug Cadillac owner, in less than six months time. It all manifested as I envisioned and ASKED for six months earlier.

I had known from my mentors that I could not nor would not make such a quantum leap from being homeless and penny-poor to ...

See more of this excerpt and other Russ Michael eBook excerpts at the back of this book. For information on how to obtain Russ Michael eBooks or to subscribe to my daily free spiritual “Michael Worldwide Newsletter”, see “Final Notes from the Author Scribe” at the end of this book.

Chapter 26

Developing Your Mind Power

This chapter and the last one, with all of the other chapters as a basic fill-in-the-pieces foundation—are the most important chapters in this book. Few people really understand what the mind is and how it functions. Scientists leave it to the realm of psychology.

Most psychologists are never really taught how our human mind really works. Those rare psychologists who do understand, have gone beyond textbooks for their information and will naturally be outstanding in their field. If you are one of them, I congratulate you warmly. You probably also know then that there is never an end to any knowledge. It is always a platform we stand on until further knowledge demands we move to the next *higher* or greater knowledge plateau. and the plateaus are unending. Thank *God Source!*

First of all, “your” mind or “my” mind is a gross misnomer. There is actually only *One vast Cosmic Mind*. Mind and all mass in any form, in any universal, solar or planetary form, is inextricably interconnected. You cannot separate mind and form, mind and mass, or, more pertinently, mind and body.

In that same vein, brain and mind are locked together, even though from another chemical and electric view they are as different as ice or steam. Even this analogy may lead to wrong conclusions if not examined further. Not only are water, ice and steam composed of the same elements, the major platform differences are seen in the *degree of frozen or melted* state. In the same way, from another approach, there is only one basic electronic “substance” that makes up all mass. The only difference between a grain of sand and your human flesh or an iron bar is *pressure*.

Our particular universe is currently carbon-based, but rapidly is being transmuted into a crystalline-structure base. For our reference here now, you can correctly state that every form of matter without exception is the degree of pressure or the degree of being melted or frozen that gives it a different form, different weight, different texture, different taste, or whatever apparent difference.

Also, from another perspective, you can state that everything in our universe is composed of black light or white light. From that view, *absorption* and *reflection* are only two universal principles that can measure the “state” or form of any mass at any given time in our universe.

We human beings operate in the dual electrical and chemical aspect of our universe. Thus, all things—including our very own selves—must function or operate in a dual electrical and chemical state. *Attraction* and *reflection* are the active forces in the electrical aspect of our universe, and *absorption* and *reflection* are chemical. Thus, the small or large range of mind that you personally use on a moment-to-moment “now” basis attracts or repulses, and your human body and brain either absorbs or reflects.

This gives you now a good basis for understanding universal or human mind. *Hu* stands for God—and when you combine the *Hu* with man, it indicates human or God-man form, and thus goddess or god when gender enters the picture.

This entire universe literally is composed of, or made up of, *mind*. Mind also surrounds every particle, atom, cell, organ, limb and form of mass in the cosmos.

If you think this through, you will realize that this universal, all-encompassing, all-inclusive mind is what enables us to communicate with others near or far. Distance or space means nothing to the mind. Neither does physical versus non-physical, since our commonly shared universal mind treats them with equal measure.

If you think it through, you will realize that thought is instantaneously anywhere or everywhere the instant it is focused upon. This is the basis of the statement, “*Ask and it is given*”.

You can use the mind to focus on the moon or a star or a sweet violet peeking through green grass at your feet. If there was not the oneness of mind on the moon or at that star or all around that sweet violet, you could not be mentally aware of it.

If, on the other hand, something stands in the way or blocks your *physical* sight of the moon, star or violet, you will not know it exists unless you had prior mental knowledge of it. Our physical perception depends on registration in our brain.

As before hinted at, the brain is the basis and inspiration for our recent human construction of the computer. Our human brain is a super computer, but it does not think. In that same vein—to the astonishment of many I am sure—neither does your mind—or the mind—think. Both brain and mind perform somewhat the same function. Both are a medium to *record* information. Your brain and your mind are both astounding open or closed recorders. This is one factor why at death we experience a “flashback” or a crystal-clear recorded review of *all* of the thoughts, feelings and actions performed during our brief life in human form.

This after-death flashback is very vivid. *I know from personal experience!* At my death at age eighteen, all the personal events in the eighteen years of my life in my current human embodiment flashed before me *in one instant*. Yet, paradoxically, since no time is involved, I had plenty of time to evaluate or weigh *each* of my thoughts, feelings and actions during that eighteen-year span. I also had the opportunity to review partial, pertinent segments from two former relative lifetimes. One was in ancient India and the other took place in very old Egypt. In both I was visually shown that even under the best circumstances I had failed to do what I had come to do on earth. That experience certainly

made me realize how important it is to do lovingly what we feel so creatively we want to do while we have our golden opportunity of borrowing and using our magnificent human bodies as priceless mobile vehicles on earth.

Your mind is more powerful than a laser beam, but only when you learn how to *focus* it. The mind can be used to expand or to contract like a telescope or a microscope. Mind is always in movement like a free-spirited wild horse, so you need to practice harnessing and using it. The key is *focus*. When you can discipline or focus your mind single-pointedly, then it truly becomes mightier than a laser beam. I suggest you begin immediately doing some mental focus exercises.

One of the exercises I personally like best and that I recommend in my book, *Your Soulmate Is Calling*, follows:

- Move into a study or bedroom by yourself.
- Light a candle and position it so that you can see it at eye level, at least six or more feet away from you, while sitting comfortably or in a yoga lotus pose.
- Now stare with both eyes as unblinkingly as you can, for as long as you can, at the tip of the candle flame.
- Do not be disconcerted if you blink several times within the first ten or fifteen seconds. Just keep focusing on the very tip of the candle flame.

Practice this focus exercise two or three times a week.

In a few short months, you will certainly be able to note how much stronger your acuity and mental focus have become. I worked with over a thousand people in an auditorium who sat and focused on the same tip of a gently flickering lighted candle on stage *for a whole, straight, solid hour*. So, a ten- or fifteen-minute candle focus exercise is something anyone can learn to do and become proficient at with practice.

The major point to grasp is to keep your whole body absolutely still during the entire exercise period. If you do feel you *must* shift your body, then do it and return immediately to body stillness and your continual steady eye focus on the very tip of the candle flame.

A variation of this exercise can be done anywhere at anytime. Just focus as strongly as you can for as long as you can on anything around you, but not while driving a vehicle. Try to keep your focus confined to as small an area or on the smallest object you can find, since you want to train your mind to *narrow down and zoom in on* whatever point in space you choose *at will*. Remember that mind is everywhere, so when you develop a strongly focused brain through daily use of it, you can focus on the mind and body of Mr. Right or Mrs. Right no matter where they are in *that moment*.

Do it. Send him or her some of your great love right now! Mr. Right or Mrs. Right could be sending you a wave of warm love at this very minute.

Reach for it. Can you feel it?



“Just finished The Secret Great White Brotherhood and almost finished with Why & How of Meditation. Must say I am thoroughly enjoying each of them. Send me catalog of all your books, tapes, etc. ... put my name on your mailing list for other items ... I would like to know more about you and your work.”

Chapter 27

Your Basic Need for Self-Validation

Almost every human being on earth is wants and needs an ongoing sense of self-validation. This is especially true when we are ego-centered as opposed to being centered in our psyche or human soul. The nature of all ego is to be insecure. Thus, there is an understandable lack of self-appreciation and self-worth in all ego-entranced entities.

The ego-centered individual feels he or she has a huge empty hole inside her or his being that needs to be filled and refilled constantly. However, the more that is put in that bottomless pit, the more an ego-focused person wants. It seems that nothing is going to fill that yawning void inside of them *and she or he is right—no “thing” and nothing ever will or could.*

The problem or issue stems from the fact that no one can find validation of self through another, through owned things or from holding tremendous outer world power. It is fruitless effort. Yet, this is what most of us have done for most of the years of our lives.

I did it. My friends and lovers did it. And most others out there did it. All of us do it until we awaken to the fact that the only lasting or permanent feeling of being valid or a self-fulfilled person is through our own inner found self-esteem. We need to know *who and what* we really and truly are—the goddess or god self—before we can find genuine self-worth and loving self-validation. When we absolutely know we are literally co-creating gods or goddesses “in the flesh” and not just “a piece of meat” as our national government or those in control of world governments and world affairs make it seem, self-esteem comes easy. When we understand we are not our bodies, our emotions or our mind, we no

longer need or look for *external* self-validation. Does a beautiful, shining, powerful goddess or a truly strong god need praise, worship, adoration or human approval? Of course not!

Your need, if you still have it, to be self-validated will also pass. That empty hole vanishes eventually for all of us when we genuinely know our own grand inner divinity. Our good feeling self-validation is that simple and that swift.

In one moment, each and all of us can be transformed from a begging, groveling, aching and hurting soul seemingly imprisoned in a limited human body, to a powerful, giving, divinely arrogant, healthful and joyous self-validated state. That big empty void in our being will filled fully—never be void again—when you and I see or know we are a radiant, eternal extension of our Father-Mother God Creator Source, a glowing, conscious 'I Am' light entity, and not just a mass of muscle, flesh, blood, veins and nerves.

Now, instead of seeking validation of self, you and I will use our new-found knowledge and calmly centered demeanor to educate others through example about their own precious, priceless and radiant self-divinity.

When you find this incredible self-validation within your own being, you can be assured that Mr. Right or Mrs. Right has also found his or her self-validation within HIM OR HER: It is the Law. Like is attracted to like. He or she—your mirror, Mr. Right or Mrs. Right—is a beautiful and clear reflection of what you are!



Chapter 28

You Are Far Greater Than Your Body

Now that you no longer need or seek your self-validation from someone or something *out there*, you have taken back your awesome sense of self-empowerment.

In the past, you assumed you were the body. We all go through that phase. The exception is when a light entity incarnates consciously with a continuity of consciousness. Then she or he knows fully who and what they are and why they have taken birth on planet Earth in human form embodiment.

A good example of this retaining that “continuity of consciousness” is the master teacher or human avatar, *Sai Baba*, in India. If you do not recognize the name, I suggest that you obtain a book or a video of his life story or Google the name “Sai Baba” on your computer.

There are hundreds upon hundreds of books written about him in *all* major languages. I personally have read over 40 books written in English by authors from all walks of life—including scientists, psychiatrists and priests, among others—who have visited or counseled with Sai Baba, or who have examined his life and his conscious performing of effortless daily miracles.

I know of at least eighty books written about *Sai Baba* in German, and there may be many more. The point I am making is that *Sai Baba* came into this human body knowing before and at birth that he is a divine god being with a divine Earthly human mission. He knew from the first day of his birth that he was greater than his body.

This knowledge usually only awakens in us when we are in mid-life, normally around age 35, and sadly many, many people come and go from their human embodiment without knowing their glorious god being nature. This means they are *fated* to repeat the human birth-life-death re-birth cycle at least one or many more times.

The knowledge that you are greater than your body actually grows over the years. Once you know that *you are not your body* and realize that your body and *you* are two very different magnificent living entities, you have taken your first big step. After that, you begin also to realize that your body has been controlling almost all of your actions or reactions in life and it is really time to discipline or take deliberate, conscious “charge” of it.

As time goes by, you find your body wants to insist on a certain course. However, when you know you are greater than your body, you can consciously decide to do otherwise. A good example is that most overweight people are simply eating too much. When you realize you are *consciously* greater than your body, you may then consciously discipline yourself to eat far less, only as much as is healthfully needed.

Of course, another valid reason, as briefly touched on earlier in this volume for an overweight condition, is the consumption of junk food and processed food. Eating the wrong foods can cause your gastrointestinal tract to lack the healthy, soil-based organisms or “good bacteria” that have the job of keeping your human body healthy, vital and creatively productive, and thus keeping your vital *immune system* functioning properly at all times.

In truth, as *Sai Baba* has pointed out, you only need to eat as much food as about the size of your doubled fist daily to keep a slim, trim and healthy human body. Of course, that handful of body nourishment must not be processed or junk foods. Ideally, it will be picked and eaten when ripe and fresh, and it must have live *good bacteria* in it—preferably *soil-based organisms* rather than only those procured from soured milk, yogurt and other such sources. I suggest you

procure and follow the healthful suggestions given in my book, *GOD & Miracle HEALTH*, if you want to know more about and to practice daily good body health. Another one of my books in this vein that will be very helpful is, *The Secret BREATH-TO High Energy & Vibrant Ageless Health* by Russ Michael. (If not yet in print, it soon will be.)

Here again, since Mr. Right or Mrs. RIGHT will reflect your own evolutionary state, he or she will also consciously know and be far greater than his or her body. This probably means that Mr. Right or Mrs. Right is now also in the process of making his or her body more healthful and physically appealing for himself or herself—*and thus also for you!*

Are you greater than your body? If not, use the knowledge you gain from this book to be able to *know* that you are. Mr. Right or Mrs. Right will appreciate you knowing that immensely.



SCIENCE OF THE SECRET ARCANE DOCTRINES

Every conquest of an ascending 'plane' of consciousness makes the disciple an *Initiate* of that particular degree—of the physical plane—First Degree Initiate; emotional plane, Second Degree Initiate; mental plane, Third Degree Initiate; intuitional plane, Fourth Degree Initiate; spiritual plane, Fifth Degree Initiate, etc. etc. etc. on and on through infinite levels of Creation. When the initiate achieves mastery over the five lower planes of our planet She or He is technically known as a Master, although She or He is recognized as an *Adept* after the Fourth Initiation.

How do you, or anyone so desiring become an Adept? She or he achieves Adepthood when she or he sacrifices and forsakes *mortal human ego* self, moment by moment, for the good of humanity. The Adept lives on the plane of the soul and She or He radiates the *Love of God*. She or He reaches ever upward and increasingly identifies her or his "I Am" self with the Will of God.

An Adept can release his physical body at will and create—out of matter—a new body, a flesh and bones reality....

See more of this excerpt and other Russ Michael eBook excerpts at the back of this book. For information on how to obtain Russ Michael eBooks or to subscribe to my daily free spiritual "Michael Worldwide Newsletter", see "Final Notes from the Author Scribe" at the end of this book.

Chapter 29

Your Primal Urge to Share

All of us have a very deep-down urge to share. It is by far the most primal urge inside our divine beings. This innate loving urge was passed along to us directly from our Creator Source.

In the beginning—when there was no time or space as we now know time/space reality—the Creator or Primal Source of All That Is, or is not, was all alone and thus lonely. The Primal Source developed a strong desire to share creation with someone equal to First Cause Self (Creator God Self). This huge dilemma grew and grew. Finally, the solution became apparent. The only way primal creation knew to *share* itself with another equal or a variety of equals was to create live entities out of *fragments* of itself. That idea exploded into reality and is what our earthly scientists call or refer to as the “big bang”. Scientists have studied and measured the heavens and heavenly bodies that we call stars, suns, planets and galaxies, and have rightly concluded that our universe is expanding.

This means that there must have been a point in time/space when all of the known and unknown mass seen and measured in our heavens had been compacted into a very compact ball of mass of who knows what size. For some reason, scientists have come to the position that this compressed mass reached a critical mass state and exploded, scattering fragments outward from its center. Those fragments over eons and eons of time gradually formed our universe with stable orbits of galaxies and star systems. One of those star systems was a somewhat young yellow sun sitting at the outer edge of the Milky Way galaxy and harboring, among other orbiting bodies, a planetary body called *Earth* that we light entities in human body form occupy.

In the meantime, using the electrical principle of attraction/repulsion, we light entities were polarized and “birthed” into existence.

Up to that point, the consciousness that is you or me was joined or united in the Primary Source. Then suddenly we found ourselves ejected or propelled out of that ONENESS together as isolated God-Source fragments. We all reacted the same. We felt more than ejected, we felt rejected. We did not then know that we had deliberately been “released” as an unconditional loving gesture so that we could evolve and “grow up” into conscious *equals* with our father-mother Creator God or Primal Source.

In that process, the need to share that drove the Primal Source into exploding or fragmenting itself into countless live offspring of consciousness carried with it that same primal urge or *need to share*.

If you have mentally followed and understood this process in creation, you will understand why *you* have such a strong urge to *share* yourself with another and with all of the others on the earth of your kind. It is apparent in all kingdoms of creation, even in the mineral kingdom, via a gyroscopic leveling process that like is attracted to like universally. That is why when you have excess wealth or important new knowledge, you have a natural inborn urge to share that wealth or that transforming knowledge (such as the information in this book) with your friends, loved ones, neighbors or the world in general. It's your primal nature.

This primal nature is another deep down reason why you wish to share who and what you are while in human form with Mr. Right or Mrs. Right. It then follows that Mr. Right or Mrs. Right is now dealing with that same primal urge within them. You—like the *Primal Source*—are no longer alone. There is more than one Mr. Right or Mrs. Right to share what you have to offer with him or with her. *So be it!*



Chapter 30

You Create Your Daily Reality

The many organizations worldwide that create and support victim groups and victim's rights organizations are in for a shock. *There are no victims!*

No incident, violent or nonviolent, ever occurs in this universe and on this earth unless two or more God-fragmented parts or parties are involved. From a universal principle perspective, we can call this the Principle of *Invocation and Evocation*. One party of one or a gestalt of more must *invoke*; and the other party of one or a gestalt of more must *evoke*. Nature never skips a beat in this balanced interchange. The universe always maintains a constant zero-state position. A *plus* one will simultaneously precipitate a *minus* one, thus always balancing back to a zero state. A plus five or more will also simultaneously precipitate a minus five or more to keep the entire universe always suspended in a zero-state posture.

A victim is not possible without a victimizer, and vice versa. A victimizer is not possible without a victim. As revealed earlier, the ever-present Law of Attraction draws together the abuser and the abused via a self-created reality.

Since you always create your own attractive or repulsive state, you can never be a helpless victim. If you have been what loosely and erroneously is termed “victimized”, *you caused it*. It was your state of mind and body—your fear or your need for excitement—that caused that robbery, rape or murder. You *invoked*, and at the proper timely moment, the victimizer *evoked* in the same way that the abused person invokes abuse through her or his desire or imagined need for more physical, emotional or mental excitement.

Fear carries a very powerful charge of attraction. You can draw a very fearful event to you simply by focusing on and cultivating that fear by giving it your growing attention.

I personally knew a very lovely woman who had several pink Cadillacs and was earning a huge monthly income. She had an enormous home in the Mount Olympia area of Los Angeles. She was in her early thirties and was shapely, attractive and intelligent. However, she had a great fear of being raped. This was strongly accentuated by the media announcement presence of the *Los Angeles Strangler* who had already left a large string of raped and murdered “victims” behind him in the greater Los Angeles, USA, area.

The last time I talked with this dear, beautiful soul, she confided that her fear of being raped was so strong that she was selling her mansion and moving to Dallas, Texas, and building another massive home there for herself and her daughter.

Many months passed by and one day I was told—and shocked to hear—that while in Dallas she had gone shopping at some huge mall and *had been raped and murdered*.

You might say she was victimized, but when I heard that sad news, I knew that the universal principle had simply gone into action. She took her fear with her. *Her fear created her rape and her murder*. She created that reality by focusing on her fear so very strongly and accentuated the speed that this fateful end occurred through her excessive state of fear.

As one of my very great Master Mentor life teachers, RAMTHA, revealed to me and to throngs of others that there are never any victims. We always create our own happy or sad daily life reality.

This is why I urge all of my readers and workshop or seminar participants to be aware of what they hold in their minds, for they are each and all focusing the essence of it into their lives. You create your own sweet or bitterly sour reality. No one else can do it to you or for you. Your free will is absolute.

In that vein, create a wonderful life reality that Mr. Right or Mrs. Right can enjoy lovingly with you.



Chapter 31

The Courtship Begins on First Contact

At this point, simply through the added focus of reading this book and absorbing the information already received, your inner contact with Mr. Right or Mrs. Right has fully begun. The courtship began on *first contact*. Examine the thoughts and feelings you now feel; bask warmly in your hope and your excitement in just thinking about Mr. Right or Mrs. Right soon entering your physical reality in the flesh. Know that Mr. Right or Mrs. Right is probably thinking about and feeling those same elevating feelings. *Once more, for the record, like attracts like.*

Go inside yourself and observe how you feel. Is your pulse racing at the thought of Mr. or Mrs. Right looking deep into your eyes and telling you he or she loves you? Are you longing for his or her touch or for his or her warm and maybe strong or even gentle embrace? Can you imagine how it will feel to be with someone who likes what you like, who appreciates your unique individuality, who loves you just *the way you are*?

Do you yearn or long to reach out and throw Mr. Right or Mrs. Right a mental bouquet of beautiful flowers or to project a long sensuous and thrilling mental kiss? If so, he or she is probably going through this same reciprocal mental courtship already with you too.

As you give more attention to it, this grand courtship with Mr. Right or Mrs. Right will grow in your 3-D dimensional world reality. You always *become what you know and what you focus your attention upon*. This is how each one of us powerful co-creators expands and grows constantly.

The more you *know* about how to court or how to attract Mr. Right or Mrs. Right to your side, the more real that “event in time” becomes! Your dynamic “intent in time” *invokes* it. The Law of Attraction springs into action and the universal principle of the power of invocation and evocation goes immediately to work for you. What you invoke is evoked from universal reality, for whatever you can imagine truly does exist.

From another viewpoint, we cannot emphasize or repeat too much the statement, “The universe will always rearrange itself to accommodate *your* picture of reality”. The universe always rearranges itself to accommodate *your* picture of reality. And one last time for now, the universe rearranges itself to accommodate *your* picture of reality.

Isn't that an uplifting, revealing and fantastic self-realization? This thought is your personal golden key to changing anything and everything you do not like that is in your world now to whatever pleases you—and *that is how all goddesses or gods ought to live their soul-fulfilling human embodiments upon our beautiful Mother Earth!*

You can start at this very moment to envision what it will be like to court or be courted by Mr. Right or Mrs. Right. Do it now. Simply hold the picture of what you want so much you can taste it. It is then up to an accommodating universe to arrange that exact (or as exact as *you* will allow) picture of it in our material world, and only then for you to allow or to accept it into your own personal 3-D world.

Imagine with strong feeling what you might say or what Mr. or Mrs. Right might say at your first meeting. Imagine how it will feel in your heart and soul—and in your throbbing, elated heart-pounding body when you first physically touch—when you both know you have finally met your Mr. Right or Mrs. Right.

Imagine how smooth and spiritually uplifting and expanding it will be to share your future, love-filled living moments—each sweet day after another—with Mr. Right or

Mrs. Right, and then focus and imprint all of what you think and feel about your approaching Mr. Right or Mrs. Right indelibly on your mind and in your brain.

Remember that your creation of anything cannot exceed your *clarity* of what you are about to create. In the same way, a copy machine can only make a copy or picture of whatever is being copied. It cannot exceed it. Therefore, it is wise to make the best and clearest picture in your mind of the sweet, blessed, blissful romantic reality you wish to create for yourself. The picture you paint of Mr. Right or Mrs. Right is by Law what you get, so *make it good!*



YOUR SOULMATE IS CALLING
(Still selling today in 13 languages)

SPIRITUAL LOVE

More than 98 percent of all *love relationships* presently experienced on earth today have *arisen* and are driven purely from body chemistry. This is what we know as biological love. There is certainly nothing wrong with that. Love in any form elevates our human body and spirit. However it is very sad when *less than 2 percent* of all human love relationships on this planet today have a meaningful *spiritual* base.

In an average human lifetime of 70 to 80 years... the average person will manage relatively fleeting seconds of a genuine spiritual touch with others. Perhaps only a total of 20 minutes in severe cases...during their whole life period. Instead of us ruling our bodies...our bodies...our ruling us. What a great waste of priceless consciously God-gifted new life moments.

However a rare few individuals have learned how to be their goddess self or god self so totally that they indeed can know and easily express spiritual love to one another daily.

The ultimate fantasy *of a great spiritual love* is very possible indeed. However it requires ...

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Chapter 32

Are You Ready for Mr. or Mrs. Right?

If you are not ready to have a Mr. Right or a Mrs. Right in your life, he or she will feel that repulsion and will not be attracted or drawn to you. It will also be working both ways; your current Mr. Right or Mrs. Right will not be ready for you.

Since for everyone *there is more than one Mr. Right or Mrs. Right*, when you know you are ready, then that particular Mr. Right or Mrs. Right who is best suited or matched for you *at that moment in time* will also be ready for you.

You might ponder what is that keeps many individuals from being ready to meet their special someone. It is usually either a lack of self-validation or of self-worth. Yes, there are, of course, a few rare souls who have awakened to the knowledge that life is a game, who deliberately choose to play the game of multiple partners and want to keep experiencing a variety of relationships. Some of these individuals will choose consciously to stop playing the multiple partner game, while others will resolve to keep on playing multiple partners—or “one-night stands”—and have only brief interludes of sharing self with one mate until they feel the need to “settle in” or settle down with Mr. Right or Mrs. Right. You have the choice, so you can never get it wrong. What you choose is right for you in the moment.

Men and women have strong core gender differences in their desires and needs.

Men are more apt to play multiple partners than women because of their nature. Men like to have many possessions, while a woman's major thrust is love. A man feels more fulfilled when he possesses and can show off a lot of material

property, which includes his “bevy”—or harem—of easily possessed or available women.

A woman yearns and searches her environment for her one “great love”. She is looking for Mr. Right, a man who fulfills her fantasy of being greatly loved by a perfect man. She is more likely to be ready for Mr. Right at all times.

I have noted that women have a tendency to seek true spirituality earlier in life than men. Therefore, they feel a desire or need to be with an equally spiritual man. There were always a preponderance of women at the many soul-mate or other spiritual and self-help lectures, seminars and workshops I presented across the United States for almost ten years straight.

A woman wants to be loved, and I have loved many in my own lifetime! I personally feel women are very lovable. They certainly make me feel glad I am a man.

This brings up another reason why some individuals are not ready for Mr. Right or Mrs. Right. They are not that strongly polarized in their gender. They are not gay or lesbian, but perhaps feel a small desire to explore a light sexual engagement with someone of the same gender. In this case, until that issue is resolved, he or she will not be ready for Mr. Right or Mrs. Right.

To make the male-female polarity principle work you must *know* and feel like a man if you are a man. Likewise, you must *know* and feel like a woman if you are a woman. Otherwise, the “I am available” electric charge or draw toward the opposite gender is not strong. The very feminine woman or the very masculine man exudes a host of excess pheromones. As you know, pheromones are a class of airborne hormones that signal he or she is available to the opposite gender.

When you personally are ready for Mr. or Mrs. Right, you will be exuding bountiful bundles and vibratory waves of attractive airborne pheromones that will guide Mr. Right or Mrs. Right to you. At that same time, Mr. or Mrs. Right

will be exuding the same amount of pheromones and will be drawing you to him or her. It is how all nature works perfectly to keep the survival of each species!

Are you ready for Mr. or Mrs. Right? If so, let it be so!



WHY & HOW OF MEDITATION

Meditation is a very ancient art. It has been handed down to us from the past by thousands of sages and seers of ancient times who have scientifically studied the many particular aspects of the human mind and the conscious control of it just as diligently as any current modern scientist now studies his particular field of work. Today's *Art of Meditation* is the crowning end product of all the ancient yogas put together. It is properly named *Raja Yoga*...meaning the *King of the Yogas*.

You may be surprised to find that there are several different major known yoga sciences. Each is designed to develop specific areas of a human being and her or his lower three planes of consciousness. In their chronological sequence—of human development on our late blooming planetary Earth—these approaches are:

- A. HATHA YOGA...control of our physical body
- B. LAYA YOGA...control of our electrical centers of the etheric or higher frequency physical our body.
- C. BHAKTI YOGA...control of our emotional body or emotional nature.
- D. RAJA YOGA...control of our mental body or nature.

...

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Chapter 33

The ‘Seven-Year Itch’

If a good public marriage research study were done, it would show that more divorces occur at about the seventh to eighth year of marriage. This is because marriage partners are responding to the “seven-year itch” and may go looking for a little more new sexual excitement with a partner outside of their marriage.

This phenomenon is centered mostly in our modern Western culture at this time on earth where most of our personal relationships are on a seven-year cycle.

This does not signify it takes seven years to get the itch to enjoy an out-of-marriage tryst. That kind of an itch usually occurs about three or four years into the relationship, and it can happen even in what appears to be a most stable marriage. It then takes an average of another four more years of marital dissatisfaction to get out of the marriage or relationship.

A factor that enters into the equation is having religious rules that say you cannot divorce. Otherwise, the relationship or marriage would naturally dissolve when one of the partners is ready to move on. This is because our *genetics* drew us into the relationship but simply do not have enough of an attractive charge to last a lifetime.

This is why I have made an effort for you to understand your genetics and know the ways and means of overriding your DNA codes. Know that *you are greater than your body!* That way you and Mr. Right or Mrs. Right can understand where that tantalizing—or disturbing—extramarital sexual relationship itch is coming from and can consciously choose to override it.

At will, you can load up your own DNA genetics with a powerful enough electric charge to support an enduring, expanding, lifetime relationship or marriage. When or if the itch comes along, you can squelch it by knowing where it came from and that your love and mutually known and shared trust with Mr. Right or Mrs. Right is far more valuable to you than an extramarital relationship. At the same time, Mr. Right or Mrs. Right—who is at your own level of self-knowledge and self-control—will respond to the itch, if it comes, in the same wise way.

The more highly or more fully developed individual, who feels more sensuality in his or her body than the average person, does not feel a need to be sexual even when a sexual arousal occurs. When you have resolved to take charge of your life, you are also in sovereign charge of your marvelous body. Your genetics are no longer the controlling factor in most of your life experiences—*you* are! Your knowledge—*when understood and wisely used*—sets you free!

Simply knowing about the seven-year itch prepares you and your Mr. or Mrs. Right on how to avoid the temptations when they occur. You can consciously choose to ignore it and go on with your stable, yet ever-growing and passionate love with Mr. Right or Mrs. Right.



Chapter 34

Why Settle for Less Than a Perfect Partner

As touched upon earlier, there are six to seven billion human inhabitants on our precious garden-green ocean-blue earth—a literal gem in the heavens. There are enough men and women to go around for each and all of us. You could have multiple partners—all of them exactly right or perfect for you—if you wish. Therefore, why ever even think of settling for less than a perfect Mr. Right or a perfect Mrs. Right?

So many present marriages on earth are rushed into at a very early and immature age in a desperate attempt to captivate a marriage partner. A marriage rushed into through desperation can turn very sour in days, and sometimes within hours, after the wedding ceremony.

When it does, and if the married couple does not separate or divorce, they agonize through a woeful recognized mismatched marriage because religious or social custom demands it. Then when children come along, these dear innocent children are immersed in a seething sea of unhappiness rather than basking in a naturally nurturing, supportive, warm, secure and loving family home atmosphere.

Who wants or needs that kind of grief?

Realize all good things come in good time. There is no rush. When you *center* yourself within the quiet calm haven of your soul, you know you have all the time in the world and your timing to be with Mr. Right or Mrs. Right will be timed perfectly by the Law of Attraction. The soul-centered individual has plenty of time. The ego-centered person insists that everything be accomplished in undue hurry.

Think it through from where you stand—*which type are you?*

You get to choose at each new moment what you wish to think, feel or do. Always try to remember that when you *know your game*, you can play it as long as you wish, however you wish, and with whomever you wish. Your ego is not involved unless you allow it. The wise awakened human soul does what she or he does for the fun of it, for the joy of it, and for the love of it.

At this point, you must *know* there really is a Mr. Right or Mrs. Right who is perfectly suited for you and that it is well worth waiting for that right moment in time to merge your life with his or hers. If you settle for less, it is really like “selling your soul”, isn't it?

Think it through. Would you like it if Mr. Right or Mrs. Right settled for less than you did? Of course not! If you have learned to love yourself, you will only invite the perfect Mr. Right or Mrs. Right for you into your life. No one ought ever to agree to less!



Chapter 35

Vulnerability and Intimacy Must Be Cultivated

No one can possibly love another individual fully until they have “come to grips” with his or her vulnerability, and can thus be completely intimate with his or her Mr. Right or Mrs. Right. Therefore, in the process of wanting a perfect marriage relationship with Mr. Right or Mrs. Right, we need consciously to cultivate our personal vulnerability.

All of us feel vulnerable simply because we hide from our true divine identity. We are afraid to let others see who we really are, what we truly and divinely are. We are also feeling vulnerable when we believe ourselves to be unworthy of the attention or friendship or the sweet unconditional love others want to bestow on us.

Psychologically, this means you feel if others get too intimately close with you they will discover your unworthiness and consequently leave you. If your loved ones or friends, or even family members, know what you really think, feel, or do, perhaps they will disown you, so you choose to hide behind a dense wall of insecurity instead.

If you truly are ready for and want Mr. Right or Mrs. Right to enter your life stream, you need to start working right now on being more and more open and vulnerable, more transparent.

This means you must dare to expose what you think, what you feel, and who and what you are more and more. You can start with little things and build up to what you consider your major shortcomings or “faults” later. However, the paradox here is that when you knock down even a small

wall between you and another, it exposes more of you and makes you feel even more vulnerable.

Nevertheless, you can do it. You are greater than your body. You are also then greater than your genes or your false emotions. The process of going through “the burning bush” experience is worth it. In the end, you will truly be able to *be* loved and to *give* love beyond your wildest fantasies!

Just think how good it will be when you can totally be yourself under any and every circumstance or interaction with anyone or anything, especially including Mr. Right or Mrs. Right.

Get the picture? Hold that vision in your heart and mind. The more attention you give to anything, the sooner and the more you *become* it.

I can tell you from personal experience it is exquisite. You do not have to play the dull and boring low social consciousness games you played before anymore, for what anyone sees *is what they get*. You are you not what society says you must be—or what your family, your church, your friends, your business associates or working associates or lovers demand or decree.

Think of it. You can drop all of the pretenses or masks you had to wear to keep others from knowing who and what you really were before. You have retaken your human dignity and immense self-power back. You are the emperor or empress of your kingdom and have complete charge over all of your domain.

Now the universe stands and waits to implement whatever exciting life adventure you choose in your next moment. And all this new great freedom of hearts, mind and soul is because you took the conscious time and conscious effort to face, embrace and erase your vulnerability and replace it with a wholesome self-ability to be genuinely, intimately *the real you that you are*.

Previously, almost all of your life choices and resulting life experiences stemmed from your biological makeup or

genetics. True love with a soulmate or with Mr. Right or with a Mrs. Right could not be experienced to any great depth simply because your genetics could not supply that kind of a deep and sustaining love relationship.

When you have transcended your vulnerability and are thus able to be deeply intimate with yourself and all others, you will feel and carry a very gentle vibration around with you at all times. You will feel and savor that gentle self you have so painfully uncovered and now so grandly love. This self-awakening and self-empowerment experience is like what the oyster goes through when a grain of sand brings such constant irritation to it. In the end, the dull grey oyster owns a gleaming pearl of magnificent beauty that sparkles and shines within it when duly exposed.

The *you* that you have uncovered by knocking down the walls or by unveiling the veils surrounding you is brighter than a thousand suns and ten thousand times more beautiful than that shining white or rose-colored pearl!

You will really only be able to genuinely touch and feel the loving depth in Mr. Right or Mrs. Right when you have become intimately you through overcoming your vulnerabilities.

The time has come for you now transcend the mass of neurons that function through electrical and chemical firings. That time is here now! Your deep desire is to be able to enjoy life with Mr. Right or Mrs. Right to the breadth, depth and height of your being, and when you succeed in stripping away your veils or walls of vulnerability you will dare to be as unblushingly intimate as you wish to be with Mr. Right or Mrs. Right.

Take the time to know and sense that sweet deep feeling of gentleness within your body and soul. *Dare to be vulnerable!* Dare to be naked in body, mind and soul.

One of the good things that occurs when two people make a decision to “sleep together”—to be sexually intimate with each other—is that at least they go through the experi-

ence of daring to expose their naked bodies. Thus, it prepares the person for the courage to face and embrace even more *windows of opportunity* to unveil or uncover other personal vulnerabilities, even if the sexual tryst or one-night stand was disappointing.

Meanwhile, as you face and go through being more and more exposed or vulnerable, your Mr. Right or Mrs. Right will be undergoing similar opportune challenges, reminding you again that he or she is a mirror image of you.



Chapter 36

Mr. or Mrs. Right is an Exact Mirror Image of You

Take the time to look at both a physical mirror and your mental mirror. Do you like what is being reflected back to you? You had better, as that is who and what Mr. Right or Mrs. Right—who will be coming to merge his or her life and his or her body with you—*looks like*.

Mr. Right or Mrs. Right is always an exact mirror image of you! He or she is a number six frequency if you are a number six frequency. If he or she is a 220 frequency, you will be a 220 frequency. Like is attracted to like.

The point I want to clarify is that we each and all have a sum-total *vibratory* rate. No two vibratory rates of any one species or any kingdom of nature are exactly the same vibratory rate as the other. Every single grain of sand on any one of all the shores of the oceans and seas or lakes and rivers on earth is slightly and uniquely different from any and all other grains of sand in the universe. The facets or faces of each one are weathered or eroded differently and aged differently.

Nevertheless, sand will always be attracted to sand. Via the Law of Attraction, it makes a gyroscopic movement toward being with other grains of sand. This is easy to note in nature. Observe herds of cattle, schools of fish or flocks of birds. Each unique family within nature finds kinship and association with other family members, and the mineral kingdom family members are no exception. This is why gold finds and merges with gold, copper finds and merges with copper, silver finds and merges with silver, etc.

As related more descriptively in my book *Autobiography of an IMMORTAL*, during a sojourn by myself over a 4,000-year-old mountain trail that descended from a mountain peak

and ended on the breathtakingly beautiful golden sand beach of Kauai, Hawaii, I encountered a most majestic sight. I witnessed a field of boulders that had rolled together on the beach, each one larger than a house, side-by-side by the thousands upon thousands. Then abruptly, another graded field of boulders—all about a third of that size—followed for several hundred more yards. In turn, to my astonishment and delight, as I approached and crossed them, I came to another clearly demarcated field of rocks greatly reduced in size, followed by another several hundred yards of gravel. The gravel field ended abruptly to become a continuing broad beach of golden sands glittering in the sunlight.

It was obvious to me that a hurricane—or other great force of nature—had actually perfectly “graded” all of these different fields into almost exact level sizes. I was thrilled by that spectacular encounter.

Years after my “hermit-in-the-cave” experience, I came back. I was dropped back on that same beach by a helicopter. I was astonished, dismayed and so very greatly disappointed to come back to that “Valley of the Lost Tribe”, as it was named, to find that another huge hurricane had come and rolled all of the huge fields of boulders away—perhaps somewhere out into the ocean, for they were gone. It was now a flat, but still gorgeous, greatly extended broad beach of more golden sands.

The point is, like is attracted to like. You and Mr. Right or Mrs. Right are uniquely different, yet he or she is the closest *mirror image* possible of you at any given moment in time.

If you do not like what you see in your physical mirror—or your mental mirror— *change it*. There is nothing you cannot BE, DO or HAVE. The cardinal rule is that you will see and love what Mr. Right or Mrs. Right sees and loves.

When you see and love yourself, Mr. Right or Mrs. Right will also be seeing and loving him- or herself. Here,

then, is one more good reason why you need to realize, feel and own a well-deserved sense of self-worth and self-love.

How much do you love yourself? First and foremost learn to *understand*—or know and believe—you are a goddess or a god in humanly embodied flesh. All *goddesses and gods* are lovable and thus worth loving, including your goddess or god 'I Am' self.

Second, start from this moment forward to feel, think and do loving things for yourself. You really and truly cannot love another until you love yourself, so do what it takes to make yourself a lovable being. Be lovable to all you meet on the incredible road of life, but also be lovable to you.

For example, if you love your body, you will take loving care of it. If your body habits, appetite and genetics want you to eat junk food, processed food, strong drink, smoke cigarettes, etc.; if you love your body, you will say “No!” to any excesses of the above. Balance and moderation is the key. Your strong “No!” position to what is unhealthy says more than a thousand words. It says clearly that you love your body.

This same yardstick or measurement of your love can be modified to apply to anything you choose. If you love someone, you want to be near them. Your close proximity to a loved one is then a lovable act. It is a visible statement and far better than the mere mouthing or breathing out of the *words*, “I love you!” Say the words, of course, but walk your talk!

If you love people, or a Mr. Right or Mrs. Right, you will not only tell him or her or the human sisters and brothers you encounter daily of your love, you will demonstrate your love simply by what you do—or don't do. That loving choice is in your hands.

Being unlovable is hard work because it is unnatural. Being a lovable goddess or god on earth in human form is easy since love and eternal Well Being is your most primal or natural state.

The kind of person you see in the clear mirror or mirrors of life is the kind of Mr. Right or Mrs. Right who is presently well-suited to dance into your daily life any day now. Is he or she the kind of person who is ideally perfect for you? Look again into that mirror on the wall. You cannot change Mr. or Mrs. Right. You can only change you. I can give you an agreement *in writing* concerning that! Only you can agree to change you—and only you can do it. By Law, no one can change another. Look at what picture you desire to *become* for Mr. Right or Mrs. Right and let the universe *rearrange itself to accommodate your picture!*

You can do it.



Chapter 37

Have an Equal

When the *Primal Source* or *One Creator of All That Is* decided to create the loving companionship of you and me, the *intent packet* embedded in the core of each and all of our beings was for us to involute into the darkest void of matter, then back *up* through the process of evolution, and eventually to *graduate* from earth schooling as an EQUAL, not INFERIOR, goddess or god. It is no fun playing or mingling personally or socially with those who are obviously inferior in a *repelling* vibratory way.

The truth is that you and I are “sleeping gods” who, when fully awakened, can arise and take charge of our personal kingdom, world or universe. So why, when you are a very genuine regal goddess or a god, would you even consider in the slightest way living the illusion or lie the rest of your life on earth in mortal human form with a goddess or a god who is not as fully awakened to her or his goddess or god reality?

The Adepts and Masters in life walk and talk with Adepts and Masters. This is because they love and appreciate an equal. The same rule follows in any field or walks of life. Those who become heads of state walk with heads of state. Those who become tycoons in the business field walk with their tycoon equals. Those who are the giant political leaders walk with equal political giants. The meek enjoy walking, talking and loving interaction with the meek. The list is endless, but the point remains. Equals walk with equals.

Nature itself sorts out with whom we associate through the primal ever-present flawless Law of Attraction and repulsion. The group of human beings who walk toward the light, who uplift each other and those around them, are naturally attracted to each other. These lightworkers are repulsed

by those who walk toward the dark. Meanwhile, those who walk toward and in the dark, debasing each other and those around them, are attracted to each other and are repulsed by those who walk toward and in the light.

This explains why criminals or vibratory “low-lives” in our human family love to “hang out” together. It is why the more enlightened or *spiritually elite* in our human family walk so lovingly together.

It goes without saying anymore that equals love to relate to equals and to have equals around them. Therefore, in your travels toward Mr. Right or Mrs. Right, walk with your equals. A travel companion can influentially help to elevate or depress you.

The Law concerning equals gathering with equals applies to sexual encounters as well. As broached upon earlier in this volume, and which deserves more attention: if you are a vibratory ten and your one-night stand or your live-in sexual partner is a four, he or she will be elevated to a seven and you will drop down to a seven. You will remain a vibratory seven as long as you keep having exchanges of sexual fields and fluids with him or her.

You can gradually elevate yourself back up to a ten over a matter of time, or you might have a sudden one-night stand with someone who is a ten, which would raise you to an 8.5 and drop your unlucky newfound sexual partner down to an 8.5.

Every time you encounter any person, place or thing, you *balance out* the difference between that person, place or thing *every moment of your life*. This is why I wrote one of my latest books, *Mental Room of Mirrors–Self-Therapy Technique*. By *mentally* walking into a room with mirrors on all sides, including ceiling and floor, you create a primal mirroring situation where you can mentally break *mirrors of the past* and take back the essence you gave at each encounter with a parent, lover, friend, or any such figure in your past.

The reverse process also works in this mental room of mirrors where you can release the essence you now carry with you of your encounters with a parent, lover, friend or any such figure in your past. You can even shatter all of the endless mirrors you see extending into infinity in your mind and achieve an almost orgasmic release of all old junk being carried around with you. When you mentally step back out into the “real world” again, you will feel like a brand-new minted gold coin or better!

It is *your* body, *your* mind, and *your* beautiful human spirit. You can do what you choose with it. A wise person will certainly choose to walk with an equal. This applies to Mr. Right or Mrs. Right too.

Choose, accept, allow and have an equal Mr. Right or a Mrs. Right walking at your side.



*“By the way, Sue Ann said she mentioned to you about **Willie Nelson** loving your book, The Great White Brotherhood, and that he wanted more copies of it—maybe a half dozen or so would do it for now.”*

Note: Willie shared this book with Kris Kristofferson and many of his other peers. This book also led to a deep spiritual and personal friendship between Willie and me, as disclosed in my autobiography.

Chapter 38

Your Own Dream Marriage is Possible

It is okay to look back toward your past *if you do not stare!* And looking back at my past, I count myself very fortunate for being able to see two older brothers and one sister experiencing ideal marriages! One of them, until my brother-in-law died, easily could be classified as a Mr. and Mrs. Right or a “soulmate” marriage. The latter idyllic marriage state between my sister and her husband was a “dream marriage” every day right to the end when Ben died.

This set the stage for me so that I knew for myself that “heavenly marriages” were possible, and their marriage became a model for my own future marriages. (Please note the letter “s” on that last word.) Since then, I have had more than one such marriage! *There is more than one Mr. or Mrs. Right.* I know it to be a fact through personal experience.

However, looking out at the world stage (mainly our Western modern world) mismarriages obviously outnumber good marriages by at least four to one; and dream marriages appear to be a minute percent.

That is sad. I would much rather see dream marriages for almost everyone and very few, if any, mismarriages. That is why I have specifically addressed my two best-seller soulmate books and this book on advising or guiding other human family members toward creating or finding their own dream marriages as I have—*more than once!* You may read about it in my 360-page autobiography, *Autobiography of an Immortal*.

A dream marriage is possible for you and your own Mr. or Mrs. Right. In fact, it is likely, as pointed out previously, simply because *you become what you focus on.*

A dream marriage with a Mr. or Mrs. Right is sublime, to say the least. Imagine being close to someone who is your

equal and who loves and appreciates you as much as you love and appreciate him or her! Imagine being able to be totally yourself! What a sense of freedom of flight it gives your soul! What a thrilling, heart-pounding rush in your body! What a joy to be alive!

A dream marriage goes beyond your fantasies. It is such a pleasure to stroll hand-in-hand, heart-to-heart, through the wilderness or on the sands of a tropical beach, or on the quiet and, oh so lovely, country lanes or roads in the evening with Mr. or Mrs. Right.

In a dream marriage, the two of you become united in body and soul *as one*. You may pursue different vocations or different fields of interest, but your major interest always is on creating a fun-filled destiny *together!* You can save and plan fun trips to exotic foreign lands together. You can dream any dreams you choose together, and when two are joined as one in thought, the objective becomes a swiftly materialized reality.

There is always a ringing, singing, field or aura of joy surrounding a Mr. or Mrs. Right dream marriage. A dream marriage keeps both marriage partners healthier, younger and far more joyful than normal.

One of the principles that will speed you on your way toward materializing a dream marriage with Mr. or Mrs. Right is the compounded energy of desire to make it so. Add me to the list and you have not one, not two, but *three* human spirits all dreaming of *aiming to achieve the same glorious goal of a Mr. or Mrs. Right marriage!*

This means that a direct *cube* of three or the *power of nine people* is now at work to make your dream marriage a speedy reality! Three times three equals *nine*—you, Mr. or Mrs. Right and me. We three! WE NINE!

My mailing address is included in this book, please write and tell me the good news. I will share your joy of being with Mr. or Mrs. Right *with you*. May it be very soon!



Chapter 39

There is More Than One Mr. or Mrs. Right

This has been a fun mental journey in consciousness I have traveled with you. I hope it was equally as fun-filled for you. If so, please exhibit and share freely this understanding and new knowledge with others who need it.

I have only one final task. It is to reinforce what the title of this book has suggested and guided you toward from the beginning of our journey together: *Find your Mr. Right or Mrs. Right and understand clearly that there is more than one Mr. Right or Mrs. Right who would be a perfect match for you today.* You can do it. You can use the Law you have learned in this volume to find him or her!

Meanwhile, know that Mr. Right or Mrs. Right is waiting, pining, yearning—if not even aching—to be with you right NOW. YES, you had better believe it! There is indeed a Mr. Right or a Mrs. Right for you, just as there is now a lovely Mrs. Right in my own life at this moment. My Twin Ray “Mrs. Right”, Maria, and I have been together now for over 16 years and have a 15-year-old Prince Charming son, John Mathew Michael.

Go for it!

I will be waiting to hear the good news from you. Ask and you will receive. You now know how to do it. I am happy for you. You are on your way to the manifestation of your sweetest life dream. Allow the universe to bless both you and Mr. Right or Mrs. Right *along your daily fun-filled way.*



THE BEGINNING

Recommended High Vibration Books and Study Data

Heavenletters - Book One, by Gloria Wendroff. Gloria has received over two thousand Heavenletters; one hundred fit in one book, so expect a huge series of books soon worldwide. Incredibly high vibration. The book currently is published in English, German, Greek, Romanian, and is expected to be published in about 15 more languages soon. Gloria also conducts awesome Godwriting Workshops. I attended one she held in Munich, Germany. It was fantastic. Join Gloria's worldwide email list to receive her FREE daily email Heavenletter by signing up on her website at www.heavenletters.org.

Ask and It Is Given, by Esther and Jerry Hicks. *The Law of Attraction*, by Esther and Jerry Hicks. Hay House, Inc. - P.O. Box 5100, Carlsbad, CA 92018 USA; www.hayhouse.com; 800-654-5146. Extremely high vibration. **Read ALL of what they offer.** Take a world cruise with Esther and Jerry. See study data, books, CDs, etc., at www.abraham-hicks.com

Home With God, by Neale Donald Walsch. Atria books. I highly recommend **ALL the "Conversations With God" books** by Neale Donald Walsch, likewise, a very, very incredibly high vibration.

All four of the "Matthew" books by Suzanne Ward. *Tell Me About Heaven*, by Suzanne Ward. Terrific insights. Matthew died at 17 and speaks from Heaven. Great E.T. information. Suzanne Ward is on my top 10 list of current spiritual authors. Email: suz@matthew.books.com.

SETH Speaks, by Jane Roberts. **Read all of the many "SETH" books.**

Autobiography of a Yogi, by Yogananda Parmahansa. A classic that is published in 40 or more languages. Be sure to read this one. Wowee!

The Masters of the Far East, by Baird Spaulding (series of 4 books). Very inspirational and a fascinating adventures read.

The Seven Rays, by Alice A Bailey. **All 20-plus books** in the Alice A. Bailey series.

The Magic Presence, by Godfre Ray King. **All of the 20-plus St. Germain ‘I Am’ book series** by Godfre Ray King.

ALL Deepak Chopra books

ALL Louise Hays books

ALL my own Russ Michael books (please see the final section, “Final Note from the Author Scribe...”, for information on how to obtain eBooks and how to subscribe to my FREE daily email Michael Worldwide Newsletter)

Finding Your Soulmate, by Russ Michael. In 13 languages, this best seller is still selling strong after 35 years. Publisher: Jan Johnson Red Wheel/Weiser Books/Conari Press, 500 3rd Street, Suite 230, San Francisco, CA 94107. Phone: 415-978-2665, x102. Fax: 415-869-1022. Email: JJohnson@redwheelweiser.com or visit their website at www.redwheelweiser.com.

Your Soulmate is Calling, by Russ Michael. Hazard Press—New Zealand (in 12 languages). Email: Danielle@hazard.co.nz or visit their website at www.hazardpress.com.

Autobiography of an IMMORTAL, by Michael, ‘I Am’ (AKA Russ Michael). Already contracted for publication in Romanian, Greek and German. I am expecting to contract publication with an English language publication soon. Available to publishers in Word or as a PDF file through email: contact@RussMichealeBooks.com.

THE SECRET–is No Secret Anymore. ASK and There Is NOTHING You Cannot BE–DO or HAVE, by Russ Michael. Available through this publisher, and probably many others worldwide. Available to publishers in Word or as a PDF file through my email: contact@RussMichealeBooks.com OR order directly from the website www.TheSecretIsNoSecret.com

Soulmates, Twin Rays and Special Lovers, by Russ Michael. Latest authored book is expected to be published in many languages soon. Available to publishers in Word or as a PDF file through my email: contact@RussMichealeBooks.com.

HARNESSING the Power of The Universe, by Russ Michael. Coming up next. When completed, it will be available to publishers in Word or as a PDF file through email: contact@RussMichealeBooks.com

What People Are Saying

What Readers Say

“Thank you for autographing my copy of Finding Your Soul-Mate. ...the book was fascinating.”

“My days...were filled with enlightenment. Your lecture and books added tremendously to such. I bought two books then and want to order 3 more.”

“I thank you from the bottom of my heart for your books. As I read them I cry and am electrified as my being comes to know and understand the forces uplifting within.”

“I have enjoyed two of your books already ... my neighbor ... is now reading your [book about] White Brotherhood. They're fine books.”

“Just finished The Secret Great White Brotherhood and almost finished with Why & How of Meditation. Must say I am thoroughly enjoying each of them. Send me catalog of all your books, tapes, etc. ... put my name on your mailing list for other items ... I would like to know more about you and your work.”

“I obtained the pamphlet ‘There is No Death’. ... Please send me as many copies as this will pay for including postage ... I feel the concept is one which will bring great personal happiness to many who are not fortunate enough to believe in this.”

“Send Russ Michael books ... I enjoyed Finding Your Soul-mate and look forward to reading the others.”

“Dr. Michael has opened a whole new dimension for me...I agree with Don Curtis, Russ Michael is great and more, he is.”

“Just wanted you to know how much Finding Your Soul-Mate meant to me...I have given away about 5-6 copies of your book.”

“Your lectures and ideas set forth in your book FINDING YOUR SOUL-MATE still have us searching for ours. The time we spent with you created another level of consciousness...we all enjoyed it very much.”

“...glad you decided to return to this planet for a while, we need you.”

“I’ve loaned SOUL-MATES to Sue Ann, WHITE MAGIC to Billie, and I’m reading the MYSTERIES.”

“I found your book Finding Your Soul-Mate at the ICC Brotherhood.” I literally could not put it down till I had completely read it. Bless you.”

“I want to let you know how much many of us in Omaha enjoyed your latest books.”

“I love reading your e-mails and am collecting your books. Have three would now like to order books #1 -5- 7. That makes three more! Please forward instructions...”

EMAILS FROM EBOOK READERS

“... I'm now reading your 'Soulmate' eBook with great pleasure .. thanks for writing it, it already has given me a lot of hope in this! can't wait to have someone good to manifest on this end .. :)

“I'm working hard on myself so I could have this 'equal' to drop in, soon I hope! I am just now reading the part about 'what' we are really looking for in our soulmate etc,.. it's most inspiring Michael.Thanks a ton!”

CELEBRITIES

“I certainly applaud your intention and efforts to bring more responsible programming to television, and to foster a spiritual cleansing in our nation.”

-Pat Boone

*“By the way, Sue Ann said she mentioned to you about **Willie Nelson** loving your book, The Great White Brotherhood, and*

that he wanted more copies of it—maybe a half dozen or so would do it for now.”

Note: Willie shared this book with Kris Kristofferson and many of his other peers. This book also led to a deep spiritual and personal friendship between Willie and me, as disclosed in my autobiography.

MAN IN PRISON

“I do feel very enlightened by your teachings and by this—my efforts to create good positive soul force has greatly improved.”

Lecture, Conference and Workshop Attendees Say

“Workshop last Saturday was very meaningful to me...I have been studying your book on Meditation. It is wonderful.”

“...a lifetime Experience to my husband and myself.”

“Just a short note to let you know what a profound effect you have had on my life and the lives of many others since your visit to St. Louis.”

“I must say you are the first teacher that I have met that has left us with so much knowledge, and so very much to think about for a long time to come.”

“I got what I needed from your lecture...thank you for your help and encouragement.”

“A huge thank you for a super terrific training conference. The quality of the training ... was the most outstanding of any conference or seminar I’ve ever attended.”

“Russ, thanks so very much for giving our community this wonderful opportunity to hear TRUTH. You are an exceptionally gifted teacher and I want to tell you that I am personally grateful for what you have brought to us.”

“Thanks for a real experience found during your seminar in Dallas...to find new and real beliefs.”

“Thank you again for coming to Tucson and sharing your light and knowledge with us, we enjoyed your visit above all else this year...want to add a word of personal praise to your books, I read them all and am suggesting them to many others.”

“My friend...of St. Louis called me today and told me about the wonderful experience she had in attending your lecture and seminar there. I’m very sorry not to have been present.”

“You have left me much to think about, probe into, thrill over and work with. Thank you for another marvelous workshop.”

“Two years ago Russ Michael gave a seminar on the mysteries here in Santa Cruz. I have made rapid progress since then.”

“It was truly a blessing to be able to attend your lecture...all of us in Little Rock are waiting with open arms for your return.”

“We want to tell you how much everyone appreciated your enlightening lectures and workshops. So many people have been helped with the formula for creating a better self image.”

“A huge thank you for a super terrific training conference. The quality of the training...was the most outstanding of any conference or seminar I’ve ever attended. Doors are opening for me on subtle levels...as I examine my current belief systems and see the effect they have been having on me. It’s a very interesting time.”

*“...it gives me such pleasure and joy to be saying to you—
”thank you for your help—you brought love back into my life.”*

“Your instructions had the effect of synthesizing all the previous information I received.”

Other Instructors Say

“I might add that I have read several of your books and find them quite complementary to my own studies and experience.”

“I’m writing to thank you for your books and your work... your writing has been a great help to many of my students and friends.”

“Fate had it that I didn’t meet you personally Saturday when you spoke at AUM—I must say you left a ‘Glorious Impression’ all I heard was ‘he is so gentle and loving’—some said you were just like me—which means you must be terrific.”

And from another instructor who heads a new-age institution: *“You help us all to see ourselves in the true light of love and great potential! I want to add a word of personal praise to your books. I read them all and am suggesting them to those who are truly seeking. We have adopted your words as our motto. We uphold all that unites, uplifts and expands, etc. Beautiful!”*

What TV Viewers Say

“I enjoyed you so on Damien Simpson’s program. Please tell me how much “Soul-Mates” is so I can order it right away.”

“I trust you and would heed your words...just being able to write to you is a pearl of great price.”

What Radio Listeners Say

“I listened to you on the radio...never have I been so delighted at such a public declaration of Truth, and what with all the hurdles that were thrown in your direction by the M.C. and all those who called in later on.”

“I must say how overjoyed I was to hear question after question met with such spontaneous lucidity and thoroughness, in a manner that, in most cases, the questioner seemed to be able to understand and relate to on one level or another.”

Amazing all the soul force a radio show like that can stir up, all over a city.”

Appreciation from Universities

“...our appreciation of your lecture here at St. Cloud State and to tell you of the widespread interest in your commentary throughout the campus. You adapted yourself well...and presented your format in an easily understood manner.”

“I would like to thank you for the interesting and informative presentation you gave to St. John’s University...the Psychology Club felt that the evening was most successful and appreciate the boost your appearance gave our program.”

Appreciation from Unity Churches

“Thank you for sharing your insights and your consciousness with Unity of Little Rock. I feel that your philosophy blends very well with Unity’s thinking and I welcome your return to the Little Rock area.”

-Don Bould

“Russ Michael is truly a teacher of the New Age. His books, lectures and seminars have reached thousands of students, inspiring them to find within their own consciousness the spiritual expansion and direction which will lead them to true soul fulfillment. I consider him truly one of the highly evolved and inspired teachers in the world today. I know that all who are in touch with him will be inspired and will gain new vision for their own potential.”

-Donald Curtis

Twenty Russ Michael eBook Excerpts

Enjoy!

A scan through these brief excerpts will give you a “feel” of what each of these eBooks can lend toward helping **you** to fulfill what is in your heart, mind and soul.

#1 ***THE SECRET OF SEX AND SEXUAL ATTRACTION***

There is a vast difference between sexuality and sensuality. Most people tend to think they are both sexual expressions. They are related, for sensuality rings out of your sexual reservoir. Yet when sensuality is shunned or turned off because it is mistaken for sexuality by the individual in ignorance, she or he needs to wake up and understand the difference.

The public media outlets constantly brim over with sexuality and violence—two totally different and powerfully opposite conditions. Violence always tends to breed more violence, while more sex only breeds more sex and thus more love.

More sex never makes anyone more violent. Sex releases stress and almost always makes us feel and BE more peaceful. Therefore, mixing sex and violence is like trying to mix water and oil or water and fire. They do not mix.

Sensuality arises from our sex drive. It is a very real flow of incredibly pleasing, magnetic energy that can be felt coursing up through every cell of our body and being.

When you are sensual, you are dynamically alive, as opposed to being a seemingly unfeeling and sexless person. Sensuality makes the blood flow to the face and through

your veins and organs. It brings a pleasing “rush” into your body consciousness and being. It makes you want to get up and conquer the world.

Sensuality makes you feel like being productive and creative. It adds zip to your walk and your talk. Sensuality enhances everyone who has an abundant flow of it in their physical body both physically and spiritually. It makes you unusually attractive and magnetic. Therefore, cultivate and generate your own growing supply of ever on-hand sensuality as much as possible.

Do not buy into the social-consciousness pressure that says being sensual is being sexual. It is no crime to be either sensual or sexual. Everyone is sexual whether they acknowledge it or not, as explained in more depth in later.

#2

YOUR SOULMATE IS CALLING (Still selling today in 13 languages)

SPIRITUAL LOVE

More than 98 percent of all *love relationships* presently experienced on earth today have *arisen* and are driven purely from body chemistry. This is what we know as biological love. There is certainly nothing wrong with that. Love in any form elevates our human body and spirit. However it is very sad when *less than 2 percent* of all human love relationships on this planet today have a meaningful *spiritual* base.

In an average human lifetime of 70 to 80 years... the average person will manage relatively fleeting seconds of a genuine spiritual touch with others. Perhaps only a total of 20 minutes in severe cases...during their whole life period. Instead of us ruling our bodies...our bodies...our ruling us. What a great waste of priceless consciously God-gifted new life moments.

However a rare few individuals have learned how to be their goddess self or god self so totally that they indeed can know and easily express spiritual love to one another daily.

The ultimate fantasy *of a great spiritual love* is very possible indeed. However it requires that both mates know who and what they are...and both feel 100 percent *safe and secure* in sharing and being vulnerable with each other.

Until such a shared intimacy with others is known a fully expressed spiritual life is impossible. Yes...each one of us is a god in human form but only when we know and express it. Otherwise we are operating on and from a mass of neurons...firing electrically and chemically in our biological form...we call our physical human body. The *hu* in hu-man means *spiritual!* *Hu* and *man* together *in one body form* is named a human.

The womb-man...naturally fits this same body/ spirit fusion as a *female hu-man*. A human is a human is a human.

Once *spiritual* lovers *impact* with each other lightning strikes and the deep passionate love they share with each other defies description! *Sheer bliss* is....

#3

THE SECRET PROVEN \$UCCE\$\$ FORMULA TO WEALTH, HEALTH & TRUE LOVE

Thousands of people have made their dreams come true by following the \$UCCE\$\$ FORMULA outlined in this book and presented in my countless lectures in most of the major cities across our vast USA country. There is no reason why you cannot make all of the yearning, burning desires within you a physical reality within any reasonable time that you choose. By the time you have finished reading this book you should feel completely assured that you can and will have all the success that you have ever longed for or dreamed about.

Think about it. If I can make my wildest, seemingly impossible dreams come true—if tens of thousands of other ordinary individuals like myself and you have used this

\$UCCE\$\$ FORMULA to make their dreams come true—why can't you? You can, of course! For no single person or group has any greater access to the universal wealth that is waiting to be shared than you or anyone else who chooses to have it. It is not necessary for you to have a single dollar or a single obvious talent—or any kind of material possessions—to make this \$UCCE\$\$ FORMULA work for you.

The world is an ever-changing pattern of living energies, for no one is destined to hold a star or key position forever! The Creator Source of this world made it a school of learning, allowing each one of us in our own right and time to create joy or sadness, to find wealth or poverty, to know love and warm companionship or express, greed hatred and ice-cold loneliness.

The very substance of earth, sun, moon, stars and endless realms of existence are in constant change. From one very real viewpoint this entire drama of creation is a huge play. The material world at our fingertips at any given moment gives each one of us the props and pieces set upon a huge theatre-in-the-round called Earth. You and I are the actors and actresses in a splendid, exciting living dream, watching and experiencing our faiths and our fears coming true. From this angle all the scenes and acts within this ever-moving-drama-of-life are a dream. As Shakespeare—that wise sage of old expresses—“We are the substance that dreams are made of”....

Just because we take the dream so very seriously does not make it so serious and sombre. Just because the atoms of stone and steel seem so hard and everlasting does not change the fact that they are only an electrical sea of ever-changing light and shadow energy patterns and shapes that will eventually all disappear!

This earth, our moon, our sun and all the stars in the heavens above will someday be gone. Each thing in 3-D life experience takes on only a momentary dream form!

The dream is real. It is significant, it has purpose, meaning and life. The purpose behind and within all dreams is that

you and I learn how to build good life experiences together. That is your and my ultimate creative act.

Our many ‘deaths and births’ of *ideas, ideals, idols*—forms—are only relative expressions. Birth from one side of the coin is death and is life on the other side. From the viewpoint of the *One Life* there is no death! There is only a river or ocean of life moving continuously from point to point, sphere to sphere, world to world and from form to form.

Life moves constantly in three steps from an idea of it to the most ideal etheric form of it...to the final gross form structure—or idol—of it.

In this book you will discover I make my dreams come true because I have learned how to leave the old nightmares and most ideas of limitation behind. Without vision, hope and a dream of something better, life becomes a living death for anyone! That is why the Biblical statement was often spoken. “*Without dreams we perish.*”

#4

WHEN GOD SPEAKS, I LISTEN

God can do whatever God wants to do. He certainly could speak to his human children in a very loud roaring voice if he chose. However a God of love does not intentionally frighten his little children. Therefore Creator Source speaks to us in far softer tones.

Another point to realize is that God wants every single one of his human children to grow up to be a unique and mature God in his or her own self-chosen, thus self-woven fashion. That is the kind of companionship desired by God.

God does not want any one of us to be clones. God has chosen to create a new breed of human Gods on earth. Us Gods, when fully matured, will have our own self-created minds, our own self-created thoughts, our own self-created persons, and will thereby be equal Gods with whom God can forever commingle and communicate with intelligently!

You cannot be surprised or pleased by what a clone says or thinks. A clone can only say or think what that clone's creator says or thinks. That is "old hat" and God has designed His/ Her creations so that we would—through absolute free self-choice—evolve into unconditional, divinely intelligent and equal universal creators as HIS/HER SELF!

Have you noticed in a loud crowd that when someone suddenly speaks up in a soft and quiet voice how almost everyone stops talking and turns to listen? That is how God usually speaks. God prefers to speak in almost silent whispers.

#5

THE SECRET IS NO SECRET ANYMORE...

As revealed in my *Autobiography of an IMMORTAL*, I tried many personally planned experiments and successful mind-over-matter experiments. I have often seen genuine miracles performed by others. I, too, have performed several astounding miracles on my own many times.

Step 1 to 3 in the threefold process of manifestation will always be instant if at some level within our Being we hold no strong contradictory vibrations against what we consciously want miraculously to manifest. I have learned from repeated personal experiences that you must believe or have a very strong faith in your ability to bring forth what you desire. This applies more so, in fact, if you want an instant or any kind of set time or time-limit manifestation.

Through absolute faith, thinking, and belief I that could, I literally went from a state of abject poverty to a very highly self-fulfilling professional career, with a home of my own and was a smug Cadillac owner, in less than six months time. It all manifested as I envisioned and ASKED for six months earlier.

I had known from my mentors that I could not nor would not make such a quantum leap from being homeless and penny-poor to such a secure and exalted, prosperous dream state of existence unless I totally believed my transi-

tion could and would occur within a miraculously short time period of six months.

A very important point to understand is this: IF I had asked to be, do and have this bright new financial state within one month or even three months, my “faith”, or self-belief factor, would not have allowed such a seemingly impossible desire to manifest. Yet in sensing or “feeling” toward my own future from where I stood, I felt fully confident and very certain my steadfast desire would manifest. I needed to allow me, for my belief factor, at least six months for my impossible dream to manifest physically into my world.

Six months later, as is very detailed in my autobiography, the three great desires I had asked for “lined up” to be in my very real, living, joyful possession. You must understand, as I did then, that the vibratory place I then stood in consciousness to where I wanted to be was far too different from where I stood to be an instant, or even a three- or four-month manifestation from the ethers. To go from “where I was” to where I then “strongly wanted to be” in three short months was simply too big of a jump for my mind to accept. Thanks again to all my mentors, by Law I knew I had to believe absolutely in what I “believed” in. My mind found a six-month manifestation time-frame lag possible, and it proved to be true.

I knew the Law of Attraction would only permit what...

#6

THE SECRET DOCTRINE OF THE ANCIENT MYSTERIES

...Where have the secret doctrines of the ‘Ancient Mysteries’ come from? Who formulated them into this immutable unchangeable set of laws governing every aspect of life in form?

The answer is countless human souls gave their entire lifetimes to a constant quest after truth. These persistent seekers became high Initiates, Adepts and Masters of Wisdom as they relentlessly pursued, found, and utilized truth. These now sacredly aware Holy Men and Holy Women pioneered the secret *Science of Life, the ancient Wisdom Teachings* eons ago.

... The ancient doctrines comprising the long held secret MYSTERIES were formulated far back in the distant night of time, long, long before our tiny planet Earth came into existence. The knowledge about these immovable laws of life and nature were handed up by spoken word from generation to generation—from planet to planet—from sun to sun—until all the Sons of the Suns of the Sons and Suns in the heavens—and sentient humanoids upon the countless planetary bodies like our earth—are today able to discover the secret. Or perhaps led or drawn to He or She—in their midst—who holds the Keys to the Kingdom....”

#7
FINDING YOUR SOULMATE
(Bestseller—selling in 12 languages)

“... In this end times age the conscious urge of soulmates to yearn and search ceaselessly for their beloved counterparts grows daily. Memories from the ancient past return to hold their enticing image before us. Somewhere in the distant night of time, one special someone meant more to our soul than any other. This wondrous remembrance lifts our hearts and turns our minds’ gaze toward this one brilliant STAR rising in our future heavens. ‘Where, oh where, is my soulmate!’

“...When you find that particular ideal who meets the high standards of your own soul, then you will find and know your own soul-mate. The two are one. Every soulmate who comes into our life is there because he or she has responded to the timely invocation of our own soul. When we

ask with firm conviction and unswerving faith, then we shall be given our desire. It is an esoteric Law, that every invocation must be met by an evocation. Every time we lift our earthly matters up, we bring our spiritual substance down more into worldly being. The God within us becomes a more radiant living reality outside of us. Your ideal does exist. May he or she unfold rapidly within your present field of awareness ...”

#8

THE SECRET SCIENCE OF WHITE MAGIC— THE SCIENCE OF THE SOUL

“... An even greater paradox: Both white magician and black magician use the exact same laws of nature to accomplish their objectives...but only up to a certain point. The reason is simple enough. Energy is energy. Pure energy can be used for good or bad. It contains no black or white qualities within itself....

The time finally arrives when the white magician forges ahead—transcending 3-D laws, gaining wisdom and power—while the black magician is damned by his own nature to remain confined within the lower threefold spectrum of earthly existence. The white magician gains deep insight and mastery over the intuitive plane. Her or his power now becomes profoundly greater than the black magician’s.

The black sorcerer has severed himself from his soul and has no means whereby he can tap energy higher than the lower mental plane. He remains limited to life and substance at physical, emotional and lower mental levels. These three-dimensional planes of consciousness act literally as a confining barrier to the black magician. He must remain within this reduced spectrum of reference until the form of which he is a part—in this case our planet Earth—Ascends or disintegrates. At that time he or she the ego is reduced back to primal nothingness... lost in the dark night of time. ...

Perhaps you understand now why when our Mother earth Ascends, the DEAD ZONE will vanish....

#9

***SCIENCE OF THE SECRET
ARCANE DOCTRINES***

Every conquest of an ascending 'plane' of consciousness makes the disciple an *Initiate* of that particular degree—of the physical plane—First Degree Initiate; emotional plane, Second Degree Initiate; mental plane, Third Degree Initiate; intuitional plane, Fourth Degree Initiate; spiritual plane, Fifth Degree Initiate, etc. etc. etc. on and on through infinite levels of Creation. When the initiate achieves mastery over the five lower planes of our planet She or He is technically known as a Master, although She or He is recognized as an *Adept* after the Fourth Initiation.

How do you, or anyone so desiring become an Adept? She or he achieves Adepthood when she or he sacrifices and forsakes *mortal human ego* self, moment by moment, for the good of humanity. The Adept lives on the plane of the soul and She or He radiates the *Love of God*. She or He reaches ever upward and increasingly identifies her or his "I Am" self with the Will of God.

An Adept can release his physical body at will and create—out of matter—a new body, a flesh and bones reality. She or He can travel anywhere at will in our planetary and solar systems while embodies within any of these self-created "embracement" bodies.

An Adept is telepathic, clairvoyant, and precognitive and able to do every kind of white magic—and more— that anyone in human form can imagine.... Yet there has been too much emphasis on the psychic powers—or side—of the Adepts. This has produced much glamour and illusion about them. An Adept is still limited—within a much larger framework than you and I—yet that limitation is binding and real. By no means is he a God with infinite powers. An

Adept is only an Adept when he *functions consciously* as such.

By no means are the members of The Great White Brotherhood ‘out of’ this world. With a few rarely known exceptions, most of them maintain and operate a physical body like our own.

An Adept is just as ordinary as you or I in our daily pursuits of life.

Why do most Adepts remain in seclusion from the mass of humanity? Their seclusion is not necessarily physical seclusion, for several of them live unknown among us. It is seclusion in thought and word; they don’t tell us who they are. So you may indeed look with great suspicion upon any loudly and self-proclaimed Adept...for this is contrary to all occult rules. They will appear and give their true identities again—as soon as humanity is uplifted enough and ready—but *in no case* will they *herald the fact* publicly.

#10 **100 TRUE RAMTHA** **MIRACLE STORIES**

A master named George R., from Eatonville, Washington, explained to me how he had used the teachings he learned from the RAM to materialize \$80,000 cash in a few short weeks.

George had been looking around for what he considered the perfect home, where he could live in the days to come. He finally found it but he was exactly \$80,000 short of the price. He knew that the home was his already in consciousness, so he sat down and did the manifestation technique he learned from the RAM.

He clearly envisioned, saw and felt the \$80,000 coming to him.

The next day—driving along tourist shops at a pier—George had the strangest urge to stop at an outdoor bar and

have a bottle of beer. Now George didn't even like beer. But he remembered how the RAM suggested we follow up on ideas and feelings that bubble to the surface of awareness.

So George stopped for a beer. I had a similar such experience, as related in my Autobiography.

Shortly after George was seated and sipping his beer he overheard the two men beside him talking about 500,000 plastic egg cartons. One of the men said he needed to hire someone to dispose of them to make room for other merchandise. George perked up his ears. The instant he heard the man talk about the huge surplus of egg cartons, his mind leaped to the knowledge that seed companies plant seedlings in egg cartons, and one of the major seed companies might possibly be interested in purchasing them.

George leaned over and introduced himself to the two men. After a brief chat, he took the name and telephone number of the man who owned the extra egg cartons, and told him he had an idea of how he could get rid of the egg cartons at no cost to him. If it worked, he would give him a call the next day.

First thing the next morning he called one of the largest seed growers in the country. No surprise. The delighted company's purchasing agent told him indeed they were short on egg cartons. The buyer agreed to buy all of the 500,000 cartons on hand. He wanted another million if George could supply them. Next, George called the man with the egg cartons.

He bought the egg cartons and sold them to the seed company at a profit. By the time the seed company quit ordering a few weeks later, they had bought three million egg cartons from George.

When George tallied up his profit, he had a little over \$80,000 cash in hand, exactly what he needed....

#11 *LIFE IN THE DEAD ZONE*

You are being fed upon—whether you know it or not—whether you like it or not. That applies to anyone who feels the slightest tinge of fear, guilt, anger, depression—any one of the lower six generic vibratory emotions that our brain ‘lumps together’—as almost countless in-between sub-emotions we feel. All emotional feelings of any kind are caused by electrical friction. They are body irritants similar to the tingles of an electric shock. They are literally electric sparks within our body.

Feeling is totally different from *emotion*! Feeling comes as a divine communication from inner you to outer you, from *someone* else to you, or from *something* else to you. The ‘line of direction’ of feeling is from the One to the Many.

Feeling comes from the center or Source of selves or things. It is spiritual in essence, while emotions come from an overload—or under-supply—of physical body energy. It acts like a mental or physical body irritant. Feeling is like a holy message from your soul that signals something is right or wrong.

Our brain only *recognizes* six generic human emotions: (1) JOY, (2) DEPRESSION (3) FEAR, (4) ANXIETY, (5) LOVE and (6) ANGER. You will note that two-thirds of these basic human emotions are negative. Also consider that we are using the term ‘emotion’ very loosely here, since joy and love are certainly positive inner ‘I Am’ godly-self *feelings*!

Entities that inhabit the DEAD ZONE over the eons only get their chemical charges of “wet electricity” through negative human emotions. They frantically devour these energies since it is the only way that they can continue a *live* existence. Otherwise, they would soon disintegrate—fall away—into nothing (no-thing).

Thus the ‘thing’ that is eating you—or me feverishly, or anyone else that feels negative emotions—is very alive and

very hungry. It is a *vampire* since it feeds on the life energy of others!

It lives and grows a little more in the DEAD ZONE every time you and I, or others in human form feed it.

#12 *DIVINE PSYCHOLOGY*

When the three bodies of man are interpreted in terms of electricity, then accuracy concerning the material and psychological states of man can be expected. Until then all the fragmented sciences will continue to work in error. Modern science knows much about the material world, but almost nothing about the life aspect. And at present there is no single branch or science of learning on Earth that deals with the whole organism of man. Thus none of these sciences can deal adequately with reality.

As long as the material concept of one plus one equals two, instead of three prevails, science will remain blind to the higher laws of the universe. Dimensional consciousness is needed. But never fear, many scientists who read these words will do so with an open mind; many will be inspired to blaze open amazing new frontiers—within their own field—or apart from it. The old-timers, who are unable to change their present fixed view, no matter how logical the new ones present their case—or who simply cannot comprehend the mystery of life at causal levels—will die out.

There is a *new breed of scientist appearing*. She or he is open-minded and naturally think in whole terms. Many of them have discovered the use of a formal meditation technique and are using it to expand their insight into divinity. These new-age scientists will gradually...

#13
***THE SECRET BREATH–
TO HIGH ENERGY AND
AGELESS PERFECT HEALTH***

You too personally can summon the energy or *chi* needed to surmount seeming impossible obstacles and personally conquer even the final last enemy of mortal human being, DEATH itself....

Masters and Adepts of both the East and the West learned and taught these very same 'how to' breathing techniques to 'chelas or disciples' for eons.

In addition you will learn the 'merkaba' thoughtform or exact mental image you can use during your inhalation and exhalation of the secret breath.

With practice you will learn how to couple this powerful secret breath with a *whirling merkaba* mental image and a soon divulged subtle, slow lower unfolding body motion that will activate your lower 'seals'–chakras, or centers–and quickly crank up–elevate the atomic, molecular, cellular and vibratory frequency rate of your entire physical human body.

One step at a time. We will 'make haste slowly' so release any fret or worry that you might not understand '*how to*' do it.... As we move along the simple steps–both to understanding, and to the actual breathing and body movement exercises–will flow to you and through you like a river.

#14
***FINDING MR. RIGHT
OR MRS. RIGHT***

If you are in pursuit of MR RIGHT or MRS. RIGHT I am sure this book was literally *made for you*.

My of my former best sellers, Finding Your Soulmate and the sequel to it, Your Soulmate Is Calling–at this date,

respectively published in 12 and 13 languages worldwide—have generated countless heart-felt letters to me from almost everywhere around our globe. Most of my book readers are trying *to make* a soulmate out of someone they have met or know, rather than having the patience to wait for or to draw a perfect MR. or MRS. RIGHT to them!

Think it through... *Are you doing that?* You cannot *make* a soulmate out of just anyone. Either the natural inner and outer dynamics are there—created by you and MR. or MRS. RIGHT—or not. If not it is a foolish waste of your time and his or hers. Why waste any more time or energy on what does not work? Release any tight death-grip you may be holding on with in that now known impossible relationship . . . since it is obviously going nowhere—and is usually a ‘living hell.’

Life is too sweet to waste racing around after someone who really does not care for you—or have any romantic interest in you—even though you feel or think you are ever so madly infatuated with them. That is not love. That is a aa clung to illusion or delusion, a useless and often miserably spent waste of valuable personal energy. That vitality could be far better used discovering who and what you really are and who or what you personally really want—or need—to be sweetly fulfilled and happy.

Be assured. Knowledge and understanding of simple universal Laws can—not only ‘set you free’—it can make you physically and mentally balanced, healthy, filled with a genuine daily passion for life and lead you to making your sweetest and wildest dreams come true!

MR. RIGHT or MRS. RIGHT wants you as much as you want him or her. You only need to know how to work the law of Attraction.

#15 ***MENTAL ROOM OF MIRRORS– SELF THERAPY TECHNIQUE***

Our common heritage is to be *consciously creative* dreamers.

In fact we can correctly state that the major three-dimensional purpose within each one of us is to make our dreams a living reality. We can actually give substance and life to anything we can imagine..providing our desire and persistence is strong enough. Countless others have already done it. I have done it. You can do it...if you have not yet already done it.

I once consciously used self-suggestion to create a lovely female fantasy dream lover. Within a few evenings of persistent suggestive effort I managed to physically materialize her and to engage in seeming very real sex with her—all through a long amorous night with her—to my and her heart's delight.

We finally fell asleep ecstatically in each other's arms. When I *awoke* in the morning—of course—she had vanished but my exquisitely shared night of passionate love still remained a ringing, singing, tingling lucid and valid memory to me. I can recall it at will to this day...many, many years later.

All that was required by me to give life to my fantasy lover was the vivid construction of her being in my mind, of her sweet feminine pure naked beauty.. coupled.with my very strong desire to sexually engage—at a consciously experienced physical body level with her...in my dream. It simply took a few evenings, night after night, of strong self-suggestions and the placement of *a window of opportunity* for her to materialize into my open and waiting arms. The window or *trigger* I used is the suggestion that I would fall into a deep sleep and I would be awakened by a sudden natural sound—like a dog barking or whatever—sometime during the night. At that point I would open my eyes consciously

and my now summoned lovely naked female lover would appear and melt into my open arms with a smile—and in a sultry inviting female tone—speak the 4 spoken words, “*Well...here I am!*”

On the third night of my intense invocation and desire this very alive...lovely *vision* materialized in my arms in that exact blissful manner in a torrid and impassioned sexual dream episode.

Was she real? Yes, to me—and to and through all my sentient human bodily being—she was just as delightfully solid, real and sensuous as any other truly memorable sexual tryst that I have experienced with another loving female in my life.

It may interest you to know I was prompted to create—and *to give life to*—this fantasy lover of mine after reading how this famous hypnotist author had described in detail how he had self *hallucinated* a huge friendly and playful bear. The bear was very solid and real to him but invisible to others... I associated the word bear with bear.

#16

THE BIRTH OF EARTH AS A STAR

Just as you already now know—body and soul are two different things—your *spirit* and your unique *life spark* are vastly different aspects of your being. Your *life spark* is the core reality of what you are! Your human spirit and human soul was created *after* you came into your physical human embodiment..actually at the very first time you took possession of a human form.

As a living light entity you already possessed a life spark or central core identity—a primary central *you*—when you first incarnated into the human flesh. That powerful vibratory tone or note is what holds your unique self-identity together in whatever dimension of reality you plug into or into which you plunge.

What is known as the invisible human spirit today was created from the residue of neurons firing throughout your physical human structure. Everything from your head to the toes of your human body keeps alive—and keeps regenerating new cells—because the core ‘tiny sun’ light of your alive ‘I Am’ light-entity self-being—residing in your human body—is firing off the neurons.

There are countless neurons in every organ, limb, trunk or brain of your being. They act almost in the same way that spark plugs in a car engine ignite and start the process of propelling the needed energy to run a car. Your miraculous human body runs off of something even more refined than spark plugs—*through zillions of neurons*. These neuron are what keeps you alive, happy and growing—from the fetus and infant stage—to a full-sized adult human being.

Most esoteric or metaphysical books make a decidedly wrong assumption. They teach that your human spirit incarnates into your body. **WRONGO IN THE CONGO!**

Here is precisely how you personally create your very own human spirit...The erection of your spirit begins immediately upon the entry of your life spark into the point of conception, moving on through the growing fetus or the young child stage. You could delay an actual ‘entry’ into your birth body via the process of consciously surrounding—or enveloping—your body up to age four, but actual physical entry is seldom later than age four.

Once you take full conscious command of your human vehicle every molecule and particle of your human body—down to the atomic and subatomic levels of being—begin to carry or sound your particular spiritual tone, a note based on your very own unique vibratory frequency wave.

Your neurons keep firing—to maintain and rebuild your human form, according to the blueprint encoded by your DNA strands and gene pool—they however fire with excessive energy, more than needed. It is this residual energy radiating out of your body which quickly and continually builds your auric or spiritual body being.

#17
THE SECRET GREAT WHITE BROTHERHOOD—MASTERS AND ADEPTS OF PLANET EARTH

... Is there really more to your life and mine than this brief span of dimly lit consciousness between life and death in our human form? Where have we come from? Where are we going? Is there really a God, a Christ, a Spiritual Hierarchy, a secret Great White Brotherhood?

Are there a divine purpose and a “Plan of God” working out on this planet? Is life as we know it here upon earth more than a mere accident of nature? Is there a deeper, higher, broader and truer meaning to your life and mine than what we feel or perceive at this moment in space and time?

All these important questions—and many more—may fully be answered for you in this volume. My entity—a very human entity known to you as Russ Michael—is consciously linked with the White Brotherhood. My knowledge on this subject goes far beyond exhaustive book reading and the mental collection of a vast storehouse of facts.

The *secret* Laws of Nature discussed in this book are laws that, like you, I must work with daily. I have learned these laws through personal experience and *conscious, experimental* application. Like many others, I Am one of many “Brothers” already here now in the flesh. I make no outlandish claim to be an Adept or a Master myself, nor even an Initiate of a High Degree. Let it be known that I Am here on Earth simply as an unwavering disciple of truth, with a mission to serve humanity and my Elder Brothers in whatever capacity that I can.

An enlightened soul knows ...

#18

WHY & HOW OF MEDITATION

Meditation is a very ancient art. It has been handed down to us from the past by thousands of sages and seers of ancient times who have scientifically studied the many particular aspects of the human mind and the conscious control of it just as diligently as any current modern scientist now studies his particular field of work. Today's *Art of Meditation* is the crowning end product of all the ancient yogas put together. It is properly named *Raja Yoga*...meaning the *King of the Yogas*.

You may be surprised to find that there are several different major known yoga sciences. Each is designed to develop specific areas of a human being and her or his lower three planes of consciousness. In their chronological sequence—of human development on our late blooming planetary Earth—these approaches are:

- A. HATHA YOGA...control of our physical body
- B. LAYA YOGA...control of our electrical centers of the etheric or higher frequency physical our body.
- C. BHAKTI YOGA...control of our emotional body or emotional nature.
- D. RAJA YOGA...control of our mental body or nature.

Raja Yoga—the here last listed yoga—evolving out of the *Aryan Race* of our body of Earth humanity. It is known as *The Royal Yoga* because it contains all the disciplines and functions of all the many major former yoga's. The *physical* body is first to conquered and controlled...then the *electric* or *etheric* body...then the *emotional* body...and finally the *mental*.

In all aspects of life the lesser forces are controlled by the greater. The greater also contains or holds the lesser. This universal Law is immutable, forever inviolate...

Meditation *concentrates* the many processes of a *held* thought. A mind *focused* on any objective—and held on it for any length of time—can accomplish *miracles*. As I wrote this

chapter a newspaper headline of the Long Beach Press-Telegram stated, *DIES, THEN REVIVED BY HYPNOSIS!*

The newsman who reported this rare episode disclosed that a woman had no **radial** pulse...she had stopped breathing. Her blood pressure was 0/0 and the heart revealed no sounds. She was declared *medically dead*...but she was *talked back to life* through hypnosis administered by *Dr. James T. Milton*.

We call these amazing demonstrations of focused thought–*miracles*–only because we have not yet defined the specific energy relationship formulas involved.

Probably the most impressive revelation in your very first practice of meditation–to those readers introduced to it for the first time–will be a modestly humble–but rather joyful–introduction to your silent “I Am” *inner* and real self. Meditation will take you further and further behind the scenes of our *perceived*–seemingly so physically *objective*–but *illusionary* universe.

#19

AUTOBIOGRAPHY OF AN IMMORTAL

My eyes opened wide in shock at what I heard. The loud inner voice spoke again, repeating the same sentences of the stern directive to me once more exactly, word for word.

“There is no way that you will spend the rest of your days vegetating here in a cave. You must bid your brother goodbye and begin your journey back to civilization this day. Hear me. I have spoken.”

I knew instantly that I was NOT dreaming or imagining things. This was the voice of my own *Higher Self* that I had heard so clearly on my life path on Earth at appropriate life-altering moments before. I knew at once–no matter how much of a paradise *Heaven on Earth place* this exquisite tropical valley was for me–there was no way that I could or would choose to defy such a clearly stated inner soul com-

mand. I obviously had to “get up, go forth, and do ‘my Father’s business.”

When I told the hermit—Dr. Wheatley—that I wanted to gift him with my copy of *Volume 3* of The Masters of The Far East book series because I was going to be trekking back across the 4000 year old trail to Lihue, then back to the Mainland of the USA . . . because I had been given that decree from inner spirit upon awakening—he was shocked.

However—being of calm spirit—he took it in stride. He said that each soul must do what he knows he must do, for that is why he left civilization. He extended his hand and wished me the very best trip back along the trail and great success in my plan to do what I could do to awaken a still very barbaric human Civilization to the fact it had a Divine Soul and a Divine Source.

My trip back on the 4000 year old trail was much easier and quicker. I knew what to watch out for and how to find the path again much faster, and where nature had ‘wiped out’ a portion of it. I estimate that it took about 17 hours of continuous hiking, with occasional very brief rests. Dr. Wheatley had given me six sweet ripe oranges to eat along the way—along with a good supply of dried coconut in a goatskin knapsack—so that energized my body and being and eased my trip back toward Lihue immensely.

Once arriving, around midnight—back at the same North end of the highway, where the arrow sign pointed toward the old 4000 year old trail—I began walking south toward Lihue and got a lift from a man going to his late night job. When he asked and I told him where I had come from and where I was going he was amazed and wanted to be as helpful to me as possible.

He dropped me off in the central section of Lihue, beside a small Pentecostal missionary church. He advised, since I was flat broke, to sit and wait there beside the door until morning and talk to the Pastor of the church and his wife. He was sure they would find or supply a place for me to stay and help me find work so I could earn enough money to catch a plane back to Los Angeles.

He was right. In small towns everyone knows almost everyone and the Pastor and his wife were a God-send. They were very charitable and helpful beyond words. While I was there, the main Lihue daily newspaper called and sent a reporter to interview me and did a write-up of my trip. One of their reporters had actually flown in by helicopter to interview Dr. Wheatley two years earlier. They learned a black hermit was living in The Valley of The Lost Tribe—so my meeting and talking with Dr. Wheatley was a ‘human interest’ story—which they eagerly published.

Approximately 15 years later—in my journey forward through time—I would meet and establish a good friendship with Dr. Christopher Hill, at a huge spiritual conference where both of us lectured and conducted workshops. Christopher was the man self-destined to introduce SPIRULINA into the mass consciousness awareness of Earth humanity via his Light Force group.

Christopher Hill had also left civilization to live in a cave for the very same reason I did. In addition Christopher and I had the very same identical experience of the Holy Spirit sending us both back to civilization to complete the ‘mission’ we had agreed to complete on Earth before our human embodiments.

In less than two months, a part time job brought me enough saved income to buy a one-way ticket back to Los Angeles and my Hollywood friends.

#20

SOULMATES, TWIN RAYS, AND SPECIAL LOVERS

“Now” is probably the second most said—and yet, not fully understood or appreciated—word in any language. The first most misused word is “*love*”. We will speak of love in later chapters of this volume, but now let’s put our attention now on the word ‘now.’

In brief, the past is gone. Thus in reality—and that is what counts—our *past* simply does not exist any more. The future is equally as nebulous. Nowhere can it be tapped, probed—or found to exist—in our very real now moment. Scientists can try and try senselessly forever to probe—our past or future—but it is nowhere ‘on record’ *now*. It’s because—from our very limited physical three-dimensional perspective—or view—only the one *Eternal Now* time exists.

Right now. In this immediate now—planetary moment—Earth is laden with promise. It’s now that more and more souls—abiding here—will be attracted to and will find their *soulmate* or Twin Ray!

It has been ordained that all of us embodied on Earth now—as you will hopefully understand before or by the time you finish reading and pondering this volume—are *destined* to meet and merge now with our own very, very ‘special lover’ in these swiftly closing—final days—of our *duality* cycle upon Earth.

This warm intimate human gender duality union is simply a needed first step in the ultimate mergers of humanoid individuals with individuals—then groups with groups—and nations with nations. This is how we each and all get to personally know ourselves—as loving brothers and sisters—of one mighty, lovingly unified *human family* on our daily ever more radiant *Star Nation* Earth.

In the now unstoppable rebirth of our 3-D physical Earth—into a 5-D *newly born* renamed *Terra*—all of us—who so choose—will rapidly be attracting and merging with our *soulmates* or our Twin Rays. The ‘light of knowledge’ and the new ‘light of the soul’ has lifted mass human consciousness to—*now* sudden new near critical mass heights.

This in turn leads all of us on Earth—to the higher dimensions around and *within* the sacred ‘*I Am*’ self of each and all of us....

Never before—in the more than 8 million years of sentient souls embodied in humanoid bodies—in our universe, has there been a time—or a human inhabited planet—when

soulmates and Twin Rays ‘call out’ so loudly and so strongly to each other!

We are privileged and so very fortunate to live in what is now known in spiritual terms as the *end times*. The *end times* does not mean the end of our *physical* world or—the destruction and end of any planet—solar system—or near or far galaxy, in the omniverses, or cosmos. It means one fully experienced life cycle or *turn of events* has finished as those—in whatever kingdoms of nature or bodily form—simply and naturally, move on to *greater good*—in the endless realms and ‘many mansions’—of *God’s*—our Creator’s—vast and infinite universal reality!

Final note from the author scribe...

In addition to my best-seller, *Finding Your Soulmate*, which is still selling in 12 languages, I have written more than 20 published self-help books and I invite you to obtain and read them all.

After my death experience at age 18 and in the unfolding due course of my spiritual work, I have received thousands of letters of gratitude from readers of my books and from many grateful attendants of my workshops who have found their soulmates or their Twin Ray life companions, or made their wildest, most impossible dreams come true. A few days ago, I received an email from someone who recently obtained and read my 360-page autobiography.

Dear kindly eBook reader,

This is what Carolyn Tester had to say to me about *Autobiography of an IMMORTAL*. Bless her heart.

I don't think I have ever enjoyed reading anything as I am now doing with your autobiography. I'm now beginning to read slower and slower ... as the end of it gets nearer ... a habit I've acquired when in a GOOD read.

*Love to you and yours,
Carolyn Tester*

If you enjoyed this or any other books of mine, please encourage your loved ones, friends and associates to obtain and read them all.

I suggest that you obtain my own *Autobiography of an IMMORTAL* or any of my current 13 eBooks—soon to be 20 or more.

Enquire now (or later) at:

www.TheSecretIsNoSecretAnymore.com

Or contact me at my personal email address:

Michael@RussMichaeleBooks.com

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You can soon listen to my 3-minute podcast, read my brief bio or surf through the “Table of Content” pages of my many obtainable eBooks.

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.....
Bless your heart, forever and forever. Bless us all. We are all blessed.

.....
*In living and loving gratitude to All That Is
I Am–Russ Michael*

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