



THE SECRET

IS NO SECRET

ANY MORE

by Russ Michael

**The Secret
is
No Secret
Anymore**

**ASK ...
and There is
NOTHING You Can-
not
BE, DO or HAVE**

By **Russ Michael**

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

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ASK ... and there is NOTHING You Cannot BE, DO
or HAVE
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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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READER FRIENDLY ‘HOT TIPS’

Have FUN!

First go read what you want to make come true most of all for you.

Then read one or two other of your “favorites” before reading the “why & how” it works.

Keep it “light” all the way. Please have FUN with this book.

As you know, a good self-attitude will certainly help to achieve “wonders”. I expect that miracles will soon be your “daily meal”.

So be it. (SMILE)

Russ Michael

Introduction by Author

Even if you already know so, your vibes are far, far more important than you may value, think or realize. So is your attention.

Back in the early 1960s, during the fantastic birthing of the Flower Children, all of us then on the leading front of creative thought were talking about how we could sense or “tune in” to the vibes of our new friends or acquaintances.

Perhaps at a mass human consciousness level, sensing or being aware of the vibratory nature of people and of places and things in the 1960s cracked open the door leading to the awesome end times that humanity on Earth is today feeling and preparing for with great anticipation and rising joy! Are you also sensing and feeling it? I Am.

My death experience at age 18 was the rapid-fire catalyst for my spiritual awakening, as reported in some of my published books and in detail in my recently authored autobiography, which is already contracted to be published in three other major languages: German, Greek and Romanian. We learn best from in-person living experiences. Yet, I learned of the sudden, dramatic difference between vibrating at our sluggishly slow 3-D vibration versus vibrating at my true high-speed, non-physical, inner-soul self-identity at my sudden death experience.

I felt and knew in rapid-fire flashes of consciousness of the electrical nature of Creation, including my own thought and distinct, unique ‘I Am’ self-identity feeling of a calm, eternal integrity. A whole-“I”-ness—a holiness—of self-being. Also, at the same time I knew that my 18-year-old physical body had died, yet, paradoxically, that there is no death of self; for I was certainly still a very whole, and even more-than-ever alive and sentient, feeling, thinking Being. All the while, my physical human body was totally lifeless.

There was no heartbeat–no breathing–no vital signs whatever until my conscious return into it more than 10 minutes later.

As I explained in detail in my 61 chapter, 361-page, autobiography, dying at age 18 was the best thing that could have happened to me. It awakened me to the reality of the vibratory nature of our universe, of our selves and of all of Creation.

My hunger and thirst for knowledge and self-mastery at consciousness and physical body levels had begun from that moment. I was given a conscious choice by God to return back into my then existing lifeless body, and that was my instant and very, very thankful choice.

My search for knowledge–for a greater awakening to the truth and absolute Laws of Life–the foundation stones of All Existence–of All That Is–began upon my return to this body. I wanted to know all about the obvious dual nature of our grand 3-D duality world, thus then in due course, I was soon quickly led step-by-step through a pall of adventures and onto many remote paths, including my long trek to a hidden wilderness cave on the island of Kauai, Hawaii.

Ask and it is given.

Most of all, my searching led me from Master teacher to Master teacher. I was unconsciously asking–for I was offering the clear vibratory desire–to know more and more of God’s great Universal Laws of Life.

Because I was offering that vibration, the right books fell literally at my feet or into my outstretched hands. By following the sage advice of my Master teachers, I have learned that, instead of me saying Abraham said this or Master Jesus said that, by pondering and understanding what I learned, I too could simply state what I now know so well in my various books or all of my lectures.

For ten years, I traveled across the USA, conducting a daily, heavily booked cross-country lecture tour each year. I was asked to be a guest on more than five hundred radio

and TV talk shows through the 1970s and 1980s. What a fun time.

Most of my Master teachers had asked their chelas (students) to teach or rewrite books centered on what they had taught and what the student had learned. I have followed their advice. Therefore, you will find a brief list of spiritual books at the end of this volume that I strongly advise you obtain and read, if you have not yet, and if that is your wish.

You are God's co-creator, whether you might agree, accept or affirm and allow recognition of it, or not. It IS your rightful heritage! If you do not yet know the great personal importance of where or on what you place your attention, you will hopefully understand why this is your Golden Key by the time you have finished reading this book. We become what we give our attention to.

Is it an accident that you are now reading this exact book at this exact moment? You summoned or asked for this kind of information, which then is now so readily, literally, at your fingertips. What you do with what you find in life is entirely up to you. You alone can choose where to place your precious attention. I hope you will use what you find here to prove for your own self that there is nothing you cannot BE, DO or HAVE.

So be it.

Have fun. Please let me know through the contact information I have posted at the end of this book if you have any brief comments or further questions concerning what you have read in this volume. Bless your heart. And know we are—each and all—connected by soul and spirit. At our core center, we are each one another in the One Loving Vibratory Embrace of our One God of all Creation.

In JOY, Russ Michael

PART ONE



**PHYSICAL
VERSUS
NON-PHYSICAL**

CHAPTER 1

The Non-Physical Creates the Physical

There is nothing in Creation that you see or sense at any level in our vast three-dimensional world of duality that was not created by the extension of thought—from God’s loving non-physical Creators, you, me, and all other fully aware or half-asleep divine sentient creators by default.

God Almighty, knowing all things, thought out and created, via thought and focused imagination, an infinite way to expand All That Is of God Self and all Creation to extend and exist forever and ever.

When our God imagined this life of you, me and the literally countless life forms comprising Creator God’s perfect reality of Love, Light and Power into Creation, the fact and reality of an infinite Creation—or of Eternity—was at that moment birthed in the Eternal Now of All That Is.

We—God’s thoughts—are God’s “offspring” or “children” of Light, Love and Power. We are each and all God’s very beloved children. We extend literally from God Almighty. God breathed life into these “divine images” that form each of us where we now stand in consciousness. This then enables us to be alive, to cognize a visible 3-D creation.

However, few of us embodied in visible creation know or recognize that the visible (what we see) is merely a true mirror extension of the invisible, which alone is the one source of all that is visible or seen in dense physical form around us.

For example, even if we do not see a warm summer breeze or a strongly raging wind, we do feel or see the effects of that wind in motion around us. We can feel the heat of life in vital flesh, yet none in the flesh of a dead body. That life that is in a

body or that has left a body cannot normally be seen through human eyes. Yet it certainly was the very real non-physical life awareness that “lived in” and had created whatever unique personality, physical “shell” or form and world it alone abided in.

When our One God of Creation extended us all as divine, sentient and co-creative “outposts”–or fragments of God’s One Self–we were each and all born. We each and all rightly inherited a sacred, unique, ‘I Am’ self-awareness or personal self-identity. This, then, is the real non-physical you that you are.

The brilliance of God’s thought and loving gift of individual life to each and all of us is what in time and space created, at the real non-physical level, what our awed scientists today look back at and call “The Big Bang”.

Each and all of us fully inherited the Divine thought and the Divine power to create through free will whatever we choose to manifest–wherever we stand or move through any aspect or in endless dimensions of our One God’s Creation. You and I create our daily living reality, whether we know it consciously or not. All co-creation follows and responds to God’s Immutable Laws of Creation, within us and around us in all of Creation.

The point to realize soon is that it is your very own non-physical, All-Powerful, Self-Being that creates each and every physical form, sight or knowing of any reality we personally perceive or experience, and there is nothing you cannot be, do or have!

Ω

Chapter 2

Why & How You Create Your Own Reality

God creates you, an eternal spirit daughter or son of God, as a co-creator. You have rightfully inherited your own grand creative ability. You, an extension of God Source or All That Is, will come to recognize consciously that there is never, and never ever will be, an end to your own great creative power and thrust.

Creation is not a static, finished state of Being—quite the contrary! The very nature of God—and you as a sacred, living extension of God—demands a steady flow of never-ending ideas or thoughts, all instantly created the moment they are thought or conceived of by God as a whole, or by yourself or myself or any other sentient life form. We are each and all our own God-Self eternal extension of our One God Self.

Every fragment of God is endowed or gifted with free choice and a free will to choose whatever is wanted or desired at a physical or non-physical level.

As a unique self identity—be it a sentient sleepwalking human being or a butterfly or an elephant; or any aspect of Creation like a cell within us or a star above or a busy bee before or beside us, we can and we must choose at each new ‘now’ moment what we each and all newly desire.

No one can create your reality for you, for me, or for others. God’s laws prevail eternally. All are absolute and immutable. God gave you, me and every other God fragment in existence the gift of freedom—of free choice—and the power to create whatever we could desire or would ever conceive.

The world we know or perceive within and around us at this very moment of Eternal Now is far beyond our human physical imagination. We do co-create it.

You—a furthermore extension of God at a human physical level of existence—helped make Creation as you see and know it at this instant. Without you, the endless panorama of our entire vast and gorgeous universe would be a completely different configuration of Light, Love, Power, form and physical Being.

You are a conscious (or unconscious) creator of worlds at every moment of existence, whether you are aware of it or not. When you make a choice, the entire universe, by law, must rearrange itself to confirm to the immediate joyful task of extending and expanding itself further by way of the addition of that unique creative chosen thought you personally offered to All That Is.

I definitely create my own reality—and so do you—and the more certain and confident you are about your own powerful creative ability and the eternal fact that you do create your own reality, the sooner you will see a full manifestation of what you want to BE, DO or HAVE.

You can do it.

Ω

Chapter 3

When You ASK You Receive Instantly

Time intervals as we know or think of them in our physical 3-dimensional world do not exist in reality. Therefore, there is no time lag from when you ASK for something, no matter what it is, to the instant fulfillment of what you asked for or desired by and through God Source.

In fact, by Law, all you ever wanted, or that everyone else has ASKED for, was instantly created. If it is not manifest now, it forever exists “in escrow”, so to speak, at a non-physical level. When it is no longer blocked, therefore allowed, it will eventually manifest in full 3-D reality in the physical life stream of the creator who asked for it. Want all you want. It is how all other sentient co-creators enjoy and create the diverse and so beautiful universe we perceive.

Every thought God-as-a-Whole or any one of us eternal co-creators in all of Creation has ever thought now exists. It is “tapped” or utilized by anyone aligned with or vibrating at that thought-level vibration—anywhere in all of Creation.

It does not matter what you ask for or what impulse or desire you are “offering” or projecting. The moment that a desire in any form radiates out from you, it is fulfilled instantly. Your desire can be to win some lotto or bring in a sudden flood of welcomed money into your life stream, or find a soulmate, or fame, or for huge \$ucce\$\$ as a songwriter or a singer, or as an author, or for more secure self-empowerment.

Whatever your mind can conceive or want, our God Source fulfills what you desire at that precise same moment. There is literally no thing you can imagine for yourself that is impossible to achieve!

The reason why you do not experience “a same time” immediate, physical manifestation of your desire is clear. You are holding resistance in one, or many, subtle forms and it blocks an instant 3-D manifestation into your world of whatever you want to be your terrific new reality now! My intention—and my own asking and my ever-present strong hope—is that before you have finished reading this entire volume, you will understand the “art of allowing”. You will ASK, acknowledge, accept and allow so completely that, with practice, you will soon realize and know beyond any doubt through personal experience and with absolute knowing that there is nothing you cannot BE, DO or HAVE!

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Chapter 4

Only 3 Steps: ASK–God Gifts–You Accept

Creation and co-creation always has been and always will be a literal one-two-three step (step 1, step 2, Step 3) process. As you must already well know or understand, a gift does not become a gift until that gift is first personally received. You, the co-creator of the gifting process, must literally accept it.

Therefore, please understand, even though our Great God Source Parent gives us each and all whatever we ask for, we have the eternal God-given right to accept or to deny our loving God’s instantly extended gift to us.

This means that though we desire or ask for it, you can or I can—and often do—consciously or unconsciously block what we have asked for. We can resist it. Don’t we often resist by a strong contrary belief, a false idea, or a false image that does not match the vibration we offered?

Like is attracted to like, so the Law of Attraction was not activated. Your gift waits and waits endlessly in Universal es-crow. It will manifest before you when your personal vibration is a perfect “match” for it.

To recap: all three, 1-2-3, steps must be taken before what we desire can physically manifest. We must ASK, Step 1. God Source gifts us what we want instantly, Step 2. We now need only accept what we have asked for, Step 3. We must allow or accept what was given when we asked. Is that now beginning to be understood thoroughly? The Law never fails.

You were attracted to reading this book because the great Law of Attraction drew it to you. You obviously want to be a powerful, conscious and deliberate co-creator of your daily

reality. Thus it is done. Read on. Enjoy and give thanks for our spectacular stage, or theater-in-the-round, we know as our magnificent, gorgeous Mother Earth. Rejoice, and read on.

When all three of these vital steps are duly completed, no matter what, there is nothing you cannot BE, DO, or HAVE.

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Chapter 5

God's ONE Non-Physical Step

All That Is, is ONE. The Law of One prevails forever. As a conscious, self-aware 'I Am' co-creator identity, without hesitation whenever and whatever you ASK God Source for is given in total, complete fullness to you the moment you “emit” or radiate a new vibratory thought or idea. Your attention and focus is powerful beyond belief.

It does not matter if you are in a physical or nonphysical human—or other sentient—physical embodiment. Offer All That Is God Source a new want and you receive all you ask for without hesitation. It is yours at the very moment you ASK. That is God's one step. You and I as co-creators have nothing to do with Step Two. God Source alone can and does take—or make—that vital step when we ask.

Think this through. When you ask—and God gives—and you allow manifestation of that in and through your world, all of Creation expands. It is how and why Creation is unending; eternally full and brimming over with more and more sacred or divine Goodness or Godness.

God-the-Whole always does Step Two without hesitation. Now you simply need to understand the Law and follow with Step Three. You take Step One and Step Three and “it is done”. It is God's will that you are a co-creator in Creation.

If you can understand this 1-2-3 concept and “let God's will be done on Earth”, there is nothing that you cannot BE, DO, or HAVE.

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Chapter 6

Your TWO Non-Physical Steps

At this point, if you understand what has been revealed in this volume, you know that God Source never fails to instantly gift you with whatever focus or desire you put or place into the Universal creative mix. This must and does happen when you initiate Step One—when you “ask.”

Let’s pause at this point to realize God gave us each the precious gift of a unique ‘I Am’ self-identity. You are eternal. You are literally, truly, an immortal. As a genuine daughter or son of God—made exactly in God’s image—you are, by virtue and design, a unique and furthestmost extension of ALL God’s Creation in both worlds, the non-physical and within your vast physical world’s seemingly dense and rigid, daily, personally lived reality.

You have been created in the exact image and Being of our Creator God. You are by design and nature a co-creator. You have access to all thoughts, ideas, or constructs that have ever been thought, activated or dormant, that exist in the totality of ALL of our One God’s infinite Creation.

You have one aim or purpose; and that is to further extend and expand God’s One Creation with limitless Light, Love and Power. You were born to find blissful fulfillment, joy, love, light and power in and through all of your inspired creations.

You also need to know what is meant by the word or act of ASKING. In simple language, God has promised to manifest instantly whatever you—a daughter or son of God—choose to ask for in your world of reality. You ask and you receive—whether in or through nonphysical or physical levels of God’s Creation.

You co-create when you ask; therefore, you need to know exactly what ask means.

ASK means whatever you give attention to, at any level or dimension of Being. As you evaluate the diverse fields of every conceivable contrasting thought, feeling or image that you perceive at any moment and give it your attention, you are “asking for it”. As a deliberate co-creator, when you focus on any thought, feeling or image, you are “activating” it to expand in your world. You are “asking for” whatever you choose to extend—or grow more of—in the physical garden of your own sweet “Eden world” on Earth.

Universal Laws need to be understood. All Creation exists under God’s perfect Law. The universe we abide in expands and expands only through *inclusion*. Exclusion does not exist. God and Universal Laws never judge if your perception is “good” or “bad”, or is “true” or “false”. You simply always get MORE of whatever you focus your attention upon.

By this Law of Inclusion, whatever you choose to give the sacred privilege of your unique live attention must extend or grow in your world. There are no exceptions to this Universal Law. Is that understood? That understanding and conscious, moment-to-moment, remembrance of it is your daily Golden Key to “the good life”.

This means by the immutable Law of Attraction, you must draw more of whatever you give your attention to for any length of time into your world. You are a co-creator. This then reveals exactly how you co-create whatever enters your neck of the woods. Its how we always create our own reality.

By giving your attention to anything, you are literally and really asking for it. ASK, and it is given.

Thus, Step One is very important. Through understanding the Law, you save so much grief. Working with Law allows you to thrive beyond your imagination! If you want more money than is currently flowing in your life current, instead of focusing on lack, focus on prosperity and abundance. When your focus is on having more money than you will ever need to spend, you

co-create that as your reality. If you focus the majority of your time, thoughts and powerful feelings on NOT ever having enough money, guess what? Your thoughts or feelings of a “lack” means you are asking literally for continued poverty. Ask and you receive.

Remember, you get what you ask for, and in the vibrational language of the universe, if you continue to offer your strong vibrational thoughts and feelings of lack or of fearful poverty, you are asking for more of the same. You must understand our universe has already been ‘programmed’ by God to give you whatever you ASK for the moment that you ask.

Practice holding your focus on one thought at least 17 or more seconds each time many times day and night on what you want from now on. If it is more money you now desire, then simply, vividly, clearly begin imagining, seeing, feeling, tasting, touching and basking in bigger and bigger money income streams. It is how all good will soon stream into your world with increasing regularity and gathering momentum.

Your Step One in being a successful co-creator is easy enough. You are already doing Step One all the time, whether asking deliberately or co-creating by pure default. As long as you are alive in a human embodiment, you will never stop making moment-to-moment choices for what you desire or where you choose to place your attention, and thus activate this non-physical Step One. Mind is the creator, but remember to co-create from your heart.

Step Three is equally simple and easy to complete. Simply acknowledge, accept, and affirm or allow what you consciously and truly desire. It’s how you will greatly speed up and assure the physical manifestation of all you want or can imagine! This, too, is a pure mental or heart and soul non-physical step.

We will look more into how and why our every desire can be fulfilled ahead. For now, know and remember: with your understood and well-practiced thoughts and feelings, there is nothing you cannot BE, DO or HAVE.

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Chapter 7

Instant Versus Time-Lag 3-D Manifestations

Yes, it is possible to have instant manifestations of desires. I have seen others do it, and I have done it too. I do know from my own personal experience and clear observation that it is possible to set the stage to manifest a desire instantly.

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 transition 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 I desired when my own personal vibratory state was equal to, or vibrated in exact resonance with, what I desired. Like can only be attracted to like.

The same is always attracted to the same. The Law of Attraction is at work every instant in the Eternal Now—in whatever dimension or universe you live in. It can and does instantly, or gradually, help you to fulfill Step Three.

You will see the exciting and uplifting instant manifestations of your desires at once, if your faith is strong enough and if you are offering no resistance—no conscious or unconscious blocks—for the flowing current to manifest what you want.

“Think it through”, as that marvel Master teacher Manley P. Hall urged often in the 1960s to those of us fortunate enough to ask for and to find that massive pool of spiritual knowledge he held and dispersed freely and so widely into the world.

Think it through. If you do not possess the vibrational “offering” of what you ask for from the universe, the great Law of Attraction must and will wait through all eternity if necessary to deliver it in 3-D space-time to you. Delivery must and does come when you and what you desire are a personal and exact vibratory match.

You have been a co-creator of all that is seen, known or not known from the moment God created you. God gifted every desire that you asked for to you instantly. Over long eons of time and space in 3-dimensional duality, in continual cycles on the endless wheel of your many human births, deaths and new re-births, you have contributed greatly to the great extension and expansion of our One God’s endless, eternal, ongoing Creation.

This means you have asked for many awesome things at every known level of sentient existence in your endless physical or non-physical array of existences. All personal co-creator desires are “held in escrow” within your own unique ‘I Am’ self’s subtle inner non-physical “causal” body. An ancient desire can currently drop into your daily life from out of seeming nowhere, providing you are now a vibratory match to it. Isn’t that a truly exciting and uplifting thought? You are richer than you can ever imagine. Try that sweet thought on for size too, simply because it fits.

This is why all of the Master teachers like Jesus or Abraham, and countless known and unknown others, have taught us—each and all—to raise our vibratory level through various known processes. The closer we vibrate to God Source energy, the more joyful, or even blissful, our daily lives in a physical human embodiment can and will be.

I learned this truth in my deep hunger and thirst for knowledge. The very first book I wrote in 1970 was titled, *The Why*

and How of Meditation. My several Master teacher mentors—to whom I was personally drawn to via the Law of Attraction—taught their disciples or students the value of raising their vibrational state. We were urged to simply spend more quiet moments in silent or soulful meditation.

If you truly want to speed up the manifestation of whatever you desire, then learn to spend some “quiet time” with your dynamic, real, ‘I Am’ inner-self identity. In no time at all, with practice, you will really sense or feel a great difference—a major upliftment of your vibratory state. This is possible even after your first brief ten-minute meditation period in the silence.

In time, you will note how you become more and more adept at feeling a calmness. You surely will feel more centered and at peace even if sudden personal emotional or physical storms are brewing all around you. A state of harmony holds a very high vibratory rate. It helps protect you from harm too.

Yes, yes, be assured—instant manifestations are within your own reach. In due time, you can make miracles be your almost daily, moment-to-moment, life style. It is not too much to ask! I hold that desire with you. Know now that more than ever in your mind and heart- of-hearts, there is nothing you cannot BE, DO or HAVE.

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PART TWO



VIBRATION

Chapter 8

All of God's Creation Vibrates

Vibration is life. Vibration points to energy at work. It is a sign of life expressing motion. The slower the vibration, the slower the speed, or awareness faculty, of the life form. The higher the vibration, the greater the awareness or life expressed within that, or any singular or collective, non-physical or physical, life form.

All of Creation, from the smallest known particle, atom or molecule to the largest known or unknown star in our heavens of existence, vibrates with the pulse or life of Creator God. Be assured there are no exceptions.

A new vibration creates a now new response to and within the entire universe. Unfathomable as it may be to our mortal mind, whenever any localized or individualized fragment of Creator God in the universe emits, and thus sends out, a new vibration, by Law the entire immensity of the universe must rearrange itself. There is then an instant change to accommodate the so slightly, or now so much greatly altered, picture or perspective of reality for all of the hosts upon hosts of countless God-fragments within all of our One God's Universe. Isn't that some picture to see and hold?

Keep vibrating. All of God's Creation vibrates. There are and never have been any exceptions.

Ω

Chapter 9

What Is Not a Vibration

Is there anything that you can think of or point to that is not vibrating?

If you point to a dead body of a human or animal, then you need to get a closer look. For while it is true that the unique ‘I Am’ or aware God-fragment that did abide in that human or an animal form is not visible, the unique personal identity of the departed inhabitant is certainly alive. It now vibrates at a very much higher speed in a much higher vibratory dimension.

I knew that consciously through my own still vividly recalled sudden departure at age 18 from this body I inhabit now. This is not a speculation about higher vibrations; it is a factual, personally known and fully real, very self-revelatory, forever indelibly remembered life changing self-experience.

In addition, within the limbs and organs of the now seemingly lifeless body of the previous host, there is a teeming network of billions and billions of life forms. Most thrive and work at their own magnificent and enthralled level of life existence.

If you examine a “lifeless” body of one of thousands of soldiers returning from Iraq—contaminated with exposure to depleted uranium—you must factor in the “half-life” radiation or vibration of the radioactive DU, which may run into thousands, if not millions of half-life years. There are signs of life vibrating everywhere.

Actually all that anyone—including any scientists—can ever point to is a vibratory rate measured by human senses or by scientific devices severely limited to measurements made at a 3-D level perception or instrument. Yet, no matter how large or how small the God-fragment occupant of that now seemingly lifeless or dead mass, it is very alive. It also may be vibrating

much faster in other more subtle dimensions or levels of Being and always orchestrated by the Law of Attraction.

All of Creation—anywhere and everywhere—is alive and vibrating. There are again no exceptions. By our sacred heritage or birthright as God's children, we each and all will be vibrating on and on forever through all Eternity. Isn't that an exciting thought? That excites me. I hope it moves you. A sign of a vibration is a sign of life.

Thank God!

Ω

Chapter 10

Who or What Are You

You and God are the exact same Source energy. You can never be separated from your God Creator. Nor can God Source ever separate from you. This explains why you are IMMORTAL. God-the-Whole is you. You are God-the-Part and are inseparable from God-the-Whole, forever and ever and ever.

First and foremost, the ‘I Am’ identity that you know as yourself, by whatever name or title, is a forever connected, extended, constantly expanding God fragment or extension of God Source of All That Is. This is why and how we each and all live in an infinite, ever expanding Creation.

To understand who or what you are, it may first help to look at or see some sharp contrast of what you are not. You are not your mind. You are not your thoughts. You are not your feelings. You are not the variety of emotional ranges you create in your self and world. You surely are not your fleshly physical body molecular mass.

The unique you that you are is both an aware, nonphysical consciousness, as well as a sentient, aware physical Being. You are here thinking and reading now in your co-created physical body. You are a unique one-of-a-kind sentient soul—a human-body-mind-spirit individual. You are an ‘I Am’ Being that knows your whole “I” self and sums up all of who and what you are in this now moment on Earth as an everlasting, aware point of life that is alive and immortal. You are eternal and infinite at your core reality.

Your particular perspective or framework of reference will determine the aspect or attribute of All That Is—forever newly formulating this Divine Human Creator Being that is you. All of God’s Creation vibrates, so the you that you are is an individualized universal vibration. You are more than a loose-knit bag

of bones and flesh and blood with a very adept, sophisticated and highly mobile or adaptable animal body form.

I repeat for emphasis. You and God are the exact same Source energy. You can never be separated from your God Creator. Nor can God Source ever separate from you. This explains why you are IMMORTAL. God-the-Whole is you. You are God-the-Part and are inseparable from God-the-Whole forever and ever.

The physical body you wear during all of your countless extensions, births, exits, and rebirths into a seemingly dense, 3-D time-space reality is simply a new robe you wear each time—a coat of skin worn for a brief moment in your ever-changing, ever-expanding God-the-Whole’s vast Creation within a seemingly physical light-wave universe surrounding you.

You deftly navigate your physical body daily amid—or through—an apparent, insecure, contrasting physical world perspective. You view six potential right-angle directions within a duality-formulated space in a 3-D world: up, down; right, left; forward, behind you.

You are the key non-physical seventh direction of physical 3-D space. You are the spiritual source center of your body and Being. You face outward in six directions of your 3-D physical space field, which forever radiates out—from you within to you without—to complete a full 360-degree circle.

God is Love, Light and Power, so you too are Love, Light and Power. God-the-Whole is the One Creator. God Source in you, as God-the-Part, is what instantly co-creates what you desire on Earth, or what you create in whatever dimension you abide in or move through at non-physical levels.

God is Eternal Life and you are Eternal Life. God is a true blessing to all of God’s infinite Creation. And you—a true daughter or son of God—are a true blessing to All That Is in our forever all-expanding Creation.

Don’t you feel good (God) about who and what you are? If not, keep reading. You will. I do.

Ω

Chapter 11

Thought is a Vibration

Thought is a vibration. It travels faster than the speed of light. Every thought that God-the-Whole, you, God-the-Part fragment, or any other co-creator has ever thought is now yet alive and vibrating. It is accessible to any individual anywhere at anytime in the Eternal Now. It vibrates in your own life stream wherever you are at any moment at any place in all of God's grand cosmic Creation.

Our Earth scientists have long known the exact speed of light. They now speak of intergalactic distances in terms of light-years. Yet, you or I can think of our pale moon or any bright star or a distant huge constellation like the big dipper and our thought has already traveled to contact and become a part of it instantly.

Thought is non-physical. Yet every particle, atom, molecule or fragment of Creation we see or know of, visible or invisible, micro- size or macro-size, has been duly created by thought.

Mind is the builder.

Thought is the most powerful co-creative tool we possess.

Because we have received the joyful God-gift of free-will choice, it behooves each and all of us to watch our thoughts. We all need to tune in to and be aware of our daily, moment-to-moment, almost continual, inner mental chatter. Whatever thoughts we give our attention to creates exact similar vibrations, high or low, in us and in our world. Whatever subject or object we choose to give our steadfastly strong, full attention to registers and soon duplicates an exact same vibration in us. It reconfigures every single cell or particle of our body throughout our whole vibrant human Being. By Law, we become what we focus upon.

All thought starts as a small force field in your mind. Yet, any one thought you hold in focus for only 17 seconds will raise your own personal physical vibratory rate to another new vibratory level. When a steadily practiced or constant personal focus of your attention to any subject continues, it reaches a dominant pitch in your vibratory mix. Then the Law of Attraction is summoned and draws the subject or object to you. Or it will draw you to the subject or object of your deliberately held focus. You become a magnet. Every thought is a miniature magnet that becomes a powerful magnetic force of attraction when layers upon layers of thought accumulate around any subject or object. This is how critical mass states occur.

This is how all—and perhaps your own—great fortunes have been and can be made. It is how success in any field was and is soon achieved. It is how a sweet soulmate or a destined Twin Ray is slowly—or suddenly—drawn into your own conscious physical life stream currents, your own highly magnetized personal reality.

A thought is a thought is a thought.

When you give your full attention to anything, you add thought to it and it becomes you. So choose your thoughts wisely. Be aware that the new guest you invite into the many mansions of your vast Being will be a future visible representation of what you truly desire. Thoughts breed thoughts. In time, thoughts breed action. Action breeds action.

A steady focus on fearful thoughts by Law must bring fear-filled events to the individual or any collective consciousness that holds to fear as a dominant thought.

A steady focus on happy thoughts by Law must bring joy-filled events to the individual or any collective consciousness that holds to happiness, no matter what, as a dominant thought.

No matter what your own present state of health or wealth is said or made out to be—even if a doctor has just given you a death sentence, or you just experienced the jolt of a sudden bankruptcy, or your personal situation seems utterly impossible—if you can still think, rejoice and be free!

I assure you from the depth of my heart, soul and mind, if you keep reading, and understand and use what you learn of the Law, in moments, hours, days or months of your own very deliberate focused thought and high want, there is nothing you cannot BE, DO or HAVE!

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Chapter 12

Your Feelings Are Vibrations

A feeling is a vibration that lets you know you are or are not in alignment with your God Source. There are also only two basic individualized emotions or feelings: you feel good or you feel bad. All other feelings or emotions are simply greater or lesser vibratory level plateaus to reveal if you are feeling closer to God Source or further away from God Source.

The absence of love is fear, in the same way as the absence of light is dark. Let's scan some of our many easily sensed human ranges of feeling.

Joy is the highest personal vibration we may feel. It ranges from simple happiness to sheer bliss. Fear holds the lowest vibration. Fear can range from doubt to utter depression of a human body and Being on Earth. This holds true in out-of-body experiences too—like lucid astral journeys during a sleep state or in near-death experiences.

In our three dimensional world of duality, we hold a very wide range of vibratory feelings from love down to fear. We might even be heavily settled in at a lower range of boredom and slowly lift upward to contentment. We may tap other subtle, yet higher vibratory ranges that lead us further upward to optimism and, finally, step-by-step, all the way back up the Golden Ladder of inner soul self to great human happiness, or rise to an even higher steady state of daily radiant, shining joy.

Fear holds and shows itself in a tremendously personal wide physical range of emotions, from being worried down to abject depression or to a complete sense of helplessness.

A personal neutral state of boredom may drop downward in lower vibrational feelings that we would identify as being overwhelmed, to sudden worry, or to anger, or guilt—or down, down, down to utter, heart-rending, fearful powerlessness.

Powerlessness is a personal terror-stricken, heart stopping, deep down to the very lowest, bottom-of-the-pit vibratory range of stark and dark pure black fear.

Fortunately, each and all of us have total free-will choice to think—no matter how dire or hopeless any of the matters in our physical world level appear. Remember, thought is powerful. Invisible, subtle thought not only created every particle and atom or form of visible, seen or sensed physical mass, but also every single subject, object or event in time and space. It also created our wide human range of personal sentient feelings. A new thought can free us. We do not need to be stuck forever in a mood or a depressed state.

The fastest way out of any seeming emotional dilemma at any level or dimension of our Being is to change our thoughts. This then changes what and how we feel. We are never without a very exact and perfect true inner guidance system or directional pointer. A good feeling means we are moving closer to God Source. A bad feeling means we are choosing the wrong thought or action.

Good equals God. By reaching for and focusing on higher vibrating thought, we feel better and move ourselves a step or two up the emotional scale to the next closest available and acceptable higher personal feeling.

For example, when we are depressed and are feeling we are in a powerlessness situation or circumstance, we will always feel better if our thoughts turn up toward anger. We can feel anger toward our own self for finding our body and soul Being in such a dark state. We do not need to stay and swell with anger. But anger feels better than listless, lifeless depression. Even socially unacceptable feelings of rage or low thoughts and feelings of vengeance are a notch higher and a better feeling than back there in the former black pit of depression and fear

paralyzing powerlessness. Reaching up from a lower emotional set point to the next higher plateau is a much easier and more reasonable reach. To lift out of depression, we can choose a thought of blame, regret or of disappointment. All three of these emotions are a higher vibration. Each feels much better than depression, thus translates as a move forward, upward and onward. All are in the clearly felt right direction.

Even though these emotional mindsets are perceived as negative by those who do not know or understand the feeling of depression or the lack of self-empowerment, these are most assuredly firm, good steps up the Golden Ladder toward our most desired and very natural state of wanting to feel happy. We all, deep down inside, want to be joyous all the time, whatever we do or wherever we abide. Who does not want to be happy?

It is rarely possible to make a sudden giant leap from a low state of fearful powerlessness and depression to a high feeling of optimism or happiness. The Law of Attraction works best for you naturally step-by-step. Like is attracted to like, and depression is not like joy. Yet, it is vibrationally nearer to anger or hope.

By Law, like attracts like, and our current or present state of consciousness, or attitude IS where we dwell. We cannot expect to win a big lotto or be unbelievably rich when our emotional set point is focused on feeling lack or we feel fixed in abject poverty.

The mighty, unerring, always just, Law of Attraction will draw a sudden windfall of money to us from seemingly thin air when our expectation factor is a perfect match to the riches that stream or pour into our expectant mind and hands. I have done it often, and you can do it too. Isn't that thought and feeling worth a big smile? So be it. Rejoice and be free.

For now, simply understand that your own feelings and various range of emotions can and will provide you with an easy-to-read map. It's your guidance system to whatever you truly desire. You are now already on an exciting trek toward the ful-

fillment of your wildest and sweetest life dreams. There is nothing you cannot BE, DO or HAVE!

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Chapter 13

The Power of God's Universal Laws

When you understand and use Universal Laws, creating a healthy, ageless body; becoming prosperous; or finding and merging happily with your Soulmate or twin Ray will be a snap. You can do it.

Our thoughtful Almighty One Creator of our Cosmos and All That Is of our universe—and countless universes upon universes within it—always manifests a loving, orderly universe. All of Creation forever is guided by God's ever-present eternal, just and immutable Universal Laws.

In addition to the widely known religious concept of Father, Son, and Holy Spirit (the Trinity), there is a further direct descendant order of the Mighty Seven Elohim, the Cherubims, the Seraphims, and many known and unknown majestic Archangels, as accurately revealed in the Christian Bible and other sacred books.

All these great Godly Beings are forever endlessly extending their own individual power and order from our One Almighty Creator of All That Is down, down, down to the manifestation of a supreme One God, who is the almighty source, power and endless full authority over one of the endless immense, individual, unique, vast, sparkling, star-filled universes in Creation.

Picture this in your mind. This is an exact, almost perfect, correspondence to how you are God of your own 'I Am'—the source, power and authority in and over the multidimensional miniature or 'micro universe' that you identify with.

The whole 'I Am' Earth-angel human Being that you, I and other human Beings know and call our own individual physical body or our self and Being is a universe at its human Being level. An ultra-high-powered microscope will illustrate the truth of this.

This pictorial panorama presents a clear-cut picture to hold in your mind of how you and your Soulmate or duality-plane Twin Ray Lawfully “fit” into the “scheme” or beautiful dream-plan of God’s Creation.

“As above, so below” is an absolute ruling edict of our God Creator—and is so vividly mirrored through all Creation.

No matter which way you perceive it, looking up or peering down, the spiritual view is immense. When you peer down, so to speak, through our One Almighty Creator’s eyes, or look up from the very micro ‘I Am’ particle of your own warm-blooded, sentient human body Being and perception on Earth, the view is spectacular.

There is a perfect hierarchy of Law and Order: up and down, in and out, right or left, forward or backward, and WITHIN the seven directions of space. The Law forever empowers and governs the Whole to the relative Part throughout all of our countless, gorgeous and forever expanding macro and micro universes of numberless, loving God co-creator’s; down and throughout our own extending, expanding, orderly human Being co-creation of All That Is.

That Great Being, known by our earth masses as the One God of Creation, holds a high place in this Cosmos. Our One God is literally a further powerful and downward extension of one of the hosts of our almighty Archangels. Our One God is a direct-line offspring of Archangel Michael and is known literally on Earth as our known One God, presiding over this entire, glittering, gleaming, sparkling Milky Way Universe housing untold billions of human and other sentient Star Nations—truly civil, highly spiritual and intelligent civilizations.

As you know, there are countless universes. And One God reigns sovereign over each and every universe. We can now then imaginatively look down, down, down, through galaxies, to solar systems, to planets.

At a planetary level, we finally include our human selves. We are each and all the God-conscripted, free-willed, physical Earth angels. We are each a human ‘Atom’—an Adam. You, me and all the rest of our ONE sacred, grand and teeming planetary

collective that we now finally awaken and recognize as our God's One Human Family on Earth.

If you are looking up, simply reverse the order. Ascend with mind rather than descend through God's Creation. See up from your own mighty 'I Am' presence within your Earth-angel 'I Am' physical atom. Look up through your own unique very precious spiritual Being. Up, through Mother Earth. She is also a grand, sacred, Holy, living Being.

Keep looking. Up and up through the afore-described Jacob's Ladder. This is your own eventual Ascension pathway through true spiritual reality—all the way up back 'home' to our One Almighty, All Powerful and forever loving One God Creator of All That Is.

As you may guess, all the numberless solar systems and galaxies are "embodied" as a sentient, sacred, mighty, spiritual life form. Each has a truly vast, stupendously and spiritually aware high-Being reality of its own!

As you can well imagine, without an authoritative empowerment of the Laws of Creation and Universal Laws, the worlds surrounding us and within us would all be loveless, chaotic and senseless. Instead, as you may have already learned, every single particle or atom is, by Law, in the right place, at the right time, and with the exact right amount of energy, life and empowerment.

There are no accidents in all of nature or all Creation. Any and all chaos or imbalance we perceive or experience is our very own, self-created, human 3-D illusion. This real-seeming illusion springs from dual forces. We term unbalanced, polarized pairs of opposites as good and evil, positive and negative, forward and backward, past and future, and so on. God Source exists within and behind this dream illusion forever and forever.

Fortunately, through experience you and I soon regain at a conscious, 3-D level the innate wisdom that rests forever within the core or center of our human Being. Thus, with knowledge and wisdom, we can work with instead of against our God's Divine Plan of Ascension for all of us upon Earth. We soon

learn that without God, we are nothing; with God, we are everything! Thank God!

It is ever our supreme God's will and endless, eternal, desire that each and all of us will learn through our own personal experience—while in and through our 3-D physical illusion state—exactly how and why God's eternal Laws work. Then you and I consciously know where, when and how we can use these Universal Laws. When we learn, we can reach out to teach others.

We can work consciously with the God of our beloved Milky Way Galaxy by understanding these all-powerful natural laws—and by doing so, raise our individual and collective consciousness on Earth.

When you or I use these Universal Laws to draw and merge our life streams with our Soulmates, Twin Rays or special lovers, we more than double the expansion of our light rays on Earth.

This is how you and I can, and DO, hasten the final, now arising Golden Age upon our lovely planet Earth. Your mind may confront and question these immutable Universal Laws, but your heart knows them well. Every single one of God's great Universal Laws is written legibly within each of our hearts. Let's give thanks! I do daily, with gratitude and joy.

May God's loving grace fill you and your world with infinite understanding and Universal Laws enlightenment with God's heartfelt inner wisdom. This then assures you that your very own God-directed self-empowerment will be forever with you. It will guide you consciously and unerringly daily. This also, then, is how we each and all live by the Law. By Law, know there is nothing you cannot BE, DO or HAVE.

So be it.

Ω

Chapter 14

Health and Wealth Are Vibrations

When we are allowing body or mental illness or emotional discord, or any form of lack of abundance, into our life stream, it is because we are resisting our natural and eternal state of Well Being at some or all our human body and mind levels.

Each and every moment a God-given state of perfect Well Being at every level of our human physical embodiment is constantly there in you, whether realized or unrealized, seen or unseen. Well-being permeates each atom, cell, organ and limb or appendage of your physical human body. Well-being is eternally there for the asking, being, doing, and having.

In the same way, the never-ending stream of eternal Well Being and eternal abundance, in all aspects or avenues of our various forms of human life, flows constantly in, through and around each and all of us. Yes. You are rich, far richer than you can fathom. Bring and hold this true picture to your mind daily.

Take a look—a close, long and remembered look—at nature all around us.

Not a single healthful fully grown apple tree, nut tree, orange tree or fruit-bearing berry bush or grape vine displays lack of abundance. The signs are all around us. Nature abounds and thrives in every way with whatever we need to sustain and maintain life on Earth in whatever form. We can look and see countless different streams of Well Being wherever we place our focus or attention. Do it. It's great abundance consciousness practice! We become what we note and what we focus upon.

There is naturally a “gestalt” of consciousness that forms to merge scientists, artists, educators, etc., into special category

lists or “fields” of science, art, education, etc. All these human sisters and brothers are forged into a group of like minds. There is also a gestalt– a collective field of Well Being–that forms a health or a wealth gestalt comprised of only practicing health specialists and practicing financial specialists.

At a physical level–or at a consciousness level–the sum gestalt of health has its own exact unique vibration. It has taken form, as explained above, by the Law of Attraction. Always, in all ways, like attracts like. A same analogy or even exact correspondence applies equally to the also unique vibratory field or signature we know on Earth as the multi-level gestalt or field of human wealth.

If vibrant health or greater wealth is what you and I desire, our “task”–t’ask–is NOT through motivated physical action with or through these gross, visible, 3-D health or wealth gestalts. It is by way of our own inspired, direct, very powerful straight-line alignment with invisible, universal Well Being. Our eternal individual physical Well Being is forever held there in, through and around us. It forever waits to be acknowledged, accepted and happily allowed into our very own, unique human ‘I Am’ vibratory 3-D human body and life paths.

Through an inner prompting for a greater Well Being, and by wisely following this guidance, you have been drawn here to this book. From here, you can easily “vibrate” your own, very deliberate, direct co-creative way to whatever you want to “be, do or have”; be it health or wealth, a loving soulmate, an ageless young body, or immortal deathless life, etc.

Enjoy the journey.

So be it.

Ω

Chapter 15

Your Soulmate or Special Someone is a Vibration

Knowing that your soulmate vibrates at the same frequency level, as yourself will help you greatly to draw him or her into your own physical life stream at any aligned moment, hour or day. So be it.

Like you, any subject, object, event or circumstance in Creation sustains a unique vibration like none other in all of time and space in all of eternity. Understanding this will help you understand—or to know why or how—telephone, radio, or telepathic contact works, or even why and how time-travel machines work.

We are told that time travel via time machines can be used at will, just like we use our daily computers, by our more advanced Galactic Star Nation civilizations, or by most of the many Star Nation Federation civilizations in our great Milky Way Universe. Ponder that. It feels like fun to me!

Every point of consciousness or life in all Creation has an exit portal or entry “window” into ALL time and space. What do you think our Earth’s North Pole and South Pole are? You are a point of consciousness. You, too, are a consciously recorded time machine with a clearly read or seen and easily reviewed individual past, present and future. Isn’t that a really exciting thought or mental movie to play around within?

You cannot expect to telephone 757-8949-7777 and contact your friend who has the telephone number 757-8949-7778 can you? Nor, can you send an email to anyone worldwide that has one digit, dot, or dash different from the correct email address. Neither can you be focused telepathically on Willie Nelson or

Heidi Klum and be sending a telepathic message to your now current unique and now present or longed for distant soulmate.

Think it through. Your soulmate, who may yearn as strongly as you do to form a joyous physical-plane union with you, is at the moment you activate a thought of him or her already present and at your physical side. Remember: Ask, and it is given immediately. Please never doubt or forget this eternal truth. You always get what you ask for. Ask, and you receive.

You will understand more of how it works when you read about and start the process that will “vibrate your way to a blissful Soulmate union.” For now just keep it simple. It’s enough at this point of your journey with me simply to understand what has already been clearly said and explained above. At the same time, re-reading adds another layer of understanding in your mind with each successive pondering and reading of any new thoughts or ideas. Enjoy the process.

Your soulmate or special someone is exquisitely just like you. He or she definitely has his or her own pure unique self- or soul-vibration. You can be certain his or her strong vibrational frequency already resonates or forms an ecstatic “chord” or keynote with your own. He or she naturally holds a harmonious, calm and invisible, but so lovable accord—a chord—with your own absolutely unique and divine ‘I Am’ self identity or vibrational you. The two of you make music so well together (smile).

A match...is a match...is a match.

Ω

PART THREE



DESIRES

Chapter 16

What Would You Like To BE

When you pause to ponder what you choose to be, do or have, please keep this eternal truth in mind:
“There is nothing you cannot BE, DO or HAVE.”

You alone—and no other—may create your own good world! Our ever-present universal manager, the Law of Attraction, would never allow otherwise. From the moment of your inception, you and your world has expanded to become whatever co-creative thoughts you have offered. It is what you allowed into your personal and our collectively chosen physical time-space era reality, or whatever dimensional world of your unique making, or cooperative co-creation.

Your choices of what you personally choose to be are infinite. It is a God-given that at any or all levels of your divine individual self-being, you can be or become—come to be—whatever, why ever, wherever, however, and whenever you desire. Isn't that incredible free choice looking at you in every given moment? Let's give heartfelt thanks!

You can never cease to be a divine co-creator in all of Creation. God Source has already given you your own precious, now ever unending, role as an eternal Master co-creator. Thus whatever major or minor new role you choose to play or become at any free-flowing moment in the Eternal Now is instantly yours to play and joyfully become. You only need to ASK.

No matter how impossible it appears from where you may now stand—you can be whatever you desire! What you ask is given to you without question or delay. You only have to think of what you want to BE with a desire to be it, and in what is our perfect true reality, you are then already that immediately.

Your magnificent, but physical-plane illusion of being so far apart from or NOT seeing, feeling and being what you ask for instantly is false. That false perspective came from your personal self-resistance at some level to what you already had received in the moment you asked. Simply by choosing to BE whatever you choose, you now are already that in true, non-physical, reality. You will co-create it instantly at a 3-D physical world level simply by releasing all known or recognized resistance, and then expecting and allowing it to BE in your world.

As you deliberately ponder and then decide to BE, DO or HAVE whatever you choose, the first of the vital three steps is done. Step Two—enacted by Universal Laws—is now fully complete. Thank God. You now only need to apply your own individual, unique and self-co-creative Step Three.

We will later be exploring your role in Step Three in far greater depth in our forthcoming mental journey together in Part 4 of this book. Once you yourself know at a decisive, conscious level, who or what you wish to BE, you have then offered that vibration to All That Is. The Law of Attraction is activated instantly. And ... It is so.

Think before you speak the WORD—before you offer your precious life energy by default to what you truly might NOT wish to BE— at any level of your conscious physical human Being on this Earth. What inviting new role will you play next? What leading role excites, thrills or draws you forward toward wanting to play that part? Why do you want to play that lead role more than any other human acting part in this now current, exciting, new moment on Earth?

If you are by trade a baker, a house cleaner, a top fashion model, etc., you might you wish to be an author, or an astronaut, or a highly successful songwriter. As you scan the colossal, sharply contrasting fields of what you do NOT want against what you DO want, your own clear-cut choices will feel more obvious. At every moment of every day and night there is a stream of unending, exciting new personal roles you can choose

to play. And every gleaming, glittering precious single one of them is attainable by you. What thought uplifts you most?

Now, then ... stop reading. Simply quiet your body. Ponder and choose to BE what you desire to BE.

First, you may want to take a deep, slow breath and then go gently into the calm depths and wide silence of your own sacred God-Being. See, feel, and BE deeply inside of yourself. Then just ask yourself, “What really and truly feels better than the role I am now playing today?” Or, “Is there a higher step up or even several steps higher up—the Golden Ladder of success in my present career?” Or, “Is it time to end a boring-struggling, menial, or so very uninspiring day-after-day occupation?”

Your co-creative power is limitless. Therefore, why bargain your precious daily life for a paltry few dollars when you can move in easily with oh, so endlessly great wealth and power already banked there for your instant use? Or tap into a fresh new supply in our forever expanding, so infinitely abundant, so lovingly and fully shared Milky Way Universe?

Please know this truth. You will never STOP becoming more of who and what you are. You will never HOLD, or ever sustain or maintain a static state of existence. Your own good life can only keep on getting and BEING richly better and better and better. Let it be ... and BE ... AND BE ... what you want to BE.

So be it.

Ω

Chapter 17

What Would You Like To DO

Hopefully, at this point you now know you truly can DO what ever you want to DO. You are not tied down to that old job you think you must do. Even if your body is literally locked in a tight prison, you can use your mind to create soon your full physical freedom. For any desire you ask for is fulfilled at once.

As a conscripted, immortal, human physical earth-angel co-creator appointed directly by God Source, you have all of God's infinite resources within all of Creation to aid you to speed up and physically manifest the 3-D appearance of what you will-fully ask.

You are not alone. What you strongly wish to DO is a desire that is noted and is granted. It IS at the instant you offer that pure vibratory request by the appropriate creative forces in the universe. Any time-lag delays perceived at physical dimensional levels are caused only by your own personal conscious or unaware deep subconscious levels of your DNA cellular Being.

The power of your conscious mind—by way of repeated thoughts that fortify any held thought—will eventually firm up into a personally allowed or fully held belief, which then sets the tone, the range, or the limits of your self-perception or your sense of reality in any given moment in your physical or non-physical world.

You cannot reach out in Creation to create another soul's individual reality. Nor can another Being create your own personal individual reality. No one is a victim in the true sense of that word. You are alone the creator of your doubts or fears and by Law must eventually meet everything you have created. All

you ask for must come within and through your own uniquely created, personally accepted and allowed thought system or belief matrix. The faith factor—or the doubts you generate—are fully your own.

You can do whatever you desire to DO fully when all of the limits you have acknowledged, accepted and allowed into your life are withdrawn. Fortunately, you have all the immense power—and ways and means and help of the entire array of uncountable loving macro and micro universal co-creators in Creation at your very instant disposal when you ask.

Your singular and only one fun job is to feel out or know—with all the excitement, enthusiasm and joy you can muster—precisely whatever it is that you have chosen to DO. It's what all co-creators do, with no exception. So think it through from where you now stand in full consciousness while still in human embodiment and robed physical Being on our blessed Mother Earth. What would you like to DO?

Life is not possible without change. You do not have to continue doing what you have always done or think you must do! Society or public opinion can influence what you may choose to DO, but only if you allow it. Only you have walked fully in your shoes, thus no one else in all Creation can make an accurate judgment of what you must, need, or desire now to passively or passionately choose to DO.

Please realize, unless you are DOING what you love to do—and you love what you DO—you are ready for change.

Perhaps you may do what you desire—to enjoy life where you still are, but at a higher level? Or you can consciously choose to change where you are now—and opt to DO only what now truly feels better to you. I am passionate about what I do. Passion is life.

Death is just a word signifying an apparent static condition of life, but death has no reality in true existence. The walking dead do exist on Earth and in non-physical reality. These are simply all those of us in human embodiment who are lost in the dark of a mere daily survival mode, who are not exploring or

feeling all the endless joys and ever fulfilling love ever around us and within all of magnificent, shining Creation. You are not dead. You are alive and you have free choice to do what you want to DO.

What do you want to change? What truly feels best to DO to you? Change is one certainty throughout all Creation. It is what literally makes worlds go around and around—within us and around us—at all times.

Change, at all levels, arises first from its subtle and all-powerful non-physical level. This is where you alone must and hopefully DO choose what you desire to BE, DO or HAVE. You, the powerful, non-physical, aware, unique ‘I Am’ self-Being identity that you now are, have absolute free choice to choose whatever pleases you. YES. So, DO it.

Think it through. If you were God-the-Whole instead of God-the-Part, would not this be your own loving will for your most cherished and sacred dear sons and daughters? Would you not gift each one of them with an eternal free-will choice to DO what each divine son or daughter chose to DO, too? Then, so BE it. DO it. Let the will of God Source now be done on Earth. You can do it!

Ω

Chapter 18

What Would You Like to HAVE

An array of continual sparkling and compelling, bright and new personal creative choices are available to you at this or any given moment, time or place in Creation. You and I are forever given free-will choice to co-create the physical reality of our desires in our respective worlds. Thank God!

Within our own physical or non-physical levels of reality or existence, we can desire and immediately HAVE what we have creatively chosen as our personal vibratory offering to All That Is at any God-given new moment.

There is absolutely nothing you can think of or imagine—from the very largest to the very smallest artificial mass physical object in all Creation—that is not yours, to desire and to HAVE, instantly. Isn't freedom the most precious aspect of our Being?

Of course, by Law you cannot HAVE or rightfully possess the physical body or consciousness of another macro- or micro-individualized or sentient 'I Am' God-the-Part identity. Any other individually or collectively mass-created object or thing is yours for the asking. It is yours the moment you ask. What, then, would you really like to HAVE?

There is no amount of money you cannot HAVE. Nor is there any amount of fame or personal power you cannot achieve or HAVE. You can HAVE abundant daily, weekly or monthly streams of income. You can HAVE a new car. It can be a low-cost known brand name vehicle like a Volkswagen or a Chevrolet, or a high-priced new Mercedes or a Rolls Royce, or a classic old Model-A Ford, or a new van or pickup truck, or a most luxurious travel-home trailer or recreational vehicle on wheels. What will you HAVE?

You can HAVE the best computer, the best video camera, the world's best digital camera, or a privately owned airplane. You can HAVE your own steamship, or an island of your own—if that is your most pleasing choice.

When it comes to anything that you wish to BE, DO or HAVE, you only need to bring your attention to a single, pure focus on what would make you feel the best right now. When your thought feels good, you are definitely moving in the very best possible direction. You can do it. Simply reach out or up for the highest or best feeling-thought. Now, let's we go ahead and get to work (grin). Keep it light; let it be exciting and fun.

Your easy task—or fun job—right now is to envision or to foresee what you truly desire. You are right now at a one-of-a-kind time and place junction, a new crossroad in your continuous, ever-streaming life journey. This is where something new can and will bring a vital surge of enthusiastic and joyful new energy into your sacred co-creator Earth Angel Being world.

In Part 4, “The Law of Attraction”, coming up next, you can vibrate your way to whatever and wherever you wish.

All of this is easy to understand. Your nine-year-old child can understand it. Once, you fully understand how it works and why it works, you can begin immediately to access and activate these few ever-present, but so very powerful, great co-creative Laws.

When you know, understand and use these few simple, but so powerful, laws of mind I have shared with you here, you will soon stop meeting all the bad things you formerly had created, day-in and day-out, so ignorantly and by total default. You now become a decisive, more masterful co-creator of more, or all, of what comes into your new world. In time, you can, and will, wisely create your very own magical world in a new, more deliberate, consciously creative, highly successful and fully self-contented way. Have fun along your newly lighted way.

What will you HAVE?

Ask and it is given to you. It is yours to HAVE. And so it is.

PART FOUR



THE LAW OF ATTRACTION

Chapter 19

The Eternal Law of Attraction

The Eternal Law of Attraction is already working its best to give you its moment-to-moment assistance. It makes certain that anything you desire to BE, DO or HAVE unfolds into your sacred life stream—at the exact, precise, right moment. Co-creation is an inclusive process, never an exclusive process.

Before we proceed, it is vital that you now understand or grasp the conceptual fact, that in ALL of God's vast Creation, an act of non-exclusion is impossible. This explains why the Law of Attraction can never fail. In a non-exclusive universe where you cannot take away, you always expand whatever you give your attention to or focus your mind upon. Life energy follows thought so you cannot de-energize anything to which you give your thought. By Law, all Creation is inclusive.

You co-creatively add more of the same to whatever you lend your focus and supporting attention. You can put in, but there is no possible—or Lawful—mental or physical function to take out what exists once it has been created or co-created within our universe. Please think this through and understand it; you will be tremendously self-empowered.

Why is this so? One vitally significant reason, when fully understood, will bring a genuine awakening to many souls still asleep amid the masses. There is only one thing that is impossible to God Source. By God's own full admission, God Source can never ever be apart from you; nor can you ever be apart from God Source. You, I, and all other sentient life forms in Creation are extensions or expansions of our One God Source. Every single one of God's Creations and thoughts exists for-

ever. There is no delete button to any part, or to the whole of, of God's Creation. God blessed us all.

Our One Almighty God Source simply thought of you, or of me, or of anything, and ALL sentient life forms were birthed—each and all of us—into eternal and infinite existence. We are each and all direct God-fragment extensions of our One God Source. We are forever.

As God-extended co-creators—you and I and all other co-creators must and do abide by God Source's absolute and immutable creative laws of life and nature. The Love, Light and Power of God Source are forever expanding—in through, around and from each and every God Source's uncountable divine co-creator sons and daughters—in endless, magnificent Creation. We can add to Creation, but we do not have the power or authority ever to subtract from Creation. Is that now absolutely understood? Does the light now shine on why whatever you give attention to always expands, extends, or get bigger, not smaller?

All life forms in our universe naturally abide within the Law of Attraction. Since every form within Creation vibrates, your vibration—or my vibration, or anyone or anything's vibration—is constantly emitting or communicating across all time and space to all other forms of life in Creation. At any one moment of existence, you are known by the sum of your dominant self-thoughts, feelings and active focus.

The Law of Attraction never acts in accordance with what your belief system thinks or feels is good or bad. What you give or pay your priceless attention to and focus upon, by Law must and will soon bring you more of the exact same.

This explains why anyone who takes an “anti” stance against anything or anyone is doing is by Law further expanding, aiding and enlivening what they proclaim they are at war with. Innocently, and unwittingly or unknowingly they are feeding more vitality and life energy to the apparent problem, rather than intelligently feeding their precious life energy to the ever awaiting, ever present perfect and timely solution.

The Law of Attraction never makes a mistake. In time, and in the exact right place, it must and unfailingly will, return in equal measure to you, depending on what you enliven by your focus or attention, whether it is a growing problem or an extended clearly unfolding solution.

If every person on Earth opened their hearts and minds to understand and utilize the factual above knowledge—to give their attention and focus to what is good about life, or God, about life–Heaven would soon be perceived and known to each and all of us humanly embodied here on Earth in human form, today.

Certainly, you can utilize the Law of Attraction to manifest instant physical manifestations or co-creations. You may do it by deliberately expanding or building your personal feeling of faith to a high pitch. I know from experience that this produces seemingly miraculous instant manifestations—or at least highly speeded appearances of our desires. Then there also exists far less resistance offered—by you—to what you want.

Your beliefs are always a major factor here. The belief system acceptable as your truth or current reality will determine what kind of a time lag you need to experience your desire. A conscious boosting of your faith definitely offers far less resistance. Faith increases your power of expectation, so it helps your thrilling new desire to speed on its way to you more swiftly.

If you are, as measured by all social standards, in sad abject poverty and homeless and you suddenly are inspired with a strong desire to own a home of your own, your faith—or lack of it—will definitely help determine the slow or fast speed of its 3-D appearance.

You must understand you can never expect to physically manifest a home of your own in three months time if, in your own unique belief system matrix, you doubt that under the given conditions it would be reasonably possible. The Law of Attraction does not, and cannot, support such a clearly contrasting set of vibrations.

However, if under the same exact conditions—your feeling guidance system tells you a home of your own could manifest in a six-month period and you call forth that desire with great faith and determination, the Law of Attraction will rush in to support and deliver such a compelling physical manifestation into your world. I know from my own experience, as related in detail in my recently authored *Autobiography of an IMMORTAL*.

In fact, I was literally gifted a second free home of my very own, from seemingly out of thin air, in less than six months by the owner of a Real Estate company I worked for. Then a high school friend, Paul M.—who suddenly reappeared in my life stream in Los Angeles, almost 2000 miles away from where we were school friends in Michigan, USA—told me one day he no longer wanted to be bothered collecting monthly rent from renters to pay off the mortgage on the perfectly attractive rental home he owned. He asked me if I would accept that rental home as a free gift, on the stipulation that I would agree to take over legal ownership and that I would pay off the due monthly mortgage payments to the local bank holding title to it until the mortgage was paid off in full.

In pondering Paul's astounding free home gift offer, I did not hesitate to say a thankful "Yes" at once. What a gift. I gladly accepted the very fair conditions that came with this huge free gift. I soon built an addition, a small one-bedroom rental, on the large lot of that second extra home I additionally now owned.

In less than a year's time, there I was, owner of two homes. I also collected twice as much monthly rent from those two extra home rentals. When I finally did sell all of my soon several owned California homes prior to my move to Virginia Beach, Virginia, I found the added extra monthly rental collections had helped greatly lower the mortgage loan balance due to the bank. This enabled me sell that cherished property fast at a low cost to the buyer and for me to still walk away with quite a full hand full of extra thousands of dollars in clear profit made from that second huge gift to me of a free second home.

In retrospect, I am certain that the second free-gift home on the heels of my first free gift home manifested because of my strong burst of faith that I could—and would—acquire a home of my own in six months. My faith then could not have supported a belief that such a seeming miracle could be possible in a short three- or four-month period. Yet, look what happened when I believed and held faith that this kind of a miracle could unfold for me in six months.

However, I will illustrate the awesome, unstoppable power of belief, and thus add further weight to the point I am making. I share another true-life experience account of another gift of a free home that I inadvertently helped to manifest. I witnessed a homeless widow with five children, who attended one of my heavily booked cross-country “\$ucce\$\$” Workshops at a church in Florida, do with her faith in one week what took me with my faith a full six months to manifest! Is that near instant, or not?

When the mother arrived at the church after a more than thousand mile trip in their beat-up old car, the only possession or home they owned, the pastor of the church told me that the family was destitute, hungry and literally penniless. However, this mom studied metaphysics and had raised her five children on her knowledge. On learning of my all-day workshop, she had asked the church pastor to ask me if I would please allow her and all five of her children to sit quietly in the back row of my already packed workshop for free. Having been in poverty situations many times from at birth, how could I not say yes? When I found they were also penniless, I also offered this brave mom with five hungry kids some grocery money without any hesitation as it felt good and was the right thing to do. The mother and her entire family were in tears with gratitude.

In my workshop, I spoke not only of how others I knew had, by their beliefs, manifested homes and a gift of \$5000 cash dollars, seemingly out of thin air, but that I, too, had many such of my own major experiences of instant physical manifestations. I had also manifested my own home in six months, along with a high-paying career in real estate and a Cadillac. In my life quest of searching for spiritual knowledge, I too had mani-

fested a sudden \$5000 cash gift within a week of formulating and giving great expectation to the desire. I told my audience I had personally proven and demonstrated the receiving and sending of telepathy, as well as mind-over-matter control, again and again over many decades.

I told my listeners how after my death at 18 and my return back to my body I thirsted for spiritual knowledge and a sure, masterful self-control. I not only read the classic or best new-thought books I could find on this subject, I delighted in my seeing and knowing for myself if what I read about worked. Over the years, I did many exciting personal psychic test experiences that, in almost every instance, did verify what the authors had stated.

In one particular instance, the author said chances of taking a pair of normal dice and tossing them on the table or floor with the two die rolling to a stop with a face-up total of seven, seven times in a row, was a one-in-a-million chance factor. He said some psychics he tested had managed to go into their silence within and get their faith so highly charged in minutes that they had actually performed that one-in-a-million feat, on demand, with a very normal pair of table dice.

The time was right. The experiment appealed to me and was very simple to conduct, so I opted immediately to try it.

I owned a pair of normal dice. I paused and decided that if someone else had done it with a gathering of enough internal faith, then I, too, could do it. I closed my eyes and quieted my mind and body. As soon as I felt a highly powerful expectation that I could do it, I picked up the dice. I tossed them on the floor and held the thought in my mind that I was fully expecting the dice to roll, spin and turn up a sum total of seven with every toss.

If the first die that stopped tumbling had shown a 5 face up, I knew the second would be a 2 face up—and it was. I kept a mental count of my rolls. If the first die that stopped showed a 3 face up, I held absolute faith the second die would stop turning or spinning and show a 4 face up—and it was. When a 1 showed

up first, I expected the second die to show a 6—and it did. If the number 6 appeared face up first, I knew the second die would be a 1 face up—and it was.

The same expectation and fulfillment applied to my every roll of the two die. Whatever number rolled face up first, the second die—when coming to a complete stop—showed the exact number needed to make a face-up total of seven between the two tossed die.

I mentally held my focus on seeing each roll of the pair of dice add up to seven between the two face-up numbers, and after keeping count of twelve successive throws of the dice with seven as always being the exact final addition count, I felt a sudden, very, very shocking realization. I was doing what was far, far beyond any chance factor in dense 3-D physical reality. It was a chance factor beyond the reality of what I could BELIEVE IN. It rattled all of my numbed mind and body senses. “How could this be?” I asked in complete bewilderment.

This was too shocking. How could my mind control two die so that each second die would spin or turn face-up to add up to the 7 count that I was expecting? The odds certainly had to be more than a billion to one that 12 rolls of a pair of dice would show seven face-up twelve times in a row. Maybe someone who reads this and calculates odds will kindly calculate those odds for me. Thank you. If so, my contact address is in the back of this book.

I was in a sudden daze. I felt like my world around me was not a solid or secure place. I reasoned, “If my mind could move and influence matter so effortlessly, how could I feel confidence in the outer world not suddenly disappearing by that same mighty power of thought?”

Years later, while studying under various Master teachers, I learned that this is why a new student (chela), disciple, or initiate very gradually is brought into a higher, sustained level of vibration. A sudden breakthrough in psychic levels can be far too shocking for the mind of a beginner to handle. The Master teacher knows this.

In fact, it took many dazed days afterwards—actually weeks—for me to slowly recover my sure-footed mental and physical balance again. I had to adjust to a new faith that the seeming hard reality of the 3-D world around me would hold me or support me securely.

The Law of Attraction never stops working and easily produces instant manifestations. The Law of Attraction never makes a single mistake. The Law of attraction produces a drawing effect on whatever we give our attention or focus to. The Law of Attraction is your instant co-creator servant. It will attract whatever it is that you want to BE, DO or HAVE manifest in your world.

The Law of Attraction brings us instant manifestations, providing we open up and deliberately use the Law of Allowance to receive what has already been given to us. In the course of consciously pursuing something you wish to DO, BE or HAVE, I offer one potent last tip—*be a magnet*. Remember to expect it, expect it, expect it!

And so it is.

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Chapter 20

Like Attracts Like

The ever-present great Law of Attraction knows and uses an inherent vibratory knowing at the very core of each and every single living point of form and mass in Creation that like attracts like. It is why there are no accidents and why, in true reality, there are no victims. We get what we give—or what we have given—past, present and future. Like attracts like.

If you want to know exactly what your past and present thoughts are attracting into your life stream, look around you. The world you see around you—in your home, at work, on vacation, or wherever you abide or roam—is what your past desires have drawn to, in and around you. Our own personal world and environment is definitely a mirror of what we are desire, attract and allow into our 3-D reality.

Emotionally, your mood setting will bring you positive joy or, at the lower range of feeling, a sense of depression or powerlessness—and a wide range of emotional guidance system reference points in between. Always remember, you are never stuck where you are feeling, thinking, being or postured in any way. Nothing is impossible where you now stand. Therefore, follow that vibratory path toward what or where you wish to BE, DO, or HAVE.

If you have held a deep desire for something for a long time and it is not yet visible to you, it means there is some major or minor resistance that does not allow the Law of Attraction to connect you with it. Your focus needs to be on the solution—the fulfillment of your desire—not on the lacking presence of what you have yearned to manifest in your world. You can always speed up the appearance of your want or new desires by working consciously with the Law of Attraction. Like attracts like. So think like, feel like and act as if what you deeply desire is

already manifest in your current life stream reality. The universe and the Law of Attraction never differentiates between what you imagine you are, do, or have—OR a literal 3-D physical reality of it. So start imagining that what you desire is now present in your daily affairs. Feel the way that feels. Think the way that feels. Hold your conscious state of Being in the pleasure and joy of the way. all of that feels.

There are a variety of ways, in general or specific, to close the seemingly wide time and space gap between yourself and your longed-for manifestation. Just before falling asleep, you can ask to have and remember a dream in which your desire is manifest. Like attracts like. The Law of Attraction does not judge what you dream as exclusive. What you imagine or dream holds equal weight to what you perceive or do at 3-D physical plane levels.

In fact, it is always the non-physical that creates and brings changes of any kind into your physical world. So why not utilize every conceivable way you can think of to play the game, or embrace the role, of imagining and feeling your desire is already manifest? Why not make the decision, and take the action that supports your decision, to help achieve your desire? Why not give more acknowledgement or allowance into the lengths, widths and depths of your imagined and your real daily life? You can do it.

The higher your vibratory rate, the faster your every sweet desire can manifest. What you desire has its very own vibrational rate, and you can vibrate your way toward and to it. Use all manners and means to attain what you desire that feels good within you. Notice that a feeling of expectation about something you want has a really good feeling. So expect it, expect it, expect it.

Words cannot stress the importance of your faith. It's your own Golden Ladder, to co-creating whatever you want to BE, DO or HAVE. Faith literally moves mountains, in just the same way as doubt brings an instant lowering of your own vibration. This puts a screeching stop to fulfillment of that major or minor desire. When you can center your consciousness and build your

expectancy factor higher and higher, you generate a proportionate expansion of your own stronger personal faith to manifest your desires.

In the following final segment, Part 5, “Offer the Vibration You Want”, it might be wise before starting the process to re-read this chapter as well as Chapter 19, “The Great Law of Attraction”. Each re-reading of new thoughts brings more and more personal understanding. Understanding leads to knowledge. Knowledge leads to wisdom, and wisdom leads to self-mastery. Self-mastery leads to your certain success.

You are most certainly a co-creator of this vast universe, which we ALL know and perceive. You are the powerful, absolute, one and only, constant creator of your own reality within your own unique ‘I Am’ adventurous, human body and soul journey upon Earth.

BE that great powerful co-creator that you came here to BE. DO whatever good deeds you need to do to see all your grand dreams come true. HAVE whatever feels good always around your beautiful, magnificent and sacred ‘I Am’ co-creation of your bright new worlds. Enjoy the thrill of being a very deliberate and effective co-creator of magnificent and impossible dreams. You can do it.

There is nothing you cannot BE, DO or HAVE. So it is. and therefore, my beloved sister or brother, so be it.

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PART FIVE



**OFFER THE VIBRATION
YOU WANT**

Chapter 21

Vibrate Your Way to Perfect Health

Having great wealth, having a loving marriage partner, or being held in high honor, esteem or great fame by the huge teeming masses on Earth, means nothing if you are feeling chronically ill or if you have been told you have only a year or a bare few months or days to live.

Being in sound, radiant mental and physical health is far more precious than words can convey. Without good health and a constant feeling of being well, the priceless moments of our life are marred or besmirched. Illness dulls the natural bright life-luster of a body and being otherwise vibrant with health.

Isn't it wise council, whatever age we are now, to give our first and highest priority to attaining and sustaining perfect body health? I Am—and I DO.

Without glowing health, whatever great wealth, fame, or any kind of worldly success found, much of the daily sweetness of life would be gone. Even with a perfect, beautiful, symmetrical, body, if you are always feeling sick, or in pain, how could you fully enjoy those other great blessings? Therefore, I do hope your first and very deepest true desire now is aiming to vibrate your way to perfect health. I have done it. Many others are doing it, and YOU can do it.

No matter what age you are, you can overcome any and every illness. Despite any verdict of death you may have heard from a doctor or health specialist, you can do it. If you simply understand and use the Law, it's a "done deal". No matter what scores of specialist doctors—who really do not know what you know or are learning—have to say or want to do, as long as you keep expecting to arrive at and achieve your goal, and if you

daily reach toward perfect body health, you can find and HAVE it. There is literally nothing in this world that you, with enough want and persistent focus, cannot BE, DO or HAVE.

If you are sick and want to be well—and you keep holding that desire while offering no resistance, doubt or sudden contradictory thoughts or feelings to your Well Being—you can, and will recover the perfect health you are wanting or that you seek.

If you have read and understood most of what has been already said in this book, you must know that Well Being and perfect body health is always being pressed against and to you at every instant of life, with each heartbeat or breath of life you take. Open up to your Well Being. Accept it and allow it into your body and your unique ‘I Am’ daily world.

Perfect body health is every human body’s natural state of existence. There is no source of illness in the same way as there is no source of evil. There is no source of what seems like the dark. The Love, Light and Power of God’s Well Being flows in, through and around each and every particle of existence. This includes the particle or ray of light, love and power you know as you—and your soon perfect human body.

What we each and all physically perceive as dark is simply the perceived absence of light. What we perceive as bad or evil is also simply the perceived absence of Good or God. What we likewise perceive as illness—or being sick—is also only the perceived absence of true health or Well Being, and that is what is truly impossible! Well-being has never left your side. It is in, through and around your every atom, molecule, and cell. Well-being permeates the flesh and mass bulk of your entire physical human body Being.

Because of eternal, immutable Free Will Law set into Creation by God Source through God-given free-will choice, we can imagine or perceive less than our absolute Well Being and perfection in our physical body or in the wide range of any of our personal affairs, yet our perception is false.

However, there are no accidents anywhere in all of nature. We create our specific world reality perspective. Any illness—or

lack of Well Being—in any aspect of our glorious human body or an unlimited world, is always because we have deliberately offered and drawn a vibration of lesser than perfect Well Being into our body, or world circumstances, through past or present resisting thoughts.

If so, the problem is obvious and offers enough evidence to all your senses that it is contrary to what you now desire. Therefore, now knowing what you know, instead of placing your attention on lack of health, simply keep practicing a conscious, steady stream-flow focus on how wonderful you feel. Use your imagination. Imagine feeling healthy and of doing healthy things. Move your body and Being from where you are to where you want to be. Imagine being in perfect health.

In my autobiography, I tell how after receiving a verdict from the doctors that I had polio and that I might never walk again, just as soon as I recovered from the shock, I made up my mind that I would regain the use of both paralyzed legs. I wanted passionately to achieve my early childhood goal to be a top professional basketball player.

Even though I did not then know the Laws of Creation. I did know and believe that if I imagined moving my legs—despite what the team of Navy doctor specialists told me—I would soon recover full use of both legs. Two months later, I was finally walking on crutches. Three months later, I was discharged and walked out of that hospital in perfect health. I did go on to achieve my goal of being a top-of-the-line pro basketball player.

You already know the Law of Attraction and the universe do not discern a difference between what you imagine and what you do at physical levels. They give the same measure of power to your imagined acts as they do to your seeming 3-D physical acts.

Whatever you give attention or focus upon grows. Thus by Law, when you are imagining good health, your entire body—each and every particle, atom, molecule or cell of your body—is expanding toward better and better health. Your every added

thought of better health increases the power of your belief, which in turn increases the natural power of your faith and attracts that longed for state of perfect health.

Use your incredible, unique, creative powers to imagine a variety of avenues or ways that vibrate you toward your much-desired perfect health and your Well Being. Genuine, real, Well Being is being offered to you at every single moment of your life. Expect it, expect it, and expect it.

Here are a few TIPS to help you vibrate your way to your perfect health:

When we speak or write, there is a strong focus of our attention or energy. So speak mentally or audibly the words that uplift your vibratory Being back toward your perfect health.

Write a list of statements that affirm your Well Being. Take some quiet time to re-read your list two or more times daily. Reading your health affirmations every night before you go to sleep is one of the best times of all to activate a powerful a vibratory path toward your perfect health. Your daily persistence pays off and your goal of perfect health is worth any effort made to vibrate your way to it.

Slowing down and moving calmly in the flow of things will greatly reduce stress and add to the harmony of your Well Being. Building your faith is important. Keep holding the faith that nothing is impossible, which translates placing your greater or full trust in God Source.

Choosing good eating habits and good daily body exercise habits contribute to a faster recovering from any illness. However, you will be led to eat the best foods for you and to drink plenty of pure water. I drink at least eight 12-ounce glasses of good clear water daily.

Whether you realize it or not, it is not what you do on the outside that will bring you the perfect health changes you envision and seek. All permanent changes for the better for whatever desire come from the high vibrational non-physical thoughts you invite and hold as hosts in your mind.

Allow it.

Lastly, you can do it, but you will never achieve a state of perfect health unless you personally allow it. You will allow it when your belief is raised, slowly or rapidly, to match your desire. With sufficient faith and self-allowance, even if all the best doctors and health specialists in the world say you will be dead in three or four days, you can instead recover and be in perfect health three or four days later. Nothing is impossible.

To maintain their limited belief structure, some doctors will tell you your afore-deadly illness had a sudden, surprising and miraculous spontaneous remission. Millions of sick human souls who vibrated their way to perfect health have heard their doctors say that. You can smile and tell them it was really no miracle because you consciously, deliberately, and decisively vibrated your way to perfect health.

Allow it. Be it. Do it. Have it. There is nothing you cannot BE, DO, or HAVE.

So be it.

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Chapter 22

Vibrate Your Way to Great Wealth

The moment you think, feel or say I want to be wealthy, you have begun to attract a state of wealth to you. As you give your attention and focus on the words you now read or to any thought, feeling or happy daydreaming about what you could do with great wealth, you move steadily thought-by-thought, and 3-dimensionally step-by-step, closer toward a life of great wealth and prosperity within your physical world.

Yes, if that is your strong desire, you have already done Step One. Step Two acts simultaneously. You have asked and it is given. Step Three remains and stays in your own hands, where your co-creative desire and thrust started. Great wealth is now yours, as promised by God Source. The reality and finality of it was assured the moment you began your first full awareness and good feeling about attaining and enjoying your current quest to vibrate your way to great wealth.

If you have left behind the limited old concept of “I will believe it only when I see it”, and have securely adopted instead a new, sure-footed wisdom and true understanding of what you have read here, you must know without doubt that what you asked for was given the moment you gave your co-creative power to this exciting new thought. Step Three is completed when you muster and hold a joyful feeling of expectation. It will be an instant manifestation if you have no personal blocks, known or unknown, of resistance to what you ask. Fortunately, you understand the Law, so there is nothing that can block you from eventually vibrating your way to great wealth, even if it means taking a step at a time.

Your new understanding and attitude now transposed has then become “I will see it only when I believe it”. This reflects the eternal truth held in all Creation. It is certainly an accurate and truly wise daily, mindful understanding and affirmation for each and all of us.

You now hold and paint a true picture of reality. Its how all we see around us—our gigantic, magnificent physical universe of countless glittering stars and endlessly vast interstellar time and space, and lush planets like our Earth—has manifested.

Do not make the mistake of thinking there is not enough wealth or abundance to go around for everybody here on Earth and anywhere throughout all of Creation. There is extensively far more of whatever is needed or wanted than anyone can ever imagine. By assuming your true heritage of unlimited great wealth, you will not and do not dispossess anyone else from possessing an equal or greater manifestation of great personal planetary wealth.

In an unlimited universe, no limits have ever been or ever could be seen or known. God-the-Whole, and you or I as a God-the-Part, absolutely have no limits. Each sacred daughter or son of God Source has free-will access to All That Is within all of The Infinite Kingdom.

Each fragmented God-the-Part—whether you or me or any other countless co-creator sons or daughters of the Great Holy Kingdom’s many mansions—may choose to play out what ever role we desire, be it abject poverty or great wealth. We are all equal co-creators. Each one of us is in the right place, with the right choice and the right experience, at the right time. The sacred balance of the Laws of Creation and Universal Laws can never ever be undone.

You already have begun vibrating your way to great wealth. It is done! Step One and Step Two are complete. Only you may now determine the ease or speed in which your petition for great wealth manifests in your world. By law, you cannot create for another and no one can, or will, ever create for you. Isn’t that a secure, assuring and empowering thought?

Here are a few TIPS to lift and vibrate your way to great wealth:

Think wealth, feel prosperous and be wealthy in both your thought and feeling. Since the Universal Laws and the Law of Attraction do not discern the difference between what you imagine and what is physical, you can first mentally vibrate your way to the great wealth you desire through your imagination. I suggest you spend at least ten minutes, several times a day if possible, in the best quiet space you can find. Relax and offer vivid thoughts and thrilled feelings that reflect your wonderful new state of great wealth. It's free. Why not use your imagination freely?

Picture as many pleasing and self-contenting dramas and living color pictorial scenes as you choose to imagine. Mentally and emotionally, enjoy your great wealth. See it in any form you wish: money, gold, jewels, huge land-holdings, or thriving incomes streams all from various highly successful business operations you own. Be generous. Share much of your wonderful newfound and ever-growing streams of great wealth in many satisfying and uplifting fun ways with your many select dear friends, family members, loved ones and strangers.

Build, enjoy, and savor the good feeling, the reality, of your grand great wealth fantasy game. There is literally no limit to what you can imagine and rightfully then soon physically own. You now possess the understanding of the Law and co-creator free-will choice. You truly can vibrate your way to great wealth. Make it fun.

However, do heed your inner feeling, for it is impossible to have a contrasting thought or belief that offers resistance to the amount of wealth you want and still foolishly believe you can attain it. Give yourself a timeframe you can fully believe is possible for what you take aim to manifest.

Remember, you are limitless and it requires no more energy and thought to manifest ten million dollars than it takes to desire and manifest ten thousand dollars. You get to choose.

That dear destitute family in Florida manifested the wealth of a home of their own in one week. Their faith supported it. My faith, as I said earlier in a similar situation, would only support a belief that I could manifest a home of my own in six months. If you pick a timeframe limit for segments of your new state of wealth to show or manifest fully, just be sure your faith or true inner guidance system fully supports your chosen timeframe period.

If you continue from this moment forward to keep and hold your attention and mental focus consciously away from negative thoughts, statements or images of abysmal lack or dirt-poor poverty (especially as viewed, highlighted or reported currently on television or via major public news media), you have cleared the way and have begun to vibrate your way to great wealth. Do it. Practice observing and seeing only the good world you soon wish to become your own living reality.

If you predominantly keep your inner and outer images, thoughts, feelings, and personal statements that acknowledge and affirm abundance and prosperity, you are paving a road of solid gold circling back around to you. You literally are steadily vibrating your chosen shining pathway to great personal wealth.

Hold that picture. Enjoy and feel the deep content and almost overwhelming joy of that radiant image. By law, the universe and its very competent public relations manager, the Law of Attraction, will be rearranging people, things, time and space to accommodate your much compelling, and now so literally very attractive and magnetic, picture of your prosperous and golden, bright, new golden streets physical reality.

You can do it!

A final TIP: Read and re-read all or most of the chapters in this book until you manifest what you expect. In addition, passion goes a long way, and so does a deep want coupled with expectation, so want what you want passionately. Expect that with your new clear understanding of the Law, you can manifest any longed for thing you desire.

The more you ponder and use this easy-to-follow information of why and how these eternal and great Universal Laws work, the more you will understand why few people are rich and why most people are poor. Your new understanding has now led you to know why and when Universal Laws, like our ever-present Law of Attraction, work. It will lead you to understand how and why the Law of Allowance or Law of Wanting, and the Power of Thought or of belief and feeling, combined to provide you with the personal power that literally creates worlds. That has to be an exciting thought to you, as it was and is to me. If you are familiar with biblical quotations, it is why Jesus said, “Above all, get thee understanding”.

When you understand, you know; and when you know, you have full confidence that you can very deliberately and decisively BE, DO or HAVE whatever you wish.

With understanding, you have the knowledge and the certainty that these immutable, great, Universal Laws can and do stand behind you and work continually at your side to manifest whatever you deeply want. I repeat again, for it is an eternal truth. *You can do it.*

You can vibrate your way to great wealth. Do it.

There is nothing you cannot BE, DO, or HAVE.

So be it.

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Chapter 23

Vibrate Your Way to Worldwide Fame

Fame may arise from a wide array of specific, artistic human fields of creativity. You could be a new budding or blooming genius in your present field, or in an entirely different field of your infinite choosing.

You could be a world famous Nobel Prize winner or a celebrated singer—be it pop, jazz, rap, rock, country and western, opera, etc. You may choose to be a world famous peace and freedom advocate like a heroic Gandhi, or, in a negative vein, you might be a Nero, a Hitler, a Napoleon, or a cold, heartless empire builder of today. However, Mother Earth surely doesn't need any more dictators or tyrants to rape, pollute, destroy and violate her once pristine pure bodily Being and ever-innocent nature, for certain.

It is a given that if you are attracted to and are reading this volume, you are an individual who has a positive agenda in mind. Like attract like, and that is my agenda. You obviously wish to go from where you are to where you want to be in moments, hours, days, weeks, months or a given number of years from now. In addition, it is certain if you keep your attention only on what you now desire and envision, for there is nothing you cannot BE, DO or HAVE.

There is, however, one point you need to understand as much as possible immediately. You do not have to be the very best in your field to start with to be highly successful. You only need to understand and to work consciously and deliberately with the Law, and you need only have a strong enough want to achieve your aim.

Let's take some very real everyday examples. Even a huge lotto winner who gambled in a national lotto and who won a huge cash prize, or a singer who won first prize in a song contest, did not win by accident. An ever-present Law of Attraction drew them literally to that brief touch of fame. The singer actually might not really have been the best of the thousands of song contestants who entered that singing contest. Maybe a hundred more were far more natural and better singers. If so, then why did she or he win first prize? Think this through.

She or he won it for exactly the same reason the lotto winner won the big lotto award. She or he gave more attention, more desire, more expectation—or a deep want—to win first place in that gala singing contest than on doubts or any chances that she or he would lose. The admixture of want, belief and expectation was enough to tip the fine, ever exact, universal scale of balance in her or his favor.

No one event or situation is exactly the same for another. An endless array of factors obviously stepped in at the exact right moment to unveil the song contest or lotto winner. In this instance, the lotto winner may have received the lotto ticket as a gift or bought the lotto ticket and gave no more thought to it until days after the lotto numbers were revealed, and was shocked, but highly excited and pleased, to discover she or he had won the huge international lottery.

In that event, it could have been a want or strong desire to have more than enough earlier in life, or even in a former lifetime, that suddenly manifested at the right time for her or his manifestation to occur.

“You get what you give” is a universal factor at work at all times. Give fear, get fearful results. Give belief, and believed results must appear. Give doubt, and doubtful incidents are supported and manifest. Give hope, and hopeful incidents occur. Give expectation, and your steadfast expectation will eventually open the door wide—or a small window—to a sudden fulfillment of what you have faithfully and constantly expected.

Stepping back to basics, in an inclusive universe you always get that to which you give prolonged attention. Absolute Universal Laws are consistently on hand to assure that each and every creative offering given by each and all is reflected or mirrored back to the right person, at the right time, and in the right place.

In that light, if you have set your sights on wanting to vibrate your way to worldwide fame, give your thoughts, high-charged feelings and strong expectations that you can and will achieve that global fame you so strongly desire. Then, all of the forces and Universal Laws will rush in to make it so. Your aim for fame and the achievement of it was a given at the very instant you formulated that deep want for your better good, in that way, in your mind.

You might ask, “If it’s so easy, why isn’t everyone rich and famous?” That question, like all others, has an immediate truthful answer resting within the question itself, so let’s take a good look at the obviously true, and soon very apparent, answer by asking another supportive question. It is highly to your advantage to understand why I pose this question to you. Think it through.

How many people do you know personally who understand and knowingly use all, or any, of these basic Laws of Creation consciously or decisively? Even the most famous or highly successful in their known fields rarely know or understand these simple, very few, major Universal Laws.

Those that have grasped a little, or a major, understanding of the Law, of what brings forth their great personal success, obviously thrive and are duly noted, lauded or deplored by the rest of our totally unaware or sleep-walking masses. While those still slumbering to their sacred co-creator heritage, thus to their infinite self-empowerment and immense physical human potential, simply wither—and die on the vine, so to speak. How sad for them. Aren’t you glad you have awakened to literally “see the light” now? I Am.

Anyone, past or present, humanly embodied on Earth still asleep to her or his divine 'I Am' God-fragment self –identity or to their co-creative purpose and power has been severely crippled. She or he will therefore continue to create whatever comes up in her or his life, simply and surely, by default. Many wonder, but never learn or know why before old age and physical body death overtakes them, that human life on Earth has been such a dark, and powerless struggle. Why? It's the Law. You get what you give.

The still-sleeping masses have fallen into the dark trap of giving attention to negative events and negative news. You now know that we live in an inclusive universe, and what you give is what you get. As already stated, in case you had missed the point, non-inclusion does not exist. Expansion must occur worldwide and the Law of Attraction manages that universal function perfectly.

If you put attention on what feels and IS good, you get more good, thus more God, in your life stream. If you put attention on bad, you get more bad, thus less of God awareness, in your life stream. Is that difficult to understand? If so, re-read and ponder what you are reading some more. Otherwise, smile and read on. Either way, a smile will brighten up your world and mine a whole lot. You get what you give.

You ought to know by now, and feel it strongly by now, that there is nothing you cannot BE, DO or HAVE.

If you have begun to understand why and how this is so, then I predict you will vibrate your way to whatever chosen field of personal fame you desire. Only those still asleep, those who are accepting without question the obvious slave-minded very, very "un-whole-sum" "struggle and work" ethic will continue to exist in their daily sickness and poverty, and in a demeaning, deploring and depressing state of self un-empowerment.

Do my constant words and pleas to awaken, or your many words and pleas for each and all to awaken, mostly fall on closed minds and deaf ears? Probably, for only by my living

example of success, or your own fine living example of personal success, will we light a flickering flame of self-recognition in a dear sister or a dear brother still on center stage—solemnly playing the default role of the walking dead or the blind leading the blind.

You have a vision. You have a dream. You have a dearly held or newly blooming, breathlessly beautiful dream. Follow that vision. Follow that dream. Follow what feels good. Follow what is a vibrantly alive and exciting thought or want. Good visions, good dreams, good feelings draw you closer to your God Source.

DO it. Follow your own bright star to glittering, gleaming and bright shining fame. Let it BE whatever and wherever you choose to express it, and to whatever widths, heights, or depths you desire it to BE.

DO it. You alone have the right and the free-will choice to consciously, deliberately and decisively follow and arrive at your own self-radiant star Being. Your bright ‘I Am’ star is a compelling magnet and is calling you now.

If you choose, you can be an athletic star. I know. I “played” that role at various local, national and even at international levels. If I can, you can. You can be a singing star. You can be a current famed master painter like Picasso. You can be greatly, fully self-fulfilled and deeply contented—a world famed “star” of your own sweet free choice and creative design. Why not? You can do it.

What world good-feeling attention or fame do you desire? Simply name and desire it and it is yours.

Here are a few TIPS to empower whatever your heartfelt desire. May these help to speed you on your good and exciting way.

Believing strongly enough about anything will suddenly open doors that seemed blocked or shut, or unseen doors will appear and open. Forget “what is” and instead create your own

self-satisfying future world totally around and within “what will be” in your unique, high, fashion by you.

Find sparking joy and passionate enthusiasm in your desire while in grand pursuit, or in contented completion, of your star-studded journey.

See the end now. BE—in mind, heart and soul—where you want to BE.

Use your “point of power” in the “now” as SETH stated or ABRAHAM expounds. Each moment of “now” holds, and funnels down to you, ALL of the power of the entire universe. Use it. Pour it through your personal human vision—as a single-pointed, now empowered dream desire—for your self-recognized...and publicly acknowledged worldwide fame.

You literally have no competition. There is more than enough fame, health, prosperity, freedom, joy, love and beauty in Creation to fulfill the hearts’ content of anyone, and freely for all to HAVE.

Ask and it is given.

There is even an ever-eternal store, or an infinite stock, of ageless human physical body Being, or of personal endless non-physical and physical immortality for everyone. There are even endless Soulmates to go around and around, again and again and again. (Smile)

I know, for I live happily in the body with my Soulmate even now, as told in my bestseller books on this subject, *Finding Your Soulmate* and *Your Soulmate Is Calling*, and now my very latest new book, *Soulmates, Twin Rays and Special Lovers*. Yes, yes, yes. I have shared several thrilling, uplifting, deeply desired and fully lived, deliciously sweet Soulmate adventures and mergers in this now ageless, perfectly healthful and immortal, human embodiment that I thankfully, ever-gratefully and joyfully possess today.

Your own worldwide fame could never, nor would it ever, take away from any of the some seemingly never well earned or the obvious, greatly deserved good fame of another. So do help

yourself to all the worldwide fame you can imagine and hold. As I said earlier, and I repeat again for emphasis, fame is in plentiful universal supply and is yours, simply, completely, and freely, for the asking. How can anyone beat that?

In recap, there is a literal universal team of divine, highly talented, co-creator helpers standing by and eager to help you achieve your desired worldwide fame.

We may probe deeper into the gigantic universal team factor more fully in the chapters ahead. For now, you can start acknowledging, accepting and allowing, even if unknown, an illustrious team of other sisters and brothers, and of powerful Beings of Light and Love on Earth now, who will BE happily and thankfully wanting to and helping you to become rich and famous.

Like attracts like. Ask and you will receive.

When you strongly want and know clearly exactly what you desire, and you absolutely expect it, be assured—my beloved, honored and respected, current dear Earth companion—you will achieve it. That is how and why I threw a seven total, face-up, of my two die twelve tosses in a row.

It is how you can vibrate your way to your deeply desired worldwide fame. Yes, indeed. I know with all of my heart, mind and soul, that there is nothing you cannot BE, DO, or HAVE.

Lift yourself up to it, my now wide-awake friend. It is so.

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Chapter 24

Vibrate Your Way to a Perfect Figure or Physique

Stand before your mirror in that powerful moment that is now and evaluate the condition and appearance of your priceless, precious physical body now truthfully reflected back to your observing mind. It is probably obvious—there appears to be a need for some time and application of effort by you, personally applied, in order for you to vibrate your way to your now newly desired perfect new figure or your perfect new physique.

In our 3-D world of duality, we constantly can choose between a positive and a negative outcome to what we perceive. You offer a definite, decisive, co-creative vibrational expansion to anything you add your personal “yes” to—not by words, but simply and very surely through your attention and a focus upon it.

Saying a verbal or mental “no” to what you see and again give your undivided attention to, even with all the best intentions and wishes of the world, only adds more of what you do not want, to what you already attracted and holds your attention or focus again.

If you perceive your body as too thin or too fat, then you support your thinness or you add to your bulk. You personally get thinner or get even fatter. However, your brief thought about your now clearly perceived fat or thin mirror reflection of a possibly starved or possibly much overfed body would not harm you.

Relax—because, a quick glancing appraisal of where you are in relation to where you want to be is totally insignificant. On the other hand, a swift appraisal positively offers you and your

observing mind a very clear and sharply contrasting choice to what you might now prefer. Now is your point of power, so you certainly are in great luck (smile).

You must know how you feel to see your fat or thin body image starkly reflected back from your mirror on the wall. You may also see it in the real or self-imagined mirror in the eyes of your family or friends, or the general public. To see “what is” can lead to a very compelling personal desire to work toward making whatever effort and time you imagine is required to bring a desired positive change of your body’s present condition. So give thanks. That is always a positive feeling and it helps move you forward toward being closer to your God Source.

There is nothing you cannot BE, DO or HAVE, and just by seeing where you stand in “what is”, you now hold a far much clearer perspective or picture of where you will want to stand in “what will be” the future good changes for your body, mind and soul. So, give great thanks! Your body—which may need a touch up, a fine tuning, or a major repair job—is already heading toward that perfect figure or that perfect physique you now fully desire and now positively know you can HAVE.

Now is the time.

There is nothing impossible, if you can imagine it, think it, feel it, and expect it. Now is the only time that IS. Now is also where you—and all of the power of the universe—consciously and literally meet.

This moment now—as you imagine or perceive what you DO want your figure or physique to look like—is the true source of a power that creates worlds. So the more you become conscious of standing in the now moment and asking for what feels good to you, the more power you REALLY DO summon. Also, the quicker you achieve whatever new, wanted condition or event you are summoning.

Remember, there is nothing that has not been created by thought, whether visible or invisible. Not only your own physi-

cal body, but also your entire world or daily environment that enfolds and surrounds you was created by your thought.

You did it. We each have solely created that unique self-given, precious self-moment in our Eternal Now. Your own self-world and your well kept or greatly neglected–body condition, arose from the thoughts you accepted and the warning feelings you ignored, or the inner promptings you wisely have followed.

Most co-creation that you now perceive was created simply and surely by default, which means you previously did not know the great power of Creation that resided within you or was emitted by your thoughts. However, since you are now alert and awake to whom and what you are by your will, this moment of “what is” will pass if you wish to change it. Now consciously being a very aware and very powerful co-creator of worlds, you can swiftly now, or slowly and surely, vibrate your way to a perfect figure or a perfect physique.

What took years and years of improper stewardship or pure neglect to deteriorate or break down can now, via the power of your thought and the great Law of Attraction, be fully repaired in months or, at the most, a few years.

If you have had the pleasure of reading the astounding volume, *An Autobiography of A Yogi* about Parmahansa Yogananda’s incredible life adventures, you will surely recall the following anecdote. In pondering the grief his sister expressed almost daily over his very thin and thus seeming emaciated body, Yogananda made the decision to add 85 pounds of new weight to his thin form. He then went to sleep with that desire burning in his mind. In the morning, he awoke to see and feel his “great want” had truly become manifest. To his delight, his sister’s great delight—and to the astonishment of his family, friends and many acquaintances—his afore thin body literally has acquired 85 pounds of healthful, symmetrically placed, new body flesh mass.

My credo since my own personal awakening decades ago has been, “if another has done it, I can do it too”. It was why

when one of my students I was counseling told me she had utilized the Eleven Magic Steps in my book *\$UCCE\$\$ FORMULA*—now long out-of-print—to manifest a quick \$5,000 dollars in an asked for one week’s time. Her doing it suddenly inspired me to do it, as well. It’s how sparkles and circles of light grow worldwide.

She said within one week after forming her desire, a \$5,000 check in a letter from her uncle arrived. She said he wrote that he made a recent sudden decision to share his great abundance with all of his many family and relatives before he made a soon-expected physical departure from his body.

Curious, I asked exactly her how she had done it. She said she simply formed a clear desire to receive a \$5,000 check as a free gift within one week’s time and wrote it down. She added the power of imagination to manifest her desire. I asked for further details and she said she imagined she had received a check for \$5,000 in the mail, out of thin air, from someone. She vividly imagined seeing herself enter her local area bank and handing a \$5,000 check to a familiar bank teller. She then asked the bank teller please to give her “50 one-hundred-dollar bills”.

She gave me a broad smile and she said that almost a week to the day later, as she had specified, the mail carrier arrived with a \$5,000 check made payable to her from her uncle. She expressed how grateful she was to me for writing my book, so that after reading and studying the Eleven Magic Steps she knew exactly what steps she needed to take in order to be blessed with that astounding manifestation. I smiled too, for I was very happy for her.

When she left, I pondered what I perceived as a lesson or message she had delivered to me. My student had become my teacher. She showed me, how by using the Law as detailed in my book, she had manifested a seemingly impossible gift of \$5,000 cash in one week; while as detailed in my book, I needed to abide by a faith or a belief that I needed a whole six months time to manifest my desire. I was instantly struck with the thought, “Well, okay...I could certainly use an additional \$5,000 check dropped in the mail to me from out of nowhere.”

Yes, indeed. If she had done it in one week, I could also do the same, in one week.

That evening, I put it in writing and fixed that desire strongly in my mind. I, too, imagined me standing before the familiar bank teller in my local Hollywood bank and handing her a \$5,000 gift of a free check payable to me, and asking her to kindly give me “50 one-hundred-dollar bills”.

Making a longer story much briefer, less than seven days later, I checked my daily mail—and sure enough, there among my batch of new letters, was my strongly desired, imagined and expected check for \$5,000, made payable to me. The writer told me he had often noted how I often went out of my way to help him and my other local students of the spiritual way of life I taught and lived. He wrote on the enclosed note that he was an inventor who received a constant monthly stream of royalty checks, and that the \$5,000 check, made payable to me, was a token of his strong appreciation for the good work he felt I was doing. Wowie!

You can imagine my exhilaration. My sudden tearful joy had little to do with the sum of new money now at my use or disposal, it was over the quick fortification of the fact that what I was teaching and living now in my own life was forever true. Anyone wanting whatever on Earth could also do it, providing, of course, they knew of the Laws of Creation and merely made conscious use of any or all of them. (P.S. I did follow through and I did ask for—and I did receive—50 crisp, new, one-hundred-dollar bills from my now-smiling local branch bank teller as soon as she verified the check was good and payable to me. We smiled together.)

I hope that you are smiling and beaming with a new sense of upliftment too, for success stories of amazing before and whatever after positive changes can certainly be inspiring or motivating to listeners or readers at the least.

Your desire to vibrate your way to a perfect figure or physique has already been granted. The time lag it takes to determine when you will have vibrated your way to a perfect figure—

or if a man, to a perfect physique—must be, and is, determined solely by yourself. The entire how and why of it, once understood, will surely ease and speed up the arrival of your grand desire.

Please realize very little self-action or self-motion will be required when you understand and use thought to do most or all of the work (as demonstrated by Yogananda). If you truly understand that probably at least 99.9 percent of people use the old physical “struggle and work ethic” action mode to go from “here” at what is, to “there” to what will be, you may choose to now be in the possibly wise .1 percent who daily do seemingly impossible things, both speedily and also effortlessly.

Here are a few TIPS to speed you on your happy way to your very own wondrous, forthcoming perfect figure or perfect physique.

What you give your attention to you become. Give all of the predominant free time you have thinking positively about your desire. Study and admire beauty in any shape or form in nature and everywhere around you. Not with envy, for that is indeed a backward step, but in genuine, heart-felt appreciation of what you behold. If nature can do it, if any others can do it, you—now an awake, conscious co-creator—can do it.

Begin seeing a general condition and general change for a deliberate, step-by-step vibration toward whatever desire or image you perceive comes via thought, desire and your attention to it. A quantum leap is possible—like Yogananda did—when you have learned, practiced and lived by the Law long enough to bring forth such instant-seeming miracles. There are no miracles, only the Law at work, which when used never fails to be totally accurate at all times. There are no accidents. There are no victims. Without exception, we create every facet of our own, ever-blessed, self-reality,

Since by Law the universe and Law of Attraction do not respond differently to imagination, do most of your work in imagination and thought. Move to action only when you are inspired or consciously motivated. Spend at least ten to fifteen

minutes at least once daily (or nightly) vibrating your way–IN IMAGINATION–to your own image of a perfect-10 figure or physique.

You can do it. On a personal note, as greatly more detailed in my own *Autobiography Of An IMMORTAL*, I disclose how, upon seeing the stark contrast between my thin body and the strong vibrant body of Charles Atlas in a magazine ad at age seventeen, I made a powerful desire to have a powerful, hard and lean, muscular body like that. Charles Atlas was advertised then, in 1944, as the strongest man on Earth! At that time, I weighed 130 pounds and had a tall, very thin, six-foot body frame.

A little more than a year later, through my daily imagination of lifting heavy weights, and pulling and pushing with corresponding inspired and motivated arm, leg or body movement, my own body became perfectly symmetrical, rock-hard and strong beyond belief.

I was all-weight wrestling champion aboard my ship, the U.S.S. Ashtabula, in 1945. At age 18, I could bend thick metal bars. Even the huge 250 pound or more weightlifters could not last two minutes with me in the wrestling ring before I threw them to the floor and held them locked to the mat to the count of 10.

Almost without exception, within the span of two minutes after a bout started, I was proclaimed the winner and champion of every public wrestling event aboard our huge navy ship, all the time I was aboard it.

My rank was Seaman 2nd Class, lowest rank aboard our merchant marine ship, yet, soon there were Naval officers, who seeing the demonstration of my great strength, were asking for–and received–my personally demonstrated instructions on how they, too, could DO my “imaginary” dynamic tension process, as named and taught by Charles Atlas. Within weeks after training with me for about a half hour almost every night, several ships’ officers were also extremely pleased to be bending thick metal bars at my side.

It was also my imagined dynamic tension exercises that allowed me to recover fully when both my legs were in a sudden rigid state of paralysis from polio. My seemingly miraculous recovery occurred at a prior date in 1943 at our naval hospital while I was in training at the Naval Radar School, during my short time at the then deluxe Fort Lauderdale Beach Hotel, in Fort Lauderdale, Florida, USA.

The best way to teach anything is by personal example. What others have done and are doing, you can do as well or even better. I did it. I made some obvious and awesome body changes all through the power of intense thought and intense desire.

You can do it too. It is how you can and you will personally soon vibrate your way to a perfect figure or a perfect physique. Imagine me standing mentally there beside you on that final day when you know you have reached your goal and your household mirror is clearly reflecting back to you that expectant good news! So be it. Let it be so.

Use the power of thought to make your dream come true. If I can—and I can—you can. Let's "can-can" together (smile).

Never underestimate the power of a vivid imagination to speed your way to a perfect figure or a perfect physique.

Imagine your perfection. Feel how good it feels. Expect it—expect it—expect it. It's your world and it's your very own, soon-to-be magnificent and perfect body.

You can do it. There is nothing you cannot DO, BE, or HAVE. And, it is so.

Ω

Chapter 25

Vibrate Your Way to a Constant High-Energy State

The source of all energy in our physical world arises from the non-physical. Even the power of a waterfall or a mighty rushing river is slowed down at a physical level when obstructions are placed in the flow of the current. In fact, we know a powerful waterfall or a mighty river can be diffused or harnessed. When cities erect a large enough dam, the great power of rivers or cascading waterfalls can all be totally blocked, or tapped and released to provide you or all of your community with a continuous supply of easily controlled or precisely guided energy.

You need to understand or know that residing within that eternal non-physical aspect of your physical human self rests an ever-flowing, almighty current of Well Being that is your rightful heritage. You likewise have a huge source of unlimited power and energy. The highest power of the universe gathers to converge within that unique 'I Am' self-identity that you know as yourself and rightfully claim to BE.

Without limit, the whole eternal current of our loving God Source's might and power flows in, through and around each every particle, atom, molecule and cell of your entire grand, human, physical embodiment. Each and every single one of us holds a vast reservoir of infinite energy and limitless power within the nonphysical stillness or silence of our sentient and vital 'I Am' self.

If you desire to vibrate your way to high energy, you only need to understand God's ever-present, simple, absolute—yet few—eternal Universal Laws. Even a nine-year-old child can observe, note and understand these absolute, few, yet plainly major, Universal Laws. So be assured, you can do it.

Attention to the foremost great Universal Law has already been established in your mind. You know that the Law of Attraction never makes an error. To attract means to draw to you, and the Law of Attraction eternally draws like to like. It is this Law at work that enables a thought to add to the weight of other like thoughts, and together soon become a mighty powerful “thought form”. It is why a snow bank is a snow bank. It is why a sandy beach is a sandy beach, or air is air, fire is fire, and water is water. We see this Law at work everywhere around and within us. Always and forever, like attracts like.

Thus, a star can form, a solar sun can form, atmospheres can form, an expanding firmament can form, a clear blue sky can form, planetary masses can form, a deep ocean can form, and a continental reef can gather and form. A number of unique simple life forms can aggregate to form more complex, more sentiently aware thought form extensions and expressions of God Source at physical form levels.

Simple elemental life forms, through this process, soon gather and extend to become unique mineral kingdoms. They extend further to create more complex plant kingdoms specie. These extend again— now formed into countless, unique, sentient animal, human and other such quite highly perfected life forms, up to the bright shining Ascended Masters about whom we may each presently know or are still presently unknown to us.

The vibratory speed or frequency determines the low or high energy level of anything and everything. A low frequency vibration has little energy or power, while high energy holds high power and a deeper well of ever-available energy. If you are presently a low energy generator, by asking to have more energy you are already on your way to being a higher energy generator and emitter. Your single, simple and easy task is to discover and void any and all of the resistances you can find in yourself.

How do you do it? Note mentally what you are thinking, saying, feeling or doing that feels good—and what does not feel good—at all times. Consciously and deliberately, drop thoughts

and attention in any manner or form toward anything outside of you that feels bad. When you give attention to anyone or anything, you are inviting them or it into your solitary sacred 'I Am' space.

Think it through. Each impediment or block removed—even the very smallest—to your natural state of Well Being, thus a normal high-energy state, literally adds to your new feeling of power and strength. Power in whatever form is always the lack of resistance against that burst or thrust of new power by any form. The less resistance, the more power is generated in the receiving form. Conversely, the more resistance, the less power is generated in the partially blocked or resistant form. The Law is the Law. Through understood conscious use of the Law, you can vibrate your way to a constant high-energy state.

You can do it. Let it be so.

Following are some tips on how you can vibrate your way to high energy.

Read and re-read this entire book often.

Know intellectually and remember consciously that the point of all power is in your 'now' moment. Your past has null power over you and your thoughts and feelings unless you choose to allow it. So leave the past behind, except for any replays where or if that memory holds higher vibrations than the current mood or the present attitude you are now momentarily holding and thus vibrating.

The future is a far different story. You can wisely always freely use your imagination to feel good (God) and thus a higher, purer energy state when you think of arriving at a great future-planned or a newly imagined future-generated event. Pause a moment and think of one. Now, can you feel the power of life in that pleasurable image growing within you? Expansion of an idea or expansion of life always feels good (God).

In fact, your continuity of God's life is only possible in and through your eternal, non-completion passage in time and space. When physically embodied or at non-physical levels, you personally experience and move through daily space from a

point called “here” to “there” or through time in “what is” to “what will be”. So remember there is nothing you cannot BE, DO or HAVE.

You can really go wild and free with your imagination. New thoughts, new ideas, really do “breathe” or generate new life vitality clear through into and all around your entire physical human Being. This is how you personally radiate and expand the good or God life! An extension of good is an extension of God. Good is also a high degree or high vibratory level of love.

Go into the deep silence of yourself often. Take time off from daily study projects or work projects—or being a busy-body—and give yourself the loving gift of ten to fifteen minutes of some calm, quiet time alone. If you are unable to be by yourself physically, you can at least pause—both mentally and emotionally—to enjoy some refreshing and rejuvenating self-empowering quiet time with your soul-self.

Practice feeling calm and centered often through each day and night, especially when you see or note that you are in the thick of things. Hold a detached observer mode or—even preferable to that—a visionary mode. Pause to ponder and envision a glowing, gleaming, glittering future for yourself and for all humanity. You will always find that not only uplifting, but also highly energizing to your body and Being—and at all your various sentient body, mind and soul levels.

At the more physical level, take slow, deliberate, and very deep breaths from time to time. This helps calm your flow of nervous energy, and consequently, adds to more available self-energy when you need it. I personally take a walk daily, preferably within nature whenever possible, and I suggest you try that. Daily walks, jogs, or exercise time—and that surely includes “dynamic tension” exercises—helps keep your body moving, more flexible and healthy. Improving your health will automatically increase your rate of vibration and thus cause you to BE in a higher energy vibratory state.

DO whatever FUN things you can physically imagine and do to ground your irreplaceable body and beautiful human Being.

Keep close to Earth. Nature is charged with a vital, pure energy—so further your associations with all nature in positive, responsible, delightful ways that excite and please you.

Let go of gravity and rigid seriousness and get high on life. Be genuinely light-hearted, day and night. Feel the JOY of life surging through every cell of your body and Being. If I can do it—and I do it—you can do it.

In that vein, be more in your heart than in your head. Feel and be close to all the vibrant love-to-do things, and joy things you can imagine or can DO on Earth.

God has personally conscripted you to bring Heaven down to Earth, so let it flow into your own glorious, co-creative life stream. No one will or can do this exciting, uplifting, enlightening and co-creative extension of God Source service for you. Thank God. No one else can be, do or have what is your choice alone to BE, DO or HAVE.

You can do it.

DO it. You are not alone in this desire. I want you to DO it. God Source wants you to DO it.

I am certain you can vibrate your way to a constant high-energy state. And it is so.

So be it.

Ω

Chapter 26

Vibrate Your Way to a Constant State of JOY

We each and all live here on our beloved blue-green planetary jewel, Earth, in a clear-cut, 3-D vibratory world of starkly visible duality.

Male and female gender is obvious most of the time in most of our known sentient species on Earth. We refer to positive-negative, forward-backward and up-down as our relative physical and dimensional states of perception of that clear-cut duality in our 3-D world. There is, however, an exceedingly far more important human-spiritual sense or polar choice that each one of us individually or as a collective by Law must make. This is a choice that we make—whether we are in the physical or non-physical state—based on what our own holy God-fragment sums up and knows about any subject in space at any given time.

By Law, we must consciously choose to follow inward (toward) or outward (away from) our God Source—one or the other. The world we live in is a world of our own unique making. We can choose to place our momentary or steadfast daily conscious focus toward and on being sad, or toward and on being happy. We can choose to BE sorrowful or to BE joyful. Thank God for free-will choice!

Thank God, you choose JOY.

Our ever-present inner guidance can and does evaluate and evoke a clear personal answer given to whatever question we have in mind or to what direction we must take to move away from or closer to God Source. Without a single exception, you and I know directly from our own inner guidance system what feels good (closer to God), or what feels bad (further away from God).

What I hope to have you understand clearly here is that I know—and you know—and the tiniest to the largest particle or life form, micro or macro, knows crystal clear what feels good and what feels bad concerning anything we have done or now plan to DO. Every thought carries a clearly indicating emotion or feeling with it and around it. It either feels good or bad, sorrowful or joyous, etc.

Moving closer to love automatically brings your entire body, soul and spirit into a feeling of complete joy.

At our non-physical level, we understood all of the above knowledge before our physical human birth. We each and all knew—no matter what, where, or how—we could not and we would not ever be fully lost or fully separated from our God Source. There would be nothing to fear during our human physical body sojourn in that low, slow, solid vibratory physical form world of duality. Why? Because we could always count on our ever-present, ever fully accurate, inner “radar” to sensor our every thought, feeling and action in our forthcoming 3-D human-body world.

The direction guidance was instant and correct. Does it feel good or does it feel bad? Then armed by instantly reflected feeling, we would know immediately what choice to make, or which direction or pathway will lead us more directly back toward our ever-loving, ever-protective and all-powerful parent God Source. That is why we entered our exciting human journey with such great, almost natural uncontainable JOY and a deep trust in All That Is. We knew our human body physical Earth journey would be a genuinely fun trip. We had an infallible inner-guidance system ever ready to alert each and all of us on the spot if we were moving away from or toward our God.

In short, there are but two absolute basic human or sentient emotions: good or bad. Can it get simpler than that? Any other degree or level of emotion is merely a degree or level of feeling good or feeling bad. It does not matter whether we call or label our feeling love, joy, happiness, fear, hate or depression, etc. All degrees or levels of good or bad feelings only denote the

various ranges or distances we are from our God Source. Is that now fully understood?

Feeling deeply depressed, thus totally disempowered, would and does personally feel like we are at the very bottom of the barrel, in a black pit, or in a dismal, fearful void far, far from God Source. However, have no fear—relief is only a new thought away.

On the other hand, if you have already chosen to vibrate your way to a steady state of constant daily JOY, you are choosing to hold and to keep on moving yourself nearer and nearer to your dear loving parent God Source. A constant sense or warm, glowing feeling of JOY is the way and the means to be moving ever closer and closer to your parent God Source.

When you feel JOY it is impossible to feel anger, pain, or to be in judgment of another or even to judge your own divine ‘I Am’ self. We cannot serve two masters. The Universal Laws will not support that. As conscious co-creators, we may choose freedom as a free-will spirit, or choose bondage as a human slave to society or tyrants or other willing masters of our fate.

Think this through. Is it difficult to sense or feel out and then know at which side of 3-D duality that the vibratory polarity of pure freedom abides? Or reverse the option: feel at which side of 3-D duality polarity human body and soul bondage, and thus dull and slavish human servitude resides.

Clearly, the way you can and will vibrate your way to a constant state of JOY simply comes always from “testing the waters”, meaning your ever-present, fluid, moment-to-moment emotions. Does it feel good or bad? Then from your immediate feeling about it, you will know with certainty if the thought you ponder or the event to which you just gave your attention feels good or not.

Your own feeling is always accurate. Your guardian deep-down inner God Source knows exactly, in terms of where you stand in truth, if it feels good or bad. Be true to yourself. The “self” referred to here is naturally your own divine ‘I Am’ inner God Source co-creator spirit self.

Your gathering of daily beliefs will and must change steadily to accommodate your each new, more-expanded truth you have accepted, thus into which you have moved. This means that if you always follow what feels good, you will always be true to your self. Your inner self always knows exactly what beliefs you hold and that you will accept and follow at any and every moment in your every choice within the Eternal Now.

Do it. Begin this moment to expect and to accept your ability to vibrate your way to a constant state of JOY.

You can do it. You have asked, so you are now already vibrating your way to a constant state of JOY. “Ask and it is given” is no mere platitude. It is not an empty-worded phrase. When you ASKED, God Source gave. Step One and Step Two are complete. You now only need to take Step Three: expect, accept and allow this priceless gift of bubbling, beaming bright JOY to be received in your heart, soul, body and mind.

You can do it.

Void all fear, and any creeping doubt or disbelief. Simply give your moment-to-moment focus or predominant attention on expecting eventually to feel a steady state feeling of JOY. Feel and see a little more and more JOY in whatever you do daily. By Law, no human mind, hand or heart can ever withhold your asked for JOY.

Here are some tips to speed you forward, upward and onward to your joyful goal.

Why not pause—and STOP—before you think further, or speak, or form an attitude or a single judgment about anyone or anything? First, ask yourself, “Does this thought, or word, or action I plan feel good? Will it bring me JOY or JOY to the person, place, thing or event?” If not, deactivate the thought. Think instead of what will sincerely bring you or the one you gift by your presence more happiness or JOY.

Let JOY be your sweet ringing sound, your strong signal, your loving keynote to anyone and everyone you touch.

You can do it.

Follow each and every path toward what inwardly feels good and you will soon be basking daily in your asked-for constantly good-feeling vibratory high state of JOY.

BE consciously and quickly allowing of others. JOY is freedom. Freedom is joy. Think about it. When you allow others their divine freedom to BE, DO; OR HAVE, whatever their own free will choice about any and everything, you too are then a free soul. For instance, when you bind another, you have bound yourself. Allowing others is a sure path to your own constant freedom, thus your own constant daily JOY. Can we really get what we give? That's what Step One and Step Two are all about.

Lastly, every feeling, at whatever level, degree or range, exists as a powerful, universal-wide magnet. Be a magnet of JOY.

A holder of JOY emits JOY. She or he draws more JOY to her or him. Therefore, which feeling do you really want to generate, since you will have more of the same flood back to you? Do you choose fear, doubt, suspicion, anger, jealousy, hate, fear, depression, insecurity or the good feelings of love, joy, hope, kindness, trust? Remember, feelings are magnets that draw more of the same. What are you willing to invite into your personal living room or divine kingdom on Earth?

LOVE is the obvious best choice for anyone.

You, my dear sister or brother, have chosen to vibrate your way to a constant state of JOY. I agree fully with your choice. JOY also is where I have chosen to abide.

Love is JOY, and JOY is love. LOVE and the radiant outer emotion of JOY are forever interchangeable in essence and in spirit.

Light, Love and Power of our God Source is All That Is, so where is JOY?

Love shines and shows itself as light, while an absence of light is perceived as dark. However, darkness is not real. A true state of darkness is impossible. The seeming black dark of night is literally a very deep shade of indigo blue. Darkness does not

exist in all of Creation. Love and Light alone prevail in true reality. Your, my or our mass perception of dark is only an error in human perception. JOY is the fullness of LOVE.

In the same corresponding way that there is no dark, only the absence of light, there is no Source of evil, only the seeming illusion of the absence of good.

Fortunately, God Source, Love, Light and sheer pure JOY are ever-present in, through and around each and all of us, without exception. So hold fast to your magnificent, highly inspired desire to hold a constant state of Well Being and JOY. I know you can DO it.

Hold on to JOY. Give JOY freely to each and all along your good way. And be sure to give JOY to your own brightly shining 'I Am' self-Being.

Invite JOY. See JOY. Be JOY.

Hold yourself from this day on as a dear, loving, brightly glowing magnet of unending and radiant JOY on Earth.

Expect JOY. Generate JOY. Love JOY. I, too, yearn to see you swiftly vibrate your way to a constant state of JOY.

Do it. Be in JOY.

Rejoice, and be free. There is nothing you cannot BE, DO or HAVE. And it is so.

So be it.

Ω

Chapter 27

Vibrate Your Way to a Young, Ageless Body

What thought feels better? “I am going to grow old and die.” or “I am going to vibrate my way to a young, ageless body.” You can do it. Simply follow the cardinal rules presented throughout this volume. There is nothing you cannot BE, DO or HAVE. Focus on whatever singular thought feels the best until that which you desire manifests before you.

I do it. Others do it. I repeat—you can do it.

There are almost countless good reasons why you can achieve what may appear to others as mad impossible dreams or totally unrealistic thinking and desires. The Wright brothers, who invented the airplane, did it. Tesla, who invented mass use of electricity, did it. Gandhi, who helped free India, did it. Many, many numberless more have done it, and whatever you dream, imagine, and desire, you can DO it.

There is nothing you cannot BE, DO or HAVE.

If or when you hear your mind or feel within you an obvious conflicting thought, just drop it immediately. There is only one way to get rid of or deactivate any thought that keeps coming to mind. Put your focus on another thought. You have an infinite world of thoughts from which to choose. Pick a thought that feels good or at least much, much closer to what you DO desire, immediately.

If you glance or stare at your reflection in your bedroom mirror or in your sauna or fitness center at “what IS”, do not accept that physical image you see unless it pleases you or makes you feel good. Just realize that what IS, by Law, is not fixed or set. All Creation and co-creation changes, no exception. It MUST. What is is not irreversible. It soon can be changed to what you desire.

Now is certainly the right time. You now stand in a mighty point of power. Ask and it is given.

All things, all life forms change their dense visible or subtle form from moment to moment, hour by hour, day by day, year by year, decade by decade, century by century, millennium by millennium throughout all eternity. That literally is visible evidence of God Source life continuously expanding and extending from itself. Give thanks.

A free-will choice for change by an indweller in a form, or an observer of whatever, is an innate gift from God Source to all other Creation-wide co-creators. The change will personally be for better or for worse “and the winner is” whichever thought and feeling you fed the most. You fed it by your attention and your continued observation or focus upon it.

What IS becomes, like all things in vast Creation, merely a momentary truth. It surely is no lasting one. Aren't you glad you quit creating by default, as you stare at your current physical body reflection in your household mirror?

You now know, with deep assurance and conviction within, there is nothing you cannot BE, DO or HAVE. You have asked, and it is given. You already, then, have begun to vibrate your way to a young, ageless body.

You now know who and what you are. You have made the really good-feeling decision to be a decisive, deliberate creator of your own, newly becoming, young, ageless physical body and Being. No longer will you accept or “invite in” thoughts, feelings or images, or people, places or events that do not feel good. Instead, you know, with a growing feeling of assurance because it certainly feels good, that there is nothing you cannot BE, DO or HAVE.

Isn't that a great thought to have and to hold?

Hold on to it. Give that nice thought a smile or a loving, warm, petting rub with your mind from time-to-time. In fact, why not keep it in mind every day and night from this day and this night forward?

Do it.

Think about it. How does it feel to place your mind and heart on such a self-empowering thought? By now, you know how to lovingly, joyfully, deliberately and decisively change what IS to what will be! In this instance, your swiftly becoming new, young and ageless body. That's a nice marriage of two good thoughts. (Grin)

Now, in this mighty point of all power where you stand, you surely can DO it. Give no power to any thought or belief that pops up and tries to conflict with your deeply determined desire.

Try these thoughts on for size, as well:

Want is a mighty co-creative power. Faith may move mountains, but want can move worlds.

Want it NOW so much you can taste it. That is exactly how I thought and how I felt when I acknowledged, accepted, and allowed myself to move out of a state of what IS sheer, day-to-day, starvation and poverty in a life I had created by default. I lived my daily life in a bleak, powerless, struggle and work ethic world. It was a world I had accepted, allowed and suffered in for many years of lack and limits. Yet, that fine day, in one inspired moment, I utterly changed my "what is" reality. From that great day forward, I began being a conscious co-creator of the gradual manifestation my soon highly \$ucce\$\$ful, and totally new career. I left the "arty" image of a determined, do-or-die, struggling songwriter behind. Thank God, again!

Within six months, I lived in a whole bright new world. Not only did I soon own my own home, a Cadillac and—above all—my new spiritual understanding of the Law; I then gave due honor to my sacred 'I Am' self-identity. I stopped living by default. I lived instead by absolute, eternal, never failing, Universal Laws. For me it was an immense breakthrough to a dazzling, joy-filled, new spiritual reality. I was then and I Am now forever grateful, beyond what words can say, to God Source for my sudden new awakening.

Thanks, young Jerry Hicks. You were the lighted torch that lit my flame. Thank you. Thank you. Thank you.

Think this through. In reality, you truly are now and always have been, in non-physical dimensions, a young and ageless Being. Whether you choose to erect and accept a barrier between what IS at a non-physical level and what IS at an illusionary, ever passing, changing physical humanly embodied world, is your and my sacred co-creator choice.

I do not feel old. I still feel 19 today. I still can do all of the major 3-D things I did at 19 that I choose to do now. I have, like you will soon have, a young ageless body—even at my age now—many, many enjoyable decades later, through all of which I have fully enjoyed much high adventure, thrilling romance and spiritual self-fulfillment as re-accounted in my 363-page *Autobiography of an IMMORTAL*.

Think this through, or imagine this: I have no colds; I have no flu or allergies, no aches or no pains; and I feel literally like a superman all the time. I Am charged with energy and vitality each new day at my awakening, and all through the day and night until when I Am ready to retire to a sweet, peaceful sleep. I Am constantly, often daily, filled with a sudden new dream or a thrilling new desire. I love what I do and I do what I love. My body is young and ageless.

If I can do it, you can do it.

Here are a few more quick tips on how to rev up your own speed in vibrating your way to a young, ageless body.

Repeated thoughts—good or bad, true or false—that are verbalized, written, mused or pondered eventually will, by Law, “morph” or change into personally held beliefs. This is how we all acquire, gather or create our own host of supportive personal “truths”.

Faith is simply another word for belief. The greater your belief, the greater your faith. Beliefs are born and grow in your mind by what you observe or imagine, or through the various mix of daily thoughts you “invite in” whenever you give them your time and personal attention.

Want or desire is birthed in your inner self. We identify the location of our want in our heart—or our heart-of-hearts. A want

transcends the power to manifest whatever is wanted—often beyond belief.

A want holds an infinite world more of power to manifest than a belief.

A classic example, repeated again and again in books about Law follows. A mother does not believe she can do it, but her sudden want transcends her belief at once. Her want enables her to lift up a car weighing thousands of pounds that threatens to crush the life out of her young child, thus saving her child's life.

Great want equals great power.

It is how with a pair of normal table dice I threw “sevens” twelve throws in a row—an inconceivable “chance” odds! In this instance, I had both these factors working strongly for me: I believed I could do it and I wanted to do it with every atom of my conscious mind and Being. So, I did it.

So you, too, can build on both your belief, which when strong is called faith, as well as on a mighty desire or want factor, to vibrate your way to a young ageless body. Want can and does accomplish seeming utterly impossible things. You now know clearly how to do it and—you can do it.

Do it.

Remember, your purpose on Earth is not to come into a body and slave at hard physical work, nor is it to struggle with an already seemingly set physical world to rearrange things more to your taste or liking. That's work!

You now know you do not need to WORK to make things happen through your physical actions. You knew before your birth into this human form that you would co-create whatever you wished to BE, DO or HAVE with your mind. Mind IS the builder.

Only then, upon its material manifestation, would you spring into inspired, thrilling, vibratory physical movement or action—soon sensing and basking in a truly self-created good or Godly co-created world of love, light and self-fulfilling self-empowerment.

That then is truth.

Every single word, every feeling, every action or event on Earth or in Creation is true. It is at any given moment in the now TRULY WHAT IS. And, to the same degree or token, whatever you imagine is TRULY WHAT IS as well. All seen or unseen is true, at its relative level. What IS had changed—within ALL of vast Creation—at the precise moment you desired and decided positively to vibrate your way to a young, ageless body state. It’s literally “a done deal”. It was SO at the moment you ASKED.

Creation, by Law, is never static. The entire world must and does change continually to support newly expanding life that IS ever in the form of new thoughts, ideas or images—each adding into further new life formations or formulas. Each of these newly gathering, endless, desires is continually initiated by numberless co-creators like you and me. Thank you, God Source! Thank you, my new book-reading friend.

You literally become that to which you give your attention, your focus and desire, or feeling. There is nothing you cannot BE, DO or HAVE. By your deliberately empowered desire, you are now then becoming young and ageless in body and Being. Let it then BE.

BE decisive. BE determined! Expect always to manifest whatever you desire, for there is nothing you cannot BE, DO or HAVE.

Do it now. I hold this vision with you.

You have my support. You have the mighty support of an endless host of powerful co-creators who love to aid you in every possible way to vibrate your way to a young, ageless body.

So be it—and—it is so.

Ω

Chapter 28

Vibrate Your Way to a Perfect Soulmate Union

There is a saying that nothing can stop an idea when its time has come. I can attest to that. Prior to publication of my best-seller book *Finding Your Soulmate* in 1970—thirty-five years ago—the concept of and the word “soulmate” was not known to mass human consciousness. That impactful book is still selling well 35 years later and is published in 12 languages besides English. The original English-language version may be purchased from my book publisher, Red Wheel Weiser, who now currently owns worldwide publication rights to this particular title authored so long ago by me.

Who, walking the streets in any city anywhere in the world in 1970, knew about the idea or had even heard of the word soulmate? A very, very, very rare few.

Inconceivable, when you realize today the word soulmate and the idea or concept exists in the hearts or on the lips of a majority of our human Earth masses daily. Yes, it was an idea, indeed, that obviously was ready for its relatively instant planetary-wide “manifestation” in our time now.

My focus in launching this new mass idea in 1970 brought a blessed loving host of precious “Soulmate unions” to me during this life embodiment. Without knowing the power of it then, my daily continual focus on soulmates charged my Being like a magnet. I was a soulmate magnet, for I was occupied continuously with thoughts about soulmates.

The thoughts and how-to instructions I gave during my ten-year stream through the 1970s of cross-country lectures, workshops, and well over five hundred television and radio talk show guest appearances—talking and thinking constantly about soulmates—drew a dear, sweet fulfilling handful of them to me

over the following decades. Most I identified through flashbacks of past life times, and some I knew and she knew our soulmate bond instantly upon sight.

What is a soulmate? Let's begin with my original 1970 formulation—or interpretation—when I presented what I meant by the word soulmate. I still use this identical brief definition of a soulmate.

It's simple enough. Here it is, "A soulmate is simply a mate you meet at a soul level". This means, in further clarification, his or her vibration at a soul level is like your own. You and he or she are a perfect match. You are bonded at a non-physical level, as well as being in an exquisitely mated physical body union.

The ever-present Universal Laws state that the greater always controls the lesser. So applied here, even if you occasionally "butt heads" or egos at a mental or gross personality level, your soul love, known and fully felt for each other, keeps harmony. This then easily voids any lower level conflict. Thus, through that ever-present powerful drawing power of your soul with the soul of your "special someone", the harmony and security of enjoying or basking in a continued, generally smooth-flowing, union together is assured for both sharing a joyous and so fulfilling soulmate union.

Like is attracted to like.

For a sharp contrast, compare this to so many marriages of two individuals drawn to each other at a physical body looks level or at strong sexual-attraction levels only. The nature of personality, as a rule, is negative, so most marriages or "partnerships" turn out to be a daily negative, angry and even brutal battlefield. One battle is hardly over before the ego of one or the other launches another surprise hit to the "side of the head" or a socially considered illegal, unfair, below-the-belt blow, or a psychologically sickening "belly punch".

Our many individual past lives are also another vital factor that draws soulmates together. All of us have lived many hundreds of past lives. If our passion for physical life is strong

enough, the number could well run into many thousands of human births, a life lived, death and rebirth again.

We are by nature drawn to those like us. Therefore, anyone whom you have loved greatly or who has loved you greatly will, again and again, emit a highly familiar soul vibration—where past life memories are stored before our 3-D birth—and prompts us toward engaging in another loving reunion.

Your inner self and his or her inner self can communicate or talk to each other over long distances. As told in my 1970 best-seller book, *Finding Your Soulmate*, I drew my soulmate to me from a long distance—well over 1500 miles away. We also “met in dreams” prior to our 3-D physical-plane meeting.

My strong “wanting” to be enjoined with a soulmate reached across time and space to bring her to me in a few short months. We did, however, meet in dreams before then, and so I was already much attuned to her at an inner or a soul level. When we met, it did not take long to realize we were the soulmates who had been “meeting in dreams”. I recognized her at first sight, while a few weeks of persistent, loving daily interaction between us passed before she realized beyond a doubt that I was the soulmate she had been interacting with so lovingly in her real and many sweet personal dreams and my dreams.

So exactly what steps do you take now to vibrate your way to a perfect soulmate union? The first step is now over. The second step was completed even before you put your mind and attention on this chapter. Step three, your acceptance of what you have asked for, and the length of time to manifest him or her, depends totally now on how soon you personally will want, believe or allow him or her—your already fast approaching Soulmate—into your physical life stream.

You can do it.

There is nothing you cannot BE, DO or HAVE.

Here then are a number of tips or insights that will be of immense value as you vibrate your way to a perfect Soulmate union.

I did it. Millions of others have done it. So you can do it.

Here is your forever number one, rule again. There is nothing you cannot BE, DO or HAVE.

So when you know clearly what you want without blocks or personal resistance of any kind, and this desire holds the dominant focus of your every day attention, you are in touch and working with that power in your own soul that literally creates massive new worlds.

Remember also, this attraction is a two-way street. He or she “wants you” as much as your own deep want.

Want is stronger than faith. You already have been told that faith can move mountains. Want power, which comes direct from your inner soul Being, holds a power that actually does create new worlds.

If you truly want a swift or very nearly instant Soulmate union, then “power up” your “want” power. Want what you want with all the fire and passion of your Being. Want that so strongly you can “taste it” in all the cells and sensors of your physical body and soul Being.

Any and every feeling is literally a magnet. Feel more, draw more. By understanding the Law, you can now BE—at will—an active, dynamic and powerful soulmate magnet from now on to manifestation of your perfect soulmate union.

Feel him or her in your arms with all your might and passion. Savor the feeling. Envision him or her lovingly holding you, hugging you, telling you how much he or she loves you. Use your imagination. You can do it. Fire breeds fire.

Another adjunct to wanting that is also powerful is vividly holding a clear picture of some of the ideal characteristics or the mannerisms and looks of what you want to BE found in your soulmate. What is it in him or her that you love and want to now pre-order? Be general at first. Later on, you can be more and more specific. The color of hair or color of eyes could be added to your soulmate’s gradually formed mental image later.

Now is your mighty point of power, so “put your order in”. Formulate the aspects, attributes or characteristics you want to see or share with your incoming soulmate. Use that natural powerful and effective “art of imagination” you possess.

Think of or remember all of the fine points or aspects and attractive “isms” you have seen in others at work, in a movie, or perhaps pictured in magazines. Mix and match major points of what is attractive to you. Offer that as the general or specific pre-order picture of your ideal man or ideal woman, and your soon-to-be perfect soulmate union partner.

Feel the reality of what you imagine. Consciously sense how greatly you want this ideal special someone to enter and bless your days and nights ahead. Every repeated thought, by Law, gains “weight”/ A repeated thought and feeling increases the charge of magnetic attraction that you build up between yourself, and your intended, soon-to-be, dreamy, desirable, fantastic manifest soulmate. The power of your repeated full attention can never be overstated, especially if you couple it with a steady, daily repetition of your strong “want” feeling.

Read articles, books and whatever material you see or hear that will help keep your focus and attention on your strong desire to vibrate your way to a perfect soulmate union.

Ramtha, a major, astute, hands on “Master teacher” I studied under for seven years starting in the early 1980’s, repeatedly made the then seemingly very odd statement to all of us, “You always become what you focus on.” The thought took hold. It stuck with me, even if I then did not fully grasp the deep and powerful importance of that idea. Ramtha wanted his army of worldwide spiritual students to know we create our own reality—that we are attracting to our world whatever we give our attention. We “invite” things, events, and major dramatic people into our lives, including soulmates, when we put our attention upon soulmates, or whatever else catches and holds our eye or thought.

If you have read the entirety of this book, you are now ready and primed to vibrate your way to a perfect soulmate union.

Every chapter in this book aims to add to your clear understanding of the Universal Laws. I repeat: if, after reading this entire book, you truly understand why and how these Universal Laws work, then I assure you that drawing your wanted soulmate to you will “be a breeze”. You will now surely have enough insight—far more than enough—to vibrate your way to that perfect soulmate union you desire. You might even attract your Twin Ray.

Let me know when it happens. You can contact me, in English, through this publisher, whatever language you may be reading this in—or more directly, again in English, please, at my USA postal address: Russ Michael, P.O. Box 654, Virginia Beach, Virginia 23451, USA; or even more directly, via my Michael Worldwide Newsletter email address here in Austria: www.Age-Reversal@aon.at

Do it. Draw your soulmate to you. You deserve what you deeply desire!

Open all universal doors and window wide. Expect it. Expect it. Expect it.

Do it. Do it. Do it.

I’m counting on your jubilant, perfect soulmate union success.

I love hearing success stories of all kinds, don’t you? Your soulmate will be wondrously uplifted, and naturally, so very, very happy to BE with you. Like attract likes. How will that “electric meeting” with him or her make you feel?

Imagine it now. Expect it now. Feel it now.

There is nothing you cannot BE, DO or HAVE. Got that? If not. Get it. Read this entire book again, if necessary, and again. (Grin)

Let it be so.

So be it.

Chapter 29

Vibrate Your Way to Physical Body IMMORTALITY

Believing it is possible—whatever that may be—opens the doors or a window to its absolute manifestation.

Having read this far through this volume—and finally having more than a fair understanding of how it works you are surely aware that your sacred inner guidance system uses feeling to communicate and this ever-present inner guidance system never errs. It gives you, without exception, a completely accurate response.

What feels bad means it is a step or a thought further away from your God Source. What feels good is a step or thought closer to your God Source. So let's "test the waters" of your emotional self-being. It's not my truth but your truth that counts. Your inner guidance never errs; it always knows exactly what thought or what course of action fits your life path best.

Therefore, I pose the following questions to you. What thought feels better, A or B?

A. "I am going to grow old and will die like everyone else has done", or, after reading and now having a true understanding of the Law;

B. "I really believe it is possible to vibrate my way to physical body immortality".

Please note: This is tremendously important. Put head thinking aside. *Take time to feel out your heart's answer.*

Which one of the two highly emotional thoughts stated above feels bad?

Which above statement feels good?

Re-read each above question and “feel out” your ‘I Am’ inner-self guidance system that always accurately transmits a response to you. Which feels bad? Which feels good?

You may need to re-read each question several times. If you have bought into the accepted social thought-form that everyone must experience a physical body death, your belief system will not feel so bad at the thought of your physical body death. However, if you sense out which statement gives you a “lift” or brings to you a feeling of new excitement and new adventure, I Am certain you will know the thought of living in your physical body as an IMMORTAL certainly feels better.

Next, how passionate do you feel about acquiring physical body IMMORTALITY? The chances are you have never before ASKED for what might appear to be such a seeming grandiose or totally impossible request, but only from the perspective of your mind. However, your heart knows there is nothing you cannot BE, DO or HAVE. So “it is finished”. It is done.

Now, there is no physical work required for you to vibrate your way to physical body immortality, except to physically move your body to a quiet, relaxing space or private place at least once or twice daily. At all times DO remember that you have already chosen to begin, and HAVE already begun a gradual daily physical body ascension experience to vibrate your way to physical body immortality. So BE it.

This means you are started already, since your desire has been granted to take deliberately Step Three to ascend now the vibratory frequency of your physical body and Being daily and nightly. Your conscious intent is already set and active to raise your body up into a gradually higher and higher ascension frequency day and night, which when at critical mass allows you to bypass the usual human physical body death rote. Instead, you consciously ascend your still held, physical body mass into the higher vibratory state of your now conscious immortality. You have conquered what our beloved ascended Master Jesus called the last enemy, body death.

I repeat; you bypass the usual human physical body death process that you went through in all of your numerous previous human former physical body exits via a gross, vibratory physical body death-exit process.

Are you now then ready, willing and eager? Then let it BE so.

Your self-assigned daily vibratory “warm up” process will start when you awake and begin your day with this basic, ever-true thought held strongly in your mind and felt deeply in your heart and soul. “There is nothing I cannot BE, DO or HAVE.”

This will also be your final or closing thought before you drift off to sleep each night. So be it.

As you know, your Step One and Step Two are done, finished. Simply express your daily gratitude for that to God Source. Step Three begins in earnest when you start what we will now refer to as your “Physical Immortality Workshop”. So start creating your daily mental workshop workplace tool. Find a clean, blank typewriter-size page of paper and hand print in the top left corner:

SIDE #1

Next to it, print legibly the following caption at the very top of this blank Side #1 page:

I, [your name], CHOOSE TO VIBRATE MY WAY TO PHYSICAL BODY IMMORTALITY.

It’s all right to use two lines to print this caption, and, of course, insert your own name in the [your name] block.

Beneath this caption, write:

These are 3 major reasons why I want to vibrate my way to physical body immortality in this lifetime.

Now ponder deeply and under this caption write at least three—#1, #2, #3—deeply felt reasons WHY you want to achieve physical body immortality in this lifetime. Keep the three reasons why you want this simple and brief enough to fit easily on

this side of the page. Write clearly so it will be easy to read and to re-read DAILY at least one or more times.

NOW, turn the page over, a right or a left turn is okay, and PRINT in the left top corner of this back page:

SIDE #2

At the top of this same back page, print the following caption (it is all right to use two lines to print the caption):

This is why I know I will vibrate my way to physical body immortality...in this lifetime. So be it.

Under this statement, write three easy-to-read reasons—#1, #2, #3—why you believe or know you will vibrate your way to physical body immortality in this lifetime.

Be sure to add, as a final extra reason, at the very bottom of this side of this page (and after your first 3 reasons):

#4 "Because I expect it, and I will continue to expect it-until it manifests..."

Now, begin from this day forth to read first the three or more reasons why on side 1 and then the first three or more reasons on side 2.

Once written down, changes are permitted and urged, if you feel like making an improvement felt in the heart. It is okay to make any deeply felt word or sentence corrections or to change the order of sentences or deeply felt reasons on either side of the page.

It is also okay, and wise, to put this page in a clear plastic protector page so you can keep it clean and legible. This way, you also can pull it out of its plastic protector easily to make additions, deletions or corrections, as you move along daily fine-tuning your uplifting physical body's gradual, steadfast vibratory ascension process. This is all subtle inner feeling and thought transmutation work simply expressing and holding a forward momentum toward fulfilling your intent to vibrate your way to physical body immortality. The only tools you need,

other than going into a quiet space daily or nightly, and best, a silent few minutes just before sleep, is to speak softly or mentally ponder through Side #1 and Side #2 of your easily memorized “Physical Immortality Workshop” agenda sheet as often as possible every day.

Be assured, the Law works. As Ramtha stated repeatedly, “You become what you focus upon”. You literally become it, and it becomes you. Therefore, it behooves us each and all constantly to remember that whatever we give our conscious attention to, we are inviting it to be a part of our co-creative contribution to All That Is in our world.

You can give your attention, time and effort to manifest wisely any other select co-creative project of your choice in the same way with another blank sheet of paper. Simply use this identical same one-page prompter, the “Mental Workshop Process”, for whatever exciting new, additional, major want, desire or idea you wish to manifest. It works. So work it.

In addition, the other main tools you will use in your conscious Step Three daily work is your steadfast and *passionate* fully conscious deep-wanting, acknowledging, allowing and expecting to vibrate your way—as already asked and given—to a soon manifest physical body immortality.

Trust in God Source is certainly another vital part of your bodily ascension process. ALL your work is also purely non-physical. You must totally trust that all the rest of the non-physical—and physical—work needed to be done to rearrange the universe, including the gradual vibratory daily ascension of your physical body mass, is being done totally and steadily by God Source and the Law of Attraction.

Your job is to keep wanting and expecting what you want, and to keep your mind as much as possible upon what you do want and DO expect. The fewer blocks of resistance, the faster the physical body immortality vibratory ascension speeds along.

Trusting your inner guidance is what every major Master Teacher teaches. Jesus said, “Seek you first the Kingdom of Heaven within and all things will be added to you”. Obviously,

this means no one else out there in a 3-D physical embodiment knows you like you know your own divine 'I Am' inner over-soul self. So please DO listen for it, and trust it, when you feel your inner guidance system, at all times, moment-to-moment, day and night.

If you have studied spiritual truths, you will know in your own heart of hearts what other daily steps lead best to your decided and expected physical body immortality. One thing, each time you read again any totally new information being presented to you through books or listen again to an audiotope or a CD, you gain up to an additional 25 percent more understanding of the material.

This is why I intentionally have made it an almost lifetime-long habit of reading and re-reading my spiritual "high vibration" books—or re-listening to my "high vibration" audiotapes and now CDs.

I simply know that without understanding we are blind, and I Am strongly averse to joining a pack of the "blind leading the blind". Please note, I Am not "against" ignorance, I Am FOR knowledge and truth.

Jesus also often stated, "Above all, seek understanding". So yes, my next personal suggestion (I stopped giving advice) is that I know it would be wise—actually highly beneficial—to re-read this entire book, to ponder what is written. In addition, also at a physical plane level, read the books and listen to the CDs that I list and recommend at the end of this book after my "Summary Refresher" segment. You may want to obtain and read my recently completed, if not already probably soon to be published in your language, *Autobiography of an IMMORTAL*.

Let's add another of my latest just recently authored books to my just now highly recommended reading list: *Soulmates, Twin Rays and Special Lovers*.

You have probably intuited by now that, other than some legwork involved in obtaining my suggested books or making use of high vibratory study data, most of the important work that allows you to vibrate your way to physical body immortal-

ity is done by you at a non-physical level, through your own select daily good conscious thoughts and feelings. Being grateful for every moment of life is a precious gift, whether perceived as good or bad. The contrast of a seemingly bad experience can be used to sharpen the contrast of your ability to choose what you really DO want.

If you are normally an observer type, it means you will make a major change from being a “what is” observer to being a deliberate, focused “what will be” visionary instead.

With enough deliberate repetition, it ought to be fully understood and known to you by now that you literally become that to which you give your attention. Since most major media news is negative, you will at some time want to make the fun switch of spending a greater amount of time doing more inner work. More time envisioning exactly what you wish to deliberately co-create in your world, and BE a more fully conscious representative of the wise, but humble, immortal you are becoming in this, our human 3-D world.

Simultaneously, using the information so readily at hand in this volume, you have or may choose the added joy of now co-creating a perfect, young and ageless physical body with each now more-fulfilling day through which you trek.

Lift your sights to see your body and Being holding a high-life charge of daily joy and passion. This then enables you more and more to BE, DO or HAVE whatever you desire, with a far more assured and a much more instant manifestation basis.

Doesn't that train of thought feel good? If so, follow it, with more of the same train of uplifting, self-inspiring and self-exalting thoughts, and warm, loving, good self-feelings.

It's your daily inner work that allows you to reflect or mirror it out—to vibrate your way to gainful physical body immortality.

Jesus said, “Know you not, ye are gods?”

It may help fortify your own ability to become an immortal, without you experiencing physical body death, if you obtain and read the greatly self empowering, very high-vibratory book

titled, *Ye Are Gods*, by Annalee Skarin, that was originally published over four decades ago by DeVorss & Co. Publishing House, which I believe is still located in Los Angeles, USA.

I personally knew the publisher of this book, Arthur Peattie. He told me this book appeared on his office desk out of thin air one night in perfect manuscript form, ready to print, with a personal note from Annalee Skarin, then already ascended book manuscript author. He said it sat on his desk and had literally manifested through his double-locked publishing house office doors. No one else in the world possessed a duplicate key, since the office safe contained invaluable publishing company author contracts and book royalty records.

I have detailed much of his story, as it was told to me, in my autobiography, but to save space and time in learning about the deathless, physical body ascension of Annalee Skarin, I recommend you do a quick Google search. Type in Annalee Skarin, then sit back and read in wonder the many astonishing accounts of her quite sudden, amazing physical body ascension into immortality. Annalee Skarin personally explained that she raised her physical body vibration simply through continually feeling and expressing her great gratitude to God Source for every little thing in her daily life.

A few days after her transformation and conscious body ascension, Annalee Skarin reappeared and, in her now fully recreated, former, but now ageless, youthful and radiant human body. She then appeared before her soulmate (ex-husband, former police officer), named Reason, and taught him how to use the same intense gratitude attitude to achieve his own deathless body ascension, all within six months after Annalee's own sudden grand ascension into deathless immortality. Annalee and Reason were actually more than soulmates; they were and are literally Twin Rays. They now work lovingly side-by-side in both the nonphysical and physical plane. They are known to suddenly appear in their now radiant ascended physical body forms at large or even small spiritual gatherings and introduce their now-ascended-being selves to a select scattering of spiritual lightworker groups across our Earth.

While at the computer, you might also wish to do a Google search on St. Germaine—who was chronicled to have lived in his same, ageless, youthful body for more than two hundred years in old Europe. He was also proclaimed to have aided George Washington during the American Revolution. He also inspired the signers of the U.S. Constitution to overcome their frightful fears and sign this divinely inspired, world-known document that now so publicly heralds and proclaims protective equal rights and freedoms for all humanoids embodied on Earth.

St. Germaine likewise consciously raised his vibratory rate to make a deathless body exit as an Ascended Master. He is currently working at nonphysical levels with lightworkers worldwide to aid in the predicted soon forthcoming sudden “critical mass” ascension of Mother Earth. This planetary-wide ascension also includes all life forms within and upon this magnificent planet, including our fast becoming ONE huge human family.

As briefly touched upon in a whole chapter in my last written book, *Soulmates, Twin Rays and Special Lovers*, our beloved Mother Earth has already begun her ascension. Terra—her new name—is destined to soon BE another forever-shining star in the heavens.

As you tread your exciting, self-allowed path to physical body immortality, you will naturally look less at the outward world events in public television and imagine more. Simply forget “what is”, and focus on “what will be” as you selectively and co-creatively see it as you wish it to be. This really IS, after all, your own self-co-created world you live in and as you well know, there is nothing you cannot BE, DO or HAVE.

Now then, I hope you will make use of these added tips to speed you more wisely upon your now destined radiant way.

Ponder them (and the tips in other chapters, too) and fully understand the forever truth that you were already a non-physical ‘I Am’ immortal self before your human physical body birth, and you are yet that very same everlasting, ever-immortal. Even now, this same you abides in your very own consciously

co-created and happily conceived and accepted, though obviously limited, 3-D human physical form.

You have awakened to your real inner God-fragment immortal 'I Am' self-identity spirit Being. It is now time to free yourself from all apparent or perceived outer limits. You always become what you give your attention to. Remember this consciously, always. Your repeated day-by-day attention, focus and feeling adds wave upon wave upon wave of further self-empowerment toward a faster manifestation of your deliberate and decisively chosen desire to vibrate your way to physical body immortality.

Now IS, was, and ever will be your mighty point of power that literally creates your own selective now and your dazzling, rapidly upcoming, future grand new worlds.

Stand often and consciously in this ever-present NOW point and just BE. Feel it. BE you.

Feel the reality of your foreverness, of your ageless body and soul immortality.

Be still and know 'I Am' God. Enjoy yourself. Test the deep, still waters of your foreverness.

Now, do it.

It feels good, doesn't it? Repeat! Repeat! Repeat! And know, it is so.

Want it. Want it. Want it. It is so.

Expect it. Expect it. Expect it. And, it is so.

It was her ever-conscious, devoted, great gratitude to God Source that permitted Annalee Skarin to reach her sudden "critical mass" state and thus pass through a fully conscious spiritual ascension. She ascended effortlessly without personally experiencing the so-called, normal physical death of her physical body. Instead, her physical body was in a few moments totally transmuted, transfigured and transformed, forever and ever.

Like Annalee, BE grateful. Give thanks, day and night for the gift of life you possess forever. Like is attracted to like.

You too, then might wisely consider often throughout each newly gifted day the many things you can BE and are so grateful about in your world. Aren't the new people who suddenly appear in your daily life wonderful? Give thanks.

Let us—each and all—be in great gratitude for each single heart-beat, each vital breath, each new point of conscious, joyous, forever unfolding throb or thrill of God Source life streaming through our body and Being. Let us feel JOY and give thanks for this priceless, more precious than words can convey, 'I Am' life experience.

Thank God!

We—each and all—find and hold a growing state of constant JOY day in and day out simply by looking everywhere for it, and by finding and holding JOY in all we BE, DO or HAVE.

LOVE is JOY that will vibrate your body, soul and spirit to blissful heights. It will surely vibrate your way to physical body immortality. So be it.

Love what you DO and DO what you love! You might choose the conscious path of LOVE to be your ever-good feeling, moment-to-moment, deliberate, decisively chosen, daily pathway that can and will vibrate your way to physical body immortality.

PONDER THIS.

Consciously and deliberately train yourself, to see only Good (God) in all people, in all daily events, and in all things. Eventually then the illusion of anything seen that is less than God (good) will vanish from your personal perception. Then, you the God Source-part will forever see as the All That Is our God Source-whole sees in each and all of us—God Source's ever sacred, ever-loved, ever precious 'I Am'—that 'I Am' life forms forever extended and expanding throughout all Creation. It is so.

Find and feel self-empowerment daily, moment-to-moment.

Acknowledge your own mighty 'I Am' presence on Earth. God Source certainly does.

Find and feel total freedom daily, moment-to-moment.

Find and feel great passion daily, moment-to-moment.

Find and feel complete trust in God Source daily in all you DO, moment-to-moment.

Thank God! You have arrived.

In this volume, and listed above, are the ‘golden keys’ to the Kingdom of Heaven and more than enough simply said “outer” guidance for you and those you love.

The rest of your path, as you now vibrate your way to physical body immortality, will surely be as sweetly uplifting, grandly astounding and as miraculous, thrilling, meaningful, joyful and blissful as you—now alone—can and will so choose. Have FUN. I DO. Will you?

You can do it. Acknowledge that we have created “this fine moment” in this book together. I could not have done this without you. We summoned each other. Thank you. Thank you. Thank you. And so it is.

I see you there! I love you here. I love you there, and, I love you everywhere.

When you believe it, you will see it.

Want it, and it is so. What is absolute is absolute. Know and feel your absolute immortality. So be it.

DO it now, and please, remember this:

Until we meet and smile together again, I Am Russ Michael, your ever-thankful spiritual-life companion, and a grateful, equally immortal brother, forever and forever through the Eternal Now.

There is nothing you cannot BE, DO, or HAVE.

Ω

Summary Refresher

The direction you turn your attention to at any moment of time is your choice alone. The moment you gift anyone, anything, any event or whatever, with your attention, you not only “invite it” into your world—if even for a brief lapse of time—you literally become that one, that thing, that event, or whatever.

Focus on bad, receive bad. Focus on good, receive good. So what’s our best or clear good choice? I choose what feels good. What do you choose?

Imagine bad, receive bad. Imagine good, receive good. By Law, it does not matter if what you envision or “pre-order” into your world is physical or non-physical. Either life aspect is treated as being real, and thus, through prolonged attention, becomes our manifestation in due time.

The Law of Attraction never fails. What you invite, you attract. When you understand the full significance of this Law or other Universal Laws, you can then start consciously, deliberately and decisively to totally recreate your world. This means everything and all within it. You have that attractive, perfect, young and ageless body. Your body and whole Being can be charged and re-charged daily and nightly with all the high vibratory energy you need manifest to stay very healthy, very happy and very wealthy. You can be rich, famous or anonymous. Different strokes for different folks.

It is very important to know that want is more powerful than belief or faith, so want what you want with all the fire and passion you can muster. Empower your desire with great longing and happy expectation.

When you understand and use Universal Laws to work for you, you will soon have total creative control of what comes or goes in to your daily life stream. If you do not understand why you live in whatever perceived lack while abiding within a lim-

itless, infinitely abundant world, please try to understand—you created that lack by default.

No matter whatever it is you appear to lack, it is because your state of “what is” now was created in the past. All that you see and know around you of any form of lack was totally manifested by the Law—the ever-ready present and powerful Law of Default.

Through Law, you always get what you are asking for. You did not know before that you reproduce whatever you put any long focus upon. A longer and stronger focus of time or attention on any thought or thing creates feeling. Thus, by Law, all that you need to bring that person, place, thing or event into your own private world was there. It was created and became manifest in your world by default. It matters not if you focus on a problem, you increase the problem and you add resistance to finding an immediately available good solution.

When you ask, you get. If you will recall, the first two steps of creation are then done. However, all co-creation is a three-step process.

If feeling is coupled with attention, then the vital Third Step of the three necessary steps to co-create is complete. The Law will draw what you have co-created—whether you knowingly and deliberately place an expressed “pre-order” of what you “choose to be” to God Source or if you draw whatever else you focused on by pure default.

“Resist not evil” is Lawful advice. You give power to and become what you resist. It is not possible to resist a negative. You become the fear, the terror, or the physical violence or body death you fear. In our Lawful inclusive universe, being “against” is communicated as being “for”. We always get more of what we give our attention to.

Power is always present—same as Well Being—in our whatever moment of the Eternal Now. Each and all of us have all of God’s power of Creation moving in and through us—there at tap at any chosen moment in the now. Only one thing can cause a

block or dam up that ever-available power. This is whatever form of any resistance you offer to what you desire.

Be fully assured, instant manifestations will become your “daily bread” once you understand and use the Law to manifest in any moment. Instant manifestation always occurs in a non-physical state. Instant occurs in a 3-D physical world state if any and all self-resistance to what you want is not voided by your doubt, fear, or any other sudden or prolonged negative focus of attention.

How do you void doubt, disbelief or negatives of any kind? Easy and fast! You take your mind away from any thought that does not feel good.

When you pay attention to and use your inner soul guidance system, you know in an instant what feels bad or what feels good.

The point ought now clearly to be made. The more you focus on a negative thought, the more negative you become, and the less of God-self you feel. Conversely, the more you focus on positive thoughts, the more positive you become, and the more of God-self you feel. Which feels better? Why not then follow what feels good and live in “a good world” deliberately created as such by you?

My deepest want and desire in writing this volume is that your reading and pondering of it will have helped you truly to understand who and what you really are. This information can help you to understand the mighty few, but absolutely powerful Universal Laws. Your understanding equips you to stop creating by default. Instead, you can now move forward toward being a conscious and contented co-creator of a world—your world—filled with endless JOY and good (God).

My other deep wish is that you will re-read what you need to re-read here to understand the Law more clearly, and that you will from this moment forth look ever beyond “what is” to all or whatever good (God) God things you personally desire to co-create.

When and where you can, please share this new light of understanding with family, loved ones, friends or others with whom you are drawn or attracted to share. Follow what feels good.

Be blessed, be healthy, be happy and be completely, fully successful in whatever you wish to co-create on Earth. Surely, you must know it and powerfully feel it by now—there is nothing you cannot BE, DO or HAVE.

So be it. And it is so.

Until we meet again—somewhere else in consciousness or in “the flesh”—you are in my mind and soul. Bless your heart. My farewell for now in lasting, warm, loving brotherhood, JOY and gratitude.

Please know I appreciate that you have shared your precious lifetime and space with me. ‘I Am’ your forever-and-ever thrilled, immortal life companion. We are One in God Source.

Russ Michael

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Glossary

Ageless. Me—of course—and you, and every one else now in human form who holds that desire with feeling and expectation.

All is well. What I believe, or know, and state to anyone and everyone around me daily. The state of Well Being is always there and can be tapped by anyone when resistance no longer exists. Be assured, look beyond all appearances, all is well.

All That Is. God Source manifest or unmanifest in totality, visible or invisible, known or unknown to human awareness.

Art of Allowing. The wise following of Universal Laws. Letting each and all BE, DO or HAVE in the same way that you might desire.

Bad. The signal from our inner self's unerring guidance system that we are thinking, feeling, speaking, or ready to act in what is or will be a movement away from our God Parent source. See the clear contract in the signal good offers.

Belief. Any thought repeated often enough to become eventually layered enough to BE an accepted personal powerful conviction.

By Law. Meaning whatever subject, it is under auspices of the invincible and absolute Universal Laws.

Co-creator. You, me, or any God Source fragment that extend from God Source Whole through desire, helping expand all of God Source Creation.

Completion. No such thing is possible in true reality. The nature of life demands endless, infinite new ideas and an expanded Creation without end.

Creation. All That Is that God Source as a whole and we as God-fragments create endlessly without completion as we

understand that word in our limited time-space communication, and always will refer to the one now moment. Creation grows, moment-by-moment through all eternity. It is not a static point in eternity.

Default. Forced by fault of not making a choice and having to live with any kind (or un-kind) choices other co-creators made or make.

Deliberate creation. Consciously choosing to create your own grand future.

Desire. The emotion coming deep from inner self, what we might term “from our heart”, after being thought of and pictured by and in our mind.

Eternal Now. Pointing to the knowledge that past and future cannot be separated from any subjective now point in time. All That Is always present, never distanced from us.

Faith. A powerful personal belief. Not as powerful as want.

Feels bad. Warning signal from our inner self-guidance system that we are moving away from our God Source.

Feels good. Affirmation signal from our inner soul-self guidance system that we are moving toward our parent God Source.

Good. In English, a ‘corruption’ of the word God. God is good. Also a very clear signal at a feeling level that you are moving toward your God-parent, as opposed to moving away from God-parent.

Guidance system. Personal inner-self soul voice or any kind of vibratory communication telling us if we are moving toward or away from God Source. Intuition is a good one.

‘I Am’. That individual, unique God Source-fragment that you are, that I Am, or that any unique God-fragment self-identity possesses.

Immortality. The eternal state of conscious foreverness that each and every God Source-fragment innately knows through all eternity.

Law. Indicating that subject cannot escape or avoid being under absolute jurisdiction and control of a specific or relatively greater natural, ever-present Universal laws.

Law of Attraction. Our most powerful known law in the universe that forever draws like to like.

Like Attracts Like. What is like something else is drawn to something else that it is like: a drop of water to water, a grain of sand to sand. A mechanism that enables “form” to be constructed from non-physical to gross 3-D physical in varying grades and forms of vibratory identities.

Mass consciousness. Means public or social collection of what is a consciousness level common to them all.

Now. The subjective individual point in time and space where all within All That Is converges in time and space.

Perfect. No such thing in the real sense of the word. It signifies only the highest and best known in the moment.

Pre-order. Wise placement of a conscious order to God Source to alter “what is” in your world to “what will be” in your world.

Vibration. The clear, understandable communication mechanism of All That Is with All That Is with all Creation. Every particle of Creation, micro or macro, has its own vibratory signature in any given moment and form in time and space.

Want. A desire inspired from deep inner soul-self that is more powerful than a belief or faith.

What Is. The seemingly factual appearance of our individual or collective world around us at any moment.

What Will Be. Your or my or another’s very wise pre-order that alters the present world picture to one that feels better and better and better.

Well Being. As ABRAHAM points out, Well Being has clearly a different meaning than the conventional well-being spoken about normally. Instead, Well Being is the everlasting and only non-changing perfection and order of All That Is

within all Creation. It is ever-present in any aspect of our current life stream when there is no resistance to it, whether it is health, wealth, or fame; arrival of a soulmate; a young, perfect, ageless body; immortality, or whatever.

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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 Matthew. *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 next and final section, “Final Note from the Author Scribe...”, for information on how to obtain eBooks and how to sign up for 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 my email: age-reversal@aon.at.

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 me via email at age-reversal@aon.at.

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 me via e-mail at www.age-reversal@aon.at.

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 me via e-mail at www.age-reversal@aon.at.

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:

RussMichaelEbooks@Gmail.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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To receive my **FREE** daily spiritual “Michael Worldwide Newsletter” in your inbox, email me at RussMichaelEbooks@Gmail.com and ask to be subscribed. (Again, this is free. Just ask!)

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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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