

The Secret Proven \$UCCE\$\$ FORMULA



**to Wealth, Health
& TRUE LOVE**

Russ Michael

**The Secret Proven
\$UCCE\$\$ FORMULA
to Wealth, Health & True Love**

By **Russ Michael**

Author of long-time best seller "*Finding Your Soulmate*"
"*Soulmates, Twin Rays and Special Lovers*"
"*Autobiography Of An IMMORTAL*"
"*Your Soulmate Is Calling*"
and many others...

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by Russ Michael

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\$UCCE\$\$ FORMULA

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DEDICATION PAGE

\$UCCE\$\$ FORMULA is dedicated with love to two women. One of them who has been lovingly in all of my life, my wonderful mother, *Hulda Smikle*...who has crossed the veil, and to that beautiful woman who is now in 2007 such a dear, profound and uplifting loving force in my life...my radiant, beloved *soulmate* wife, *Maria T. Michael*.

A FEW COMMENTS FROM THE PUBLIC

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

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

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

I have enjoyed two of your books already...my neighbor...is now reading your "White Brotherhood." They're fine books.

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

I obtained the pamphlet THERE IS NO DEATH....Please send me as many copies as this will pay for including postage...I feel the concept is one which will bring great personal happiness to many who are not fortunate enough to believe in this.

Send Russ Michael books...I enjoyed Soul-Mates and look forward to reading the others.

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

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

Your lectures and ideas set forth in your book FINDING YOUR SOUL-MATE still have us searching for ours. The time

we spent with you created another level of consciousness...we all enjoyed it very much.

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

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

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

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

CELEBRITIES

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

-Pat Boone

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

LECTURE AND CONFERENCE ATTENDANTS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

...it gives me such pleasure and joy to be saying to you - "thank you for your help - you brought love back into my life."

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

OTHER INSTRUCTORS

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

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

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

MAN IN PRISON

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

TV VIEWER

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

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

RADIO LISTENERS

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

I must say how overjoyed I was to hear question after question met with such spontaneous lucidity and thoroughness, in a manner that, in most cases, the questioner seemed to be able to understand and relate to on one level or another. Amazing all the soul force a radio show like that can stir up, all over a city.

UNIVERSITY

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

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

UNITY

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

-Don Bould

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

-Donald Curtis

And from another instructor, head of a new age institution....

"You help us all to see ourselves in the true light of love and great potential! I want to add a word of personal praise to your books. I read them all and am suggesting them to those who are truly seeking. We have adopted your words as our motto. We uphold all that unites, uplifts and expands, etc. Beautiful!

Copies of letters containing these and thousands of other excerpts by pleased book readers are on file at this publisher's office. Your own comments after you read \$UCCE\$\$ FORMULA, apply and achieve your dreams for success, are welcome. Good luck!

Millennium Publishing House

INTRODUCTION

First of all, all that magic means is the wise use of applied knowledge. The word stems from Magi, wise men from the East. As you read on, you will soon notice that I make many references to *law*. In italics, I state the law of nature related to any one of the *Eleven Magic Steps* to success, or to a specific point I am establishing. My own working knowledge about these universal laws of nature is based securely on *personal daily use of them* in achieving my own increasing state of success as touched upon briefly in *Chapter Fifteen*.

We are all basically in-laws or outlaws as far as nature is concerned. To work with the great power of nature is wisdom! To work against the great power of nature is folly! *Success* or *failure* follows as surely as night follows day. *Which do you choose?* If you choose success, the laws for it are here, in easy to understand language.

Next, you can learn how to drive a car without knowing *why* and *how* the spark plugs, transmission or ignition do *what they do* to make the car move. All you need to know is what key to put into the ignition, what gear to start in, how to shift gears when needed and how to steer the car to your destination. \$UCCE\$\$ FORMULA works for you in the same way that your car does.

If you work the *Eleven Magic Steps*, your controlled movement to your goal of success follows in the same manner as when you do your steps to start the car, and shift and steer it to your place of work or home. You do not have to know *why* and *how* any one of these *Eleven Magic Steps* works. They work anyway! Just work them and your success is assured!

In the same vein, Chapter Twenty-One and Chapter Twenty-Two are bonus material for you. They are not essential to making \$UCCE\$\$ FORMULA work for you. These two chapters merely act as *take-off points* for your own expansion of

consciousness. They are tiny teasers tempting you to explore a greater understanding of life than any "authorities of the world" whether in science, religion, philosophy or any art or form structure can normally teach you.

If the ideas in these two chapters appear to be weird, spaced out or mad, do not let your prejudgment color or bleed back into the false assumption that the *Eleven Magic Steps* comprising this \$\$\$ FORMULA are "useless" abstractions.

Like any good teacher, I advise you to keep a healthy skepticism when you read this book, my other books, or *any* book in the world! Accept only what is reasonable. Put what is not understandable, or *appears* to be a contradiction to what you already know, as a note pinned on the bulletin board of your mind. Recognize it as something not yet proven or acceptable to your present logic. The best attitude is always an open-minded investigation, not a gullible garbage pit where every scrap of data is dumped into your brain without any selectivity.

Meanwhile, work what works! Wisdom results when right facts are put together in proper time sequence. Knowledge or facts by themselves are inert or dead. Knowing a lot does not make you wise. A woman or man with little knowledge, but who uses most of it, is always far more successful than the egghead intellect who knows a lot but uses very little.

Understanding how *your* beliefs work to create *your* every reality is important and a worthy part of this book, so I have incorporated enough of that information in this volume to spark your interest.

Knowing that *time* is far from what any of us think it to be, will also start many of you on a successful pursuit of finding and working from your *real* identity within time. It will lead you to stop focusing so seriously and intently upon the illusion of what you now think yourself to be. Your *past*, *present* and *future* actually affect you in reverse to what appears.

Doubts are always insidious enemies within us that break down the faith we need to make a dream come true. Therefore, along with your healthy skepticism, learn to acquire and develop a faith in yourself and in your ability to intuit truth. Just a little faith moves large mountains. May your faith in acquiring, reading and using the *Eleven Magic Steps* in this \$UCCE\$\$ FORMULA take you to great heights, widths and depths in this grand journey you and I know, called life.

-Russ Michael

P.S. Drop me a letter telling me how your dreams have come true through the use of \$UCCE\$\$ FORMULA. My address is:

507 W. Holly Road
Virginia Beach, VA 23451

WARNING

\$UCCE\$\$ FORMULA is a proven guide that enables you to unfold your own specific problems, to stand on your own feet, to handle your own life, and to solve your own difficulties and to become strong and poised in body and spirit!

"We are such stuff as dreams are made on, and our little life is rounded with a sleep."

SHAKESPEARE
Tempest: Act 4, Scene 1

Chapter 1

Making Your Dreams Come true

Thousands of people have made their dreams come true by following the \$UCCE\$\$ FORMULA outlined in this book and presented in my countless lectures in all the major cities across our country. There is no reason why *you* cannot make all of the yearning, burning desires within you a physical reality within any reasonable time that you choose. By the time you have finished reading this book you should feel completely assured that you can and will have all the success that you have ever longed for or dreamed about. Think about it. If I can make my wildest, seemingly impossible dreams come true, if tens of thousands of other *ordinary* individuals like myself and you have used this \$UCCE\$\$ FORMULA to make their dreams come true, why can't you? You can, of course! For no single person or group has any greater access to the universal wealth that is waiting to be shared than you or anyone else who chooses to have it. It is not necessary for you to have a single dollar or a single obvious talent--or any kind of material possessions--to make this \$UCCE\$\$ FORMULA work for you.

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

The very substance of earth, sun, moon, stars and endless realms of existence are in constant change. From one very real viewpoint this entire drama of creation is a huge play. The material world at our fingertips at any given moment gives each one of us the props and pieces set upon a huge theatre-in-the-round called Earth. You and I are the actors and actresses in a splendid, exciting living *dream*, watching and experiencing our faiths and our fears coming true. From this angle all the scenes

and acts within this ever-moving-drama-of-life are a dream. As Shakespeare--that wise sage of old expresses--"We are the substance that dreams are made of"....

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

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

The dream is real. It is significant, it has purpose, meaning and life. The purpose behind and within all dreams is that you and I learn how to build good life experiences *together!* That is your and my ultimate creative act!

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

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

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

Without dreams some people actually commit suicide,

convinced that the only good life is death! Others--not so brave--commit suicide slowly, smoking, drinking, satiating their physical appetites beyond body endurance, working too hard, letting body defenses down so that a minor cold can turn into a deadly pneumonia or allowing a tiny scratch to become a deadly infection. No matter how rudely or ingeniously a choice is made and it is done--the end result is the same--*without dreams we die!*

Technically, we simply focus our attention *away from* three-dimensional reality and death soon comes one way or another. Since *what we give life to lives*--is a law of nature--the reverse is also true. *What we do not give life dies and is soon dead.*

The successful people are those who have learned to give all the positive faith, time and life energy they can muster into their dreams of success.

Many of us stop dreaming just short of success! If we had only held our dream-focus just a while longer it may have come true. Those of us who refuse to give up our dreams do in due time wind up making them come true. It takes energy, self-confidence and plenty of persistence...but a good *dream-come-true* is well worth it!

In my own busy schedule and personal world work of teaching people how to make their dreams come true, I have seen many seemingly impossible dreams become exciting realities within months, weeks *and even hours...and moments*. Yours can come true just as quickly if you choose. The following \$UCCE\$\$ FORMULA works for everyone who works it. I hope you will use it to make your best dreams come true.

Chapter 2

\$UCCE\$\$ FORMULA

Countless books and teachers of mind control, meditation, self-awareness--and a host of how-to-do-it courses--have presented success formulas that produce excellent results. Few if any contain the entire \$UCCE\$\$ FORMULA. Major points are presented in all of them. However, unless all conditions for good and lasting success are included in the formula, it may be that lasting success will not be achieved. This explains why millions read such books on how to get healthy, wealthy and successful, yet very few actually achieve such a deeply desired state or condition.

If only one small part of the formula is ignored or not taken into account, success may not come. If it does come it may disappear very rapidly. Even worse it may be a curse instead of a blessing for ourselves and our loved ones. The whole is greater than its parts. Therefore, I am presenting a wholly proven \$UCCE\$\$ FORMULA that will produce good results for you--and your loved ones or associates --*from start to end*. Use it therefore, to bring a special someone into your life to love you or to achieve any amount of health, wealth, spiritual or material success that you desire and *dare to dream about*, with my blessings. *There is nothing you cannot Be, do or have*.

Just like the steps on a journey through life this \$UCCE\$\$ FORMULA contains all the essential steps along the way to your success. You must commit to taking all of these *Eleven Magic Steps* if enduring and joyous success is to be yours. All eleven of these *magic* steps are so important that a separate chapter explaining each of the key points follows this chapter.

THE ENTIRE \$UCCE\$\$ FORMULA

MAGIC STEP ONE: *Self-Image! You must start with a good*

self-image: Ask yourself how much love, health, wealth, creative talent, etc. you are able to accept. The honest answer to this question establishes whether any of the following steps can yet be taken. Be true to yourself. Make sure that this first step provides all the sure footing that is necessary for the remaining steps that follow.

MAGIC STEP TWO: *Desire-Power*. You must desire success in a specific area so much that you can taste it. This means if you make a list of the things you want most in life you must know what stands *foremost*; at the *very supreme top* of your list!

MAGIC STEP THREE: *Write It Down!* Make your thought concrete. This is the crucial step, for now your thought-form begins its first downward step into material reality. Here is where many individuals fail. This physical act or *motion* galvanizes the creative process into your own *time-space* manifestation.

MAGIC STEP FOUR: *Give It Time*. When will it be? Here of course is where your faith--that key essential ingredient for any manifestation of reality--comes into play. The time element is something only you can determine. Someone else might have faith that their dream will be a reality in three months while you may feel it absolutely necessary to project a whole year ahead, or you may feel that only a week is needed to make your desire come true. Only *Adepts* or *Masters* can have continual instant manifestations at will. Read *how* they do it in my eBook, "*The Secret Science of White Magic*."

MAGIC STEP FIVE: *Bless It!* Bless your dream or vision. You must be willing to accept personal-- or group success--*only if what you desire will be a blessing to everyone involved*...as it becomes a reality *in your life*. Really now, would you want your input in your co-creative drama of life to bring agony and suffering to others? Of course not! This act and continual attitude of blessing all others and all things is a most

important ingredient in your personal lie formula for ongoing success.

MAGIC STEP SIX: *Visualize It.* Spend five minutes daily seeing and feeling your desire as a future reality now. Your ability to envision yourself successful in whatever areas that you desire will grow with daily practice. This technique puts you in touch with all the elements and forces of nature that will aid you to make your dreams come true.

MAGIC STEP SEVEN: *Cut The Cord.* Stop thinking about your desire after your five minutes of meditating or contemplating it is over. So many formulas for success fail to take this vital severance ingredient into account. Just as the birth cord is cut--between mother and child--so you and I must cut loose the thought-form to allow the free birth of our new creation. Your desire needs to come alive in its own right. Failing to do this step is to invite disaster. Thought follows energy and we can easily be obsessed--or possessed by our desire--if we do not **let it go!**

MAGIC STEP EIGHT: *Let Nature Do It.* There is no need for you and I to try to figure out *how* it will be? Nature--in its own wisdom and life abundance--can make our wildest, most seemingly impossible dreams come true seeming effortlessly. Your focus on *how* it will come about, simply jams up the works. Let your inner faith "with works"--visualization--produce the inspired action and assured results.

MAGIC STEP NINE: *Build Your Faith.* Use all of the faith-building techniques available to you to make your dreams come true. Use *dream suggestion, self-suggestion* and whatever else stimulates or pushes your *I am excited* "button." Work *internally* to make your *outer* dream come true.

MAGIC STEP TEN: *Be Intense!* The key to all phenomenal appearances is intensity. Only a truly strong electric current can ground your desire. A weak thought or a weak feeling will not

do it. Intense feelings and clear vivid images will speed up making your new vision a reality. Give your worthwhile new dream all the energy you can gather and muster!

MAGIC STEP ELEVEN: *Preserve Silence....* Do not tell anyone about your dreams until they are grounded. Otherwise your loved ones and friends or strangers may destroy your faith by their innocent negativity. Keep your dream to yourself. Hold it together inside of you until the day that it becomes a physical reality. To reveal your deeply desired vision is to court failure. Therefore the last magic step-- or success commandment--is *keep thy mouth shut!*

After you have read this book through entirely, return to this chapter and follow these ELEVEN MAGIC STEPS to the pot of gold at the end of *your rainbow*. Your dreams and your successes are important to you. This is why I assume you are reading this book. If so allow no others to sway you from taking your destiny into *your own hands*. You have as much right to the infinite ABUNDANCE of life as anyone else in the world.

I pray that you may use this \$UCCE\$\$ FORMULA to do yourself and the world some real good!

Chapter 3

Self-Image

The *starting point* for all of your successes and failures is your *self*. If the image you hold of your self is of low esteem, filled with feelings and thoughts of inferiority, guilt and unworthiness, these must be seen cleared up--*faced, embraced and erased*--before you go on toward your chosen pathway of success.

Each one of us is unique. We are all similar but greatly different from each other. In order to understand what we are and how our self identity has become what it is today we must see and know *what* our "make-up" is and *where* it has come from. The *pin-point* you that is reading these words at this time consists of a "I am" *self* composed of a very obvious *personality*. The personality that is distinctly yours is housed in a physical body that has taken on all of your characteristics. Your body will normally show to you--and to others--your neglect or your fine attention of it.

Meanwhile, your *personality* consists of an *ego*--or lower self-identity--that has a mind that serves it in our three-dimensional reality. First, let us take a good look at your ego, for it is the sum total of beliefs--true or false--that you hold at this time. These thought filled beliefs constitute thoughts and feelings that are accurate or thoughts and feelings that are incorrect. Your high self-esteem or low self-esteem--concerning any angle of your identity--is rooted, based immutably on all the thoughts you have held or now hold about yourself.

Now let us move on to examine the magnificent tool you and I possess we call our *mind*. Your lower 3-D mind--like my mind--

-serves one major function. It is keyed to guide us toward self-survival-Our minds tell us as faithfully as they can, what is happening around us in our three-dimensional reality. In actuality, our mind is the true outer plane *sixth sense*. It has the job of making sense out of what comes through the lower five senses. Our mind provides our ego with a constant synthesis of things going on around us at physical, emotional and mental levels, for that is the main evolutionary task assigned to Human mind by Creation.

Your mind is not fixed or stuck, unless you personally insist on holding it stubbornly on some limited focus. Like any good instrument, the mind can be used or misused. By nature it has a dual function, enlarging our field of perception to whatever expansion our own stimulus response nervous system will be able to handle or by cutting down, focusing a perspective into a narrow beam of reality. It works both like a magnifying glass or a telescope. We can turn it downward or upward, forward or backward, right or left, inward or outward like a brilliant flashlight lighting up the darkness of space. Your mind and my mind are bright *lights*. Think about it. Every person on earth has one! Like a flashlight...It is only a matter of turning it on and flashing it out in any chosen old or *new directions*.

Your mind and my mind are so similar to flashlights in many ways. We can turn them off or on. We can swing our minds around and light up whole new vistas of former darkness. We can light up new pathways to our right and left--inward and outward, downward or upward and forward and backward in time and space--or we can fail to turn it on. We can also--and often do--fail to angle it in another direction. All the new light of knowledge that now shines forth in the minds of men came from focusing the spotlight of the mind in new mental spaces. Our fear of the unknown disappears when we are enlightened through knowledge. A frightful mystery can be understood and endow our minds with powerful new knowledge.

All illumination comes to your "I Am" self through our

mind. Therefore, in order to understand what you think about yourself, how you think about yourself, and why you think about yourself--as you do--it is necessary to focus your mind on *what*, *how* and *why* you are who you are today. You must mentally ask yourself where your ideas--good or bad, high or low, true or false--have started. Ask yourself why you are *still stubbornly holding on* to any negative, low esteem self-images. Follow these ideas back as far as you can to their originating source.

As a child you and I had to accept the beliefs handed down to us by our parents. Evolutionary survival of every specie consciousness *in form* depends on the parents handing the children their *idea about* survival. In the animal, vegetable and mineral kingdoms this is done via *instinct*. In our human family we do it by way of beliefs. We must--through our natural human heritage--accept the ideas given to us by our parents about our environment, about ourselves, about religion, about politics, about science and about the business of keeping alive and of surviving. It is why little children ask a lot of questions. Not only our parents program us with good and bad ideas about ourselves and the world, but our family or social guardians--older brothers and sisters, teachers and authority figures of various kinds--stuff our little heads full of ideas. Some are of great value while others--in the long run--may be tremendously harmful or limiting to our personal unique consciousness and form. All of these God-like figures represent *survival symbols* and--as *children*--we indiscriminately *lap up* all of this data.

While growing into our own maturity we learn to discard--one after another--of the many false or limited beliefs held by these many "authorities" of the world. Unfortunately, many children fail to grow up or to mature. The world is filled today with childlike minds in old bodies--people in their twenties, thirties, forties and up to and over a hundred years old--*who have failed to question* the reason for their antique beliefs. Most of these children--in grown-up bodies--are still Democrats, are still Republicans, are still Catholics, are still Protestants, are still Jews, are still Hindus, are still Mohammedans, are still

Buddhists, etc. etc. etc...and often staunchly so! They *are still holding on* to one or many of tens of thousands of limited, separative faiths and narrow-minded political persuasions. They are asleep to life, asleep to who and what divine, sacred God-extension Human beings they are...while almost totally lost in their rigidly held and repugnant prejudiced **old ism**.

Fortunately--due to our fantastic new breed of telepaths and communication mediums, the light of knowledge has brought forth illumination to tens or hundreds of millions of men and women upon earth. These now awake new *world citizens* have left their limiting isms behind. They have questioned former childhood beliefs and childhood ideas, ignorantly accepted or ignorantly formed. These now awake New Earth individuals question all old and new beliefs. Their self-image is good, and they are the most poised and stable and highly successful people in their fields upon this garden-green planet we share together in this well protected sector of our heavens of existence.

The point is clear. Drop all of your long held feelings and thoughts of inferiority, guilt, regrets, low esteem and unworthiness. You are not a "sinner," unless of course you choose to seen and held in that un-God-like light. On the other hand, by our very nature we are each and all veritable Saints. *Jesus* and scores of the greatest teachers in history have pointed out that *we, each and all, are gods!* "*Know you not that you are gods?*" Actually, what I am saying is that you and I have free choice at all times--to be good or bad, to feel joy or sorrow--to experience pleasure or pain. *God Creator Source* has given unconditional love and unconditional free will choice to each and all of us. Thus *God* does not judge us. Since we are extensions and expansions of *God Creator Source* then a *God* judgement toward or about any of *God's* children would be against *God* self, for we are we not eternally *One* in *All That Is*? Indeed we are. *Thank God!*

Because of free choice we create our limitations or our

expansions, our successes or our failures. Our thoughts, feelings and actions are all based upon our self-image. If we still childishly believe *the false belief* that we are worthless, sinful, ignorant, talentless and not worth being loved or destined for failure and fated for suffering and hard work, then those beliefs about ourselves will create those kinds of exact life experiences. You *become* what you focus upon.

One of the basic laws of life is that our beliefs create our every experience. Our faiths and our fears, meaning our true beliefs and our false beliefs, create every single world experience for us. This law is true. I know that it is. You and I can and do make our world a good one by living with faith, by living with truth and holding a belief in *our* good rather than living in fear and holding false ideas and smudged images that we are bad persons.

Like countless other grown-ups in our world today, I have questioned the beliefs handed to me by world authorities and I am today joyously creative and free because of it. A great teacher of teachers two thousand years ago said *that the truth would make you free*. The truth about my own good nature has made me free! The truth about your own good nature can make you free. This unfolding of our *true sacred god self-image* is a continuing life process. Day by day we move from a lesser truth to a greater truth about--who, what and why we are--what we are. If you have accepted false ideas about your self-worth you can leave those ideas behind right now...this moment. Do it.

The minute that you let a false idea about you go it ceases to hold you in its power. Take a moment--before you go on to the next chapter--and examine your ideas about yourself. Stand as a conscious, caring guard over the thoughts that your mind introduces to you. Know that you are free to accept or reject them. Drop the limiting, false ideas about yourself like you would drop a red-hot coal from burning your fingers. Meanwhile, build on all the good things you know about yourself. Assert and daily and often proclaim silently--or

audibly--through each day and night the joyous fact of your divinity. Be thankful and filled with gratitude for it. What a priceless gift we each now hold through all eternity.

You are a rightful part of Creation. By your nature, you have equal rights to all of the goodness, the abundance and joy that human life can bring to you or any other human. Begin from this moment on to love yourself and all creation around you. Build a new and good image of yourself and success will be yours--in any field or level of consciousness--in any form that you choose...as you take the next *Ten Magic Steps* toward the fulfillment of your grand new dreams.

Stop now. *Think and re-think* who you really--really, really are--until you are satisfied that you too, a living *Daughter of God Source* or *Son of God Source* deserve a *good* life on this *good* Earth!

Chapter 4

Desire-Power

Every *wheel that turns* in the universe does so because of the power of desire. The electrons that spin around the nucleus of the atom, the planets that spin around our sun, the suns that spin around a galactic nucleus do so because of desire. You and I spin around the nucleus that we call our home. We leave in the morning, orbiting in tiny circles here and there. The final circle ends and is complete when we arrive home for the last time that evening. The following day we begin that same rotating motion, orbit after orbit, day after day ad infinitum.

Without a *desire* to spin off and get involved in life there would be no life experiences. Fortunately, from time to time we spin out of our regular field of orbit.

Even the words *involution* and *evolution* convey this idea. Life involves, *turns* out of matter. Notice that the word *sub* in substance means lesser, while the stance in that word means posture. Put them together and substance means *lesser posture*, a lesser posture *of the matter or substance of life!*

Continuing with this exploration: when we talk about other circumstances of life we are speaking about circum, or circle. Stance we know means posture, so any of our life experiences are simply circular postures.

All this brings us back full circle to our starting point (grin). It is your desire, the desire in every atom, the desire in every sun, the desire within every form in the universe that puts you and other life forms into motion. The wheels, within wheels, within wheels, almost without end...that keep all life busily circling about, will keep on turning as long as there is a single or collective Creator that desires it.

All this eternal universal motion, from the largest atom down

to the smallest atom inside of yourself or myself, or wherever it may be, is powered by desire. Without desire there would be no God Source *body*, therefore, no *physical* universe. Without your desire, there would be no 3-D physical you. Your desire brought you into this world, into three-dimensional human form reality. When you lose desire for this world you will leave it. Without a dream or vision to live for, without something *worth* living for, we soon perish. As we lose desire for living we reduce the power of our focus in three-dimensional form. As soon as the desire and the power supply reaches a certain level of weakness, a critical mass situation occurs and physical death ensues.

The mystery of death is a fallacy. *There is no death!* All life lives forever, simply moving from point to point, dimension to dimension, time to time, space to space, world to world. Life can never be destroyed. Life or its expression of energy simply changes form, as our scientists have discovered, for energy and life are the same.

The energy or power of life comes from desire! The businesswoman who desires great wealth and persists toward that goal until she achieves it does so through strong desire. Without desire that wealth would never become a living fact in her consciousness and in this dense 3-D world. The athlete who desires a professional status in his or her field does so only if there is a strong desire to excel and succeed. Wanting something, and knowing that you want or desire it, automatically starts that inspired or motivated movement of the self toward it.

If you are hungry and desire food, then you walk over to your kitchen cabinet or refrigerator and begin to satisfy that desire. You give your idea of your hunger energy. The energy grows until the intensity of it reaches saturation point. This in turn galvanizes your physical body into action that empowers your glandular and muscular systems and your adept physical limbs in a forward thrust toward the most expedient fulfillment of your desire.

Think about it. A desire to have a new car or a new home may start a whole chain of reactions. You *give energy to* saving money. You give energy to magazines and newspapers or a flyer that show different types of new cars or homes. You give energy to the desire, as you talk about having that new vehicle or new home with loved ones, relatives, friends, or even strangers. You give energy to your dreams at night, as you dream about driving around in a new car or living in your "dream" home. In your dream you take your friends on a tour through your home or for a ride in your new car. There are countless ways that you may give energy--therefore life and power--to your desire for the new car or your new life residence.

Now the desire will either be strong enough to produce physical reality results or it will be such a *weak--off-again, on-again* impulse--that it will remain only on the mental or emotional day-dream level. In that case it may never be grounded as a physical event until another lifetime of yours on another planet, or on Earth again.

The universal laws at work constantly determine the results. *There will be an exact ratio of results compared to the desire-power behind your envisioned goal.*

It is such an ancient and timelessly known truth that desire is the cause of all manifestation that certain Eastern religions actually teach their devotees to kill out desire if they wish to end three-dimensional living. Of course, like so many religious teachings, this is a debasing or profaning of the fact. Yes, bad desires produce bad effects. Yes, we should root out *bad* desire. Which means recognize them and give them no life or personal attention.

On the other hand, it is wise to build a good world for ourselves through our desire for a good life. Desire does cause all world changes. Desire creates all worlds. Desire exists before worlds exist, and the desire for world changes exists before

world changes occur.

Knowing that desire gives power to our hopes, dreams, visions and plans for greater success--if we are wise--we will increase our desire for all *good* things.

Now using the elementary law, ENERGY FOLLOWS THOUGHT, it is merely a matter of building up your mental longing for the fulfillment of your dream. Your ratio of success will be in exact accordance to the resistance versus desire-power--that you build and hold--until your goal is given up or triumphantly achieved. *Sock it to it!*

Chapter 5

Write It Down

Assuming that you now know what you *want so much that you can taste it* you must put it down in writing. Clearly spell out exactly what kind of success you are going to know at a physical level. Be as specific as you can about your end goal.

If it is wealth that you desire, state exactly how much it will be in dollars and cents, or in whatever other form it may come to you, and of course, when it will be.

If it is a loved one, a soulmate, or a new friend...give a detailed description of what he or she will be like. Just remember that whatever you can imagine already exists. Therefore, you will not be able to envision someone so ideal that it would be impossible to find him or her. You do your work knowing what you want to co-create on Earth and the Law of Attraction, which never fails, will attract to you what you desire.

If it is companionship you desire, write down what kind of companions you wish to have, how many, how soon and any conditioning factors that you need to take into account to have the best in what you desire.

If it is in terms of personal fame or success in an artistic or creative way, describe as fully as you can how and when it will be. Be exact in terms of what medium you will work with, highlighting what you consider your own desirable specialty.

If it is health you desire, use all of the vivid adjectives and word images you can to convey the most dynamic health or state of *Well Being*--which always surrounds and holds us--that you can imagine.

If it is a professional status you want, put the title in front of your name and see it as reality by any date that your faith will

allow you to believe. Whatever your dream for a better life for yourself and others...**put it in writing!**

Write it down and there are chemical and cellular effects within your whole physical, emotional and mental system immediately. The physical act of writing down your dream makes it BE something entirely different than your former exciting but never physically realized daydreams. The very cells of your body are all sitting up and taking notice. "Wow, she--or he--*means business* this time," they exclaim. When you put it in writing all the conscious and subconscious forces within you are put on notice that you are serious about this dream. It is now obvious that you intend to make it a reality. You have applied the law of *action breeds action*.

This is a big step along the way toward your destination. Many know-it-all types try to bypass this step and often fail to accomplish what they desire. A classic example of this concerns a very lovely, close working associate of mine. She had several very severe personal problems that persisted with her for months. Finally, after hearing about them again and again, I pointed out to her that she could solve these problems by using the Eleven Magic Steps in my \$UCCE\$\$ FORMULA.

"Oh, I know all about that. I was raised a *Christian Scientist*," she said almost boastfully. "I think good things and expect good things all the time!"

"That does not mean you are doing all the necessary steps," I said. "Are you writing it down, Mary?" (Not her real name.)

"Well, no. But I think positively all the time," she repeated.

"Mary," I said, looking her straight in the eye, "will you at least try writing it down and do all the other steps to make the formula work?"

Faced directly with the illuminating fact that she was not

applying her good knowledge, Mary agreed to give it a try. The next day a very excited Mary rang me on the phone.

"Russ," she said, breathlessly, "guess what?!"

"What?" I responded.

"It worked!"

"What worked?"

"I did just like I promised and wrote down the three most immediate problems in my life that I wanted to solve right away. The first two things have already happened...and *within six hours* after I wrote them down," she bubbled. "And the third thing on my list seems to be well on its way! Isn't that beautiful," she added, joy ringing through and through her voice.

"That's really great, Mary," I said. "Thanks for sharing it with me. I like getting that kind of feedback."

Later in the week, Mary confided that her list of three consisted of: *one*) solving her immediate financial problem: *two*) finding a nice apartment of her own, and three) getting a new job where she would be happy doing her work. I am happy to report that the third thing on her list also became a reality within another week.

This story of Mary is true. It is also an old story, for many know-it-all different individuals play this same self-defeating role constantly. The moral is that *knowing*, *being* and *doing* are three different things. All of us have so much knowledge we carry around in the closets of our minds, but how much of it do we use on a moment-to-moment, day-to-day basis? Very little, as a rule.

The difference between success and failure hinges on whether we make use of what we possess. I hope you are getting the

point clearly. For heaven's sake--and sweetly for your own--
write it down!

CAUTION

A necessary word of caution to you is needed here. As you select and specify the details of your dream be careful about choosing *a specific person* to love you, *a specific bank* to give you money, *a specific agent* to further your career. The point here is you must never impinge on the right of free choice of anyone. That kind of intent and focus may fall under the category of "black magic." You want to be doing *white* magic, not black! There is a fine line between allowing others their choice and not allowing them their choice and your desire for them or it to be the means or medium of your desire made manifest. Think it through and follow your heart. Love given freely is the only true love there is to give....

You may certainly focus on a specific someone to love you, a specific agent to further your career *yet only if it is a blessing* to that person, to that agent, to that bank, etc! You can say you want someone like Tom, or Mary, or even Tom, or Mary themselves personally, but *only* if it is a blessing to Tom and to Mary. Then you are on track. What blesses another and allows another is beautiful and powerful white magic. Note how many times you have the word *only* in *italics*, for this factor is tremendously important and must be understood as a guide-line for you...as you put your dream in writing.

Chapter 6

Give It Time

Now that you know what you want, the question is *when* will it be? The answer depends totally on your own faith. The time needed to make your sometimes *seemingly* impossible dream come true *must be credible*. It must be a length of hours, days, weeks, months or years *that you believe!* If there is a "credibility gap," then forget it.

You need to be completely assured in your own mind that your desire will be a physical reality by the time you have chosen or you are wasting your time with all of the rest of the magic steps.

Think it through in your mind. How soon do you honestly believe you can make your dream come true? If seven months seems logical, then *put it down in writing*. Another person might be able to truthfully believe he or she can make this same dream come true for him or her in six weeks. Still another person may examine this same apparently impossible dream and say that it will logically be possible in two years. Each one of us is different.

The law is that *according to your faith you will be justified*. Meaning that there is no mystery about the working of the law. We each and all get results in exact proportion to our faith. Some of us on some occasions have little faith and others of us have great faith. Since our faith and our fears create our every living experience we must take great care to live our days in faith rather than in fear.

It took me six months to have a home of my own, while it only took one week for a family--who took my training course in Tampa, Florida--to have a home of their own. In both cases we were penniless when we began the \$UCCE\$\$ FORMULA. In both cases we accurately judged the correct length of time

needed to make our dream come true. My own logical mind would never have been able to accept a period of less than six months to precipitate such a fantastic dream come true. If I would have attempted to make my great dream come true in one week, I would have given up on the spot. There is no way that my mind would have agreed to it. Meanwhile a period of six months felt right. My ego and consciousness would never have accepted that my dream would be able to come true in one week. It seemed to me that enough small miracles could happen, that could add up to the big miracle of owning a home of my own in six months. That is why I chose that length of time. My faith was strong. I followed all *Eleven Magic Steps* of the \$UCCE\$\$ FORMULA and six months later I owned that home of my own. Yet, this Tampa family had their home in one week! *What great faith!*

Earlier in Chapter Five I told how my spiritual associate, Mary, made two of her biggest dreams come true within six hours. Clement Stone, a man worth hundreds of millions of dollars in 1975 made one of his major dreams come true within a one-year period. He literally went to the eleventh hour, time was almost up, but he never lost faith. His dream came true and he went on to build new dreams and build great fortune and personal success in many walks of life. Dr. Moore--from Los Angeles--and his wife Mrs. Moore, made their dream of owning a large apartment building--*without it costing them a cent*--come true within 30 days. More will be told about both of these miracles in Chapter Fourteen.

The fact is no one else can tell you how long it will be. You alone are able to believe truly that your goal for success in the field that you choose will become a physical reality within a certain duration of time. Select a time schedule that does not set up any mental or emotional resistance. The slightest leaning toward incredibility will throw your entire creative plan off course. If a month feels right, make it a month. If you need six months--or a year--make time for manifestation then. Give your dream time to precipitate. By law *faith begins when belief*

begins! Select a time limit that you can accept and go forward toward that day, week, month, year or elated *dream come true* period of your life with faith.

Leave the time element open-ended. For example:if you wish to be worth \$100,000 cash in seven months, make your statement to the effect that you will be worth \$100,000 or more cash *within* seven months time or sooner. Therefore, it may come today, tomorrow, or any wonderful day *before* seven months have passed you by. Actually you and I pass through time. Anyway, you are acting as a co-creator, so build your co-creation with as much flexibility as you can and the timing will then be in a natural flow of events.

Chapter 7

Bless It

So often in my lectures and seminars across the country I am asked the question, "Are we not interfering with *God's* will if we decide *what we want* instead of settling for what God Source then --supposedly generously--supplies or--stingily--withholds from us?" The idea of that kind of a God...of a childish man-made pseudo God...someone who doles out punishment, supply, health, illness, love, hatred and poverty--*at whim*--has to be very revolting to any reasoning man or woman. *That* kind of God does not exist. Except in the heart and mind of those who covertly seek to control your life....

If justice did not prevail in creation it would be *a really bad joke* on everyone born. Fortunately, the *One Source of Life*--by whatever name you use--is just. Each one of us gets every thing that we have co-created and thus deserve. We always *get what we give*. That is a universal Law. *There are no accidents*. When we give negativity and fear to the world we receive negativity and fearful experiences. When we give positive life force upliftment and joy to the world our life is filled with the rewards of that steadfast faith and positive position.

We must face the fact that through free choice we alone create our every circumstance of life. As explained in Chapter One *the world is a mirror of your soul*...and mine. You and I co-create it--line for line, moment by moment--experience by experience.

What matters is the kind of life-style you co-create by your existence. Are you adding good to the world or are you making it bad for others? Are you blessing the world with your existence, with your creativity, joy and presence, or are you a curse to the world through your willful destruction of the good and true? You alone can ace these questions and give a true answer to them..

It is highly important that you consciously, willfully choose to add the best to yourself and your life experiences with others. There is more than enough health, wealth, love and creative talent in the universe--and within each one of us--to make every sweet and exciting dream each and all of us can ever imagine to come true. You do not short-circuit the supply when you lift yourself--when you add to your own life abundance--in any manner. In fact just the opposite is true. When you lift yourself out o lack you lift the entire universe exactly that much higher. The plan of Creation is that each one of us-- in our own sovereign right--through free choice may awaken and add light and love toward 3-D world upliftment or keep it at a lower level through our ignorance or willful intent of wrong doing.

You and I can work with the evolution of life on earth or we can work against it. In making our dreams come true, we need to make sure that we condition our dreams to be a blessing to everyone involved in the cooperative making and sharing of its reality. How do you accomplish such an ideal outcome? Simply by conditioning your desire properly. This is one the most important of the *Eleven Magic Steps* to success. You must first choose--in your own right--to make your life a blessing to yourself and to others...and in that sequential order.

"Physician, heal thyself," first. Then you make the statement--to yourself--that you will give life to your sweet new dream only if it is a blessing to everyone concerned in the making and sharing of its fulfillment!

This places you automatically in the posture of "Thy will be done," for be assured it is the will of God Source the *WHOLE* of *All That Is*, that good--in the fullest abundance--comes to all of God's so greatly loved "children."

Think about it. If you want a *special loved one* to come into your life, then get into proper alignment with creation about it. Envision that this someone special in your life will be highly, richly blessed by your sacred presence. See yourself adding,

fulfilling what your special someone needs, envisions and and desires.

If it is money that you need, see that money blessing the person, the institution--or the source of it--as well as yourself and others who are the beneficiaries of your new held wealth. Whatever your desire, hope, or intent and expectation for the better, personalize it with the highest blessings you can imagine--for anyone or anything involved--in making your dream come true. *Bless it* and rest back securely in your faith that you are doing, desiring, and expecting the best for all concerned. Bless you. Bless your heart.

Chapter 8

Visualize It

The power to see pictures in your mind's eye will aid you to give substance to your dream. This is how you actually *clothe* your vision. You give it dimension as you see the end results more and more vividly, daily.

Many individuals at my cross-country seminars complain they are not able to imagine anything at all. Naturally a belief that they are unable to do so will fortify and produce those kinds of results. It is surprising how we give ourselves so much negative programming, how we publicly announce our poor features, acting proud of it in most cases. To say "*I can't* " do this and "*I can't*" do that can get to be a terrible habit. The problem becomes more severe as you add more weight to a negative belief. Like any prolonged illness we identify with it. The illness represents our selves so we want to keep it. We do not want any part of our identity to die out even though the illness brought no good to us at all....

Fortunately, I have learned to overcome most of this bad programming right on the spot. As individuals have risen to make their proud announcement that they are not able to see images clearly in their mind--or worse, that they are incapable of mentally envisioning anything at all--I usually ask them if they have any trouble imaging a banana or an orange in their mind's eye right now.

"Well, no," is the usual surprised answer. This is normally followed by a further declaration. "*But* I know what a banana looks like"...or "*But* bananas are something we see all the time," followed by another *but*, "*But* I can't imagine how I could see myself rich--or slim--or in perfect health!"

The answer is you *can* see yourself rich, loved, happy, successful in any area of life that you wish, if you know *the*

secret to it. Perhaps reading my book, "The Secret is No Secret Anymore--ASK and There is Nothing You Cannot BE, DO or HAVE" will help you to understand the process even more clearly....

Granted, it is easier to envision something concrete like an orange or a banana--as opposed to something abstract like love--security or happiness. Yet there is a clever and easy way to bring these abstractions *down to earth*. You merely personalize them. It is *your* security that is assured, it is *your* happiness that you feel. It is *your* love that you give to all.

That is your first movement toward bringing your new ideas down to earth. Now, follow up to envision a *special someone* that *now loves you* so dearly! *See* the man or woman that you have outlined so clearly in *Magic Step Three*, when you wrote down all the specific physical factors and personality characteristics that you love so much in a man or woman. *See* that dear, sweet lover hugging, snuggling up to you. Envision yourself going to dinner with him or her at your favorite restaurant or listening to your favorite record...or taking a trip somewhere special together.

If security is what you desire, *give it form*. *See* yourself in what represents security to you, in a new home, in a new car, in business you own or in whatever situation that symbolizes the fulfillment of your need for that kind of security of body and mind. If it is happiness you desire, *see* yourself smiling brightly, beaming like you have never beamed before. *Picture* someone asking you how things are and hear yourself saying, "They just could not be better," smiling broadly as you notice the sudden startled expression in their eyes. If you desire to lose weight, *see* yourself telling your loved one or a close friend how much weight you have lost in the last four weeks. *See* yourself demonstrating to them that you are now so slim you would fall out of the old dress or far too big trousers *now*.

It is important that you give as much solidity to your idea as

you personally can. See it, touch it, smell it, taste it and hear it. Slant or color it in your mind's eye by the use of any single sense or a combination of several of your senses...or all of them. Bit by bit, piece by piece, the new picture of your wealth, health, soulmate--or whatever you dream to be in your life--will take *form* in your mind and in your world.. With practice you will be able to *imagine* whatever you wish with all the vivid clarity of living color. This is your dream. You must enrich it with your finest life perspectives.

The length of time you spend building your future--*of seeing the end from the beginnings*--will be from a few minutes to twenty minutes steadfastly *every day*. Take the time that you need to cover as many pertinent specifics or angles *of your new future* as you can. One person will require a full twenty minutes, while another can do a fine job of visualization--of "faith *with works*"--in three minutes! Set your own flowing pace to the movement of your mind. The main factor is to see your *new future* as clearly and as vividly as *you* can!

Naturally it is apparent that things are not physically that way right now. However this is why you are looking ahead. *Ignore any and all of your present circumstances* . Instead *see your world reversed* into a positive light for the entire time of your visualization period.

As you do your daily visual projection toward the future--with a regular daily rhythm--you will build your ability to *hold an unbroken sense of continuity from time-present to time-future*. *You will soon be ignoring* present poverty and seeing wealth ahead. You will be ignoring love-less-ness now and seeing your life filled with loving hugs and kisses. You will be ignoring your over-weight condition now and seeing yourself as slim and as physically attractive as you were at sixteen. You will be ignoring your inability to play the piano well now and will see yourself proudly presenting your first successful public performance. You will be ignoring whatever the lack in your life *appears to be now* and will be focusing instead on what you now

choose it to be. You will be picturing and making your life as abundant as you can imagine it to be!

The Law never fails to work...*what we give life...life gives to our being. What goes around comes around.*

With that thought in mind...what are you *picturing* for yourself? I hope you make your mental images worthy of your sacred "I Am" god fragment Being. I leave you with one last thought to ponder and a choice of images. Why bargain for a paltry--enough to get by--image...when your life and co-creative god-Being is precious, abundant and worth limitless millions?

FINDING YOUR SOULMATE

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

"...When you find that particular ideal who meets the high standards of your own soul, then you will find and know your own soul-mate. The two are one. Every soul-mate who comes into our life is there because he or she has responded to the timely invocation of our own soul. When we ask with firm conviction and unswerving faith, then we shall be given our desire. It is an occult law, that every invocation must be met by an evocation. Every time we lift our earthly matters up, we bring our spiritual substance into worldly being. The God within us

becomes a living reality outside of us. Your ideal does exist!
May he or she unfold rapidly within your present field of
awareness ..."

Excerpt from *Finding Your Soulmate*
By *Russ Michael*

NOTE: See back page for data on how to obtain this book.

Chapter 9

Cut The Cord

In *Magic Step Six* we focused on visualizing our dreams of the future for three to twenty minutes. Knowing you must cut off further fixed thought about your beautiful dream is necessary now. I repeat. It is just as important for you to cut the cord between yourself and your new brainchild as it is to cut the birth cord between a mother and her new born child. In this case, you chop it off mentally. You go on with your normal daily pattern and daily goals. You simply give no more thought to your powerful and beautiful dream of success.

DANGER

Here is where many otherwise very good success formulas fail. They often tell us to think about what we want non-stop all through our day and night. Actually, there is great danger involved *for those of us who have powerful minds*. If we focus on our dream all day long, it can obsess or possess us. Our dream becomes a consciously held *fixed idea--an idea-fix--*ruling every moment of our day. An idea-fix will destroy our natural sense of graceful involvement with our other daily tasks and responsibilities. Instead of going out *into the world* the thought-form grows and grows around us. This gradually smothers and chokes us off from attending to our other more important immediate realities.

The whole purpose of visualization is to build and to *send off* our thoughts to the appropriate forces or elements of nature--and people--that are to be blessedly involved in making up the substance of our good dreams. The telepathic process automatically *jams* if we give constant thought to our vision. The idea does not leave our auric field if we cling so tightly to it. On the other hand, when you or I spend our allotted time on visualization--and then dismiss our dream--to go on to the next

immediate daily life function the *thought-forms* of our dreams are released out into the world. The birth cord is cut.

The law holds true here again: *you get what you give, you lose what you hold*. Give your idea to the world. If you hold it to yourself you lose it. Held only by you...how then can the world be aware of it? Give your thought-form--for success--all of the visibly envisioned reality possible--regularly every day-- but then cut it loose. You have done your work. Let nature do its work. The Law of Attraction never fails.

WHY & HOW OF MEDITATION

"... The only thing in the world over which you possess even a potential of absolute control is your own generation of thought. I say potentially because you do not actually have this power as yet. However meditation may bring this tremendous power to you. Now--even at superficial levels--what you think and how you think is the single area in the complex field of human environment where you may have some semblance of self-determination. Others may control your body. They can even tell you how to think and what to think but at deeper levels of consciousness only you are the final selector of your thought "guests." You alone color your thoughts with your own unique feelings. By the same token all your reactions are also uniquely your own birthright. It is time to realize that all your outgoing feelings and internal points of view are self-generated. Whether or not you evince pain or pleasure at any given time or place in life is the overt *result*, the *effect* of your own right or wrong choice.

"... Meditation is simply conscious expansion to the true source of thought. You can meditate just as easily as others who have done it before you or as those countless millions who are using meditation so successfully nowIf you have the simple ability to read these words then you have the capacity to practice the ancient art of meditation"

Excerpt from *Why & How of Meditation*
by *Russ Michael*

NOTE: See back pages for data on how to obtain this book.

Chapter 10

LET NATURE DO IT

You and I would never dream of savagely yanking a plant out of a flower pot or out of the ground to see how well it is doing. None of us is likely to scold that little plant and tell it how naughty it is for not turning its head toward the sun more or for not drinking all of its water ...or failing to keep itself warm, happy and healthy. Of course not, we know better. That dear little plant would never be the same. It would probably fail to grow again... no matter how gently we tucked it back into its rich bed of earth.

Yet, we often tend to do the same thing with our mental creations. We often unearth our great desire. We do faithfully picture our dream coming true on the white screen of our mind. We do plant our beautiful thought-form--or seed of desire--into three-dimensional reality...as any wise creator would. However, when we try to tell our desire *how* it should become a reality, we are definitely at cross-currents and interfere with nature's always perfect plan and perfect timing....

Trying to figure out *how* our dream will become a reality only puts ourselves in the way. The *how* of it will be worked out naturally in the same way that nature takes care of plants seeded in the ground. We do not question how the grain of corn will grow into a tall, healthy and productive plant. By the same token, that golden seed of truth--that we have sown into our future earthly experiences--need not be questioned. It will grow naturally. *Let nature do it.*

The thoughts and feelings within your thought-form, enriched daily by your visualization exercise, will go out to touch the *right* people. Your released thought activate the *right* forces of nature. The *right* doors will open and it will be no mystery to nature, even though it may appear to be a dark mystery to you. At the same time, the wrong doors will be sealed by nature.

Thus you do not have to waste your time talking to the wrong people or traveling to the wrong city.

This unfold-ment of your physical experience is just as natural as night following dusk or day following dawn. All the great and little movements of nature bring each one of us our rightful life experience. Our faiths and our fears flow out of us into the physical world. Then in turn and in exact ratio to these false--or true beliefs--the physical world manifestation of our thoughts and feelings flows back into us. The world always mirrors our consciousness. The Law is: *form must conform to consciousness*. When you and I form a new belief about our future that true or false belief soon becomes our natural living reality.

Nature knows far better how to solve our problems than our conscious mind does. Besides to attack the problems of life at their own physical level merely aggravates them. It gives the problem more life, more energy, more power...and therefore it *lives* longer.

A wise person will seeks to solve his or her problems *on the inside*. *She or he* lets nature solve it naturally. A prime example in my own life occurred when I bought a used car and wanted to supply it with one additional good used tire. I decided that I did not want to pay the excessive high cost of a new tire. I knew I could drive from Los Angeles to Chicago without much of a risk on the fairly bare old tire. I could even stretch my luck--I knew--by driving even further on that tire. I was headed back for Los Angeles with a stopover in St. Louis. Time seemed to be pushing me on toward St. Louis, so I decided that I would pick up a good used tire somewhere in the range of between ten and fifteen dollars as soon as I settled in St. Louis. Following my mental dictum, early the next day I headed for the nearest Firestone tire dealer. Sorry, they said, the size was something in used tires they rarely had on hand. The salesman pointed out that I would have a hard time finding one and suggested I buy a new tire instead. I turned down his offer politely and went on to

another host of department stores and filling stations with no luck. Hours sped by! Finally, I stopped long enough to realize that I had gotten swept up in the problem. Yes, indeed, I was attacking it at the physical level and it naturally kept growing.

Quietly, I meditated a few minutes. I envisioned that I would have the desired used tire at least a day before I would be leaving St. Louis. I jotted it down on my note pad: "By Wednesday I will have that tire." Then I promptly forgot about it, though I added it to my morning visualization exercise.

Wednesday morning I got the urge to ask *Adie Shanahan*, my host, for my St. Louis workshop booking. I turned to the yellow pages and my eye immediately was drawn to one of the used tire dealers advertised under that section. I dialed and asked the man in charge if they had any used tires my brand and size. He said they had a couple of them. He added, after further prodding, that they would cost from ten to twenty dollars. I got route directions and told him I would be there in ten minutes.

Ten minutes--plus another ten minutes--later, I had my desired "new" used tire on my car. It cost me \$15, exactly halfway between ten and twenty dollars. Nature took care of it!

Trust that if you do your *faith with works*, meaning your meditation and visualization exercise, the rest of the job will be done by nature. As a rule, you and I are unable to see how it can be, for we often dream what *appears to be* impossible. Nevertheless nature knows the key of how to unlock every personal and world problem. This is why the provocative statement has been made that *every problem contains the answer within it...*

By our nature we create our problems so that we have the opportunity to grow. Our minds can--and often do--make mistakes but nature always knows what is best for us...and what is best for everyone and everything involved with us in our dream of success.

Be calm and patient, your faith and serenity speeds up the process. Aim high and aim well but *know* that you do not have to know *how* it can be so. Nature does, so *let nature do it!*

THE SECRET SCIENCE OF WHITE MAGIC

"... An even greater paradox: Both white magician and black magician use the exact same laws of nature to accomplish their objectives...but only up to a certain point. The reason is simple enough. Pure energy can be used for good or bad. It contains no black or white qualities within itself.... The time finally arrives when the white magician forges ahead--transcending 3-D laws, gaining wisdom and power--while the black magician is damned by his own nature to remain confined within the lower threefold spectrum of earthly existence. The white magician gains deep insight and mastery over the intuitive plane. Her or his power now becomes profoundly greater than the black magician's. The black sorcerer has severed himself from his soul and has no means whereby he can tap energy higher than the lower mental plane. He remains limited to life and substance at *physical, emotional* and *lower mental* levels. These three planes of consciousness act literally as a confining barrier to the black magician. He must remain within this reduced spectrum of reference until *the form* of which he is a part--in this case our planet Earth--Ascends or disintegrates. At that time he is reduced back to primal *nothingness*... lost in the dark night of time...."

Excerpt from *The Secret Science of White Magic*
By Russ Michael

NOTE: See back pages for data on how to obtain this book.

Chapter 11

Build Your faith

There is a sound reason why every major world religion places so much emphasis on faith. Life science bears this out. *Form* science will also soon acknowledge it as a legitimate law of nature. Meanwhile, it is anyway!

Faith is the substance of things not seen. Faith and fear are the north and south pole of every physical experience. Belief is the source of faith. All beliefs are dual...they are two-sided by nature.

There are *true* beliefs and *false* beliefs. *Fear* that something bad will happen is equivalent to *faith* that something good will happen. In physical reality one side of a belief is no more powerful than the other. The Law is: *beliefs create your every reality--my every reality--our every reality*. This means every living moment of your and my existence stems from a false or a true belief. We co-create our personal world 3-D reality through our fear or our faith.

Since faith produces positive effects and supplies us with all the excessive abundance that nature offers it is wise to make as much daily effort as possible to build our faith. We ought to fortify our faith in ourselves, in our visions, in our desires, in our hopes and in our joyous anticipations...in our world and in our past, present and future. Therefore how do you and I do that? How can you and I build a greater faith in ourselves and in our constant stream of good tomorrows?

There are many *faith-building* techniques that work. Though a caution is now in order. The law is: *the greater controls the lesser*. So, faith is controlled by *belief*!

Remember that belief divides into two equal forces, faith and fear. The whole is always greater than its parts, so a belief that

you will not succeed is more powerful than faith that you will. Therefore, you must weed out all of the self-limiting beliefs that you can perceive or find, as suggested in *Magic Step One*.

Make sure your self-image allows you to support your faith... otherwise any opposing belief you hold will cancel out all your good faith.

If you say you are tremendously wealthy--and it does not *ring true*--find out *why* you believe otherwise. Once you have gotten to the source of *that false belief* you will release its power. A lie or a falsehood has no life in its own. It dies out of your world when you cease to give it anymore of your attention. All of us by nature are gods and goddesses. This means we are literally extension or expansion of the One God Source. Thus we each and all have access to limitless abundance in any form. Remember, your wealth or abundance never takes away from the wealth and abundance of another god or goddess. That is impossible, since each god or goddess makes an individual choice to be or not to be...limited or unlimited in our collective 3-D world.

We are always *inwardly* wealthy beyond comprehension. It only takes the safety buffer of time--the "X" factor in physical reality materialization--to make our wealth appear as an *outward* manifestation.

Once you are sure that you believe in yourself you can begin to successfully build your faith. *Self-suggestion* or affirmation is probably the foremost and most powerful, quick method of fortifying your faith about anything. Use a short clear statement to yourself that your dream of success will appear in your physical life by your target date. You can make this suggestion when you first awake in the morning or at night just before you go to sleep...or at any regular time of the day in between. Make your daily statement with the belief that *it is so*. Then use Magic Step Seven and CUT THE CORD. Then go forward-- *with faith*--to the next normal or extraordinary unfold-

ment of your daily life.

There are modifications of this technique. For example: you may make a cassette tape or CD of your statement of faith--repeating it several times with tremendous feeling and power. Let your voice be gentle, surely not loud. Listen to your self-suggestion audio tape--or CD--on a daily basis...preferably at the same time each day or night.

You may also have a trustworthy good hypnotist place you in a deeper trance state than you are normally able to achieve by yourself. In this case he or she implants whatever suggestion *you have written--to you--from your* carefully worded affirmation.

Another definite faith-building method would be to read all of the success stories you can find. Biographies of famous or highly successful people are always good sources for this kind of positive feed-in to yourself. I can confidently recommend my own book "Autobiography of An IMMORTAL" as a living example of how my faith and inspired persistence has so often overcome all obstacles.

The great series of biographies--by Elbert Hubbard--of Great Statesmen, of Great Scientists, of Great Educators, Of Great Artists, etc. etc. had a really profound influence on my own very awed consciousness. Unfortunately, that series is probably now *out of print*. There are thousands of good biographies and personal testimonies of great women and men who have conquered worlds. If they can do it, so can you, and so can I - *and we are consciously doing it right NOW!*

Even small faith--the size of a tiny mustard seed--produces big results. Thus you can imagine what great faith can do for you--for your new-chosen life, for your consciously co-created future. When you raise the pitch--increase the intensity--of your faith...that greater intensity will determine your degree and speed of your magnificent success.

Chapter 12

Be Intense

Every single thing your eyes see...your fingers touch, your ears hear, your nose smells, your tongue tastes began from non-being. Looking back as we view time, whatever is now was not at some time back. Yet, *now it is!* Why? Because some intense idea in the mind of The One Creator Source or some sentient god or goddess co-creator created it.

Every single atom and multiple atoms formed by life first began as an idea gathering together elemental particles to solar suns and to universes. However--as you and I know so well--not all ideas become physical realities *in our time*. Many of our best ideas have failed to manifest.

However perhaps someone else a million years ago may have made that particular good idea a material manifestation *then* or someone--billions of years in the future--somewhere, may make that idea concrete. By Law, *every idea imagined will manifest as a reality at some place and at some time!*

Why do some of our ideas achieve material expression while others do not? Because the power behind them was strong enough to carry them outward and down through mental and emotional realms with such force and persistence that they almost immediately--or finally--*took physical shape*. Our ideas that failed to precipitate were the ones that lacked the power of sufficient continuity.

This brings us to another basic question. What is power? Power shows itself--or is demonstrated-- when there is no resistance or little resistance to that particular *motion of life* being manifest--at any given time--in any given space. This can be demonstrated by arm wrestling, body wrestling, or under any situation where violent explosive power or slow, steady power

achieves victory over the opposing entity or force. As soon as we stop our intensity or slack off our resistance, a powerful force becomes visibly evident from our opponent...and is exactly in ratio to our resistance--or lack--of it.

Our rocket ships speeding off to other planets depend on enough thrust--or G-power--to be able to overcome gravitational resistanceotherwise they would never leave earth, *no matter how good the idea* of space exploration may be to rocket creators. Naturally this applies to any idea that you and I may have at any given moment. You may--for example--have the idea of getting into your car and driving to the grocery store to get some needed groceries. Yet unless you exert enough *will power* to stand your physical body up from a present seated--or lying down position--and then exert enough muscle power to walk your magnificent body to the car...and then use your combined mind-brain power, will power and muscle power to propel your motor vehicle forward, that idea will not come true. On the other hand, if you mustered enough *intensity* to *start* and *to carry through* that idea an hour later you will have actual physical groceries sitting on your table.

What causes--invokes, or personally evokes--power to do things? You do. I do. Every atom of life consciously does. The intensity depends on our inspiration or motivation. If your will to live--or your hunger is strong--then you will get up and out of the house to get some food to sustain your life. If your will to live--or your hunger is weak--then you will not generate enough energy to get up and get out after that life-sustaining or hunger-satisfying food. Action breeds action. Non-action breeds non-action...and non-action breeds life-less-ness or a death of that life form.

How does all this prove that intensity causes ideas to become real? You may explain that the food was already physical, so your idea and intensity had nothing to do with making it physical on your particular table. All right, think about it. The food--now so grossly concrete, cut up into pounds or ounces, or packed in

quarts, pints, or other containers--was once upon a time...going back far enough, only an idea in some farmer's mind. He could have planted radishes instead of the lettuce you bought. No, his idea of planting lettuce won out...so now you have lettuce on your table.

The *intent* in time produces the *event* in time. The intensity of *his idea in time*, produced the desire, the right motions, the planting of seed, the rain, the sunshine, the timing and the various creative nurturing and maturing actions to produce physical lettuce on your plate. Nature took care of getting the two ideas of demand and supply together. Nature--or Creation--keeps busy *all the time*...working out the idea and ideal patterns of supply and demand. The Law according to Newtonian physics is that *similar ideas attract each other...while opposite ideas repulse each other*. Your faith in finding lettuce at some store will *eventually* lead you to the right store. Meanwhile, your fear that you will not find any lettuce at a chosen store can produce a "rush" on lettuce, so that the grocer is out of lettuce when you get to the store. The intensity of your faith--or of your fear--governs the net outcome concerning the physical reality of any specific idea and course of action.

The greatest athletes, the greatest lovers, the greatest artists, the greatest in any field--or walk of human life--are those who put themselves intensely into what they are doing. They can listen intently- Can a lax athlete, a lax lover, a lax artist or a lax person in any field or walk of life produce great things? Hardly! I know of none....

Give your dream for success all of you that you can spare! That passion is the great secret to all extraordinary creative artistry. With stars in your eyes and fire in your heart and soul you have nothing to lose and a wealth of joyous abundance to gain. So stir yourself into action. Fire up your desire. With enough intensity you can radiate and light up entire worlds with your idea....

From another significant angle, your intensity immediately begins to be self-multiplying...so it aids your desire. The Law, *action breeds action*...sets into play as you stir and feed your desire. Passion goes to work for you on the spot. At an inner magnetic level the electrical magnetic power of similar ideas are passionately drawn and attracted to your idea. As soon as you give life to something, that something--in this case your idea for success--starts living, growing and *actualizing in you*. You *become* whatever you give your intense attention or focus upon.

When your intensity succeeds in reaching a certain saturation point, the idea must, by law, materialize. The needed elements: elemental lives, conscious energy fields, persons, places, objects, events and spaces all cooperatively soon blend together as the physical reality you desired or have so envisioned.

Once again the how of it does not concern you--only from the angle, of course--except *that the how* becomes a blessing to all forms of life involved in making your dream physical. The right people will be at the right places at the right time. The right forces will produce the right conditions at the right moment. The right space will manifest as the right power and the right motions.

Be intense and the major job of reaching the success you strive so strongly for is practically guaranteed--not by me--but by Law, by nature. Wisdom is due here. Your intensity is for your *idea*-- not a great personal energy to be aimed at a person--a place, an event or a thing! Aim your intensity at the brilliant dream of success within you. Give *it* all the whirling, churning, burning, yearning velocity that you can generate! Then stand back, calmly and serenely watch it take living shape--in due time--in your own sweet personal world reality.

THE SECRET DOCTRINE OF THE ANCIENT MYSTERIES

"... Where have the secret doctrines of the ANCIENT MYSTERIES come from? Who formulated them, into this immutable, unchangeable set of laws governing every aspect of life in form? Countless human souls gave their entire lifetimes to a constant quest after truth! These persistent seekers became Adepts and Masters of Wisdom...as they relentlessly pursued, found, and utilized truth. These now consciously sacred Holy Men and Holy Women pioneered the *Science of Life* eons ago.

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

Excerpt from *The Secret Doctrine of The Ancient MYSTERIES*
by Russ Michael

See last pages of to obtain this book.

Chapter 13

Preserve Silence

Do not tell anyone of your great desire. Your sweet dream of success must be guarded from the negative influences around you. Do not "*cast your pearls among the swine*" means...do not throw what you value out into the hands of those in the world who would profane, debase or fail to appreciate what you hold so dearly! Yet, there is far more meaning to that particular gem of wisdom.

Too often our own self-image stands on shaky ground. For many of you it has taken much effort to achieve and take *Magic Step One*...to believe that we are worthy of such fulfillment. Ideas need to take concrete shape. Therefore until our nebulous idea has become grounded enough to allow group consciousness to carry it on to completion we must keep our vision of success to ourselves. Otherwise we may find that those who love us the most are the very first ones to knock it down or to tear it apart. In some few instances they may savor their power to rip your dream--or my dream--into shreds.

Our husbands, wives, lovers, parents, brothers, sisters, friends, working associates and even strangers may seize our grand dream--like a starved wolf--chewing it ferociously apart. How dare *you--a person they know so well--*dare to reach such heights? How dare you dream that you can do what *they do not dare* to dream about? How dare you think or feel that you deserve more than what you have..or they may already have? How dare you try to move out of "your place" and out of range--of their love, of their friendship--or of their relative influence?

In reality, do these loved ones and *dream-destroying friends--* or strangers to your heart and mind--know you, or of your world conditions and of the *world causes* as well as they think or feel?

Rarely! They have usually made the cardinal sin of pegging you, of putting you in a fixed slot.

In their eyes--as much as they may love or respect you--your abilities to move out of your present world situation really do appear impractical...if not impossible. To them you are wasting your time daydreaming. You are dreaming impossible dreams--when in their minds--you should admit your obvious limitations and do as they do. This often means to work physically hard at their inherited "struggle and work ethic"...to keep ahead of the gruelling ordeal of constant new bills to pay, more subtle and covert taxes and the seeming normal daily agonies and life problems.

How wrong they are, *as you so well know!* Life can and will be a trail of trials and tribulations if you believe so. On the other hand--since you have free choice--you can believe in a world of Law and order, a world of justice and personal creativity, a world of exciting and never-ending thrills, a new world of grand new adventures and soul-fulfilling learning. If so, the Law is: *hold steadfast to your belief...and the Law of Attraction will create such a worthy world for your eyes and soul to feast upon!*

Your associates, friends and loved ones are living in *their* world. If you wish--through your own same free choice--you can live in that *other illussionary* world of being, fulfilling the image they have of you. However, if that image does not feel good, in terms of your own internal personal values..isn't it time that you made an exit out of their world of *false beliefs about you?* You are no more mature enough to *go on* into your own *very real--very true world--surprisingly creative talent and life abundant....*

As a rule, if you tell your best friends--or beloved ones--of your precious dream you may be asking for failure. You may think they will be proud of your new aspirations and that they will find a mutual shared joy in your sudden high expectations. Yet, please think twice before you open your

mouth to share such a priceless treasure--a gleaming, sparkling chest of pearls--with them.

It sometimes takes only one negative word--from someone we love or think highly about--to seriously undermine--or suddenly break down--our sweet new dream. If so our fragile faith flies out of the window like a captive bird released from a cage! Once faith is gone the dream lies dead...and lifeless.

The exception to this rule is when you and your loved one--or partners--build your dream side-by-side...working out your *Eleven Magic Steps* together. A fine example of this would be the true story of Dr. Moore and his wife--creating and bringing their vision into physical reality--as detailed in the next chapter. Larger groups may work on a joint vision also, but a small and strongly committed group is far more likely to be successful...than a large group. The reason ought to be obvious. The dream will hold integrity and come true only if *everyone* participating in it is in *full* agreement with it. All those making up the group must be in harmonious *accord*. There must not be any discord, for, by Law: *a house divided will fall!*

The United Nations is failing today, simply because those nations joined together into this great body, fail to agree on their idea of what constitutes a good future world. Each nation limits it from the eyes of their *isms*. As long as there is no agreement on the idea of what one world government, one world economy, and one world citizenship means--for the collective good of all--this good idea will fail. On the other hand, as soon as these nations become welded together by an idea of world government, of world economy, of free will for each citizen on Earth, *an idea that is bigger than any of their present partisan approaches*--concerning these or other major issues--only then their dream of nations united together for the good of all nations--and their people--will come true!

Had this august body of nations joined together more slowly--adding only those other nations who were *in complete full*

accord with the good dream they held--the ways and means would have already worked out--*with good for all*--naturally. Nature would have done it, for nature always works according to law.

Those who argue that every nation who wants to participate in The United Nations should be allowed to do so--do not understand the Law--or group dynamics. You always get what you put into a situation or a group effort.. Put a squabbling world family of nations together and you soon have very immediate violent disagreements, fights, murders and family institution destruction. Put a family loving peace together and you get harmony, agreement and family cooperative and joyous construction. There is no mystery about these outcomes--negative or positive--the end effect of competitive disagreements versus cooperative fusion is natural.

Take heed then....You certainly may choose to build sweet dreams with loved ones and groups that you support. You may also do this in parallel with your own personal dreams as well, for one does not cancel out the other. In fact tying good dreams together aids to bring them down to earth with greater ease and speed. However, be sure that any other partners in your dream are in full agreement on what the manifestation of your dream means. If one of those participating in a partnering or group dream, finds he, she or they are unable to accept the time factor--*Magic Step Four*...or any other one, or more of these important *Eleven Magic Steps*--that opposing partner or group member ought to gracefully withdraw from the group effort. To remain would be equivalent to consciously sabotaging the end goal of those in alliance.

Once the thought-form has been well grounded you are free to share your end idea with anyone you choose. However, allow enough people to seize the idea who are also working actively--at material levels--to make your dream a more concrete reality before you utter one word to another soul. You owe it to yourself--and the person, or group, you are enjoined with--to

support your dream with positive thoughts, feelings, hopes, expectations and vivid colorful visual pictures.

Project an image of yourself at some point in the future. See yourself telling your loved ones or friends about how your dream came true. That is the only way you should put your beloved or friends *on notice* or *on guard*. Tell them telepathically--through your discussion with them *in the future*, and from that lofty abstract vantage point in the Eternal Now. Note their disbelief--or their shared joy--with well earned smug satisfaction. Use all eleven of these *powerful Magic Steps* and most doors of life will open before you. Your glorious now vision *will* become your personal and bright future world reality.

Chapter 14

What Others have Done

My own life work of teaching others how *to* make their own precious dreams come true has been tremendously rewarding. Literally thousands of people have contacted me by telephone, by letter and in person to thank me for what my lectures, personal consultations or TV and radio interviews and books have done for them. In addition, I have had the opportunity to talk to and build close friendships with some of the most talented and successful people in their fields on earth. All these mentioned in this chapter--including myself--have used key principles outlined in this well proven \$UCCE\$\$ FORMULA to achieve phenomenal heights. Let's take a look at some specific cases of what others have done.

DR. MOORE

Dr. Moore was introduced personally to me by a new acquaintance in Los Angeles who was impressed by my knowledge of universal law. This man told me he had a doctor friend who was using the principles I was talking about and wondered if I would enjoy meeting him. Dr. Moore sounded like such a fine and interesting soul that I knew instantly that I would, so I gave my new friend permission to arrange a meeting--as he suggested--at the good doctor's home.

A few days later a meeting was set and I found myself in the presence of Dr. Moore and his pleasant wife, Mrs. Moore, at the appointed time. There was an instant rapport between the three of us. After small talk and exchanging a few probing questions and introductory remarks we began discussing our mutual philosophies of life. During our exchange of ancient well kept secret data--concerning laws of creation--Dr. Moore asked me if I had noticed the large and beautiful two story apartment building setting next door to his comfortable combo home-office. I answered--yes, I had--for the beauty of the grounds and

pleasant aura of this building had caught my eye as I had walked by it. Dr. Moore then smilingly announced that he and his wife owned the building and had actually brought it into manifestation *without it having cost them a one cent.*

Tell me more, Dr. Moore, I asked, eyebrows raised. Therefore, with a bright twinkle in his eye, Dr. Moore gave me a detailed account of how *this magic* had come about.

He and his wife had attended a series of lectures by *Neville...* a great metaphysical teacher who had already left our three-dimensional physical plane *embodiment* several years ago.

Neville had instructed all those in attendance on the power of universal Law. He explained that every physical object in the world has originated from an idea. He reinforced that statement by adding further that money was not needed--nor even necessary--to accomplish any goal. Neville told them that they could have anything in the world--that they sincerely desired--*without it costing them a one penny*--providing, of course, they understood and wisely used the mental principles he was teaching. He emphasized that everyone could simply use whatever they already had, even if it literally was only the clothes on their back...to make any personal seeming impossible desire or dream come true. *No money was needed.*

This one thought intrigued Dr. Moore so much that he decided to conduct a personal test to see whether or not they had wasted their own hard-earned money by attending Neville's lectures. The visualization steps Neville instructed his students to follow *did not cost a cent...*and were easy enough for him and his wife to follow. As Dr. Moore saw it, they had nothing to lose and a whole lot, much, much to gain if Neville's teachings proved to be right!

After much serious thought and excited discussion, Dr. Moore said they decided they would sincerely give it a very deliberate and decisive try. They both knew--being an

elderly doctor--he would soon be retiring and they would surely then be needing an extra residual income! Since they already owned the vacant lot on the corner next door, they decided to use the principles Neville had taught them. Their decision was to envision a large, beautiful apartment building standing on that next door corner lot, owned completely by themselves. Furthermore--both agreed to stick to their guns--that no matter what, *it would not cost them a penny!*

Getting their heads and thoughts together, they made a simple pencil sketch of what they thought the building should look like and they both *put their mutually shared goal in writing.*

They then also decided to divide the non-physical *visualization* exercises. She would imagine herself choosing color schemes, decorating the apartments and seeing to the general landscaping and artistic beauty of the entire building, inside and out. He--in turn--would envision himself collecting checks from the rented apartments, depositing them at their bank...and overseeing the construction and other such physical details needed to see the physical manifestation of their totally costless apartment building ownership. *It would be a dream come true.*

Dr. Moore paused to note, with obvious satisfaction, that he had my wholehearted interest. He continued to explain how they had been meditating regularly on their project for about three weeks when early one morning there was a loud pounding knock on their door. When they opened it, a huge smiling man--dressed in work clothes--stepped in. He announced that he was a building contractor and that for a couple of weeks he had been driving past their corner and had noticed the huge vacant lot there. After discovering that they were the owners, he wanted them to know that it would be an ideal spot to put up a nice two story apartment building.

Dr. Moore and his wife exchanged knowing smiles. The burly contractor continued. He pointed out that their cost of

construction would be offset by a huge and sure profit. He added that he was a reputable, very well-known contractor in their community and he was willing to show them a host of other apartment buildings he had constructed in their area.

After listening attentively to his sales presentation, Dr. Moore finally interrupted to tell the man that he and his wife were certainly very genuinely interested in *seeing an apartment building on that very corner lot*--all right, but that they were just not interested in spending even one penny for it!

The contractor was taken aback by the finality with which Dr. Moore expressed his feelings-- about such a promising project. Yet after the initial shock, he continued to argue the dollar and cents wisdom of his case. Firmly however, Dr. Moore said he assured the big man that his own position on it was clear...and saw the man to the door.

After the man left, a jubilant Dr. Moore and his wife discussed the fact that something positive was obviously already happening. Greatly enthused, they decided to increase the intensity of their visualization exercises in every way possible

A week later--about the same time in the early morning--they responded to another pounding knock on their door. In stepped the same contractor. He was smiling from ear to ear. An aura of jubilation exuded from him.

"You're in luck!" he announced loudly. "I talked to a loan company yesterday telling them about your lot and how you have been a professional man in this community for years. They are willing to put up the money for construction. All they ask is that you put up a few thousand dollars --some token money-- yourself, so that they know you have a vested financial interest in it too."

"That's fine," replied Dr. Moore, looking the big man straight in the eye, "but if you remember, we told you right off that we

weren't interested in spending *a penny* on that project - *and we mean it!*"

Dr. Moore chuckled. Mrs. Moore spoke. "The contractor almost choked in disbelief. He just couldn't believe that any sensible man would turn down such a give away offer." Dr. Moore said "After arguing angrily for several minutes, the man stopped talking. A light seemed to go on in his head."

The man said, "I've got an idea. I just figured out how it won't cost you a penny to construct this building. I'll loan you the money on a second trust deed!"

"The man went on to explain how, with even the first and second loan against the building, if we had less than five percent vacancy we would still come out money ahead from the rental income. He jotted down the figures--showing us how it worked--and he was right. After paying back on both monthly loans we had money to spare. So I said, 'Now you're talking, Mr. Albright (not his real name), let's go ahead with it.'"

"You know what?" Dr. Moore went on, "Mr. Albright got the project underway that very day, but we still had another hurdle to overcome."

"What was that?" I said, now very intently absorbed in his story.

"Well, about a week later, we had another loud pounding knock at the door and--you guessed it--it was Mr. Albright again."

"You know, I am still going to need another five hundred dollars from you--for blueprints-- before we can go ahead on this project!" he said.

"Mrs. Moore and I looked at each other, I nodded knowingly at her and I turned to Mr. Albright, looking him in the eye

again."

"You know, Mr. Albright, you've heard me say it before, but I really do mean it! We are not going to spend *one red cent*>, *not one penny* on this project! *I would rather not see it go up...*I added".

Dr. Moore described the look of astonishment on Mr. Albright's face with smug amusement.

"He turned white, and then red, not saying a word for what seemed like a whole minute," Mrs. Moore commented gleefully.

"Well, all at once another idea struck Mr. Albright," Dr. Moore continued.

He said, "Let me see that sketch you drew of the building again," he said.

"I got it and he studied it for a few seconds. A smile broke across his face again."

"No problem!" he said, "I put up a building *almost exactly like this* a few years ago. We can change a few lines here--and a few lines there--on the old blueprint. I am sure the building inspector will okay it."

Naturally, I told him to make whatever changes needed. He did, and there stands the building. Just like Neville said..*it didn't cost us a single penny, not a red cent!*"

In summary, I discovered--from Dr. and Mrs. Moore--that the building had indeed more than paid for itself. Their vacancy factor had been less than a three percent average, leaving them more than enough money collected from rentals to pay all of their taxes and building upkeep and a little additional extra monthly income.

Dr. Moore added a final interesting and climactic point. He said--maybe it was meant to be and no coincidence--I was visiting them on the month when they were about to make their last payment on their bank loan. The ownership of this apartment building would then be totally free and clear. It would be totally all theirs, and it *had not cost them a single penny*...from beginning to end!

He added that curiosity prompted him to check with other of his friends who had attended Neville's class. He discovered that almost every one of them had gone on to make their own particular impossible dream come true. I think--and I know-- a posthumous *thank you* needs to warmly be given to Neville. Neville is a mentor who has aided Dr. Moore, myself and countless others to make our lives on Earth- and our collective world--a better place... through teaching us what he *knew* so surely about universal Law! I, as one "of a *cloud of witnesses*" will testify in deep gratitude to his many, many good works in Earth! *Thank you, beloved brother, Neville!*

CLEMENT STONE

Clement Stone was not always a rich man, even though in 1975 he is touted as one of the wealthiest men in the world. According to a story, now public, Clement Stone used this same well proven **\$UCCE\$\$ FORMULA** to make a huge leap culminating in the financial success that was his in his day.

As the story goes, Clement was in his eleventh hour! Almost a whole year before, Clement had envisioned owning a huge insurance company...within a one-year period. The year was almost gone. Nevertheless--being a man of persistence--he kept up his daily visualization, expectation and faith. Finally--in the last month of that year--a business associate walked into his Chicago office and announced that he knew of an insurance company for sale in New York.

Clement Stone listened with great interest. He elicited enough information from his friend to be able to contact the man in charge of selling it. Something had "clicked" inside of Clement Stone as he heard of the company. It sounded like the very thing he had envisioned daily for the past eleven months.

Clement was decisive and moved swiftly into action. He called New York immediately and set up an appointment to meet with the man in charge of selling the insurance company. Clement understood universal Law, while traveling across country to New York, he made a detailed plan of attack.

Arriving in New York, he approached the man with a bold and unique idea. He asked the insurance company to lend him the money to buy the corporation they had up for sale....

Clement was so convincing that the man agreed, but added that though he was sold on the idea, Clement would now have to sell the whole Board of Trustees on that idea. The Board of Trustees were called to a special urgent meeting. Once again, Clement Stone sat down and gave such a convincing argument--that the company would be better off loaning him enough money to buy their corporation--that all the board members agreed...and the longed sale and acquisition of their company was made to him..

It is interesting to note that the insurance company far exceeded the size Clement Stone had hoped for and envisioned. It operated in all forty-eight states It was valued at several million dollars, not the bare minimum of one million..which Clement had stipulated in writing, and during his vision work

Mr Stone soon ran his new insurance company up into a worth of several hundred million dollars, as well as furthering his ownership and other major fortunes in other business fields. As the publisher of Hawthorne Books, he was responsible for getting many good new-age books into publication. Of

special note--among these--were the many excellent books written about *Edgar Cayce, the Sleeping Prophet of Virginia beach, Virginia, USA*. Thus, Clement Stone not only was an inspiration and a light to humanity, he spread much good and further light worldwide with his money.

FAMILY IN FLORIDA

A mother of five--the oldest seventeen and the youngest seven, plus two dogs--loaded up in their two old cars and made their way from Utah to Florida. One of the cars broke down on the way and they abandoned it, so they all literally jammed into the one remaining vehicle.

Two days later they arrived in Tampa Florida, broke, hungry and weary. The mother--a student of metaphysics--realized that the church that I was giving my week-end workshop at was a New Age Center, so she stopped by to see if she could get some needed survival help. Discovering that I was giving an all morning and afternoon seminar--on how to make dreams come true--she expressed her great interest and desire to attend my workshop. My workshop was already SOUL OUT, but my sponsor kindly invited the entire poor family to attend, free of charge. Standing room only was transformed as added chairs were found in space made in the back of the auditorium. Of course, I was notified and asked if I would agree to allow this family of six to attend my week-end workshop--without paid admission--and I immediately agreed. I knew they appeared to need this \$UCCE\$\$ FORMULA more than anyone else already enrolled.

During my usual rest break after question periods, the mother--and all five children--asked as many pertinent questions as any other members in my audience had. It was obvious that they were attentive and getting something of great value out of the workshop already. I was astounded at the bright questions even the youngest children had asked.

My seminar ended Sunday at five in the afternoon. This left me a two-hour break for dinner. I had promised my workshop hosts that I would also give a sermon in their church that Sunday evening. I arrived back at the church at about six-thirty and I stood there quietly talking to some of the old and new friends I had met in Tampa. Suddenly, I felt a gentle tug at my sleeve and I heard an urgent request from--the mother of five--to step aside for a private conference with her.

As soon as we were out of earshot of the others she explained that she and her children were so moved--and inspired by my eleven steps of how to make dreams come true--that they had gone back to their car and had agreed on working together on a very important dream to them. My curiosity was apparent. She said she knew that one of the things I had mentioned in my \$UCCE\$\$ FORMULA was *to preserve silence*, not to tell anyone else about it. Nevertheless, she was convinced...that in telling me, I would not take away from their faith, but would probably add something to it. At any rate, she felt assured that she *should* share their dream with me..so that I too could see and envision it happen for them personally.

Her enthusiasm and desire to share their family dream with me was so great that I agreed to listen. A moment later, I regretted that decision. I could hardly believe I was hearing what I heard. *In one week--she said--they would own a home of their own!*

She went on to describe the home. It would be a really big white house with an open-air porch with a swing on it, and enough room for all of them to have their own rooms....

I listened with growing amazement...while she repeated that *in one week* the homeless family would own such a--described and envisioned--home.

Their need was obvious. The thought reminded me that the family was now all living and sleeping in one car, six people and

two dogs crammed together...and that they were also completely without funds! It was certainly no wonder that they dreamed of owning their own home *within one week*. Nevertheless, to actually have and hold that kind of faith was astounding....

I remembered how I needed six months time to accept having a home of my own. It took all the inner effort I could muster to stop from rejecting their "impossible dream." I gathered myself together and managed a wan smile. I told this extraordinary mother that I would certainly add all of my own faith--which I knew was not much--to their own beautiful dream.

A side-thought struck me. It was dinner time. I asked her if she and the children had eaten dinner? She said that they had not eaten since sharing coffee and donuts at the seminar. They were broke. Reaching into my wallet, I pulled out a twenty dollar bill and told her I wanted her and her family to go across the street to the all-night cafe--immediately after church service--and to treat themselves to some good eating. Her gratitude and thanks took the form of tears in her eyes...and I delicately excused myself to prepare for my sermon.

Exactly one week later I sat on the floor in the living room of *their newly acquired home!*

I was the sole *guest of honor*. The oldest daughter--sixteen--had prepared a simple spaghetti dinner--spread out on a tablecloth--in the middle of the living room floor. It was their way of showing me their great gratitude for showing them how to make their grand dream come true! They had borrowed and had been given pots and pans and dishes. We sat on the floor. There was no other furniture in the home yet. However, it was theirs; a huge white house with an open-air front porch and enough rooms to quarter all of them very comfortably. This astounding family had used the eleven steps in the \$UCCE\$\$ FORMULA in a *united group effort*...and their intense faith -- and mighty want--had made their dream come true. I am sure you are interested in knowing *how* it came true....

Nature did it! The sequence of events followed a natural pattern of unfold-ment. Their manifestation began to form immediately after their united agreement--and first group meditation in their car--after my workshop ended. Later, the twenty dollars I gave them took them to the restaurant after church service. They there met a woman involved in the church. After learning of their homeless plight, she offered to put them up temporarily in her place until she could help them find another place to stay. Having more than enough money--and realizing that she could do something good with it by helping this very needy family--the woman decided to *surprise* them by buying and gifting them with a home of their own.

She found the right house within the next few days. She purchased it--paid in full, on the spot--and had the deed of ownership made out jointly to the mother and the 17-year-old son. The house was vacant, so the family was able to take possession of it that very evening. The house was also near schools, a shopping center and only four blocks from the metaphysical church where I had conducted my \$UCCE\$\$ FORMULA workshop. It was, for them, *a dream come true!*

In one week...mind you!

A MILLION FOR A MINISTER

Allen Spraggett, a brilliant new-age author, tells a true story of a minister who kept wishing and hoping that he had a million dollars to do the many needed good things that could be done with it.

One day, he decided that he had wished and hoped long enough and that only "faith *with works*" could produce it. He sat in the silence of his study and began to envision that the million dollars *would* be in his hands by that coming Sunday evening. He followed through with his vision by advertising in big print--on the marquee outside of his church--the title of his

sermon that forthcoming Sunday. *"What I would do with a Million Dollars."*

Sure enough, the subject must have been appealing, for the church was totally packed for the first time that year.

The minister, glowing with satisfaction over the results of drawing such a packed house. He gave an eloquent account of all the good things he would personally be responsible for achieving if he had a million dollars. His sermon was met with attendant rapture by his entire audience.

After the service was over he went back into his study to give silent thanks for such a fine reception. A soft knock on his door broke his blissful reverie. The stranger introduced himself, sat down in the chair offered to him by the minister. He stated he had been prompted to drive past the church--early in the week--and had looked up to notice the provocative title of the sermon, so he had decided to attend. He shook the hands of the minister and said he was mighty glad that he had! He sat down at the chair offered to him by the minister and pulled out his checkbook and began writing.

"There you are," he said, handing the check to the pastor.

A look of incredibility--turned to tears of joy--as the minister read the seven-digit figure, \$1,000,000. One million dollars!! The check was good. Another dream came true...and shows--or proves--the *ways and means* are many.

Your task and mine is to merely dream good dreams. Nature knows *how* it will be done! Can I say it enough? *What others have done, you too can DO....*

Chapter 15

What I Have done

At age eight I formulated my first dream! I loved basketball and made up my mind that when I grew up I would play basketball for my living. Through constant visualization, practice and persistence I went ahead to finally play seven years of professional basketball, despite the fact that I had to overcome polio--while doctors said I might never walk again-- and I had to learn how to use the reflexes in my legs all over again.

Later, while growing up and writing poetry at every chance that I could get, I dreamed another exciting dream. Someday, somehow, I would be a songwriter with several of my songs published and recorded. As the years went by, that dream also became a reality. Well over two dozen of my songs have been published, and at least a half dozen were recorded. One of them, SATELLITE BEEP BOP, was recorded by the Count Basie group. I still like to write songs from time to time and have composed an entire musical, LOVE IS A WONDERFUL THING. It now sits on my shelf, but I know, at the right time, when I give it my focus, it could be produced on stage and probably as a movie.

My best-selling book, FINDING YOUR SOUL-MATE, selling today in 2007---in 12 languages--is heavily based on my learning and using the *Eleven Magic Steps* to bring my own special loving soulmate into my life. That deep soul-satisfying kind of male-female love has been mine ever since I began turning my focus into that exciting area...my love-life.

A few decades ago, I dreamed of being a successful author, lecturer and radio and TV personality and talk show host. Above all I yearned to reach a personal self-control over my own mind-body nature. This dream has unfolded as well over 20 of my self help books have been published and sold through this country and in 13 languages abroad. I have lectured across the widths

and breadths of our USA, from city to city and state to state, for ten years straight in the 1970's and 1980's....To date I have appeared on well over 500 radio and TV shows across the country. Last, and most importantly, I have found tranquility and serenity *within*, to the point that I have not been depressed in any way in at least thirty years! All of these desires--many seeming impossible dreams--have come true for me through my unremitting focus on them...and by my eventual learning and working of these eleven magic steps outlined here in easy-to-follow and highly powerful \$UCCE\$\$ FORMULA.

A TV SHOW OF MY OWN

In 1973, I began to realize that the time had come for me to have my own TV show. I gathered my intent and thoughts together and I vividly imaged it being a reality within two years. Time moved on and yet, being very busy with workshops, writing more books and other more immediate spiritual work, not much developed along these lines....

A year and a half later, I was inspired one day to "check out" the cost of getting together a half-hour TV pilot, expecting it to be one or two thousand dollars at the most. Imagine my surprise when I was told that the minimum cost for a half-hour T-V pilot production would be at least *thirty thousand* dollars! At that time it was obvious that I could not get one-third of that amount together. Yet, I knew--in some way--I would be formulating and hosting my own TV show centered upon THE MYSTERIES within another six months.

A few weeks later I moved to the East Coast and set up new Headquarters for my Church of Humanity in Washington, D.C. In the third month of a busy lecture schedule at the church, I was approached by a lovely, elegantly dressed widow at one of the question period breaks. Motioning off to the side for a private conversation, she introduced herself as Nancy. Then she said that during my lecture an inner voice directly from God had told her that she was supposed to support my *spiritual world work* in

every way that she could. The telepathic, unseen voice warned her not to try to "sell" any others of the many Washington D.C. community she knew...about the importance of my teachings. Instead she was directed to merely introduce me to the people I selected and to then allow me to "sell myself."

She went on to list, several important people in different walks of life that she knew personally and wondered if I would be interested in connecting up with them. Knowing the importance of being able to make personal contact with individuals in high places, I assured her that I would be glad to meet any of them whenever time and opportunity permitted. I was astounded and quite skeptical to hear her declare that God was talking to her. It pleased me to hear her say that God told her I was a " His messenger" and doing His work on Earth and that she was directed to give me her full support. However, a few days later it was just another of many other so forgotten daily incidents.

The next Sunday, Nancy was one of the first ones to arrive at my evening lecture. She made a straight line to my side and sheepishly explained that she owed me an apology. When I asked her for what, she told me that she had followed an idea--a few days ago--to call up one of her close next door neighbor friends who headed a national weekly newspaper of one of the largest "new thought" religions on Earth. He was not at home so she talked to his wife, who was also her close friend. She told the woman about me and my highly important spiritual teachings and world work. In the process, she had been so enthusiastic about me and my knowledge of the mysteries of life that she had insulted her friend. She said she told her friend that I knew far more about the secret ancient spiritual truths than their famous founder--or anyone else--in her friend's school of religion. The net result--she said--was that she had almost lost her long and close friendship over her desire to introduce me to them. Thus, by trying to "sell" my work--even when advised against it by God--she had lost an important contact for me. Now neither he or his wife wanted anything to do with me--or my

"better than theirs"--spiritual teachings. A warning is a warning is a warning which I have also learned--the hard way--over the years.

I reminded her she had told me her guiding inner voice had warned her not to try to sell me herself, but to merely introduce me to her contacts. Nancy and that she would not make that same mistake again. I thanked her for her faith in me and my work, and for her good intentions, and promised if I thought of any special person in the community I wanted to meet, I would give her a call. I forgot about her again for another few days.

In the middle of the following week I brainstormed a new plan. I knew I could "sell" a TV Station owner on my ability to host my own weekly TV Show on THE MYSTERIES, so I called Nancy to see if she had any friends in that category. Nancy answered the telephone and hearing my request said something inside of her kept nudging her to set up an appointment for me to meet her friend who managed a TV station in the Washington, D.C. area. She said she did not know what I would talk to him about, but she was sure she could set up an appointment with him...on any day if I wished.

I told Nancy that I knew exactly what I would talk to him about and if she could set up a personal appointment with him, as soon as possible, I would be there, no matter what time of the day or night.

After hanging up I pondered the new twist in an interesting sequence of events. My desire to have my own TV show had been growing. Gary Sycalik, a powerful new-age *world server* and a close friend living in the Washington, D.C. area had checked with some of his contacts in the film industry on the east coast. They, too, had come up with a figure of about thirty-thousand dollars to make an initial half-hour TV pilot film. I seemed to be up against a stone wall, yet, I assured Gary, Charlie Stokes, Fred Long, Towne Windom and my other key Washington, D.C. Church of Humanity Board Members, that

somehow, some way, I would be doing that planned TV show of my own very soon. Nancy called back a few minutes later. She said my appointment was set with the station manager for 1 p.m. the next day.

The station manager was friendly and polite but came right to the point. He asked me almost immediately--after our introduction--what he could do for me. I told him about my wide and successful background study and my wide experience in teaching about the mysteries of life. I pointed out that I could field any question on TV--on the spot--about any aspect of ESP, meditation and any other esoteric or occult subjects. In that light I *knew* I could host a weekly half-hour television show on these subjects, that his TV station viewers would love.

After looking over my impressive list of published books, newspaper articles printed in major newspapers about me--as well as over a hundred different lecture titles that I had already given across the country...and hearing that I had already appeared on hundreds of TV and radio shows as a talk show guest--from the East to the West Coast--he admitted that he also believed I was well qualified and could handle such a show. He also felt such a format would be well received by his viewing audience.

He asked me how much I would want to put together a show of this kind. I told him I would do all of the shows for nothing, providing I could keep all copyright ownership and would be provided copies of each weekly production. A wide smile filled his face.

"When could you shoot a pilot on the format you've got outlined here?" he asked.

"Right now," I shot back with a grin. "I can be here any time you want me. The sooner, the better!"

The station manager scanned his schedule book. He asked

me if I could be at the station at 11 a.m. on Wednesday, two days later. When I said I could, he told me he would get a television crew together for that time and would see me then.

The next Wednesday, the entire pilot film was made--on the first take--and the station owner loved it. The windup was that I had my own regular Dr. Russ Michael, Washington, D.C. Warner TV show on THE MYSTERIES. I soon had a total of thirty-three non-stop weekly TV shows before my cross-country workshop schedule demanded I leave the area.

With due notice, I cancelled out my weekly series. The station owner asked for and received my permission all 33 of the shows were repeated for another 33 week re-run. To top it off--like with Dr. Moore and his wife--instead of \$30,000, my idea did not cost me a red cent...and I wound up owning all production and copy rights to the entire 33 weekly TV series I had produced and aired.

My dream of doing my own TV show had become a reality despite all of the advice--by the "experts"--to the contrary. They said it couldn't be done...except at a high personal cost, with no guarantees of success. I proved to myself--once again--that any dream we hold, and actively pursue, can and must be--with perfect timing--a due 3-D reality. ASK, and you are given.

MY THREE WISHES COME TRUE

My most interesting, quite amazing experience with making my dream come true occurred at a time when my life cycle was at its lowest ebb. I was utterly poverty-stricken. I lived in a small five-by-ten bedroom in Hollywood. I was barely eking out a life existence on the ten or fifteen dollars a week I made from odd jobs of painting and moving furniture. It was a period when I was obsessed with the idea of making it really *big* as a songwriter. For me it clearly a "do or die" dream...and the die side was winning!

One day I felt prompted to leap up from my little bunk bed...and I stepped out onto the street to get a much-needed breath of fresh air. It seemed that I just had to get out and to escape from my abject confining quarters. It was no accident that my urge to get up and get out of that room happened *exactly at that time*. There are *no accidents*.

Destiny was approaching me on the street, in the form of a former down-and-out friend. It was Jerry, dressed to the teeth! He looked like, walked like and talked like *a million dollars!*

Since we were good friends--who had not seen each other in almost a year--it was a happy reunion. After our initial jubilant greeting, Jerry asked me how things were going? I told him my sad truth of how bad things were for me. I added that I had a rented little room--off Hollywood Boulevard, just across the street--pointing toward the old shabby-looking hotel.

Jerry suggested that we cross the street and go back to my room for a rap. When Jerry saw how tiny my room was, he knew I really was in bad shape. As soon as we sat down he asked me how I had allowed myself to get into such a desperate plight? He reminded me that both of us had read THINK AND GROW RICH--and a host of other good metaphysical books--each one further explaining how to succeed in life. At our last meeting--in an abandoned old house--where we had found shelter and slept on the bare wooden floor that night, we had both talked and talked about the impossible dreams we could achieve. Jerry had gone on to make his dreams come true...while I had bogged down somewhere.

Jerry was genuinely interested in knowing why I had not succeeded. Yet he quickly dismissed each excuse, one by one, that I gave. Finally, he leaned forward and declared he was far too good of a friend to leave me in such an obviously poor situation.

"You know the how-to-do-it process, Russ," he stated. "I am

going to sit right here and thumb through this magazine until you sit still, think out and write down the kind of future you really want to have. Here."

Jerry handed me a pad and a pen that he pulled from his coat pocket.

"Write it all down on this pad. Use as many pages as you need...."

Having run out of immediate excuses, I decided that it would be easier to humor Jerry than to argue further with him, so I took the pen and began to follow his suggestion.

After a minute or so of silent thought as I slowly built up a list of a half-dozen or more of my immediate foreseeable goals. Jerry looked up and asked me if he could glance at my list? His eyes swept the pad and he handed it back to me almost instantly.

"Russ, my friend, you are doing it wrong."

"What do you mean, I'm doing it wrong?" I said, my ego felt more than a little irritated.

"You know how it works," Jerry said. "The most important thing should be at the *top* of your list.

He fixed a stern gaze on me. "Russ. What is it that you want so much you can taste it?"

I stared back, eye to eye. All at once a light dawned in my brain. Jerry was right. I stared at the note pad, nodding in agreement. I had been trying to work my dream pathway up to a climactic ending. I was building--a little at a time--toward some nebulous unstated and unwritten dream of great success. The question that I needed to ask myself--and to answer--was the one Jerry was asking me....What was it that I wanted so much *that I could taste it?*

"Give me that pad, Jerry," I said. I did know what I wanted so much that I could taste it. This was a dream that I would make come true within six months! I put it on the top of the page as my number one--top of the list desire--*a home of my own!*

Number two on my list seemed to flow and blend in perfectly. I wanted *a high-earning job in some professional capacity*, similar to my past career as a pro basketball player. Number three on my list seemed to flow and emerge right out of the first two desires. I reasoned, if I had a home of my own and a high-paying job, then I could afford a big new car of my own, too. I wrote it down quickly. Number three on my list was to have *my very own Cadillac within six months.*

This time, Jerry knew--from the excitement pouring out of my face and being--that I was *on track* and he did not ask to see my list. Jerry knew I had triggered into and activated the *magic steps formula*. My face and eyes were all aglow! In addition, he was well aware of *Magic Step Eleven*. He knew I needed to preserve silence concerning my now greatly inspired goals....

Jerry went his way--and at last I was heading toward mine. The path was laid out before me, my course was corrected. Though our physical paths parted that day...and I have not seen him since, Jerry Hicks is still my beloved friend. That goes to you as well, Esther dear...as ABRAHAM would know. If you read this, Jerry, *thanks again*, more than these words can say! You know, of course, my door is open to you any time and anywhere.

If a magician had arrived and given me three wishes, he could not have done any better than I did *for myself*. Six months later, I owned a home of my own. I was tops every ongoing month at a respectable very high-earning profession, and owned my first Cadillac...*with several more to follow....*

A sequence of events unfolded. *Nature did it*. I did my

visualizations every day. In a few days, the wheels had already began to turn. I was asked to go out on a big furniture moving job. Lucy, a blond attractive and highly successful real estate woman was moving to another larger home. She and I struck up an instant friendship. In the next few days our friendship deepened. As Lucy became fully aware of my past career as a professional basketball player and my extremely contrasting poor financial status she volunteered to help lift me to greater heights. In the course of several concerned conversations, dear Lucy suggested that I take a course on selling real estate. This was of course a field she was currently immensely successful in herself. She owned several homes, a Cadillac and had a huge sum of money in the bank.

Lucy--like Jerry had done--deftly shrugged off all of my excuses. She told me she could see my potential and she would be willing to finance my training. If I would agree to pay her back--from my real estate sales commissions--as soon as I got back on my feet.

I continued to argue that I had no car to take prospects out to see homes. Lucy said when the time came it would work out...and it did. She explained the very first step was for me to enroll in a local Los Angeles Lumleau Real Estate School. Once learning real estate laws and rules I could then apply for and easily pass my California State, Real Estate license exam.

Lucy was very convincing. She was so confident and excited that she could teach me to be a highly successful real estate salesperson--like herself--that I finally saw the light again and agreed to accept her offer. I enrolled in the Lumleau real estate training program at the start of their next period.

A few weeks later--while on another moving job--the home owner was so pleased--with all the extra jobs that I did for him--that he called me aside and told me--since I said I had no car of my own--he would love to give me the old 53 Chevrolet sitting in his backyard. He said the car worked fine. However, i was

really a back-up third car and he really had no use for it. He pointed out my only cost would be to register the car in my name, since he would give me the "pink slip" granting full title to the car for nothing. It was a timely, heaven-sent offer...and I accepted the miracle with profuse thanks. Things were certainly working out *like magic!*

In my first month in real estate I made seven sales...and was able to buy and own my very first Cadillac. Two months later, offered much higher commissions, I changed real estate offices. A week after I began working at the Real Estate company, Alice--the Real Estate owner--came into my office and asked me if I would like to own her old home *as a free gift*. She explained that she needed \$5,000 cash right away and was about to put an additional 2nd Trust Deed on it and remembered that I was living in a rented apartment. She explained, even with the added combined 1st and 2nd Trust Deed, the home was still well worth over market value, so I accepted her wonderful *free gift home with great glee in my heart and soul!*

Fifteen days later the escrow was closed and I was the very proud sole owner of my own very first home..with swift ownership of many, many more homes to follow. Think of it! Less than six months had passed and all three of my "impossible dreams" had come true!

A PUBLISHING HOUSE

Several years before it happened, I dreamed of owning my own publishing house and that dream too became a 3-D fact. A very concrete *Millennium Publishing House--which I founded--* has printed *and* published 9 of my books--within two years--with all of them selling well. One of my books, *Finding Your Soulmate*, is as you now know--still a perennial bestseller published in 12 languages in 2007. The sequel to it--*Your Soulmate is Calling--* is now published in 13 languages in 2007.

A CHURCH

I dreamed of having a church of my own and in 1972 the *Church of Humanity*, a tax exempt Texas Corporation was formed through which I have personally trained scores of individuals as reverends and doctors in the secret ancient doctrine of THE MYSTERIES. I relocated my church at 3333 SE. Connecticut, in Washington, D.C in 1973.

TELEVISION SHOW OF MY OWN

I dreamed of having my own television show. As detailed more earlier, In 1975 I hosted my own weekly series of television shows on Warner TV in Washington D.C titled, "THE MYSTERIES"...another huge dream fulfilled.

The list goes on and on: Please obtain and read my 360 page book, "The Autobiography of An IMMORTAL, by Russ Michael where many, many more of my true success stories are told.

Since I have become aware of these great laws of life and have been living them, a huge number of large and small dreams have come true for me. I urge you to take these same *Eleven Magic Steps* that I have taken to make your own dreams come true. *Take them NOW!*

Chapter 16

Finding Someone Special To Love You

The following letter--reproduced word for word from the original--was sent to me by a lonely girl who read my best-selling book: *Finding Your Soul-Mate*. She used the techniques outlined in this volume to find her own special someone and the life long soulmate love she longed to experience.

SOUL-MATE LETTER

Dear Russ Michael:

This letter is quite out of the ordinary, of that I am sure.

Just wanted you to know *how much your book "Finding Your Soul-Mate" meant to me*. I, too, found mine by following your methods. I added a little here and a little there to the method, but it does not fail if one believes. I am convinced.

I have given away about 5-6 copies of your book, but cannot get it any more. I know several people who would like to get the book. They can see it obviously worked for me and that gives them more faith in the method you prescribed. (My book is almost worn out.)

I will try to give you a synopsis of what happened and make it short.

I read your book, and as I did so, I had a "feeling" that there was TRUTH to it. One part puzzled me: the part where you suggested we should have an idea of what the person would look like. I immediately wrote everything else down on paper that I wanted. I found that what I wanted seemed to change a little, and I added more and more until it seemed it would be impossible to find someone like that. I kept looking for that person and everyone fell so short it seemed like an

impossibility. Then I remembered the part *where you said to picture what you wanted him/her to look like*. So I started wondering idly and I had a book in my hands (The Rosicrucian Manual) and opened it and started thumbing through it, not conscious of looking for anything in particular. Just reading here and there, and then all of a sudden, out jumped a picture. The picture of Dr. H. Spencer Lewis. I wanted someone with his qualities. He was a Sagittarian and so on. He also happened to fit all of the things I had on my list but I did want someone younger.

Within a week I was drawn to a person I had seen at our meetings, but we had never gotten acquainted. When I walked into the room this time she was drawn to me just like a magnet draws iron filings. We talked mostly about her, I never mentioned my situation. She did find out from me that I was single. The next week she told me she had someone I might enjoy corresponding with. He lived in Houston, Texas, while I lived in Mukilteo, Washington. She showed me a picture of him and deep down I knew as soon as I saw that picture. The overall resemblance was overwhelming, to that of the one in the Rosicrucian Manual. We started corresponding by tape and, to make a long story short, time took care of the rest and about six months later when we met in person, we saw each other constantly for the week at the Rosicrucian Convention and at the end of the week *we were married*.

We are so much better mated than we ever could have hoped for if we had gone about this on a physical level.

I had put in for my Soul Mate *or no one*. *I found my soul mate*, and that I have no doubt. We have so much in common, we feel we have known each other forever. It is most wonderful and *I would recommend your book* to anyone and everyone.

I just wanted you to know your writing has been worth so very much to many.

Enclosed is a list of addresses, and if I can be of further help, please feel free to ask and I will do what I can with the time I have.

May I wish you the best of luck with all of your undertakings. You are on the right track.

May you always enjoy Joy Health Happiness and PEACE PROFOUND.

Sincerely (& gratefully)
Barbara Mae Schild

These are the kind of letters that I have received by the many thousands from thankful readers over the past 35 years. Many hundreds more have patiently tracked down my whereabouts or called on the phone. In some cases, both excited lovers have taken turns on the phone to talk to me and to thank me for writing the book that had brought them together!

Criss crossing this vast country on my constant cross-country lecture, conference and seminar circuits, countless singles and couples have approached me. Most related with great joy--and great glee--that they have read my book, followed the directions and have found their loved ones through the guiding *how-to* technique given!

It is no surprise to me, for I know the Laws of nature never fail. In that vein, a very powerful law--always at work--is: *form must conform to consciousness*. Therefore, once the self-image of any person is uplifted enough to allow her or him to accept success--and there is a *sustained* mental effort with supportive action toward that goal--then success is inevitable. In a matter of time, form will and must conform to the state of consciousness being held. Your positive and true beliefs eventually must replace any former negative and false beliefs previously held.

As I write these words now...millions of people--hopefully

you are or have been one of them--are changing their mental states from chaotic negative, punitive, guilt-ridden and degrading self-inferiority complexes to positive, self-rewarding self-images of grace, calm and poised self-confidence. Are you one of them? Thus the form of the world surrounding these *newly born*, more enlightened individuals will have a corresponding change for the better.

Why stand back and let others enjoy all the good and beautiful things in life? You may do so if you choose. On the other hand--if you choose--you may live a life abundant in and on all walks of life! It is *you, you, you* that determines all the good or bad that you personally encounter. Do know and understand an all-wise Creator has established the *Law of Justice*, and what you give--you get--*all the time*. There are *no accidents*.

This Law that makes all things just--simply stated--is: *what you put into life is what you get out of life*. Give love, get love, give hate, get hate, give joy, get joy, give sorrow, get sorrow. Others that have given new joyous and loving states of consciousness to themselves and all others have been fully rewarded with joyous and loving lives. Many have treated themselves to ecstatic *love lives*. Are you able to accept a thrilling love life of your own?

If so, someone very, very special--like you--wants you to be in his or her life...just as much as you desire that someone to be in your life. All nature expresses and calls out for love and gives joy when man and woman join together with love....

By law, *for every man in form there is a woman...and for every woman in form there is a man*. We may call it the *Law of Balance or the Law of Dual Manifestation*.

Throughout all universal manifestation, for every male specie consciousness--and form-- there is an equal female specie consciousness--and form--of the same kind. This means for

every male duck born somewhere in the world there is a female duck born somewhere, and for every female butterfly, there is a male butterfly to balance out that segment of nature.

Carrying this thought out to maximum expression--for it applies in every kingdom of nature--for every male atom there is a female atom, for every male planet there is a female planet, for every male sun or moon there is a female sun or moon, for every night there is day, for every *positive* electric polarity there is a balancing equal *negative* electric polarity.

The very expression of life itself demands that one half of this ever-present duality can exist only if the other is also present. Right is thus a counterpart direction to left, up to down, forward to backward, in to out and so on endlessly to whatever--and wherever--any person, thing, subject or object *exists*.

The overall significance of this statement about dual reality is that you *are* so your opposite *is*; someone special exists somewhere for you now!

Not only does nature demand an exact Twin Ray counterpart of yourself--somewhere in worldly manifestation--but there is *now* on this planet earth approximately three billion + males and three billion + females. Of these, at least two billion of the males and two billion of the females are *of age for sex* and are *longing to be with someone to love!*

Right now--whether in or out of human embodiment--at this very moment, all of your loved ones--and my loved ones--are in really, really, really...*only a thought away!*

This is a mind-boggling thought. Think it through. Using desire and mental imagery you could telepathically contact millions of wonderful males or females that are now potentially perfect lovers or mates for you. The technique of *how* to summon that one now current special someone--to your side--was outlined in detail in the *Eleven Magic Steps* just presented.

Know that there is someone, somewhere waiting, yearning, longing to be with you as much as you ache or long to be with him or her. Finding that *someone special* depends only then upon your desire and ability to follow the Eleven Magic Steps \$UCCE\$\$ FORMUA guideline directions clearly spelled out and elaborated fully in this volume.

If you will persistently remind yourself that someone wants and needs your love--just as much as you need and want theirs--your fears and doubts about your ability to find such heart-pounding personal self-fulfillment will eventually vanish.

Knowing and realizing your ideal mate *can only go half way--* in meeting with you--is essential! By Law, he or she cannot intrude--upon or enter--your field of life without your conscious permission, at some level of your being. By the same law, you and I cannot step into the borders of another's interior until they have allowed us to enter. There is a holy, *inner sanctum* within each one of us that allows us all the personal privacy needed to sustain our own ever-changing, yet immutable "I Am" self-identity.. Through law, no person may enter this holy ground within us, without our express permission, no matter how special he or she may be. There are no exceptions.

Nature is determined that each one of us can--and may--preserve our own virgin-pure and unique god or goddess co-creative identity. The penetration of another of a specie-of-our-kind into our living aura can be achieved only when we grant that right to him or her.

This *Law of Privacy* can be observed daily *on a physical level also* as we interact with our loved ones, neighbors, business associates, strangers and new friends. We allow some individuals further entrance into our personal life than others. Nevertheless, depending on our own sense of survival there are times when even the closest of loved ones are permitted entry into our inner conscious presence, merely to a certain minimum interior, or a certain borderline depth. At other times--when our own feeling

of security is stronger--we may even allow total strangers beyond those past drawn personal border-line barriers.

The point that I am making strongly here is that there are tens of millions of special someones who would fit your or my life patterns in such a unique way that we may find any one of them to be the joy and love of our life. Yet, because some are ready for us--while others are not--we must allow for free will and a mutual reciprocal desired meeting of consciousness between ourselves and our dearly desired loved one.

Nevertheless, even though taking into account that some of our loved ones are ready for us, while others are not, there are more than enough attractive human souls who are ready and eager to be sharing our hugs and sweet warm kisses the moment that we alert them telepathically to the fact that we are inviting them into our soulmate or Twin Ray territory with open arms!

Carrying this thought further, even though you and I may become very selective--as we narrow down the number of possible ideal loved ones--by desiring them to have certain characteristics, such as color of skin, color of eyes, color of hair, height, weight, type of personality, depth of spirituality and other variables...by the sheer weight of numbers there will still be many thousands upon thousands of of such specifically ideal type of males or females ready, able and eager to come into our lives!

They are standing patiently on the wings of the stage of your life and mine now, at this very moment! If you truly desire him or her to be in your waking conscious life soon, you can. Make full use of the inspiration you may feel from my own success--and the success of others, including myself--in utilizing the *Eleven Magic Steps* of this \$UCCE\$\$ FORMULA. Fill your own life with the sweet joy of love and warm daily --and nightly--companionship you naturally deserve.

Chapter 17

Sex is Good

Sex is good and that fact cannot be hidden no matter how hard we try. It is concretely present within us and around us all of the time. Even *time* itself is sexual!

Meanwhile, the average person is barraged by a bewildering bombardment of "thou shalt and thou shalt not" concerning sex and his or her own being...with "thou shalt not" leading by at least twenty to one.

The question arises early in the life of everyone. How shall he or she handle his or her personal sex life? Who or what outer *authorities* should be followed? Is sex meant to be merely an act of physical reproduction? Or is sex something infinitely more spiritual? Is sex a balancing and healing force for the male and female psyche and physical body? These are important questions that each one of us encounters and must resolve.

The entire world is a sex universe! Every particle of living being--from the most minute speck to the colossal *One-World-Atom ITSELF--is sexual!* It reflects or contains both male and female sex natures within it.

This chart throws more light upon this subject. A quick glance and a study or pondering of this chart will help to make this point clear.

OUR MALE - FEMALE UNIVERSE

<u>Male Aspect</u>	<u>Female Aspect</u>	<u>Sex Act Result</u>
Father	Mother	Son or Daughter
Spirit	Matter	Consciousness
Dynamic	Frictional	Electro-Magnetic
Electricity	Electricity	Electricity

Invisible	Visible	Translucent
Up	Down	Middle
Forward	Backward	Middle
Right	Left	Middle
In	Out	Middle
Energy	Mass	Form
General	Specific	Relative
Future	Past	Present
Inner	Outer	Between
Man	Woman	Hermaphrodite
Motion	Space	Time

Once we have studied and *understand* the inter-dimensionality levels of this chart, *Our Male-Female Universe*, we are certainly able to appreciate the value of sex considerably more!

Is sex sinful? Should unwed individuals participate in sexual interaction? What about homosexuality, male interplay with male and female interplay with female? All of these questions and thoughts arouse extreme emotional reaction in the thought and feeling patterns of most individuals.

This chart reveals the immutable relative 3-D interaction between the first and third aspect of nature--always resulting in sex--or fusion. Through a *sex act* there is a birth or appearance of the second aspect of nature. Who, after pondering this chart--even for a few moments, or hours--can ever doubt the absolute, undeniably essential sexual nature of all life in *form*?

Every speck and particle of phenomenal reality can be isolated and appropriately subdivided into its appropriate one of the three *sexual* aspects within *Creation*.

All of us have been born into certain fixed--often rigidly held--family or social beliefs about sex. We simply cannot help it. Our time and place of birth will automatically set the stage for

most of our beliefs, including our sexual attitudes and perspectives about sexual interactions at our human level.

Every species of nature passes on its belief patterns--or highest known concepts of survival--to its new generation. This applies as well to the elements--or *elementals*--in the mineral kingdom, to all plant life in the vegetable kingdom and to the newly born in the more sentient animal and human kingdoms.

First and foremost, our parents hold the key to all of our childhood beliefs, and thus to all the initial sexual and life patterns of our thinking and feeling. We are impregnated with the beliefs held by our parents--or beliefs passed on to us our older and apparently wiser brothers and sisters-- and an endless host of outside authorities here now newly embodied in our particular time and space culture. Whether a witch doctor in the deepest jungles of South America, Australia or Africa, or the most astute medical doctor or genuine astute esoteric teacher of the secret doctrine in a more civilized sector, if we are born *there*...we are definitely going to accept their *survival beliefs* about their reality. Those innate inherited survival beliefs constitute and hold the survival pattern pertinent to their environment, to their time and for their particular race. Do any or all of these attitudes and beliefs really apply to you--to me--and to other humanly embodied on Earth now?

I repeat, for emphasis. Your own flexible or inflexible attitudes about sex are the direct result-- as a rule--of your racial origin and point and place of birth. The exception to the above rule is the man or woman who has reached *psychological* maturity, who has questioned his or her childhood --and possibly quite obviously only childish--beliefs to in their now mature adult human hood.

Note that I have placed the above word "psychological" in italics, because many men and women--even in their late eighties and nineties, or more--have not yet matured enough to wake up and challenge their childhood beliefs. There is a vast difference

between psychological maturity and chronological physical age, though they may sometimes coincide!

The masses--again, as a rule--are quite immature in their psychological age. As pointed out earlier, most adults are still dominantly under the strong mental and emotional influence of many *false* beliefs that they accept innocently as children. Be assured that most of your own beliefs about sex are still the same as your parents', unless you have been questioned and put them into perspective by your mature sovereign thinking self...

If so, you are a rare person and probably considered quite strange by your family, friends and other living associates. If, however, you are the average man or woman in the body today, you will still hold many narrow ideas about what constitutes moral and immoral sexual interaction. You will probably be plagued by artificial guilt about your own sexual life, or your thoughts and feelings about sex. If so, perhaps what may be new ideas presented here may aid your release into a more mature, healthy and balanced attitude about sex. Physical body sexual orgasm is the most exquisite, electrifying, blissful experience that a humanly embodied male and female can physically, emotionally, mentally and spiritually experience together!
Thank God Source!

Unless you have transcended human sexuality differences, like high initiates, Adepts or Masters have done--and are thus rightly and divinely detached from physical duality sexual differences--if sex interaction leaves you cold, then maybe something is terribly wrong! Nature itself has decreed that the act of fusion, or *moreness* with a loved one automatically produces a natural sense of *pleasure*, just as the opposite event, the act of separation from a loved one brings acute pain. This reflects the Law: *togetherness with God Source brings love and joy, while apartness from God Source brings fear and pain.*

Your sexual experience should be an ecstatic moment of joyful male-female fusion. I am not simply referring to the

sexual climax that occurs automatically by both male and female when the many variables of timing and tenderness follow a *natural flow*.

At this point though, the most important thing about sex, whether you are a male or a female, is your own deep-down, sexual beliefs! How do you feel about the act of sex? Have you actually questioned the prevalent attitude of your particular society? Have you evaluated your own intimate racial beliefs about sex, or your environmental conditions that have produced the strong paternal (masculine "macho" superiority) or maternal (feminine "feminist" superiority) beliefs found and accepted in society today?

Your own race, place and time of birth will infuse long-lasting *childish attitudes* about *what is right and what is wrong* with sex! If you are born in a certain area of our earth today, you will be taught from childhood that men should have many wives, and that it is actually wrong, even *sinful* to show a physical or psychological opposition to that "natural" social belief. On the other hand, you may be born into one of the maternal cultures--still existent upon our earth today--where you have been taught from early childhood that women should have as many husbands as they desire, and that it is wrong, even *sinful* to think, feel or act otherwise. Or you may be born in the predominant so-called "civilized" societies of today, where it is unlawful--a man made law-- for either man or woman to have more than one wife or husband!

Here, then, you have the One Human Sexual Attitude, divided or perceived in its major three aspects. Each one in its own place--time and space--is *right* for that society and the individuals who form it. From the more mature, greater viewpoint, all three of these sexual approaches to life are correct--are true--or Godly. Sex--like all other things, *Einstein* aside--is purely a matter of *relativity*!

Every iota of creation is God--or good--from the holy--whole

I--is a spiritual approach. The *whole* approach or synthesis of pairs of opposites enables the individual to see both "extremes" and thus to recognize that each one of these sexual attitudes--many women for one man, or many men for one woman--serves to *propagate life* in human form at any given point and time upon earth, and probably likewise on any other man bearing orb throughout Creation.

Nature takes care of its own. The sexual attitudes that arise at any time and place within any given culture--in the Halls of Time--will be determined by the overall instinctual necessity to increase--or diminish--the population of human beings within the context of their given spacial environment. If more human births are needed, the society will naturally begin to move into a *paternal* posture. A man with many wives will produce many pregnant women and therefore give birth to many children. The reverse of course brings about the opposite effect. A *maternal* society, one woman with many husbands, will corner the market on males and reduce the ability for mass production of new births. Whereas, in a particular environmental situation where equal male and female relationships, one wife for each husband and one husband for each wife, occurs, it is because nature is working to produce a *stable balanced full potential production* of the human specie.

All of the above then, depending on when and where you were born, will provide the *body* to your sexual beliefs. We are an exact reflection of all of our childhood beliefs, plus the many other "good" and "bad" ones that we wisely or erroneously formulated by our self during our childhood, youth or our more adult years. In any reference to *sex*, our thoughts and feelings very naturally follow our innermost "set" beliefs about this divine, universally manifest subject.

Another very valid consideration to all of the above factors is the *natural* development of guilt about taboo sex *violations*. Please take extra note that "natural" and "violations" are both set in italics. Nature gave us all the same, innate, repulsion toward

any violation of life. Thus, if you or I are born in a paternal society, where it is natural for a male to have several females in his harem, and we think, feel, or act contrary to our social environment, nature working within us, produces a very conscious natural sense of guilt about *our* particular "wrong" sexual attitude. If we are a female, we may overtly give in to the custom but inwardly revolt. We may even go further, by defying "the social order," by refusing sexual relationship with our husband. In both events, we would certainly begin to develop a natural sense of guilt about our refusal to meet the existing, *natural demand* of our specie propagation and sexual guidelines.

We could also under the above situation develop one or several *artificial* guilt about sex. In keeping with our paternal "setting" we may believe erroneously that the female body is inferior, that it is less worthy than the masculine form, and that being inferior, and unworthy, therefore we should not enjoy sex as much as our husband apparently does.

We may genuinely tune in to a changing environmental trend, recognizing that a need for a cultural change is in the offing. From this light, it appears that a woman should aid evolution, or nature, by having several husbands, and not visa versa, as *is* the present hypothetical *case*. Under these more enlightened conditions, the female could easily develop an artificial guilt about her rebellion, which also feeds back directly into her sexual attitudes in her *present* subservient relationship.

If we wish, we can reverse the roles of the above individuals in the preceding paternal society and make it a maternal society, with men developing natural and artificial senses of guilt. Therefore, we can see how easily the complexity over sexual issues grows out of balance..

To the above unconscious knowledge--that each one of us possesses within us--add the immediate worldwide accepted--one-to-one--male-female relationship...advocated by general society, of which you and I are an integral part. Yet we see and

hear of one male with many females and vice versa, and in many cases, may have taken an active part in the rebellion against a strict, *long-range, wedding* of bodies, souls and feelings with *only one* member of our opposite sex. In this case, a host of natural or artificial guilt may arise!

If we are female and have been told over and over again by our parents that "good little girls" are seen, not heard, that may give us an *associative* belief, thought and feeling that "good girls" sexually are apathetic, unresponsive, contained, for to be otherwise is "bad." If we have accepted the belief that goodness implies a lack of vitality and aggression, how in the world can we expect to truly *give our selves* psychologically, mentally and emotionally with all the zest and vigor that the sexual union demands to reach a mutual "natural climax"? It will be contrary to what that particular female believes. Therefore, no amount of variety in sexual experience--with the most arousing sexual partners--will produce the consciously formulated desire for a due climactic ending.

When inner belief conflicts with conscious desire the *belief wins* all the time. Thus, no amount of positive thinking or self-suggestion will alleviate the situation by itself. To bring about a genuine sexual interaction--with a natural climax by both partners--the offending belief must be uncovered and reduced to nothing. The *adult mind* automatically erases long-held childish amiss beliefs.

Any amount of true or artificial guilts may stand between any satisfying sexual relationship between us and our "beloved." If we realize that every experience is the result of our beliefs, then we have a chance of correcting our stilted, tilted or unbalanced sexual attitudes.

When you and I look at sex with a whole viewpoint, meaning the inclusion of the three major sexual approaches, knowing that each one is socially right and proper--in its time and place--this can give us a broader and healthier perspective. Healing comes

naturally at any time, when the person reaches a space--time and place--when spiritual expansion occurs.

Your heart and mine feels truly holy only when the true wholeness of our being is perceived *and given* to any life situation...sex included. The holier-than-thou attitude of many "prudes" becomes obvious--for the dark mind thought it is--in the light of a maturely expanded sexual viewpoint. Only the small-minded "childishly set" mind refuses to take in other natural major--and subordinated--sexual approaches.

Sex is natural! Sex is good! Only those who do not understand their own universal thrust toward constant sexual involvement fail to appreciate the deep spiritual overtones of sex.

Many questions concerning sex have gone unanswered up to this point. Is homosexuality all right? The answer can be found within nature itself. For if we pose the question properly, we will ask is it *natural* for man to be sexually involved with man, or for a woman to be involved sexually with woman. Yet our question presents complications when it is recognized that each one of us contains both male and female aspects spiritually. Even our physical body is a reflection of our spiritual being. It contains within it either of the two organic male or female unfold ment possibilities.

In some cases, true human *hermaphrodites*--individuals with both sex organs physically pronounced--are born. These individuals are certainly under great stress, since human evolution on our planet Earth today is pronouncedly either a male or a female physical embodiment *at this time* on earth. The true *hermaphrodite*, he or she--whichever polar alternative is chosen--will usually dam up or physically remove one of the sexual organs..or the presiding doctor--acting under the orders of parents--performs this operation. Fortunately *hermaphrodite* births are quite rare!

At one time--dim ages back--the entire human specie was

hermaphrodite. However, the evolutionary plan chosen by humanity was to psychologically "shut off" one of the pairs of opposites within the form structure. This was easy enough, since ENERGY FOLLOWS THOUGHT--on the inner plane too--so either the male or female gland *that was not desired* could--and did--atrophy before physical birth. This plan was initiated and has been in effectively programmed within our human specie for over ten million years, according to our Spiritual Guides overlooking humanity on Earth today. A few hermaphrodite births--from time to time--by certain souls, because of karmic factors, demonstrates the *exception* to the *rule*.

Nature has obviously planned that singular male and singular female human beings should be brought together; primarily, to propagate the specie; and secondarily, to provide the actual physical ground for fusion--for physical and psychological pleasure--and the natural Well Being of re-polarization--or healing balance--that is felt and held in both partners through the sex act.

This is why it is definitely wrong to dam up--to inhibit and repress--our natural sex urges. Followed *naturally and responsibly*, a sane pursuit and normal expenditure of sexual energy ensues, producing correctly balanced male-female attitudes and exquisitely satisfying *special lovers*, soulmate or Twin Ray companionship interactions.

In *natural existing* evolutionary terms, man with woman, or woman with man is natural and right! Man with man, and woman with woman is not *physically* natural. Note the words in *italics* in this paragraph especially. Who knows it all and then who can say homosexual feelings and practices are wrong? For there are now known *natural spiritual psychological* reasons for homosexuality.

Guilt has no place in sex either. To go back in retrospect and feel guilty about the past, or to fear personal exposure, concerning the past has no spiritual value whatsoever. You and I

are divine, and though we err trillions of times, nature will not be out on a personal vendetta to "destroy us." To the contrary, nature will gently nudge us toward realignment, toward a true relationship with all forms of life, as well as with our human sisters and brothers who--like ourselves--are here on Earth implicitly and explicitly to restore our sexual balance.

A person must take all of these many pertinent preceding factors into consideration when he evaluates his or her own sexual position. Should he or she have sex relationships with someone of the opposite sex without a *formal* wedding vow, without the long-range implications of a mutual lasting sexual interaction agreed? Should you and I even indulge in such "earthly" pleasures as sex without violating the carnal use of our valuable physical life energy?

Each person must make his or her own decision about whether or not she or he chooses to be *coupled* in a sexual interaction. The *natural* social rule of sexual interaction is simply...are both parties *of age* and consenting to that sexual activity mature? If so, then divine free choice rules and each consenting sexual partner freely assumes his or her own personal and social responsibility in that relationship. Could any free society--or free individual in it--build a divine human society on higher values?

In Chapter Sixteen we touched on the numbers of loved ones that we can possibly relate to in a *special lover* mode. Besides this enormous number of loved ones--available somewhere *right now* to each of us--there is also the consideration of social or inner spiritual moral issues. Is it all right to unconditionally love more than one person at a time--even when physical sexual love-making enters the picture--if both parties are of age and consenting?

The answer--from what I have learned, and hold as my truth--is definitely, yes!

Though an individual raised in a society where we are taught from early childhood that women are supposed to love only one man...while men are supposed to love only one woman, the idea that we can love more than one *love partner seems* socially and morally wrong. This idea gains weight in our minds very early since we have condoned, allowed or even inaugurated one of those many ignorant man made laws that makes it illegal for a woman to marry more than one husband, or makes it illegal for a man to marry more than one woman.

Yet living with more than one man--if you are a woman, or living with more than one woman, if you are a man--according to man made laws--in not legally wrong. Isn't there something wrong with this picture? If so, what is it? Isn't there a subtle--if not overt double standard issue here?

Fortunately, even though the majority of mankind..in its ignorance, or desire to control--makes such laws. This does not affect or change the fact that nature itself supports and calls forth an innate desire for all men ---and all women--to see and be attracted to the unique beauty in others...*to love more than one* other. Sexual love may--or may not--be in that equation. We may suppress the idea if we choose, we may even deny it to the point where we may convince our rational mind that we are perfectly content to love and be loved by only one person--all through our entire human lifetime embodiment on Earth--but that does not alter our Lawful individual and collective "*love all*" nature.

Not only is it natural to pair off with someone of the opposite sex, but it is also natural--if there is no natural new daily growth in the relationship--to reach a point where there is a lack of sexual stimulus-response concerning that *one and only* love partner.

At that point, nature takes over. One or both partners can and will find eventually--if desired--find renewed sexual response awakening within their libido through interaction with another

lover. Or as many women and some men are reportedly doing, they fantasize making love to a fantasy lover, therefore awakening a sex desire within them--while they relieve their want for sexual balance through sex intercourse with their *fixed* marriage partner-

At some point--it would appear--the charade becomes obvious. Thus anyone--who is honest with themselves--will have to admit, even though they may prefer one lover--*at a time*--they may also have a desire or a driving need--to experiment and experience loving relations with any and all other other willing love partners they are attracted to sexually.

Be aware, any interaction--between ourselves and others, whether in sexual relationships, or not--must be initiated with the highest regard and total allowing of the free choices of another, to respond or not to respond to any invitation to any kind of interaction. The free will right to say yes, or no, even in the middle of sexual intercourse between partners must be honored.

It is not honorable or loving for a woman or a man to attempt to lure another man or a woman from their existing common law partner or marriage partner, or attempt to lure a boyfriend or a girlfriend away from an existing boyfriend or girlfriend relationship....Free will choice confers with it the personal responsibility to make not make choices, or accept invitations to move into anothers space--if your choice to do so is harmful to another in any way, mentally, emotionally or physically.

True love is unconditional love and free-will choice is always to be honored between true loving partners...

Looking again at the world picture--as seen, just in terms of sheer numbers--there are potential countless love relationships available to each and all of us. There is no need why any human soul should be starving to feel, touch and experience the blissful joy of a love relationship or sexual inter course relations with another lovable mate who is ready, willing and mature enough to

share that desire! Not as long as wanting only what is best for all others is the keynote you hold in any special lover, soulmate or Twin Ray pursuit....

At some point in our not too distant future on earth, paperwork marriages--officially registered and approved by State or National law--will disappear from existence. As mankind learns to abide by natural Law and offering unconditional love only, the unnatural, limiting man-made laws will be taken off the books. When it becomes more and more apparent that the only valid marriage is *the one in consciousness*, then the attempts by society to restrict, contain or hold love partners to licensed state marriage paperwork limitations will be impossible.

The entire life expansion movement and continuous life extension of all Creation is based upon change, on the Law of Equal and Balanced Value Exchange. Man may temporarily usurp that law through paperwork legislation--enforcing such a mock law through physical force--but at some point enough enlightened souls will insist on living their own sovereign lifetimes freely, lovingly and *naturally*. When enough people step forth to demand their natural rights and freedoms we will see dramatic social changes concerning sexual perspectives or attitudes.

A classic example of this is when a large number of free-willed individuals make a collective mass movement to undress and be fully nude on a beach it soon becomes socially and *legally* permissible. After all, it is no crime against Nature to take off your clothes and to expose your beautiful naked body to the healthful fresh air and sunshine ...or to the eyes of other who may greatly appreciate your naked beauty.

Why; should police officers--who have their hands full with very real crimes of robbery, murder, assault, threats, bribery or otherwise brutal violations of the masses--waste precious time and money arresting upright citizens who are committing no violation of nature?

The study of sex, of how a social group forms man made ideas about sex, is a natural extension of this theme. Man made approaches to sex are survival patterns that man assumes. There is nothing innately wrong with you or me loving all the men and women in the world: Yes, yes, yes, you certainly can--if you choose--*love more than one!*

In summary, it is definitely unnatural for man to be without a woman, and for a woman to be without a man. It is also unnatural for man not to have men comrades or for women not to have women friends. Psychologists know that when celibacy is practiced by individuals who are still deeply affected by their creature sexual natures, it automatically produces a neurotic individual. We need to know why and how we feel or act the way we do about matters of sex. Sex is not bad, sex is good.

However, be assured that an *unholy* alliance, no matter how sacredly blessed by legal marriage papers or ministers and priests is not natural. Thus now many millions of people are *tied together legally* by the laws of their land, who are blatantly and totally incompatible with each other. Does that picture feel right to you? If not, why not?

Ask yourself, is it wrong to have an illegal *true loving sexual experience* with someone who has possibly just entered into your life, possibly even passing by, never to be seen again.... or a daily series of hateful experiences with a legal spouse? The answer is obvious. Nature is the final judge of all relationships, not man. Nature blesses (unites) the good relationships and curses (separates) the bad ones in due time. Thank God.

Remember that man views reality and makes man made laws that conform with his race, place and time of birth. That law is essentially then a law favoring paternal, maternal or one-to-one sexual relationships. A person out of step with the local law of man and his society may well be far more in keeping with *natural law* than his fellowmen. Therefore, no one else can or

should be his or her judge!

If perchance--a door opens and an invitation is offered--*You* must ask *your inner self* alone the question--SEXUAL INTERCOURSE--to do, or not to do? To be or not to be? The answer will be found *in your own best inner and highest alignment* with nature, *if you are wise!*

At the same time--in evaluating your stand on sex--realize that every aspect of God in form is *divine*. *That* includes your male or female form, and your magnificent *sex organs*. Your thoughts, beliefs, feelings and perspective alone will color sex with "bad" thoughts or "bad" feelings....

Sex is good! Sex *is* the Son or Daughter of God, interacting through you and me in the most ecstatic way that you and I can physically, mentally and emotionally experience! How can anyone find or see anything bad about that?

Only a dirty mind finds sex dirty.

If you are inhibited or repressed sexually, you can reverse this now. Just be outgoing and responsive *if you desire*. Your entire future hinges upon your intent in time *from this moment on*. What was, was. What is is...The past is dead. What is now is alive and not static. To live all things must change...and we make that powerful change in the NOW....Take a moment--if you wish--to examine the source of your childish beliefs and actions about sex. *When your mature mind truly recognizes the cause of your original belief*, and thus the source of any present inhibitions, the old belief, thoughts and feelings will fade away quickly in the reality of mature, *grown-up, wide-awake* thinking.

The question may arise, how often should you or I engage in sex with our sweetheart, soulmate special lover or Twin Ray mate? The answer will be found *in balance*.

Perhaps your idea of balance may be of sex every night

before sleep, or every morning before work...or both. You alone are to be the judge of your sexual rhythms or habits. What constitutes over-indulgence by one person may easily be under-indulgence by another. You should choose your own rate, your own sexual style. Be simple and sane, not unbalanced about your sex appetites.

Sex is good! Sexual interaction, a smile, a touch, a caress, a hug, or divinely honored sexual intercourse restores powerful balancing energies back into your male or female body. Understand and love sex. Sex is everywhere. Use sex as a blessed gift to yourself and to others!

Chapter 18

How to Create Great Wealth

Wealth is desirable to everyone. A wealth of love, a wealth of friends, a wealth of talents, a wealth of good health, a wealth of fine possessions, a wealth of spiritual knowledge and sensitivity and whatever form of wealth you or I may wish for *is already* our natural heritage. By law, *the wealth of the universe belongs to every living creature within it*. You and I may possess the land, or possess a loved one, or possess millions of dollars, but that does not constitute *real* wealth.

The land does not belong to anyone. Humanoids simply take turns acting as poor or good guardians of it. As Rolling Thunder--and other wise men from the West and East have pointed out--neither white man nor red man, nor any other man *owns* the earth or any part of it...even though we stake man-made *legal* claim to it.

The soil, the waters and fiery atmospheres and ethers of the universe belong to the One Life, call it God or Shiva, Jehovah, or whatever. You and I, along with every other fragment of this One Life, share freely the abundance of all of this great wealth, whether seen or unseen, visible or invisible....

The man or woman who has great wealth is the one who knows how to convert life energy into whatever substance he or she desires. This is then a person like *Rolling Thunder, Swami Rama, Komar, Jack Shwartz, Napoleon Hill, Clement Stone, Richard Buckminster Fuller*, yourself, myself and any other human beings who understand and are thus able to work with Laws of nature to convert the world into the shape of their dreams.

The great wealth that you yearn for...may be symbolized in the form of dollars, euros and cents--or the legal currency in your nation--but that constitutes a deceptive illusion. Think about

it. The "wealthiest" man or woman or company in the world can become bankrupt overnight. If that wealth is merely the result of outer manipulation, rather than inner wisdom, then it will most likely never again be amassed. However, if that great wealth was brought about through a wise understanding of focused energy, if needed, it can be amassed again.

The man or woman who works with energy can make and lose--and then remake fortune after fortune--*if they choose*. For them it is merely a focus, just like Komar or Rolling Thunder can focus and walk on red-hot coals of fire. Jack Shwartz can wound himself and heal himself. Swami Rama can control his heartbeat or body temperature and move easily through altered states or levels of body, mind and spirit awareness *consciously*. Napoleon Hill and Clement Stone have built immense fortunes, Richard Buckminster Fuller has displayed a wealth of amazing talents and inventive abilities. And you and I--and countless others on earth--have converted energy at some time, in small or large ways, to achieve some desired success.

All of the success tabulated above has come from learning how to work with natural Law...knowing that *energy follows thought*. The first movement at phenomenal 3-D levels begins in your mind. Therefore, focusing on the right thought and directing it in the right direction with the right amount of energy produces right results.

You alone know what kind, what amount, what quality of wealth you desire? Whether a wealth of love or a wealth of paper dollars, it is wealth to you. Knowing and understanding the Laws of how to bring a wealth of that substance of life to you will make the difference between your own continual failure or sweet enduring success.

The *Eleven Magic Steps* are designed to manifest *any* spiritual or material wealth you desire to create for yourself. Whatever amount of personal wealth *you* focus upon *having will* be yours providing you utilize all of these steps. Therefore, clear the

atmosphere for your down flow of wealth by taking Step One, feeling absolutely certain you are a divine spiritual being who is fully worthy of possessing such wealth. If not, find out why not, and substitute that false belief for a true one. Who among us is not deserving of the best! "*Know you not that you are Gods?*"

Picture yourself as wealthy as you wish to be at the desired time. Feel how good that feels. Make your world and the beautiful limitless world all of us share, bigger, better and wealthier because you are focusing *that expanded new wealth energy* into your life *and ours*.

Know that you and I create our every limitation and our every success. *Give thanks and use* this knowledge to focus whatever wealth--you wish for--in our collective world NOW!

Rolling Thunder, the Indian medicine man who has demonstrated to our medical men his ability to heal the sick always questions his patients before he agrees to heal them. He asks them *why* they wish to be healed! He also pursues this same point a step further, asking them *what they plan to do with their good health* once it is restored to them. This self-examination about why you wish to be wealthy and what you plan to do with that wealth applies to your own existing financial *ills!*

Be sure to ask and *know beyond any reasonable doubt why* you wish to have that wealth you desire! Follow through in the same way that Rolling Thunder does with his patients. What *good feeling things* will you be doing specifically with that new abundance in your life? In so doing you aid and speed the process, for nature rushes to fill the vacuum of any focused *need*, or strong desire.

Infinite wealth waits for anyone who chooses to have it, providing, of course, that the one who desires such abundance has a strong desire and *want* for it, and she or he who knows and uses the necessary Lawful steps to acquire it.

NOTICE

Great wealth waits for you at any level of your life that you wish. If for any reason you are unable to find or think of any good reason to have such financial wealth, *I can!*

I know billions of humans and other specie of life on this planet that would benefit immensely from the accumulation *and wise use* of money or other surplus possessions and goods, each and all of us now hold.

If you do not know what to use your present or future wealth for, I urge you to get in touch with me immediately! I have plans to set up an international website and vehicle, *The Synthesis Foundation* that can uplift those who need a helping hand as well as our Planet Earth that man has violated, raped, polluted and despoiled almost beyond imagination.

The Synthesis Foundation will put all of your and my excess wealth into the needed mainstreams of humanity. Thus, we will make all earth a better place because of it. See my the appendix and further info about *The Synthesis Foundation* in the last few pages of this book.

Meanwhile, begin to examine the very real difference between fools gold and real gold. Money is divine, but money and the false security that money *alone* brings to you--or anyone who possesses more than enough--is not enough. Yes, do ASK for and assume a sacred and wise *responsibility* for all the money that you dare to dream about, but only if you put it to good use. Bless yourselves and others through your wealth and you will love yourself, and you will be loved and respected by all men and women on Earth...and by those High Beings from other higher dimensions who have protected and overseen our Mother Earth for eons.

Bless all your endeavors in this vein. So be it.

Chapter 19

How To Lose Weight and Be Attractive Again

By nature all of us want to be healthy and attractive. To be overweight obviously takes away from personal beauty or charm. The opposite applies as well, for an individual who is far too skinny does not present an attractive appearance.

You and I may both argue--very righteously--that attractiveness is more than skin deep. Many individuals with magnetic personalities or an abundance of soul force exude attraction, even though they are under or overweight. Yet, we must both agree that their charm and attraction would certainly be tremendously enhanced or multiplied if they also in addition held slim, trim and well-kept bodies.

If you are over or underweight, then you are probably interested in knowing the easiest and safest way of returning to a good weight for you. Naturally, the *Eleven Magic Steps* listed here are capable of making your dream image about yourself a physical reality. In *Magic Step One*, your self-image, self-worth, false guilt, and basic false beliefs that allow you to justify your weight condition must be confronted and eliminated.

Check out every conceivable reason why you have been *accepting* your recognized abnormal weight problem. *Value exchange* is important here, since until you actually see a greater value in holding a trim physique or slim figure, you will resist any change. You must decisively, ardently and passionately desire the *new* look!

Visualizing yourself physically looking like the new person you wish to become will work swift wonders for you. *Seeing* yourself thin and *thinking thin* is what eventually makes you thin. It is a mistake to think that you can lose weight merely by eating less food or going on some strict diet. In so doing, you are attacking--or feeding the problem by your attention to it--

rather than allowing the solution to take place naturally. *Seeing* yourself thin actually leads you to new patterns or specific events that will bring on that loss of weight. Your body is literally an ongoing miracle in the making. It knows what to do and how to do it, but it takes orders and its programs from you. Thus change of self-concept is desired.

Be sure to stress the fact to yourself that you wish to wisely and safely lose weight until you are at your desired weight level. Knowing you want to make your loss of weight a benefit to all concerned--especially to yourself--will keep you from creating a sudden illness where your body is suddenly forced to lose pounds painfully *the hard way!*

See images in your mind of your loved ones and friends telling you that you are losing weight, that you are looking better every day, and asking what you are doing to have made such an amazing turn-about from being overweight to having a perfectly symmetrical body again! *See* your business associates--even strangers walking up to you--and telling you what a nice figure or physique you have! *See* yourself standing naked in front of your favorite mirror and smile widely as you observe the mirror telling you that your body is now positively beautiful. Give thanks!

Know that your body--*by nature*--seeks for safe ways and means to throw off excess weight. Your body naturally want to feel, act, look and be supple and graceful. You and I *bring on* all of our own sudden or chronic body ills by our false beliefs about ourselves. These in turn create wrong thinking, wrong feeling and consequently physical breakdowns of parts or all of your precious body. This excess baggage we carry around clearly reflects our *holding* on to a plethora of wrong beliefs, thoughts, feelings and self-images.

Losing weight is an inside to outside job. Therefore, begin with *Magic Step One*, then simply carry on through to *Magic Step Eleven*. Be true to *Magic step Eleven*. Let others tell you--

after the fact--how much weight you have lost. Surprise them as you lose your desired excess body weight in silence. In due time by looking beyond appearances--beyond what is to what will be, instead--you will soon look as beautiful *on the outside* as you are on the inside. Action breeds action. Enjoy watching yourself and others will enjoy watching you as well. Know it. Be it. Accept it. Be thankful for it. *You are beautiful!*

WEIGHT LOSS EXERCISE

Here is a good daily exercise we will call *The Workshop of the Mind*. Be creative. *It works for anything*. From this high psychological vantage and a powerful deep inner viewpoint you close your eyes and mentally imagine a white screen outlined with a black margin.

For a *one time only* visual exercise see yourself fully clothed *as you now are*. Include illness, excess weight or whatever negative life situation they are trying to overcome.

If it is excess weight that you are carrying--and wish to lose--then envision yourself without any clothes on. Look at the screen. See yourself there. Undress and see the bulges and beefy arms or big thighs on your naked body. Take good note of this gruesome or loathsome picture for it is the *last time* you will perceive or make any *negative* reference to it. Go ahead, be repulsed by it! It is apparent as you truly evaluate what your eyes see that you no longer desire to be overweight!

Now turn off the lights surrounding that particular screen and turn your mental gaze to another same size white screen. Note that this screen does not have a black border around it. Instead it has a *white*, radiant light that glows from its borders. Or--if you wish--you may mentally surround this screen with a plain--or ornate *white* wood, plastic--or metal border. This is the screen where you now vividly and clearly begin to see the slim, trim, supple and excitingly healthy you. Do not be afraid to see your body actually firmer and even more perfectly formed than when

you were sixteen, nineteen...or when you last saw your body at its *radiant, healthful best*.

See your figure--or your physique--just as eye-pleasing as you wish it to be. Identify with it. Realize that person on the screen is the real you. Continue to admire your real, true body. Watch yourself on the screen walk over to a mirror and view your perfect reflection. See yourself on the screen, looking into the mirror and smiling--possibly even gloating--over your now changed magnificent, perfectly formed body reflection. On screen see yourself walk over to your bathroom scale, standing on your scale, looking down and weighing exactly what you wish to weigh by the time you have called for. Smile, feel good. Turn off the screen and come back to good old Earth..

I urge you to utilize this *The Screen of the Mind Exercise*--every day, or night--until you arrive at your exact manifest goal. Will you do it?

Note: If for some reason you are not losing weight--and do not meet your goal by your deadline date--go back to *Magic Step One*. Go through all of the *Eleven Magic Steps* again....You will then uncover and remove the reason or cause of why you still cling to your old heavyweight image ...and have not allowed yourself to step into the beautiful, *new real self*, that you are in true reality!

Usually, a poor self-image based on a false belief is the cause for failure to achieve any goal.

That is why *Magic Step One* is the first and most important step in your life. Do not start your other *Ten Magic Steps* until you *know* --and accept beyond any doubt --that you are absolutely worthy of having a healthy, slim and attractive body like others around you possess. I have done it. Many, many, many others have done it...and *so can you!*

ATTRACTIVENESS

Genuine attractiveness always comes from within. It *shows* as a magnetic energy that radiates --or exudes--from the physical and personality structure of the individual possessing it. It has been demonstrated time and again that the most attractive males or females are not always the most feminine--or masculine--looking. They are not always the prettiest--or most handsome--creatures of our specie. They are always the males or females who hold an inner, natural, graceful and a confident, poised bearing in their walk and talk. They are individuals who are truly themselves and all, without exception--*have a good self-image*.

Attractive people stand out because they dance the dance of life with no need to defend an easily wounded ego. They are calm, safe and secure wherever they abide. They have their own recognized self-assurance of their own genuine worth. They have no need or urge to be proving themselves to others.

The mere sight or presence of an attractive person adds to your own feeling of natural worth. Attractive individuals are such a joy to be with, because they effortlessly observe and live by the Law...and are in a natural even, spontaneous and joyful flow with their immediate environment and companions.

A man or woman--who may not possess even normal good looks--who has a nose too large, eyes too small, hands too big and a host of obvious seeming abnormal features ..can and is often far more attractive than the man or woman with *perfect looks*. The man or woman with the pretty face but a quick sour disposition will eventually wind up looking like a dried-up prune...if they do not change their inner state of thinking and feeling.

On the other side of the coin, the apparently homely persons with love and warmth in their hearts and minds, who exude a positive joy in the processes of daily life--*by their nature--are keenly and wholly attractive!* They become more beautiful--or more handsome--to their dear loved ones, friends or business associates--by the day--simply because their entire body

chemistry and psychological atmosphere exclaims and proclaims it.

When it comes to personal attraction there is no limit. You and I can be as attractive *as we choose or wish* to be! The major key to greater attractiveness will always be there to unlock within our own beings. Once you and I have awakened to our own natural "I Am" goddess or god *inner* spiritual identity and begin living that higher, more confident and secure life--that such a new identity and chemistry brings--we immediately begin to exude an attractive bright force.

By using the *Eleven Magic Steps*, and utilizing *The Workshop of The Mind*, by seeing yourself natural--without consciously trying--and holding that image persistently until you become it, *will* eventually make you tremendously and excitingly attractive!

Step into *The Workshop of Your Mind* often. Practice seeing and *acting as if* all your negative, defensive, insecure thoughts and feelings no longer exist. Ask for, look for and see your real true, sacred inner goddess or god being. Instead, replace old former negatives whatever, moment to moment daily with a joyous, positive and secure confidence in your own worth...and you will quickly find that others will find you to BE that attractive person *that you have become!*

Do it! Do it now....

Chapter 20

How To Create Dynamic Health

First cardinal rule...if you want to know how to have dynamic health--at whatever age--ask the person who has it. I assure you--at my astounding chronological age--I have it *in hearts*, as my autobiography discloses.

Having good health is the most natural thing in the world. No matter how many willfully or ignorantly wrong things we do to our physical body, the cells and atoms that compose it automatically compensate for those wrong actions *as much as physically possible*. Your body and mine has countless ways of adjustment and balance. It can--and often does, however--get overwhelmed by the mental, emotional and physical pollution we often thoughtlessly pour into it.

All three *major* physical systems, the respiratory, the nervous and circulatory work swiftly with each other *to try to balance out* our mental, emotional, or physical *mistakes!* A central inner electrical vitality generate through one of your major, minor--or minute physical glands--that constitute your mysterious endocrine system, releases the right amount of the right hormones into the blood stream and it triggers immediate chemical changes. All these electrical and chemical changes are aimed to restore your body to a well-balanced healthy, equilibrium.

Yet, despite the persistent wondrous work of our human body--persistently toiling night and day to balance our imbalances--we can still offset it to create many diseases. We hold on *to wrong energy* or *foolishly dissipate* right energy--with such persistence--that the effects finally show up as observable negative physical symptoms or illness.

Sometimes an illness explodes violently--taking on form of a physical accident--at home, or out in our world of

commerce. Other times or ill-chosen life style shows up as a physical, emotional or mental breakdown. It may appear as mild illness, a colds, the flu, or come in death-dealing strokes and heart attacks, or appears as a horrible cancer or *social* disease. In every instance. There are no accidents. It is solely you--or I--who have created any illness within our own priceless bodies.

If we are all naturally in perfect *Well Being* and excellent shape, how then do we find ourselves ill so often? The answer rests upon our beliefs. Our false beliefs lead to imbalanced appetites, to a poor self-image and an inevitable self-hatred that eventually surfaces as a minor or major sickness.

If you have been plagued by bad health, please step up and use the *Eleven Magic Steps* to restore yourself to good health again. *Physician heal thyself* is also a cardinal rule.

Magic Step One leads you into self-discovery about *why* you have held on to that illness for such a long time. Spend enough time with this step. Find out what function the illness *initially* served. It does not serve your best interest now, so dismiss it.

Your illness--like pain--originally was meant to inform your *conscious self* that somewhere, somehow--some time along the way--you have done--or are still doing--*too much*, or *too little* of something. Balance is the keynote. You have too little or too much energy flowing through or not enough vitality flowing somewhere in your own being. Too much or too little ENERGY contains and unveils the mystery of imbalance, or disease! Energy follows thought, so what thoughts are you thinking, feeling and giving more and more life? *Watch and see?*

I repeat, by Law, *all illnesses are caused by too much or too little energy flowing through any given system*, thereby--in that great safety buffer we know as time--breaking down parts, or all, of the unbalanced system.

It often appears that instead of us 'getting the message' --from

our bodies--we have mistakenly identified with the illness, to the point where we reluctant to let it go. *You identify with it*. Thus your conscious self has no desire to kill out anything that constitutes your own self-identity.

The illness is not, but it *appears* to BE *you*. No wonder we hold on to that dark side of our self with such a tight grip. We have no sane conscious desire to kill our self in any way, so we hang on to *what we think* is now our self. As sick as we may be, not only are we aware of it, we even often consciously guard it. We often speak almost proudly about our chronic pain or our now too apparent disability of our seeming inefficient body....

Stop! Take a good look at any apparent illness you hold. To let go of the value falsely perceived in it, you must first uncover--*to your full satisfaction*--why you created the illness, to start. Then decide if it holds no further value to you, if you have held it long enough? If so, drop your identity with it Begin immediately to *envision* perfect dynamic health in place of the apparent illness. *See* yourself using your--once-again good health--to help yourself and others. Give thanks. Use *Magic Step Five* to *see* your recovery as a genuine blessing to yourself and everyone concerned.

Granted--you are suffering from a very real illness and--you need a *real* cure. Yet, your very illness keeps working against such a cure, for, as a rule, in your past--once found--you held an almost steady focus *on* that *illness*. The key to a cure is your ability to *break that focus*. Leave the problem behind, switch your focus--via thought--to the solution,

ENERGY FOLLOWS THOUGHT, as you well know by now, and the Law works constantly. The *Law of Attraction* never fails. Give energy to your illness and it lives. Stop giving energy to your illness *and by nature* your health returns. Well Being is always being pressed to you at every moment. You simply need to acknowledge and accept it.

Easier said than done? Perhaps, but have you tried it? Will you try it? Like Komar or Jack Shwartz, literally focus on where the pain is *not*, for non-pain has to be the end result of any such *sustained* focus upon it. This focus where it is not technique works for headaches, toothaches and body aches anywhere. It even applies to emotional heartaches. Only what you *support* by your *attention* can live in you. You control your state of health more than you may realize.

Here too examine how tight of a grip you are holding on to your body. Most of us have far too tight of a hold on ourselves. That is why we jump nine feet at a sudden sound or unexpected quick movement. The more tense we are, the more pain, for the nerve endings act as better conductors of the electrical impulses that we know as pain when they are in closer, tighter contact with each other. Therefore, relax. Release your tenseness.

Your inner self working with your body shows a disease for some eventually constructive purpose. You are--or need to be--alerted as your illness. Your dis-ease reflects a lack or an excess in some area of your life. Utilize your illness as a signpost that points positively toward greater self-freedom and self-control. Make a lemonade out of a lemon. Read your illness in the same way that you read a book. The clearest message to understand is that you create your own reality, for better or for worse.

As a rule, if your illness shows as a symptom--on the surface of your body--that is good. It indicates you are surfacing or bringing to your awareness what ails you. The converse also applies, the internal ailments are caused by those beliefs, thoughts or feelings that you have intentionally--at some level--hid from personally facing. Face, embrace and erase. When you keep unbalanced energies buried deep inside of you they must finally erupt as internal illness and pain. Ulcers are a prime example of tensions and pains held within, finally breaking down the tissues within the interior organs to form an ugly lesion.

Eye trouble is almost always the result of refusing to *see* 3-D reality. Therefore, that lack of 3-D focus demonstrates as poor or faulty vision.

A St. Louis attendant of one of the many workshops I conducted there on the THE MYSTERYS, reported her doctor gave her an examination upon her return home from my workshop. the doctor reported all signs of her glaucoma had disappeared. She had held on to her glaucoma for 18 years.. In her letter to me, she attributed *that her now good eyesight--plus* other health benefits that were now occurring in her life--to the fact that thanks to that revelation...her eyes were now opened to reality. She has begun to see things and to face realities that she had previously shunted aside. Now good eye sight and other forms of good health were swiftly returning to her. The Law is: *form must conform to consciousness!*

There are certain general factors concerning the body signal of a *location* of a disease. As a rule, pains and illnesses on the left side of the body relate to feminine aspects of our nature, that we have simply *not met properly!* And *visa versa* for the our right side. Our right side is the repository of our masculine aspects. Illnesses connected to our legs or feet will relate to a consciousness breakdown in our intent toward ongoing forward motion or mobility. Arms and hands relate to the very *give* and *take* of life itself, for these are the most important jobs or tasks of these manipulative body members.

The point I am making is every illness tells us something about ourselves. We are being informed that our consciousness, our mood-tone or or mind-fixations needs attention and corrective course changes. All illnesses descend from thought to beliefs, to feeling to physical effects...in that order of *descent*. I am stating that all *outer* effects, good or bad, harmonious or inharmonious, *stem* from an *inner actualizing source*, from thoughts in our minds to a true or false belief we hold.

If we say that someone gives us a pain in the--our butt--then it

should be no surprise when we feel a pain in our butt every time we need--or soon after we leave--the physical presence of that person. They did not give us the pain. Our own thoughts and feelings about them created the pain in us--where it belonged--for we originated and pinpointed its exact location.

Your health depends on you. Equally important--your better health is not only valuable to you--your better health immediately adds to the collective sum of the better health of all humanity and our soon sacred Earth. Read my book, *The Birth of Earth As a Star* to understand more about this imminent happening, now, in this your lifetime.

Meanwhile please DO add your own dynamic *good* health to this *good* earth--and to our *good* heavens--of which all of us are *good* parts. *Do it for you, for me*, for your loved ones and for all humanity, but above all, *do it for yourself*. Get well NOW! *There is nothing you cannot be, do or have!*

Chapter 21

How Beliefs Create Your World

The world--and level of it--you live in is the world you believe in. Your belief--in a *place* called Earth, where all of us embodied here collectively now with you share your belief--has brought you into *conscious focus* with this book--and so with me--as well as your alignment of all of the other kingdoms and infinite forms of life projecting from--and , enfolding all of us--on this brightly colored jewel-like planet.

Not only are you focused--in this *place*--in *space*, but the *time* that you *consciously* believe in is *now* the Twentieth first Century, as others of us like yourself also believe and DO testify. All of us who form the many diverse species of consciousness comprising this Central Body of Life, we know as our Earth home, *are choosing to meet together consciously--at a mutual point and time*--in this hallowed space! We each and all here now share a common dream focus. We dream that we are here on Earth. We do not dream we are on Venus, Mars, Pluto or any other man-bearing planet in this--or another--vast galaxy. Our beliefs have brought us into *this* earthly sphere of *consciousness together*.

The key words in the entire foregoing paragraphs of this chapter are *belief*, *focus* and *consciousness*. Naturally the word *dream* runs a close fourth. Our beliefs lead us to a conscious focus which at any given moment point constitutes *that* reality being experienced by us--at *that* time--and in *that* realm or world.

When we are asleep and dreaming that conscious focus in our non-physical dream world. Yet our dream self--and our dream environment, along with our dream people in it--*is* more real! This especially applies if we are deep focused in that dream realm so fully that we have lost conscious awareness of our waking *ego* consciousness. At other times we may focus the non-

material and material worlds together--when we know in some side-pocket of consciousness--that we are dreaming and elatedly enjoy the known dream reality of the dream--or fearing our creations in it--or whatever the case. After all, we then dream--in the safely anchored knowledge within our physical body brain level--that we are "merely" dreaming.

Actually, whether we focus on any of our varied and mutating dreams of sleep or focus on the seemingly stable ego state waking dream of life--either complex level or sphere of our dreaming--is possible only through belief. This wonderful earth dream that our loved ones--and others of our human specie--enjoy with us, forms into a sentient 3-D reality because we momentarily *believe* it to BE our reality. Yet, please understand, there are infinite true realities, individually and collectively.

I DIED AT EIGHTEEN

At age eighteen, I experienced a *true clinical death*...no heartbeat and no breathing or life signs for over fifteen minutes. Yet I consciously *knew*--in my sudden bodiless state--that my life on earth had been but one of many such humanly embodied dreams.

I also *knew* that my just exited dream of a physical Earth--with beautiful red and brown mountains, emerald-green white-capped seas and vast indigo blue skies, with all the concrete kingdoms of life within *that space, that I was so engrossed in and focused upon for the past eighteen years*--was merely pure dream substance. All the seeming solidity of it was held together by *faith!*

I knew that *my belief* in an Earth state of existence, had drawn *me* into that past eighteen years of conscious focus within it. I was aware that *fear*, the opposite aspect of (love--thus *faith*)--broke down the dream of earth.

THE LAW

There is a simple physics to the expansion or extension of life in any form. By law, *a unit of one always divides into three primary aspects of life*. A belief is the central source unit of its two polarities, *faith* and *fear*. Thus--in hierarchical order--a belief is the source of any faith or fear. Therefore, in three-dimensional reality, faith and fear have equal power to cancel out each other, just as a negative electrical charge, equal to a positive electrical charge, will balance out to a zero sum charge. Male is equal to female, right is equal to left, day is equal to night, etc., etc.

A powerful belief--true or false, *by the nature of being a belief*--contains greatly concentrated thought and feeling, thus great power! This means you and I must take great care to examine our beliefs constantly. A false belief in our inability to perform will surely limit our ability to be successful in *that* field or aspect of life!

We need to consciously become aware of our limiting,--thus false--beliefs and dismiss each and all from our focus. Thank God for free choice! Conversely, when we focus on the greater truth of our being, that new focus changes the old dream into a new one, where we are above the prior perceived limitations.

Each one of us lives in our very own world of reality. The world that engages our focus at any specific time reflects exactly who and what we are. An article written by myself several years ago--published in several national publications since--will focus us into a better awareness of this reality. Therefore I am including it here, word for word.

THE WORLD-MIRROR OF YOUR SOUL

Your world is quite literally your soul made flesh. The fleshy body that you manifest faithfully reproduces--atom for atom--your inner and outer self world. You reflect you at every level of your being. You find yourself physically, emotionally or

mentally an equivalent reflection of nature, in the three-dimensional world that we share.

The time has come for each and all of us to stop blaming the world,--the other person, the employer, the employee, the politician, the businessman, the social worker, our government--and so on, endlessly, for our self-created problems. The Law is: *there are no victims*. Every crisis that we face--moment to moment, day to day--has sprung up before us because it is a true reflection of past choices made by our own soul.

That is exactly why the world is a true mirror of your soul. Every thought and feeling that flows through you, shapes and aligns the direction of the most minute particle of your being and your personal world. It also adds to the light and dark of the collective world we each and all share here on our greatly blessed Earth. The very place that you sit at this moment, absorbing the content of these words, reflects your soul. The entire world mirrors you. Your general or specific mood, your dreams and visions--or lack of them--and your apathy or consciously directed motion, form the very roads beneath your feet and your dark or bright skies overhead.

You are not only a certain nationality, a certain racial type, a male or female, but you are on this planet Earth, not Venus, Saturn, Jupiter, and so on, because your *Earth* consciousness reflects you better than any of others mentioned, or unmentioned..

You are on this Earth--in this solar system, in this galaxy in this three-dimensional Universe at a personality level--because these "special points" reflect you more perfectly than the solar system of Sirius--or the Andromeda Galaxy--or some timeless, space less universe where more advanced souls than you or I may be developing...at this relative "moment point" in time.

If you and I are genuinely interested in knowing what kind of souls we are, the answer can be determined accurately with a few

moments of personal reflection.

Open your eyes, right now, to the world at your immediate fingertips. Are you in relatively attractive surroundings or otherwise? Are you healthy and in good shape physically? Are the clothes you wear clean and pleasant for others to look at? What kind of fulfilling life work do you do? What do you do with your leisure time? What do you think about most of the time? What is your general mood or "feeling tone" most of this new day? What do you think of your friends? What do you think of your national government? What do you think of the world in general? Do you have all the friends you want, all the tools, money, energy to be as creative as you desire? What do you live for, day to day, moment to moment, week after week?

These are all pertinent questions if you truly wish to know your own soul. The true answers to these questions hold *the secret* of your soul...but *the secret* is out!

Look about you, the answer is obvious. This is your world. You alone create the eternal reality of your soul and reflective world around you.

Your world,--the point in space you occupy NOW--is your world. It mirrors your own soul exactly! It can be no other way. It is the law: *Form must conform to consciousness*...for consciousness is the essence of every soul. The form that a soul wears at any level of 3-D existence in our world--physically, emotionally, or mentally--must be and is an identical duplicate of its soul at that level. You and I are mirrored in every world of reality that we find our existence within.

The world is a mirror of our souls....So if you do not like what the world reflects back to you at any given moment, change your image NOW.... Start smiling instead of frowning, think, feel and act *higher* vibratory thought, rather than lower vibratory thought emanations. Turn each crisis--or existing problem--into a *creative challenge*. Change your perspective in what you see.

Let the golden, radiant light of your divine soul reflect and be seen through and in you every day in every way...and the world at your fingertips will change.

Your surroundings will soon be more attractive. Your health will improve. Your physical body will resume its natural eye-pleasing, perfect female or male symmetry. Your clothes will be clean, neat and attractive. Your work will be fulfilling and far more in keeping with your natural aptitudes and interests. Your play time will be joyous and refreshing to both your superb human body and divine spirit within. Your thoughts will be lofty--yet down to earth--geared toward practical implementation and world service. Your mood will be high, joyful and light, though serious about personal responsibilities. You will love and appreciate your friends and they will love and appreciate you dearly. You will find your world to be an interesting field of challenges and awesome beauty. You will be surrounded by "spiritual family."

The equipment, funds and personal vitality you need will be yours at will. You will live with great joy from moment to moment, day to day, week after week, for you know that the future is yours! How can it be otherwise? The world is your reflection! How does it look to you?

May the brightest you *that you are* shine through!

May the heavens open and pour down a great divine flow of Light, Love and Power into your life--into the lives of your loved ones--and into your work. *So be it.*

If you are able to understand or accept the concepts of the foregoing article, you will certainly then agree that your beliefs create your world. And if you are interested in knowing more about *belief structures* and how they affect your known and unknown reality, I would definitely recommend that you read all of the SETH BOOKS, starting with *The Nature of Personal Reality*, by Jane Roberts. SETH knows about these matters and

thankfully, now so do I, and so now do you. May your beliefs be true ones--*growing in their truth daily*--for you *are* your the only possible creator and holder of your chosen beliefs!

Chapter 22

How the Future is Creatively Yours Now

As I hinted at--in Chapter Eighteen--time is not fixed or static. Time always constitutes--to each and all immersed within a Hall of Time--a *relative* posture of consciousness ...as Einstein finally discovered. Your ideas of *past*, *present*, and *future* will be radically changed when you realize that another person's present or past may be your future. The *past* is not frozen stiff or laid down like hard concrete. The *present* is not frozen or concrete. The *future* is not frozen or concrete.

Life goes or is what it wants to be. The past, present and future are vibrating, electrical and etheric interweaving relativity within *One Eternal Now* point that we each and all may choose to share, or not to share.

You and I can change our *present*. We do that at each new moment when we take a line of direction dictated by our *conscious focus*. From a higher overview, the same selective course of direction applies to our *past*--and *future*--in terms of a *greater NOW consciousness focus*.

We can *and do* alter the past--as we re-live, re-think, re-feel, re-act any chosen *past* episodes. Because of our *present* creature limitations you and I may not take the *present* physical body back with us to a physical event we experienced in Los Angeles six days ago--or in Egypt--thirty-six hundred years ago. Nevertheless, our conscious movement back into time--*past* alters, modifies, changes the physical body of ourselves *still* living, tingling, vibrating there in Los Angeles six days ago--or in Egypt--thirty-six hundred years ago. All is One....

Our now higher or more expanded beliefs, thoughts and feelings in what would be looked upon as our *future* selves by our *past* self--in Los Angeles or Egypt--physically affects the body chemistry of our bodies *there* NOW in time, for better or

for worse.

The immutable immortality of our conscious selves in myriad forms and through infinite worlds of existences is based on all time being ONE. There is One Life. There is One Time. There is One Space. The ETERNAL NOW of all life--in all forms--and in all non-physical or physical worlds *is a fact!*

Just because you and I cut time up into its three primary aspects of *past, present* and *future*--with all of the sub-cycles of infinite magnitudes at macro cosmic and microcosmic levels--programmed perfectly with *Rite of Passage* does not violate or destroy the natural ONENESS of all time, or of all space. Every fragment of life--large or small--merely enjoys and fulfills its relative *mortality*, knowing full well, *in its central core identity* that it rests secure in the timeless or time-full, all-time IMMORTALITY of self-being....

Time is only one of the three major aspects of any fully integrated unit of life, the other two aspects are *space* and *motion*.

As a reference point--just as *time* divides into the three primary aspects of past, present and future--*motion* divides into three primary aspects, *rotational* motion, *spiral-cyclic* motion, and *forwarding* motion. *Space*--as we all know, in our three-dimensional world--divides into *depth, width* and *height*.

What do the laws of physics have to do with your success? More than you think! *Knowing* that all aspects and circumstances of life--are based on Law--and that there are then Lawful divisions or multiplications of all form structures, immersed in--or detached from--any existing dream of life, gives us true perspective and a trusting sense of security.

Knowing there is a *Science of Life* with immutable Laws of Nature that include and far transcend all of our vaunted *form*, sciences of our Twentieth Century--will restore your trust in

Creation and/or nature--and your own Co-Creator center--*within, beneath and above* it.

Dwell momentarily on this idea....It is always the *future you* that draws or pulls you into that oncoming *future being*--that you are *becoming*--be-coming. *Seeing your future you*, of making that sell, kissing that man, woman, soulmate or Twin Ray, watering that plant, making a million dollars, gaining transcendental awareness--and as you choose, so on infinitely--*actually* forms an etheric golden thread of consciousness that bridges you over into being that *future you*!

It is really your *future you*, looking back at this *past you*, that drew you to that sale, to that kiss, to that plane, to that million, to that awareness....

It is the proud contractor in the *future* who drew his *past* self into the NOW where he stands, grandly surveying *his* colossal physically *present* shopping center.

It is always our *future* being that draws our *present* selves into the heart of its greater be-coming-ness. We must come to realize individually and en mass that our viewpoint about past, present and future motion is a linear illusion, a genuine reflection, *thus a reverse image of reality*.

As Plato knew, we have been identifying with our reflection in the mirror for too long. It is now time to realize that, we are not the reflected self that NOW appears *from the past*. To the contrary, we are the real self in the NOW *appearing from our future!*

At some point, individually and finally en mass, all of us--now here in human form on this planet we identify as Earth--will make a conscious conversion or turn-about face. We will center our reality within our *future*, living, working and playing *back* from the *future* to the *present* and *past!* As you personally DO this...your *future* is creatively yours...NOW.

None of the above statements about time are abstract! *They are concrete facts* about what time *is*. If any or all of it *seems* abstract then read, think and re-read and re-think it until it becomes a more concrete physical brain knowing thought *to you!*

My knowledge is not your knowledge--until you make it so in your own being--just as the seeming abstract knowledge of the teacher teaching algebra does not become the student's knowledge until the student makes it so in his or her brain-being.

Granted, your *conditioning* and *acceptance* of that conditioning about the *thin linear line* of time moving clockwise from past, to present, to future may have "fixed your clock" if I might make a pun out of the pick tour. However, you are woman--or man enough *now*--to undo such a limiting and truly wrongly focused perspective.

Practice thinking from ahead back to NOW and watch your world come rapidly under your control. See your *future* from its beginning, now in the *future*, not from the past. Our physicists, chemists, mathematicians, biologists and most Twentieth First Century *form* scientists will soon postulate their *present* form sciences on the counter-clockwise motion of our Universe and the "Rites of Time" time within it. This ought to speed up the science--and the scientists--to seize *control* and good use of the *mass* and *energy* of our material form world that defies, boggles and reels imagination. *Time travel--to past, present and future--* will be a commonly known and practiced fact soon..

Meantime, many scientists will continue to make their ignorant pronouncements about our now *reflected* and reverse *reality*. These are the ones still reading from the *Book of Ignorance*. You are reading the *Book of Knowledge*. May it lead you to the *Book of Life--and to and through the Hall of Life--* where your self-reality, your chosen relative life purpose and

eternal life fulfillment stands brightly illumined and known by you. Bless you in all ways. Let's get together in thought soon again....(SMILE).

I leave you with one last thought as you go on to your own sweet success. *You are a goddess or a god...*and the *future* is yours NOW!

NOW - YOU DO IT - YOUR REVIEW NOW PAGE

Magic Step One	SELF-IMAGE
Magic Step Two	DESIRE-POWER
Magic Step Three	WRITE IT DOWN
Magic Step Four	GIVE IT TIME
Magic Step Five	BLESS IT
Magic Step Six	VISUALIZE IT
Magic Step Seven	CUT THE CORD
Magic Step Eight	LET NATURE DO IT
Magic Step Nine	BUILD YOUR FAITH
Magic Step Ten	BE INTENSE
Magic Step Eleven	PRESERVE SILENCE

Appendix

THE SYNTHESIS FOUNDATION

The Golden Age of space travel, computers and super technology has dawned on Earth. Mankind has collapsed time and space so that instant communication between man and man, group and group, nation and nation has become possible. A growing concern for the individual and group rights of human and our beloved animal species has arrived. If one man suffers unduly, unjustly, the whole world rises up rightly in just anger.

There is a vastly increasing concern for the welfare of all forms of life on this planet. Scientist, philosopher, religionist and common man all know today that constant effort is needed to maintain the delicate ecological balance between mineral, vegetable, animal and human nature. All is well upon earth EXCEPT for the major imbalance that exists between the material and spiritual way of life. Mankind is now relatively a technical and *material giant*, but only an unwise *spiritual midget*. The thoughtless materialism of our past and current dark cabal controllers could easily destroy all earth life.

There is a great and tremendously pressing need for a clear and acceptable definition between living materially or spiritually. This definition must be acceptable to all mankind to be effective.

Such a definition is now hereby advanced by *The Synthesis Foundation*.

A) All levels of human, sub-human and super-human life must also be included in any definition of this plurality. The spiritual or material way must be set upon the background of all planetary fields and forms of existence. Thus, a spiritual or material way of life will become apparent, whether applied to politics, religion, economics, social structures, science, art, psychology, law, education or any other walk of human life.

Only then may such a definition be acceptable to all individuals, groups, nations, creeds and races upon earth. This definition must by its very nature be simply, yet effectively, expressed so the antithesis to it becomes immediately clear.

This kind of definition has now been evolved and applies to all commerce of *The Synthesis Foundation*. We encourage all individuals, groups, nations, creeds, races, partnerships and corporate structures to use this yardstick measured daily in the light of their own internal and external affairs. So be it.

By their fruits

...all on Earth will be known

A DEFINITION OF SPIRITUAL =Whatever:

1. **Lifts**
2. **Unites**
3. **Frees**

A DEFINITION OF MATERIAL =Whatever:

1. **Lowers**
2. **Separates**
3. **Imprisons**

B) It becomes apparent that this yardstick can be applied to the *actions, words, feelings and thoughts* of any individual, group, nation, creed, race, partnership or corporate structure.

BY OUR FRUITS, all of us are known *when this yardstick is applied!*

The old prophecy that *the secrets* will be shouted from the

rooftops makes great sense when this yardstick is applied. Instant publication of our good or bad deeds has already become possible at world levels through our stupendous global communication systems. Now merely a simple act of observation is required to see if any particular entity lifts, unites and frees by its action, words, feelings or thoughts--our species' only four ways to express itself--or whether that entity lowers, separates and imprisons others by its commerce of activities. Thus, good and evil, **light** and **dark**, are clearly known!

Ignorance allows for the misuse of power to control, thus to imprison others to a way or style of life, while *knowledge* takes away their power to control unduly and frees that person, group or nation.

C) We urge every entity upon earth to adopt this yardstick and apply it to their own acts of life. The Synthesis Foundation will make a wide dissemination of this definition, for the axiom that the truth will make us free certainly applies. When each one of us knows who or what to support, and who or what not to support, the material way of life will cease to control our political, economic and religious life. *Bless us all*. Let it be so.

Final note from the author scribe...

If you enjoyed this book--or other books of mine--please encourage your loved ones, friends and associates to obtain and read them....

I suggest that you obtain my own "*Autobiography of Am IMMORTAL*"...or any of my current 9 eBooks--*soon to be 20...or more*--of my own *Russ Michael* eBooks.

Enquire now or later

at: www.TheSecretIsNoSecretAnymore.com

Or at my personal email

address: RussMichaelEbooks@Gmail.com

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....

You may--via my above email address--also subscribe to my spiritual daily email *Michael Worldwide Newsletter* It is free...just ask.

Bless your heart. *Bless us all*. We are all blessed. I Am--
Russ Michael