



How Happiness Works

The 7 Precepts of Happiness

Excerpts from:
A Wizard of Happiness
By Rich Malory

How Happiness Works

An Official Team Wizard Handbook

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Excerpts from:

A Wizard of Happiness

A Fable Of Hope For The New Millennium

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How Happiness Works

An Official Team Wizard Handbook

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The Answer
Is Always—
MORE LOVE!

Rich Malory

Dear Reader,

How Does Happiness Work? If you don't know and would like to, this book was written for you. And if you already know, spread that happiness around and pass it along to a friend.

How Does Happiness Work? If ever there was a time in this planet's history that this question needed answering—it is now! In today's greed-driven, war-torn world, where excess and opulence are nearly deified, mankind is more lost and unhappy than ever.

Seduced by the allure of wealth and power, ModernMan has sadly fallen prey to the cockamamy idea that a huge house and fancy car will somehow guarantee happiness. So most of the world's population sees themselves as "have-nots" who can never be really happy until they get "their piece of the pie!" And more often than not, those that "Really Have It!" are far less happy than the "have-nots!" For when they eventually do learn for certain that Happiness can't be bought, and they discover they really have no clue at all as to how Happiness really works, they become more lost and frustrated than ever.

But now for the good news! Because life's real treasures have nothing to do with the false idols of fortune and fame, you will not be needing a huge pile of dough, or your own PrimeTime TV Show to become a Wizard of Happiness. What you will need is a strong desire to grow, a keen willingness to face a new challenge, and the ability to let go of your olde ideas, beliefs, and patterns of negative reacting.

The 7 Precepts of Happiness contained in this manual are the core "HowTo's of Happiness," They go straight to the heart of the matter, plainly and completely explaining how to find it, where to find it, how to maintain it, and what to do with it once you have it. So, if you are ready to accept the challenge this book offers, these precepts will guide you surely and swiftly through your apprenticeship/transformation.

To officially start your Wizard of Happiness Apprenticeship, you must simply make the mystical commitment to:

Join The Team
Perceive, Believe, Accept
YourSelf As Only Love—
Find Your Wizard Within!

How Happiness Works

The 7 Precepts of Happiness

1. Ask
2. Accept Responsibility
3. Act of Spirit
4. Silence
5. Balanced Awareness
6. Freedom
7. Evolution

1st Precept of Happiness

ASK

Since Day Number One,
Life has always been
The Ultimate Treasure Hunt!

And All The Real Treasures
You'll find along the Way
Will have their Magic Inception
As a "Really Great Question!"

All Questions that have Meaning
All Questions Worth Your Time
All Questions from your Soul

Are felt inside your Heart,
Then born inside your Mind.

So just what Questions will you ask?
What Treasure will you chase?
What will be your Quest?
What will be the Stakes?

Live, as an Artist Of Life,
On The Ultimate Treasure Hunt.
Go for the Grand Designs!
Ask Life's Greatest Questions!

Seek, And Ye Just Might Find!!

Throughout the ages the pursuit of Happiness has been one of mankind's greatest challenges. True and lasting Happiness has been as elusive as the Philosopher's Stone, and harder to hold than Quick Silver.

Life is magic, and the journey you take through it is a miracle, full and complete unto itself. When a child is born it is imbued with this preeminent knowledge, but has no understanding of what it means. But as it grows, this precious knowledge is slowly buried under a mountain of seemingly more important things. And the joy, wonder, and magic of life soon gets lost in the rat race to keep up, to do better, to get ahead.

"This is the alphabet. These are numbers. Do good in school. Clean up your room. There is no such thing as real magic! Miracles only happen in movies! Please, clean your room! Get a hair cut! And while you're at it—Get a job!" As children fall in line with the "Real World," Life's Magic all but disappears.

In the span of a normal lifetime, usually during bouts of intense Love, most people manage to rediscover only small amounts of the magic and mystery they knew as young children. And while revisiting this magic state they had nearly forgotten even existed, life is again a joyous occasion. It is a time of celebration, a time of marvels, a time to experience the boundless freedom of a Soul that once again soars free of the material plane.

However, holding on to the Magic of Love can prove extremely difficult. People grow at different rates, in different directions, with different levels of understanding, and problems often arise. In fact, values, beliefs, and ideas can change so rapidly—"Presto-Change-O!"—in the blink of an eye, two people in love today can become two mortal combatants tomorrow. Poof! Paradise is lost again! And now their life is actually worse than before, before this new Love walked into their lives and ruined it.

At this point, BaZillions of people have then wasted the rest of their lives in a mad desperate attempt to find, recapture, or reconstruct another "Out-Of-This-World-Love!" These people have traveled to the ends of the Earth and done every imaginable this-that-and-the-other-thing in their relentless unsuccessful efforts to find what surrounds them at all times.

And a few BaZillion more people, who have also loved and lost, have just opted to give up. After taking off their rose-colored glasses, they took a good hard look around and decided

their situation was hopeless. Life was obviously cruel, the world was falling apart, and no one “they knew” was really happy! So why consume yourself trying to find the impossible? And with a grin-and-bear-it attitude they settle in for a sad sorry life of disappointment, sorrow, pain, and incompleteness.

For these people who just gave up, there is no explanation needed to understand their sorry state of affairs. But what of all those brave souls who spent the rest of their lives trying to recapture the magic of real Love and Happiness, but never could? Why has history been so populated by so many lost, unhappy people?

The simple truth is: these people were not asking the right questions, or looking for the right answers. Instead of looking inside and finding good questions, ones that would lead them from their self-imposed exile, they look for guidance and answers from “Out There.” And what do they find “Out There?” They find the age-old game of “Fool’s Gold & Fool’s Ego.” And since man’s earliest beginnings, many strong old souls have lost their way in this HighGlitz Quagmire. But alas, this crazy game of pride and greed has never had a single winner!

“How does Happiness work?” Now this is a Great Question, and it also happens to be one that can lead a person out of the tricky maze of Fool’s Gold and Fool’s Ego. Unfortunately for mankind, most people today just don’t believe there really are answers to important questions like this. So instead of investing their time looking for the “How” of Happiness, they expend their lives looking only for the “Now” of Happiness. So today, the question of How Happiness Works is rarely even asked, much less sincerely explored.

Life poses mankind with only two basic types of questions: the mundane, and those of self/life/spirit. Answers for mundane questions are easily found in many different ways: direct observation, asking someone who knows, or researching the world’s data base of recorded facts, figures, and assorted trivia. However the questions that bring meaning to life are not quite so easily answered. But these questions do have answers, and the procedure for finding them is exactly the same as that used for finding mundane answers. The only difference is: who you ask for help, and where you look for answers.

The actual technique for finding answers to either type of question is remarkably straight forward. First you must decide exactly what mystery you wish to know more about. Next, your desire to learn more will need to be formulated into

a very precise question. (One that, if you do discover its answer, you will easily recognize it as such.) Finally, you'll need to voice your question to an appropriate expert, or begin doing research.

And with any question you ask, if you find the answer forthwith—great! But if no adequate answer is immediately forthcoming—just do more research, listen to your InnerSelf, and always stay receptive to the vast range of voices the creator uses to answer life's important questions. From the fools to the sages, and the whole spectrum of people in between, each and every person you meet on your LifePath may have an important insight or two they are willing to share. And only by learning to stop and listen, will you ever know. Answers are often found in the least likely places, at the strangest of times.

Now be assured, after you start asking great questions, and pursuing their answers; one of two things will happen. You will either find your answers, or you will die! No one knows when or where the answers to life's important questions will be found, anymore than they know when or where their death will find them. You may just as easily find your death waiting around the next corner, as the answers to your important questions.

However, don't let the facts of life and death scare you off. Looking at this matter from a proper perspective: to base your Happiness on whether you actually find answers to your questions is pure folly! To be sad because you don't think you have something, including the answers to Life's Great Questions, is patently absurd. If your Happiness is dependent on any arbitrary goals, including finding answers to your questions—you could well wind up wasting the last precious day of your life waiting for something that hasn't yet had enough time to materialize.

It's a dangerous place you call home, and life is full of the unexpected. Thousands of people leave this planet every day. Some see it coming from their hospital beds, but many others leave quite unexpectedly, via crumpled cars, trains, and aeroplanes. Just always remember, tomorrow never comes! And if you're betting your life that things will be better then... you could be dead wrong.

So to be Happy during whatever time you may have left on this planet; when you ask for something, anything; you must first find Happiness in the act of asking. Then you must find Happiness in your quest for answers. And if you should live long enough to find the treasure you seek—congratulations!

Enjoy! Relish your victory! But then be prepared! For with every Great Answer there usually comes close behind, an even more monstrous—New Question!

How much Happiness do you want? Happiness is not something you capture one day and simply hold onto for the rest of your life. Living and maintaining True Happiness will take a serious, consistent, thorough investment of your life.

When you put your wishes into words, you set mighty wheels in motion. Words have power; they can open and close doors, bring you great treasures, or foolishly destroy you!! If you look to find Life's Greatest Treasures, you must first ask Life's Greatest Questions. And what does it cost to ask Great Questions? Better yet, what will it cost you if you don't?

This Universe Is One
Dare to Ask for More
Soon the day will come
Your Wish Will Be Your Door.

The 2nd Precept of Happiness

Accept Responsibility

You can be a Spiritualist
Or be a base
Materialist.

You can be a Transcendentalist
Or pass your days
Repetitive

You can learn the Art of Transmutation
Or stick with Comprehensive
Duplication

You can celebrate your Life
Or you can trample
Heart and Soul

Or somewhere in between,
You Know?

Who do you believe is responsible for your Happiness? Whose job is it to make you happy? Who, pray tell, is responsible for your mirth, your joy, your glee? And a smile on your face, a twinkle in your eye, and the precious sounds of laughter that should ring throughout your day? Who is the de facto being who is completely responsible for how you'll feel today, tonight, and the rest of your life? Just exactly whose job is it to fill your life with MaxHappiness?

Most children are taught at an early age to take responsibility for stuff like putting their toys away, getting to school on time, and taking care of their clothes, shoes, and personal hygiene. But sadly, there's one very important praxis that far too many youngsters are never taught. So they grow to adulthood never learning— they alone determine just how much Light of Happiness shines in their life.

Like it or not, you are responsible for how much Happiness there is in your life! This my friend is a Universal Cosmic Truth; distilled from the essence of the following cold hard facts about Happiness.

“No one else can ‘make’ you Happy, and you can't ‘make’ anyone else Happy. Equally true: no one else can make you sad, and you can't make anyone else sad. No one is ever happy, sad, brave, fearful, or any other emotion humans are capable of—unless they choose to be! In the simplest terms—Nobody can make anybody else feel any emotion! It is impossible!”

People are nonetheless completely free to express all the happiness, sadness, or any other emotion they choose. Just as you are equally free to share their offered emotions, or ignore them completely. How involved you get in another person's emotions is up to you. And of course you are the only one who can decide what emotions you yourself will generate; and which ones you will choose to share with the world around you. To be happy, sad, or mad is your decision and yours alone.

Is your Happiness dependent on what other's say or do? Do you care what others think of you? Does it matter what they say about you? Is impressing other people important to you? Is your Happiness dependent on others doing what you think is right? Does it matter how other people react to your words and deeds? If you answered yes to any or all of these questions, you can forget about finding and keeping Happiness. It won't happen. When your Happiness is dependent on what other people say, think, feel, or do, you don't stand a chance of finding Real Happiness. You're looking in the wrong places!

So where should you be looking? Well, hearken here my friend, it couldn't be simpler. Your life's dose of Happiness will be determined by just two easy to understand factors. These being: How much Happiness will you find and share with your Life Collaborators? And how much Happiness will they choose to share with you? Obviously you have complete control of the first; and you have much control over the second by choosing wisely those with whom you associate.

However, maybe not quite so obvious is the complete process you will need to follow if you want to master the workings of True Happiness. So here's everything you'll need to do if you want to find and share Happiness like a Pro!

First, you will need to assume complete responsibility for: all of your words, thoughts, actions, and yes—even your emotions. And to do this in a most auspicious manner you will need to question and reevaluate everything in your life that you currently believe to be important. Upon completion of this essential LifeReview, you will then have to discard, walk away from, and cease and desist your relationships with: any and all of your false idols, poor understandings, and misplaced priorities.

Then, once you've regained a clearer understanding of what's really important in life; and you've purged yourself of mankind's greed-driven Materialist Mentality; you will then need to redefine the Spirit of your Being; and fine tune your use of reality. To accomplish this daunting feat, you will of necessity have to learn the fine art of "How to use your time wisely."

Human reality's three TimeZones, the past, present, and future will all need to be properly understood and skillfully balanced. And to begin with you should understand that each of these three unique realms of reality offers humanity four different degrees of encounter; they can either be: ignored; not used enough; used in a sane harmonious manner; or totally lost in—depending on the individual user's bent.

First off, let's consider the past, a truly stupendous realm. In both day and night dreams the past can easily be resurrected using just your powers of recollection. And you can, if you wish, vividly re-conjure every life experience you have ever had. All past images, feelings, sounds, smells, and memories of texture and touch can be re-experienced any time you are so inclined. And depending on what part of your past you choose to visit, you can re-live everything from old days of glory, to horror-filled times spent lost in a living hell.

But make no mistake, learning trips into your past are an essential part of growth and evolution. This is where you

use your 20/20 hindsight and study what worked, and what didn't. Your past, if viewed from an enlightened perspective, is an extremely valuable and easily accessed reference library of how to do things right, and how to do them wrong. And yet, while there is much to be learned from the past, it is best visited on a limited basis; and it's definitely not for living in. If you live too much in the past, you stop growing and start to rot; and this is not the way to Happiness!

Tomorrow Land, the Glorious Future, the Grand Arena of Unfettered Imagination, the Sweet By-And-By, the Great Hereafter; regardless of what you choose to call it, the future has many similarities with the past. Both are found only in dreams, both can provide valuable insight and education, and like the past, the future is best visited on a limited basis.

The main difference between the future and the past is: the past is "set in stone," old acts, old facts, and what once was; while the future is a completely pliable TimeFrame devoid of all traces of corporal reality. And yet, with the paradox of time being what it is, the future is overflowing with all manner of what could be, what will almost be, and what will be.

Finally there's the ever-ubiquitous "Eternal Magic Moment of Now!" This vault of the past, depot of the present, cradle of the future, and holder of all potential is a mystery that's not easily solved. How can the present also be the past and the future, all at the same time, during every moment of time? How is it that all the treasures you seek surround you at all times, waiting only to be recognized? Who knows? It's a mystery! But what we do know is this: Time is the currency of Life, and you determine your fate by the way you invest it.

Accepting Responsibility for your Happiness must begin with accepting responsibility for how you use your time. In each instant of time you have a choice: the memories and lessons of the past, the learning and actions of the now, or the dreams and promise of the future! Do you revisit the past, make use of the marvelous now, or probe the future? This is a question only you can answer. Your Happiness will be riding on the choices you make. Balance is the key.

Life is a limited-time offer! It's a cycle of unknown, unpredictable length; and any moment may be your last. Anybody who believes they have more than the instant they are currently living is blind to the facts. Not long ago, a famous old sorcerer/sage from Mexico explained it to his equally famous student thus.

“In all matters, a person has no better adviser than his or her death. Anytime you start thinking you have tomorrow, or the day after, look over your left shoulder and try to glimpse the black shadow of your death. It follows you at arm’s length, at all times, no matter what. And you have no way of knowing when it will decide to tap you on the shoulder, and it will be your time to go.

“By learning to use your death as your primary adviser, all of your actions will then take on the force and urgency they deserve. When you know that each action you take, or don’t, might well be your final act on Earth, you have time for naught but your very best.”

Your life is an investment of days, hours, minutes, and seconds. Only when you put yourself in charge of your Happiness; gain control of your thoughts, words, and emotions; and live each precious moment as though it were your last; can you realistically expect to find Happiness. When your Happiness is “out of your hands,” dependent on others, it can not and will not last.

So step right up and take control. Assume total and complete responsibility for all of your thoughts, feelings, and emotions. Learn to use your Window of SpaceTime in a balanced beneficial manner, and reap the glorious rewards. After all, it’s YourLife, YourHeart, YourHappiness!

And You Live Your Life Not Seeing
You Choose the Illusions
The Use of Your Emotions
The Spirit of Your Being.

The 3rd Precept of Happiness

Act of Spirit

Imagine, if you will,
The Brightest Light
You've ever seen.

Imagine, if you will,
The Grandest Radiant Illumination
That might have ever been.

Then pick a Persona
Frame a facade
Sculpt yourself a being
And become that Awesome Flame!

And to find your StarWithIn
And blaze with the Cosmic Theme
Just PowerUp your Soul
With Love Multi-Media Seen!

Then rise and shine
Let your LightShow begin!

(And make this planet glad you came.)

Altered Image
Brighter Heart
Be what you really are
A STAR of Love & Light!

“Something” put this whole ball of wax together, and for the sake of these Precepts we’ll arbitrarily call this “something” Spirit. For lack of a better definition we’ll define Spirit as such: The Highest Energy, Most Creative, Most Loving “Whatever” you can imagine. And whatever you imagine and believe Spirit to be, so it shall be.

Your relationship with Spirit is, and always will be, the most important relationship of your life. And only through performing “Acts of Spirit” can this relationship flourish and grow. So at the beginning of each day, and with each new task you choose to undertake, it’s always best to start your quest with Question #1—“What would Spirit do?” (And with just the slightest bit of practice, this all important question will soon become second nature to you.)

To learn “How” Happiness works, it is requisite you understand the “Why” of what you, and those around you, do and say. And while this might seem to be a very daunting task, it’s really not that tough to do. For Mankind is propelled by only two basic driving forces, Ego or Spirit. And every action a person makes is dictated by one or the other. Greed or Service? Taking or Giving? Hoarding or Sharing? Personal or Planet? Acts of Ego, or Acts of Spirit? So our home planet is populated by only two basic types of people: the Givers and the Takers, the A-Team and the Me-Team.

The Givers are those enlightened souls who have skillfully and deliberately freed themselves from all of their Ego’s devious forms of BogusNeed and RealGreed. In tune with the promptings of their souls, free from the curse of a LifeLess Life, some touch millions with their selfless Acts of Spirit. Others choose to share their magic in small intimate circles. And some work their miracles nice and quiet, one-on-one, while living a life that to an untrained eye looks to be quite inconsequential. But make no mistake, no matter what a person’s station or position, all TrueSelf Givers live full rich lives, no matter how outwardly humble they might appear to be.

Conversely, the Takers, today’s MoneyCrazed are firmly entrapped in their Ego’s insane game of “Me-Me-Me-Mine!” As it’s currently being played, this crazy game of Wealth&Power is pretty straight forward. Enough is Never Enough! Even too much of a good thing is never enough. And if lying, cheating, stealing, crime, and corruption is the fastest way to the top of the heap, so be it!

So they hoard for sport, build tomb-like mansions for their Bloated Egos, and sell their very souls for their pauper’s

stake in the MoneyMania Game. And with full religious fervor they do their money dance, sing their money chants, and praise high heaven that "Looking Out For #1" is their God's Prime Directive! And the very worst among them simply revel in their pride, arrogance, conceit, intemperance, and decadence,

"HotDamn, I am So Special! I am So Deserving! Does God ever love me, or what? And for my superior cold and cunning at beat'n the stupid system, my divine earthly reward is to live this MaxOpulence Life To Die For!"

But the only thing being beaten here are the souls of these EgoPlayers. For behind their costly facades, as they play their Predator Games, and pillage and plunder our sacred planet for profit; they're really nothing more than morally bankrupt SoulLess Indigents. Still through it all, they try their damndest to act like winners. And quite comically, most of theseTotalLosers will try to masquerade themselves as Givers. But talk is cheap, and Acts of Ego are rarely confused with Acts of Spirit.

Are you full of pain and sorrow? Do you want it to instantly go away? Well, that's not going to just miraculously happen. To be Happy, you must have valid reasons for it. You must actually do good deeds! You must learn to act from TrueSelf, in concert with Spirit; not just react, or overreact to the people and circumstances that appear in you life.

True Happiness is not some fleeting phantasm that just races in and out of your life, totally out of your control. Like all known states of mystical grace, Happiness is not some hit or miss proposition. And when a person manages to free him or herself from the World's Biggest Joke, their Ego; and they reconnect with Spirit as a TeamPlayer, all is possible!

True Happiness can only be found when your Soul is firmly linked with Spirit; your life is guided by a higher awareness; and your days are filled with Acts of Spirit. If you can find your Soul, live within the bounds of these Precepts, and follow the erudition of Spirit; your life will eventually overflow with Happiness. So look to the Light of Spirit to guide you from your current darkness. Let it illuminate that which is your Noblest Self, and lead you to meaningful giving. For the true value of your life's treasures will surely be found in the joy of learning how to, and then manifesting Acts of Spirit.

So, to become a happy, complete, compassionate, consummate human being; speak happy words, sing happy songs, dance happy dances, paint happy pictures, and tell happy stories; and see to it that every act you initiate is likewise based on the best you have to share. How much Happiness do

you want? How many Acts of Spirit will you be performing?

Sometimes Acts of Spirit require thorough, careful, and elaborate planning. Other times they are performed with no prior deliberation or forethought. But in either case, if they are true Acts of Spirit, they will always be founded on the most love and understanding you can muster at the time.

Try thinking of all the Happiness you will experience in your life as being your “Estate of Happiness.” And to serve as a personal treasury for all your priceless moments and memories, you’re going to build a magic castle. And each Act of Spirit you perform will become a bright crystal remembrance that you will use as a building block.

In the beginning your castle won’t look like much because all of your acts of caring, kindness, and love will go towards laying a sturdy foundation. But with each Act of Spirit you bring to life, you’ll be adding another gleaming jewel to its ever growing splendor. And the more aware, and the more consciously you act from Spirit, the more fulfilling and consequential your acts will be; and the grander your castle will become. Eventually your Estate of Happiness will grow so big, and shine so bright; all you meet will know, feel, and see its joyous radiant light!

But, hold the boat! Until you can give freely, with absolutely “no strings attached”—Give Nothing! Absolutely Nothing! Until you can give with no thoughts of recognition, profit, power, or fame; don’t give anything! Don’t give another thing to anybody until you plainly hear your Soul say “Your Ego has been subdued, and it’s time to truly start Acting of Spirit.” Only then will you be able to find, understand, and enjoy the unparalleled rewards that can only come from a life of selfless giving.

To be and act as a unified body, mind, heart, and soul; a being motivated by love and guided by Spirit; is the original/optimum blueprint for how human life is meant to be lived. And to live a life filled with Acts of Spirit, to have a mind at peace, a heart that sings, and a Soul that soars on the balance of the three, is to live life to its fullest.

When the energy you expend in your Spiritual Role becomes greater than the energy you expend in your Ego Role, you will be well on your way to a life of meaning and mastery.

And The Call Is Always Waiting
And many call it Spirit.
The guide to true success.
For those with ears to hear.

The 4th Precept of Happiness

Silence

Where is the Voice of Spirit?
Is it far, far away,
Or very close, very near?

Oh Where, Oh Where is Spirit?
And where do You go
When You want to hear it?

And the Masses Miss
With their TV-Blinded Eyes
In this Age of Spirit Deafness
This Age of Acceptable Lies.

No need to buy a ticket
No need to stand in line

Just Silence words and pictures
Bring Peace into your Mind,

And you'll be on YourWay
To soar in Spirit Time!

To have Happiness, you must first have some idea of what the real treasures of life are, and then how and where to find them. The deplorably obvious truth about today's so-called "Civilized Societies" is this: they have all become money-powered, Ego-driven, Spirit-Killing Failures! And because Happiness is a "by-product" of Acts of Spirit (not Acts of Greed), it's not too hard to understand why, at this time in EarthMan's history—Happiness is in such short supply!

Heaven and Hell are not states of being that you might encounter somewhere else, at some later time. They are both here and now, every where and every when, always and forever. And the decision as to whether you spend your life in one, or the other, is strictly yours.

Heaven on Earth is savored by those diligent people who: through their sincere desire, their daring to care about more than themselves, and their willingness to listen to, and act of Spirit; have learned to let the light of their soul guide their every word, thought, feeling, and act. And Hell on Earth is suffered (to one degree or another) by people who, by living contrary to their true nature and Spirit, unwittingly create for themselves their own unique NetherWorld Reality.

This universe you live in has accurately been described as an Ocean of Energy. And for eon upon eon, and farther than the InnerEye can see, the Marvel of Spirit has been evolving—BigTime! Manifesting itself in infinite variations of endless shapes, forms, sizes, and colors; each and every ingredient in this Colossal Cosmic Soup has its own unique blend of Mass, LifeForce, and SpiritEnergy. Consequently: be it animal, vegetable, or mineral; gas, solid, liquid, or vapor; Atomic or Sub Atomic—if it exists, it has and radiates energy. And each individual matrix of energy produces its own singular mix of energetic discharges. Noise, heat, movement, sound, color, odor, and electricity are a few of the grosser, more easily observed EarthLife Energy Expressions.

As a human being, you are not only an energy radiator, you are also an energy consumer and generator. And your entire life has been spent receiving energy, storing it, building it, transforming it, and spending it. At any given moment, depending greatly on your activity, you radiate a one-of-a-kind mix of LifeForce/SpiritEnergies and their various by-products. Your radiations can include, but are not limited to: various gases, liquids, and solids; heat, movements, feelings, vocal projections, thought-waves, and plain old high-voltage

electricity (as in the 35,000 volt sparks of static electricity you can generate by walking across a carpeted floor).

Naturally, the more channels or outlets of energy you have activated, the greater your personal wave of outgoing emanations/manifestations is going to be. In fact, when a person lets their Ego get the best of them, and they reach a certain level of EgoSelf Projection; their Ego will begin to generate and maintain about their being; a very pernicious force-field/prison. And once they're ensnared in this electromagnetic cocoon, their life will be at a major crossroads. Then they'll either see the errors of their way, manage an escape, and emerge a thing of beauty; or they'll learn to live in darkness, and never know TrueLight again!

Today's "Modern" Earthlings are for the most part, a pretty sorry lot as they grow into adulthood. With little more temptation or inducement than a few bogus jolts of inflated self-worth; and a fleeting glimpse of what never will be; they're drawn like witless moths to the Soul-Sacrificial Flame. And what's sort of funny about all this is: their downfall always begins—with an act of pure innocence!

Their trouble all starts one boring day when nothing is happening, and nothing seems right. And as they're growing more lethargic and unhappy by the minute, the stark reality of their heretofore Aimless Life really starts to sink in. So they get to wondering about what lies ahead. Then sure enough, after a little more reflection, they come to a crystal clear conclusion. Something needs to change! Life is going nowhere! Life is just too hollow! Life is just too pointless! Life is just too dull! So, what needs to change?

But alas, it turns out that trying to figure out what to change is much harder than just determining change is needed. And for various and sundry reasons, many people just don't find any immediate answers, or meaningful guidance. So with each tick of the clock, more boredom sets in. Eventually they reach such a profound level of boredom and malaise; "everything they believe in" begins to lose its meaning. Then from here, it's only a matter of time before they mindlessly slip into a Zombie-like state of mental limbo.

This is when their Ego, sensing a great opportunity, makes its power play. It's SuperEgo to the rescue—with a very enticing offer! But not so amazingly, this highly-deceptive solicitation sounds almost too good to be true!

"Why don't we go for the GOLD? Why don't we grab us a giant stash of well-deserved trophies, goodies, and cash? And why don't we play with the BigBoyz? And why don't we run

with the InCrowd? Dang, while we're at it, why don't we go all the way! Aren't we due? How about a bunch of exotic cars, a monster truck or two, a real fast boat, a private jet, lots of flashy jewelry, a couple of palatial mansions, and of course just tons and tons of cold hard dinero! And heavens to Betsy, why don't we toot our own horn a whole lot more? Come on, quit being a NoBody! Let's live the HiLife! Let's join the party and get what we've got coming! Let's get so much money we can even burn it! Then we'll have some SeriousFun!!"

Well, having no better offer, and seeing nothing new on the horizon, this "Exciting Free Offer" starts looking pretty good. So these Bored-to-Death Marks get to thinking "How can I possibly refuse such a beguiling allurements? My life as it is, is just so boring!"

This is when their ArchEgo does the Olde Hocus Pocus, and makes its grab for power. With a disingenuous promise of excess grandeur; and an extremely duplicitous taste of a "DifferentType of Power;" the trap is baited.

And in the instant these snookered pigeons take this tainted bait; and sign on as a player in life's most knavish game; their race to Total SelfDestruction begins. For once they've accepted their "Invitation to Oblivion," and their attention is captured and held in such a SelfCentered manner, their complete psyche corruption is just a few more bad choices from here. And for all of these EgoDuped Players (all going for the gold, while falling from grace) "It's all down hill from here!" takes on real meaning!

However, at the very beginning of this downward slide, when these Nuevo Contenders first join the PowerFray, they're all nearly ecstatic. Acting much like newly-converted, overly-fanatical religious zealots who have just been called to war; they revel, feast, and cavort like there's no tomorrow! For, with the SuperDeal that they've just made; and what they believe is coming; they're absolutely certain they're finally on the road to winning!

And in no time, they turn into gung-ho mercenaries; completely immersed in the Hype & Glitz of the MaterialGame. Prepared to surrender, if they must, whatever's left of their conscience and qualms. Victory at any cost! But while getting lost in their dirty toils, they never seem to notice; it's really just their Ego that is commanding and consuming all of their time, attention, thoughts, and emotions.

Then all too soon, these RealWorld Egos take on a life all their own. Having two full-time jobs, they really have no choice. Of course first and foremost of the Ego's responsibilities is: the care and feeding of self! And make no mistake, the

constant fueling and stoking of the fires of self-aggrandizement; with massive doses of vanity, pride, conceit, and arrogance; is no easy task. And when these EgoGrandes aren't working at a fevered pitch just keep'n their flame alive, they're fully engaged in their other Ultimate Labour of SelfLove!

With the greatest of bombast, passion, and fanfare; so that all the world might stand in awe of their prowess; they're building a place to call home. A SelfGlory-Reflecting, Life-Sized, Egg-Shaped Dome! And truth be told, when these convoluted Spirit Holders first come into being, they look pretty darn flashy (at least to their still unsuspecting prisoners)!

Built at the outer boundary of a person's Primary Physical Aura, each and every one of these new "Look at me!" orbs is constructed exactly the same. Woven from vestigial fibers; each a negative remnant of an EgoCentric thought, exploit, or action; they all take shape and form as an extremely mesmerizing, finely-laced lattice. Then, when the Ego adds a few spotlights and mirrors, strategically placed on habitual sight-lines, these primitive SoulCages begin to really blaze on the inside with SuperSelf Visions!

Naturally, with each new atrocity these NewPlayers commit, their Ego weaves another strand into their ever darkening astral cloud. And every day their unfounded feelings of strength and invincibility grow stronger; as they blindly follow with reverence, today's cutthroat cadre of world raping "Supreme GrandMasters of Cunning, Conniving & Avarice."

However over time, as ever more filaments of their Imagined SelfGreatness are spun ever tighter together, a nearly indestructible shell of Total Self-Reflection completely encases their being. And while their Ego is now on Cloud 9 with its shiny new suit of PunctureProof Armor, all is not well. Because with each new PowerPlay they take a stab at, their ever-thickening armoured cookware grows a little heavier. And as might be expected, this greatly accelerates their steady descent into their own personal McHades!

And soon, feeling like a winner gets harder and harder. So then one by one (being falsely perceived as "Success-Impediments") these Moral Zeros begin to summarily renounce, then lay by the wayside, whatever might be left of their laudable HumanHood Qualities.

Ah, but the irony is almost too much. For you see, like everything else caught in their all-consuming SelfMade FieryAbys, even their abandoned virtues will someday become only more brimstone to fuel their infernal fire! And the flames leap ever higher, as their Idiosyncratic Demonic Realm grows evermore real.

Then all too quickly these Lostlings sadly discover: the thickening smoke and glaring mirrors of their “Perfidious ForceFieldous” are choking off and blocking every receptive/perceptive channel they’ve got! And after chasing their twisted dream just so far, they reach a major crossroads. Will they, or won’t they, in hopes of finally getting what they really came for; completely forsake their very souls, for a fatter slice of the BigPig Pie?

But here’s the real irony in this scenario. If they go with their Ego’s vote and sellout; come the dawn of each new day, they only grow poorer and more lost; ever laboring in vain to fill their insatiable need and growing emptiness, with perpetually larger caches of Trifling Chattel!

Then in one fateful blink of the eye, these poor bamboozled souls all get the really bad news! They’ve somehow become completely Lost, LoveLess, and Blind! And in this moment of pure brain-splitting panic, they realize that not only have they completely dismantled and discarded their moral/ethical compass; they’ve also sacrificed, in the name of “The Profit,” all the Love they’ve ever known. So fully inflamed in the searing back-flash of all the people they’ve burned, they finally realize they’re in deep trouble.

Consequently, most of these befuddled fellows come to believe that all they can do now is wander aimlessly on, and keep on playing their diabolical game. So like all good Money/Power/GloryGrubbers do: they continue to pledge allegiance to the Almighty Buck; incessantly chant their inane “Me-Me-Me-Mine!” Mantras; and live their sad piteous lives practicing their amoral creed of Maximum Greed. All the while avoiding like the plague (at least ’til their bitter end), their only real shot at Happiness—their True Spirit Connection.

So each day their battlefield grows ever more grim and pestilent, as they drown in dashed hopes, dead friendships, and broken dreams. With naught but constant conflict, the vilest of personal relationships, and legions of SelfContrived DiddySquat Demons attacking from all directions, life is just plain PainFul! And you can bet the farm there are no Magical Interludes of Silence, Grand Estates of Happiness, or Mystical Castles to be found in these virulent BlackHearted Lands.

Hence, seemingly defeated, impotent, and condemned for life to their current Stygian Domain, these lost BeDevised Souls just surrender completely. They accept their Horrible Fate, and the miserable wasted life of ceaseless torment, torture, and strife that comes with it. And their egregious game of “Follow The Losers!” grows ever more dire, ruthless, and sinister by the minute. But the really insane part of all this is:

all these “Victims of Happenstance” have to toil virtually around the clock to write, produce, direct, and continually self-fabricate—Their Own Personal Perpetual NightMare!

Sadly for most of these Demoralized Players, at some point later in their troubled TimeLine, they come to know they’ve somehow been tricked. And without much foresight, insight, or serious thought; they’ve become expendable pawns, stuck in a meaningless charade!

But not having the confidence to admit they’ve made a mistake; or the courage to proclaim that “The Emperor has No Clothes!” they just stick with the status quo; and keep on marching in lock-step to the beat of the “Filthy Lucre Drum.”

And just for the record, in case you missed the subtleties: this immoral game of aggression, conflicts, and clashes; where scores are based solely on lies, thefts, and deceptions; is a game that No One Can Win! So one-and-all, these poor LostSouls wind up grinding away their rueful lives in Utter-Futility; consumed and then destroyed by their own propagation of life’s most ruinous expressions. So with anger, greed, pride, hatred, fear, wrath, worry, doubt, disease, envy, distrust, and even acts of violence being par for their infernal course, their lives become one huge continuous disaster. And thus it’s been since the dawn of woman and man.

At the opposite end of the spectrum, LightEons away from all this pandemonious carnage, is the State of Complete & Total Silence. And for all the clever souls who haven’t “Sold Out,” and have seen through and rejected all of their Ego’s spurious enticements; this State of the Art Quiet (that isn’t for sale, and isn’t for free) just can’t be beat! For by choosing not to start, foster, or join in any fights, conflicts, or wars; or seek personal glory; these “At Peace Souls” are free to experience the Supreme Blessing of Perfect Silence.

And while Silence of Being is certainly not the only gateway to the Soul, it is definitely the fastest and surest way for the novice. When your physical body is stilled, your conscious mind is silenced, and your heart is opened; they join together in an UltraHarmonious CosmicUnion. And this SuperNexus of Self, the Soul, is the only channel through which Spirit can be found and known.

The Silence needed to find your Soul and reconnect with Spirit is not a give or take, or a have and hold—it is simply a unification with Oneness. And this super-receptive state of being, one without differentiation or separation, only knowing, can only be found when you still your body, and leave behind all of your conscious thoughts, emotions, and feelings.

In Silence, the Light of Spirit is easily found; new, more highly-evolved wonder-filled levels of being are experienced; Life's Greatest Questions and Answers are often illuminated; and a rudimentary consciousness of totality can be formed.

Learn to meditate! Learn to access the Magic of Silence. Learn to Silence at will all of your mind-forged flights of fancy. Learn to Silence at will all of your scary fears and nagging doubts. And learn to Silence your Tricky/Treacherous Ego. For until you are able to control and silence all aspects of your own mind, whenever and wherever you wish, true lasting Happiness will be impossible.

How can Happiness possibly survive in a mind that is constantly taxed by an endless plethora of "pressing things to do?" How can Happiness possibly survive in a mind that is little more than a "24/7 FeedLot" for problems, conflicts, and clashes? How can Happiness possibly survive in a mind that chooses to be a PowerLess Pawn, a virtual slave to an EgoDriven Ego? Realistically, how can you ever hope to find and maintain Happiness if you can't even quiet your own mind?

Complete Silence is like hitting the pause button on the known Universe. You disregard the past, transcend the present, and leave for another time the call of the future. All words, thoughts, problems, causes, questions, issues, cogitations, ruminations, cerebrations, mental pictures, intellectual concepts, and abstract ideas must be put to rest. Naturally this includes "Slaying with Silence" all of the demons from your past, the present, and the scariest ones of all—your FutureDemons. The ones lurking even now in the shadows, just waiting to jump out and get you!!!

Ah, but here's the rub. To regain control of your mind, and a Working Command of Divine Silence, you'll have to wage and win an Ego Battle Royale! This because, your Ego believing itself to be your Supreme Ruler, is not about to relinquish any control without a real brawl. So before it will allow you to again know the Enchantment of Silence, it will use every trick it knows, and fight you like there's no tomorrow, to stop your SoulQuest.

Most of the time an Ego's stratagems will be so subtle and devious you'll never even realize you're being thwarted, and your noble endeavor is being sidetracked. But should you ever start to get the upper hand in this life-changing struggle, and you find yourself approaching the "Threshold of Silence," your Ego will panic! Then, in a frantic effort to maintain its complete domination, it will begin to wage the fiercest, most ferocious battle of its jealous, possessive, pathetic little life.

This final “Duel to the Death” will play out something like this. Like a swarming horde of screaming rabid banshees, your Ego will attack your “almost quiet” mind from every conceivable direction.

“What about this? What about that? Think about all your personal problems! And all those hassles you have at work! What about that impossibly huge pile of pressing questions you should have answered yesterday! You don’t have time to sit around trying to be QUIET! Your car needs work, you’re out of shape, and your house needs fix’n’! And you know you have at least a ton and a half of other ‘vital stuff’ you really need to be do’n’!

“While you’re just sit’n’ here, so calm and quiet, acting like a comatose frog, your whole darn world is falling apart! How much clearer can the truth be? Face it you fool, you easily have over a million ‘Really Important Things’ you need to be work’n’ on! In fact, Right Now is the Perfect Time to start solving all your problems! So hop to it, loser! Get off your duff and get to work, or you’ll surely be left behind!”

At this critical juncture, just know that you are within a mere breath of the Portal of your Soul. And the State of Cosmic Silence, and the Mastery of Self you aspire to, are now well within your reach. So to reopen your TrueSelf Channel, and free yourself once and for all from your Ego’s now obvious tyranny—Simply Be! Heed not your Ego’s dying wails. Stop any and all capricious mental gyrations. Cease your search for everything. Just be completely receptive. Feel naught but the occult miracle of your own heart beating! Then listen Ultra-Deep, as you “reach with no hands” beyond the daily fracas.

Unfortunately, most “Modern People” have become such ferocious Go-Getters, they have absolutely no idea when to just stop and listen. Even many of today’s slightly advanced souls, those who clearly see through the flimflam of today’s “Dollars & SenseLess Uncivilization,” have a tough time relaxing, letting go, and getting in tune. Like everyone else, they get so caught up in their quest for what they are sure will make their life better, they leave no time to stop and find it! Hence, even though they have a good idea of what life’s real treasures are, they wind up running in ever-larger “seeking-circles,” forever passing by the very seeds of Love they so strenuously pursue.

So if you really want to learn how Happiness works, you can begin by learning to stop and smell the roses. For you see, some races can only be won when you stop what you’ve been doing, and shift to a higher gear.

With that in mind, here are a few more key Universal

Truths for you to consider. The Light of Spirit can only be seen with the eyes of an open Soul. The whisperings of Spirit can only be heard by an open Heart. Your Soul is your true core-essence. Spirit is the font of all meaning. Life is truly magic. And Divine Silence, Spiritual Harmony, and Pure Cosmic Bliss are essentially one-and-the-same-thing.

In summary, the whole process of growth is pretty easy to understand. Ask Great Questions, practice the Science Of Quietude, listen to what your Soul and Spirit have to say, then act accordingly. And for good measure, every now and then you just might send out a heart felt "Thank you!" for all you've had to date.

Where the Spark of Intuition
And the Flash of Reason's Knowing,
Meet your State of Conscious,
The Light Show of your Soul

The 5th Precept of Happiness

Balanced Awareness

You my friend, are a Miracle!
Born of Time and Nature
An intricate part of the whole
It's A Fact. It's The Truth. It's For Sure!

Free to choose your way
Free to play your part
You will have your say
And you will show your Heart.

So choose the Grandest Dream you know
And go about it Happy!
Let your Dreams & Loving Show,
And make them plain to see.

Live Honor, Truth, and Beauty
Serve your friends and neighbors
And when you've dared to care enough
And your Love grows for this Planet—

You'll find more ways of Giving More
To this garden of God's Children.

And to Live Your Life to the Fullest,
To Find Your Ultimate Greatness,
You will have to Master
Balanced Awareness.

Self - Spirit - The Magic of Life that surrounds you.

Your Gift of Life is a unique priceless bestowal of Spirit. And to enable you to enjoy this extraordinary endowment, you have been blessed with various faculties, modes, and avenues of awareness. However, there are only three basic types of awareness: Self Awareness, Life Awareness, and Spirit Awareness. And if you wish to establish Happiness as an integral part of your life, each of these forms of awareness will have to be cultivated, nurtured, refined, and balanced. For only on a path of Balanced Awareness can the Happiness you seek be found.

When babies are born they enter the world as pure Spirit Awareness. Sure, they know when they're hungry, sleepy, and messy; but at this stage of their lives they have no meaningful, individual "Separate Self" knowledge; any more than they have any real comprehension of the Sea of Life that surrounds them. But as they grow, in order to deal with the increasing rigors of daily existence, they must also develop both a Self Awareness, and what we'll call a Life Awareness.

Exactly when an infant begins to develop a sense of "Self" is strictly a personal matter. But once a Self Awareness starts to form, it usually increases exponentially. Once this happens, most babies begin to develop the ability to focus their consciousness, control their muscles, and attempt very elementary forms of communication.

Then, in order to understand all of the different looking, sounding, smelling, acting, and seemingly separate "other" LifeForces they are beginning to encounter, they begin to develop their own particular band of Life Awareness. And as a child's Self and Life Awareness continues to grow, something magic happens! They learn to become selective with the use of their conscious awareness; and sounds become words, words take on meaning, and coherent thoughts, ideas, and insights begin to take shape.

However, as this miracle of miracles is happening, a child's Spirit Awareness is falling off the radar. For in order to keep-up with their evermore complex New EarthReality, most of a child's waking attention becomes focused on their Self or Life Awareness.

Obviously, the growth and education of each child is greatly dependent on the prevailing culture, its home life, its parental units, and all the other players in its life. But sadly for humankind's current incarnation, most current cultures continue to believe in and preach one particularly damaging Pre-Paleolithic concept; this causing untold amounts of

needless anger, strife, and grief.

Unfortunately a vast majority of today's youngsters are still being taught that: life's riches, prizes, and rewards are few and far between; so the Law of the Jungle prevails. "Survival of the Fittest" is the game, and you'd best prepare for battle if you plan on getting ahead. It's everyone for them self! Only the strongest survive and get ahead! Vigilance, stealth, cunning, and Ultimate Conquest are the keys to survival! "Get ahead, and stay ahead at all costs!" is the battle cry. All the people you meet will need to be dealt with as either a competitor, adversary, or even the enemy. After all, who knows who might be the one to pass you up, or even bring you down!

So to facilitate this impending lifelong struggle our misguided children believe is coming, they decide to circle the wagons and create an Ego. Originally this Ego is intended to be nothing more than a base camp, a small center from which battles can be fought. But as soon as their Ego begins to take shape and form, it begins its relentless campaign to gain absolute control! And as ever more Awareness gets directed inward, the Ego starts building a mighty fortress.

Eventually, after the EgoSelf has established its permanent residence, and manages to gain near complete control of the conscious mind and most emotions, it posthaste crowns itself—Almighty King, or Almighty Queen! And from this day on, Self Awareness rules! So Life Awareness gets relegated to the minor role of sizing up threats and conquests. And Spirit Awareness? It's now just the stuff of dreams.

Consequently, many children never grow beyond a very primitive state of evolution. And as a matter of course, due to the limited nature of this shortsighted, unbalanced, self-centered take on life; these misguided beings become prisoners of their own designs, seemingly trapped forever in those hellish confines mentioned earlier.

You my friend are a Miracle! And all other LifeForms on this diverse wonderment you call home are also Miracles! It's just that simple! And for you to find all the Happiness that your mind, heart, and soul desires; all of your thoughts, feelings, and actions will need to reflect this indisputable truth. Hence, Your World of Life will need to be shared, used, and enjoyed with the utmost care and understanding. As an active member of the Magnificent Order of Earthly SpiritLife, it's the least you can do.

So, what do you do if you're currently trapped in a Dark-Self Dungeon, but really want to make a break for the light? How can you transcend the archaic Law of the Jungle and

escape the dominion of a SelfAbsorbed Ego? How can you bring real Happiness into your life? Well, the trick is to form and foster the two essential building blocks of all HumanKind TeamWork—Brotherhood and Sisterhood.

The first step to developing Brotherhood or Sisterhood of any consequence is to activate and maintain much higher levels of Life and Spirit Awareness than you probably have now. And of course your “SupremeEgo” it’s going to fight you every step of the way. But this is a battle you can win.

To begin this LifeChanging endeavor, you must learn to put yourself in the other person’s shoes! For this is the only way you will be able to learn and understand their dreams and motivations. Then, using the Light of your new Advanced LifeAwareness, you will be able to discover something truly precious—the knowledge of how you can best help your EarthMates make their grandest dreams come true. For only by working with, and helping others bring their dreams to life, will you ever find the necessary love and support you’ll need to realize your own dreams!

Anytime you wish to make a check of your own Personal Degree of Life Awareness, it’s a simple thing to do. Just take a cold hard look at the state of, and the true workings of, all of your current relationships. If you have a good working Life Awareness, you will have open, honest, effective, enjoyable communications with those around you. But where there is little, poor, or miscommunication; Life Awareness gets mixed-up, scrambled, muddled, or even totally discombobulated.

And where there’s negative communication: threats, yelling, screaming, deception, or deceit; you’re sure to find a person with Titanic Self Awareness, almost no Life Awareness, and absolutely no Spirit Awareness. However at any time during their life, a person is always free to renounce such a petty, misguided state of being; and refocus their LifeEnergies on the universal magic of teamwork and cooperation. True Happiness can then be found/built/known—one step, one gesture, one selfless act at a time.

Now it’s hardly a secret that there are several key factors that will determine just how much Happiness you will encounter in your LifeSpan. Fortunately for you, all of these factors deal with specific choices that only you can make. And at the core of all your choices is just one very personal, very cosmic question.

“How will you invest Your LifeCapital?” What will you choose to do and be? What will you choose to focus your attention on? What feelings will you choose to express and experience? What words will you choose to hear and say?

Which path will you choose to make your own? Who will your companions be on your personal "Walk of Life?" What will you choose as your LifeGoals? And how much Freedom will you exercise along Your MagicWay?

Naturally, the wiser, better informed, and more insightful your choices are, the more you will continue to grow; the better you will be able to work with others; the quicker you will build true bonds of friendship; and the sooner you will experience the unlimited joy of Universal Brotherhood.

Then, after true Brotherhood has been found, cherished, and lived as a way of life; more profound avenues of awareness will open. Then your contacts with others will become much more than just ideas and sounds passing between warm-blooded mammals. Not only will your words and thoughts touch others, but your heart and soul will begin to communicate as well. And the Glory of Life that binds you to every soul on this planet will flourish and grow as it's meant to.

This Universe you live in is an extraordinarily wondrous place; and not because of any one person, place, plant, animal, or thing. The reason it's a wondrous place is because it's a Complete and Total Miracle! And there is just no way you or anyone else can truly separate or subdivide a miracle.

Likewise, EarthLife is, and has been since its inception, a totally synergistic experience. And only through noble, compassionate, cooperative deeds can mankind advance in a loving, caring, worthwhile manner. But, if life on Earth is to ever reach anywhere near its full potential; all bias, prejudice, bigotry, and discrimination will need to be forever vanquished. For Life Awareness at its truest and finest has always been about unity, sharing, and pure understanding; not conquest, division, or judgment.

Now, please consider the following MindAltering Questions. How many forms, expressions, and types of life do you think there are on this planet we call home? Is the Earth itself alive? How many other forms of life do you think there are in other sectors of our Infinite Universe? How much Life do you think there is in all of the Universe? Where does the Universal LifeForce of one form stop, and the next begin? What part or parts of this Grand Manifestation of Spirit are truly "separate" from all the rest?

If, during your Personal Adventure through time and space, you ponder these "Deep" questions long enough, several extraordinary things just might happen. First, you might cast off the blinders your Ego saddled you with in early youth. Next, Life's always fascinating veneer of costumes and masks might be instantly stripped away forever. And finally, with your

blinders off, and Life's plethora of disguises seen clearly through; you just might make a very monumental leap of awareness. For lack of a better term we'll call this transformational event "Spirit Reconnection!" And the joy and wonderment you will experience on this momentous occasion is just simply beyond description.

Then once you've made this prodigious advance beyond egocentric being, many more wonderful things will start to happen. No longer will you be bound and blinded by your arbitrary division and false separation of the All. Your Soul will have its voice back, and true Spirit Awareness will become your primary guide. And with this divine re-dawning of Spirit Awareness, Oneness is again known, and Balanced Awareness can be learned. But most importantly, True Acts of Spirit will then be possible.

But Oh, the pain you will also find once your renewed awareness allows you to hear what Mother Nature has to say!

"Earth calling Humans! Earth calling Humans! Hello! What are you doing? You're virtually destroying our home! You're killing off our plant and animal kingdoms at such a breakneck pace, total annihilation is inevitable! From sea to oil-slicked sea, our lands are being raped and poisoned. Our glorious rain forests are being slashed and burned into desert. Once mighty mountains are being reduced to rubble. And in the name of progress, Paradise is being cleared and paved over. And now even my once pure winds, your very Breath of Life, carry death and destruction to every corner of my once pristine domain.

"But the really insane truth is: because of all this, you are slowly and surely killing off YOURSELF! And I shall sorely miss you, my children, when you too are gone!"

So, Life Awareness at its more encompassing levels is not always a pretty picture. And to find Happiness in today's Lost Fellowship, you will of necessity be required to ask the hardest and most challenging questions. Questions like "What can I do to make this Earth a better place to live? What's the finest thing I have to share? And how can I share it best with all who might benefit from it?"

This is where Spirit Awareness comes in. For only through Spirit can questions of this order be answered in a meaningful way. This because: Spirit is the ever-flowing wellspring of all Love, Compassion, and Wisdom; and only Spirit can quench your deepest thirsts. And when, and only when you come to know Spirit as the driving force behind all creation; and experience deep in your core the Universal Love that animates every man, woman, and child; will your Life

Awareness begin to approach any degree of fullness.

When you revive and restore your SpiritConnection, you unlock the door to Happiness. When you begin to Act of Spirit, you start down the road to Happiness. Then once on your way, the Bridge of Brotherhood will carry you to your desired realm of Fellowship/Fraternity/Unity. And when Self, Life, and Spirit Awareness are not in tune, not in harmony, not in balance—Happiness in any significant measure is unequivocally unattainable. The door to Happiness is locked, the road is closed, and the bridge is out.

In conclusion, the essence of this Precept is pretty easy to understand. Only you can determine what your proper balance of Self, Life, and Spirit Awareness is; and if you want to be Happy, you will have to continually adjust your balance of the three to reflect your ongoing personal growth and evolution. Then each step you take, each thought you paint, each word you say, each emotion you choose to play, and each and every act you make along your way will become a true celebration of life, and a new opportunity to grow.

Come take a little wander
Far beyond the way out
To some place in the yonder
Beyond the shadow of doubt

Man your thought rockets
Flip the proper circuits
You know what it takes
To fly with Spirit

Now take a Cosmic trip
Straight to a distant star,
As you board the ship
To who you are.

Now you be in space
Now the time is right
Now you're in WHO's Place ?
How infinite your sight?

Somewhere in this vastness
You'll come upon a feeling,
Harmonic Cosmic Wholeness
The Freedom From All needing !

The 6th Precept of Happiness

Freedom

Lost along the way
Trapped in a Wounded Ego
Stuck in a Lousy Play
Playing a Pitiful Part.

You're a Slave to your senses!
A Slave to your image!
A Slave to your boss!

You're a Slave to your Endless Pain!
And a Slave to your Sense of Loss!

With Pain in your Heart
And Pain in the words you say
With Pain etched deep
In the lines of your face—
Pain is the price of your day!

But deep inside,
You know there must be more,
You've sensed it for some time.
But, like a quiet distant shore,
It's out of sight and out of mind.

And your Old Views are Adhesive,
They're holding you in place,
As you run the Dead End Treadmill,
As you run the Losing Race.

So, to break your Death-Like Chains of Doom—
Just kill your Worthless Greedy Ego!
Your Pain will have no Home,
And you'll be on your way
To Real Freedom!

Where is Freedom? Is it close at hand or many light-years away? How much Freedom have you known and practiced in your life to date? How free do you feel at this very moment? How free do you feel on the whole? How free do you think you can possibly be? Does real Freedom even exist? And if it does, who holds the magic key that will set you free?

Fortunately, the basics of Freedom are pretty simple: you can have all the Freedom you want and choose to exercise; and there are five main categories of Freedom you will have to exercise and master to fill your life with True Happiness. These Elemental Freedoms, and the order in which they are usually acquired are: Freedom from Ego, Freedom of Self, Freedom from Judgment, Freedom of Forgiveness, and finally Freedom from Need.

Try imagining these priceless Freedoms as being transcendental stepping stones, monumental personal milestones that are found only on a Path of Heart. And this very special mystic path, that's yours alone to find and travel, is the only one that can lead you to the cool, clear, celestial stream known as Ultimate Freedom!

The first and the toughest Freedom you will have to master is Freedom from Ego. While Self Awareness, a social mind, and a personality are all necessary for survival in today's world, having an Ego is not. In fact, Egos can be down-right dangerous, even deadly at times.

As children grow from their original state of all Spirit Awareness, and their Ego is born, it begins to install itself as "Supreme Judge of All Reality." In short order it starts to limit/stifle much Life and Spirit Awareness; as Self Awareness makes its way to center stage. Then these ControlFreak Egos really start to get into the act by shaping the child's reality. This is accomplished by dictating what will be experienced, i.e: seen, heard, felt, tasted, touched, studied, etc, etc. From here on it becomes all about "ME!"

"Look at me, I'm so pretty, or handsome, or strong! Or look at me, I'm so clever I can fix anything! Or look at me, I'm Filthy-Stinking-Rich and have the biggest house, the fastest cars, the most money, and all the latest toys!"

However, throughout much of EarthMan's primitive evolution, this game of "Look at ME!" has been played with much higher stakes. For the Major EgoStroker of the very sickest men has been much more savage and sinister than mere MoneyGrubbing or ExtremeVanity. You see, these

felonious miscreants would give their PowerHungry Egos free rein to wantonly engage in mankind's most nefarious crime. So from Potentate GospelMongers who claimed a "divine right;" to Ruling Homicidal Tyrants who used intimidation, fear, and plain olde brute force to have their way; these BloodThirsty Maniacs would "show" their "power and supremacy" by committing cold blooded murder! Simply put, killing or having someone killed was their sad malignant Ego's Ultimate Aphrodisiac

Thankfully for mankind, arbitrarily executing innocent people, and going virtually unpunished, is no longer the norm by which corrupt power is measured. (At least in most parts of our world.) In the last few centuries, money and all the power and corruption it can buy has mercifully replaced manslaughter as the Main EgoInflator for the Earth's vilest beings. So today's UltraEgos are stuck asserting their woefully underdeveloped selves by way of nothing more than severely bloated financial statements, hordes of material dross, and Super-Extravagant Lifestyles.

Now in the scheme of things, when people perform noble deeds, they most definitely should be rewarded for their efforts. And giving one's honest labors in exchange for legal tender is clearly a copacetic course of action. But today's MoneyAddicts, in their ruthless "Quest for MoreCash," completely ignore the following fundamental facts about how Happiness really works.

"It's not how much material wealth a person acquires, but what they do with it that will determine how much Happiness they find. A person's ability to accumulate great wealth tells you absolutely nothing about the amount of Love and Happiness they have in their life; it only attests to their ability to acquire capital and assets. Monetary Wealth by itself has never fostered love; and because Life's greatest rewards have never been for sale, it certainly can't buy Happiness.

"Finally, if a person acquires material wealth beyond their reasonable needs, they also acquire with it certain inescapable responsibilities. The two most important of these being: to learn their assets' true value; and then to put them to a worthy use. For, to have excess resources at your command, and not use them for the betterment of this planet and its people, is one of the surest ways to block most True Happiness from your life."

Not too surprisingly, the most revered men and women who have ever called Planet Earth their home have rarely had vast possessions, or great material wealth. This is so because; they all choose better ways to spend their time than playing the MoneyGame. You see stockpiling obscene amounts of

money, then fighting perpetual battles trying to keep it leaves very little time for making the world a better place.

The simple fact is, since man's earliest days people have had to choose between compassion and conquest, charity and blotted bottom-line, service and self aggrandizement, Spirit and Ego. And if you fail to rise to the challenge your Ego so tenaciously provides, and are not able to break its vise-like grip, you shouldn't be expecting Happiness anytime soon.

When venal power, gaudy possessions, or a bigger bank ledger are the main basis for a person's acts, they are surely foredoomed. When a person cares more about fame or fortune than what their own Soul and Spirit have to offer, more will always be lost than gained. On the other hand, when a person's thoughts, words, emotions, and actions are based on the wisdom of Soul&Spirit, they can not help but be a winner. And mankind will prosper.

After all, in which direction do you think you will find Happiness? Building a false facade of superiority to impress the EgoBlinded eyes of others? Squandering the Earth's treasures on overblown, shortsighted, self-glorification Ego Trips? Or might having the voice of Spirit say "Have peace in your heart. You have worked hard, and learned to share wisely the wealth you have found." be more the ticket?

As long as a person is controlled and driven by their Ego's need for wealth, power, or personal glory; these unquenchable petty desires will continue to be the true source of all their suffering. Until a person manages to free them self from the tyranny of their DarkSelf, they will never know what real Freedom is. And without Freedom, real Happiness just doesn't exist.

The best, fastest, and only way you can gain Freedom from Ego is to learn to care about and help others. For there is no amount of money that can open your Heart and Soul; and there is no lasting Happiness in a life without insightful and compassionate giving and sharing. But with practice and patience, when you learn to care and share more, Freedom from Ego can be won. And when this happens you will discover, probably much to your amazement, you are a far more elaborate, complex, multidimensional, complete, and unbound being than you ever imagined possible!

Once Freedom from Ego has been won, you can then start working on Freedom of Self. What person or persons controls you? Who dictates your thoughts, words, and actions? Who makes you do what you do? Who is your Earthly Ruler? Who can sway you from your course; or block your thoughts,

words, or actions once your mind is set? No one!! No one has any control whatsoever over you—unless you give it to them!!! You choose your own path: where you'll go and what you'll do, what you'll see and listen to, and what you'll think and feel.

So the question becomes, just who exactly are you? And how can you best invest your LifeEnergy? These are two of the most important questions you will ever face. You have an unlimited number of choices available as to who you can be, and what you can do. And your choices are only limited when you choose to ignore, forego, or limit your Freedom of Self.

Will you work like a slave all day? Take a much needed nap? Or play with your grandkids? Will you swim in a deep blue lake, hike a rugged mountain trail, or watch an epic movie? Will you bowl a 300 game, hit a homer over the fence, or run in a 5k race? Will you exercise Freedom of Self? Will you strive for all you're worth, to make the world a better place? Will you share your love and laughter, with each you meet along your way? Will you treat each precious day like it just might be your very last? Will you watch TV, re-roof the house, or pass the day with friends or family? Will you read a book on yoga, learn to meditate, or write a mystical screenplay?

Please stop here for just a moment and reflect on the images you've just seen. Now isn't it fairly easy to see—you're the one who creates "The World You Live In" with each such choice you make?

Whatever and whoever you choose to be is what the gift of life is all about. Live happy and secure in the truth that you are free to be yourself, and that everyone else has the same freedom. And if other people choose to act like idols, fools, jerks, morons, simpletons, cretins, half-wits, imbeciles, or worse—THAT'S JUST FINE! That's the way the system works. They can be anybody they want to be, and you can't stop them! Anymore than they can stop you from making excellent choices in all you say, feel, and do.

So if you really want to become a Wizard of Happiness you will have to master Freedom of Self. To do this you will have to find the courage, strength, and determination to fully reopen your mind, heart, and soul; and become the most caring, loving, understanding, impeccable person you are capable of being. Or as the great philosophers, "The Who," so eloquently put it "Who are you?"

After you've attained Freedom of Self, you will then be in an excellent position to exercise Freedom from Judgment. This practice of freedom is pretty easy to understand, and

centers on accepting just one “Major Fact Of Human Life.” This being: you are equal to, but not more than, nor less than, any other human being living on your wonder-filled planet! And just recognizing and understanding this certainty of your reality is a great first step toward Freedom from Judgment, and living a happier life.

All of Spirit’s children have their strong points and their weaknesses. But to pass judgment on others is not something you or any other human is in the least bit qualified to do. Who’s right? Who’s wrong? Who’s good? Who’s bad? These questions are not for you! Because humans tend to be very short-sighted, and many are easily deceived, you are in no position to “Play Spirit” and judge other people! Or for that matter are you in any way qualified to pass judgment on any of the other great workings of Creation and Evolution!

However, there is one small spark of humanity you are qualified to appraise and critique. And if you make the choice to be a happy person, your ongoing task will be to honestly and accurately assay your evolving self; and then joyously share all the magic you find within!

Sometimes people act justly, and sometimes they don’t. But regardless of what you say, think, or do, absolutely everyone else will play their cards exactly as they wish. That’s how it is, that’s how it’s always been, and that’s how it’s going to continue to be. And when you learn to silence your voice of judgment, discrimination, and condemnation, you will then begin to know in your heart the true value of Freedom from Judgment.

Then, after you’ve practiced Freedom from Judgment for a while, you will begin to grasp the significance of Freedom of Forgiveness. If you weren’t supposed to judge other people in the first place, after you stop doing it you’ll need to rid your system of all the psychic poisons that were created by all of your prior transgressions. And this transformational “Wizardry of Soul-Cleansing” is only accomplished by exercising your Freedom of Forgiveness.

And while a person’s stockpile of toxic thoughts and feelings may not always be forefront in their conscious mind—this does not preclude them from harboring enough deadly sludge to wipe out a major city. For unless they have already “Cleaned up their act!” they will surely have swirling in the darkest corners of their hearts and minds; a fuming, festering, seething cesspool of Stygian Hazardous Waste.

This because: every Negative/Judgmental Situation they have caused, or suffered through, has left its odious mark. Meaning that: every single hostile thought, feeling, argument,

insult, threat, condemnation, clash, or confrontation that their adversarial encounters have engendered; has ultimately rotted and decayed to become a highly distilled, extremely malignant, engram deposit!

Then, like a world-class junk collector, they have meticulously cataloged and saved every single one of these cancerous extracts. And until they exercise Freedom of Forgiveness, they will have absolutely no idea of just how much of this pernicious garbage they have accumulated in their lifetime.

Everybody, absolutely everybody, says and does stupid things as they grow. Some people will do rotten deeds. And sometimes people are down right evil! Forgiving people who act "less than their best" is not always easy. But who pays the price for the hateful hurtful hostility you foster, and then you make an integral part of who you are? Who literally gets eaten alive by your personal deadly swill of acrimony and ill will?

So the question becomes: will your anger, resentment, hostility, and desire for revenge continue to drag you down? Will you continue to become upset by other's blunders, improprieties, and injustices; then forever save them as negative thoughts and feelings? Will your vision continue to be colored with tints of red rage, green envy, blue self pity, or even black hatred? Will you continue to stagger under the weight of your strife, anger, and resentment? Will your heart and mind continue to work as co-creators of, then depositories for, the leftover essence of mankind's most vile experiences? Will your own self-generated bile, fuel the very fires of Hell?

Or, will you fill your being with Love, find Freedom of Forgiveness, and fly free on the Light of Understanding? If you truly wish to experience the healing liberation that only comes with Freedom of Forgiveness, you'll just have to master its two very simple tenets: complete forgiveness of self, and complete forgiveness of every person you perceive to have ever wronged you.

You can begin this life-changing/cleansing process by simply understanding that not only you, but the whole HumanRace still has A LOT of evolving to do. As perfect as creation is, no person currently residing on our planet is anywhere near perfect. With this in mind, it should be much easier to forgive and forget the various faults and foibles of our fellow WorldTravelers. And in the same light, and in the same manner you forgive the blemished actions of others, you must also forgive yourself. Prayer is particularly well-suited for this purpose.

Put in the simplest terms: to find Happiness you will

have to completely and sincerely forgive all perceived wrongs committed by yourself and everybody else. Every injustice you have ever committed, or been subjected to, must be unequivocally forgiven. And when you finally do choose to exercise your Freedom of Forgiveness, your entire cache of accrued venomous residue will be instantly purged; thoroughly cleansing your being, and restoring it to a pure, healthy, uncontaminated condition. Your life is yours to make or break. Choose wisely your way, each acquisition you make, and all that you choose to keep.

Which brings us finally to Freedom from Need. What do you really need? If you give this question due consideration, and answer it honestly, your answer most of the time will be—Nothing! Oh, you may have wants, wishes, desires, hopes, hungers, ambitions, yearnings, longings, and lusts; but unless you're in a true life-and-death situation, you likely have no "Real Needs."

However, wishes, wants, and aspirations are what life is all about; so feel free to aim for the stars. But know this: anything you consider to be a "Need," that's not truly a matter of life and death, is surely just your Covetous Ego looking to get stroked. And it's precisely these hallucinations of Bogus Need that separates the unenlightened person from the Happiness that comes only with Freedom From Need.

In every life that is lived to the fullest, there at some time dawns a Oneness, a firsthand glimpse of the Love that animates all of creation. And when this consecrated link to the Great Whatever is established: the Illusion of Separation, and the Concept of Need are instantly and ultimately vaporized; and the unquenchable thirst, insatiable cravings, and gnawing desperation of all "PhonyNeeds" are never known again.

Then once the false idols of money and power have been seen for what they really are; a new way of life, with new and far grander riches, is discovered. When a person achieves Freedom from Need: sunrises become priceless, the sound of heartfelt laughter is treasure greater than gold, and the smile on a child's face has value beyond measure. Not surprisingly, the more Acts of Spirit a person performs in their celebration of Life & Freedom, the more of these priceless Treasures they will find along their way.

In summary, the self-evident truth of your relationship with Freedom is this. "You are only as free as you understand you are, and choose to be." And with the coming of each new

sunrise, whether you do so consciously or not, you are required to rebuild your Self-Image. And only you determine how you will fashion yourself, and consequently how much Freedom you will choose to exercise.

No limit to your Knowledge
A Heart that's learned to sing
Your Love will be your bridge
Your Soul will find its wings

The 7th Precept of Happiness

Evolution

Alive in wonder
The Balance
The Beauty
The Master Plan

The Essence of Spirit!
The Textures of man!

And what would Life be like
With nothing more to learn?
With everything always the same,
No Worthy Quests to lead you on?

So waiting just for you
In your lifetime of continuing lessons:
Ever new odysseys, adventures, and tests!

But the good news is:
Each will have its own special treasure
To make your efforts—worth your while.

And the Grandest Gift of Spirit
That YOU can ever hope to find,
Is the Puzzle/Prize of Your LifeTime!
The Reason for your Being —
“Your Highest and Best Use!!!”

The way of Spirit!
The way of the Light!
The way of the Wizard!
The way to the Time of Your-Life!

And only you can find it,
Only you can mine it.

And “Your Highest and Best Use”
Can Only Be Found
Somewhere along
Spirit’s Magic Way
Known As Evolution!

In the beginning, the “First Law of Creation” was “Make It So, and Make It Grow!” Growth, change, flux, flow, transformation, transmutation! Call it what you will, Evolution is one of the truly Absolute Laws of the Universe we live in. And somewhere in the fine print of the original Proclamation of Procreation, there is a long clause that states in part: “Nothing will happen without a reason. There are reasons why planets spin through space, galaxies collide, some live, some die...”

But understand this: rarely are mere mortals privy to what these reasons are. And just because you might choose to wake-up and wise-up by following these Precepts; this does not mean that Evolution will be going out of its way any time soon just to make you Happy! So, if you ever plan on being really happy, for any length of time, you will have to learn to love and embrace ALL that Evolution chooses to share with you. For both happiness and sadness are essential ingredients of spiritual growth and advancement.

Life/Evolution/Spirit is an enigma of the highest order; perpetually expanding, developing, changing and then going retro; as it flies twixt chaos and order. When children grow, some relish the alluring thrills of chaos, while others favor the comfort of everyday order. But then, sometime during middle age, a strange phenomenon strikes many people. Quite arbitrarily they begin to believe they have learned all they need; made more than enough tough decisions; and in general made more than enough changes to last them a lifetime!

So with this in mind, in a futile attempt to ensure that their future has far less hassles, they become devoutly “Set in their ways!” No more changes! Not now, not later, not tomorrow, not ever! Henceforth, any and all changes that might upset their precious status quo are fought both tooth and nail. With the result being, before these bullheaded people can ever grow, develop, or mature in any manner; it’s likely they will have to experience some type of devastating event.

Topping the list of these overwhelming negative experiences are: losing fame or fortune; the passing of a loved one; and of course the all time #1 catastrophe—having a Great Love Go South! But regardless of which calamity finally spurs them to grow again; before they finally decide to “Open Up” and jump-start their stalled development; they’re likely to suffer some very formidable pain.

Thankfully, this sad mode of existence is not the only way that HumanLife can be lived. First of all, HappyPeople

don't get set in their ways; and they never perceive change as a bad, or negative thing. So when they recognize that change is due or coming, they just figure out what part they'll be playing, and then they hop to it. Instead of being moved to action by only the most dire, drastic, or tragic happenstances; HappyPeople simply choose to grow and change with foresight and caring; not pain and suffering. And not too surprisingly, they find great joy and satisfaction in their worthy quest of continued growth.

When life is experienced as one continuous stream of troubles, conflicts, or battles; and Happiness is sought in things, end results, or destinations; how much Happiness can there be? But when a person recognizes, and is open to the ubiquitous omnipresence of Spirit, and every step on their chosen path is an Act of Spirit; the Magic of Now is simply unparalleled; and Happiness is found most everywhere!

These 7 Precepts are much like seven lofty mountains. Each one offers its own unique, clear, sublime view once you study and learn its foundations; follow closely its insights and pathways; and ascend with understanding to the zenith of its meanings. And if you wish to evolve into a Wizard of Happiness, you will have to truly master all seven Precepts. This because, no one Precept is more important than another; and "Lasting Happiness" can only be found when every Precept is an active working part of your life/existence. For then, and only then will you find the necessary overview of how each Precept relates to you, the other Precepts, the world around you, and the realm of Spirit.

Then, once the "Spirit of Your Being" becomes an active accurate reflection of the beauty and simplicity of these Precepts: your noble efforts will be rewarded beyond your wildest dreams!

Do you really want to be Happy? Rise Up! Grow! Evolve! The only person you can positively change is yourself; and if you plan on being Happy, you will have to grow and evolve constantly. Your mind is a very powerful computer, reprogram it. Your heart is the sacred home of your Soul, fill it to overflowing with No-Limit Love. Your Soul is your "Access Provider" to Spirit, always keep your lines of communication open and active.

All this because, only by being open to Spirit can you evolve. And only through Evolution can you ever discover "Your Highest and Best Use!" And should you persevere and find this priceless treasure; the minute you begin to pursue it with all of your Heart and Soul, you will complete this worthy apprenticeship and become a true Wizard of Happiness!

And it's all Uphill from here
Climbing ever higher—
Yes, it's all Uphill from here
Now that your Soul's Flame
Has turned to Cosmic Fire !

Be Love, See Love, Free Love,
As you fan the fire.
Be Love, See Love, Free Love !
Just Turbo-Charge
Your Noble Heart's desires !

The MAX, The TOP, The MOST,
Your Soul knows the way
Be Love, See Love, Free Love
And every evening pray.

Someday you may find
The Pathways to the stars
You'll break the ties that bind
And find out WHO you are !!!

Someday you may find
Your Life has a Brand New Start,
When the Magic in your Mind
Finds the Pathways of Your Heart.