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INTRODUCTION

I start my sharing my thoughts about life and God, as a child, and my interest in reading as I was growing up. I talk about how a simple concept, “Thought plus feelings equals manifestation,” changed my life for the better and put me on the road to learning what I call knowledge of substance. Through a lifetime of learning, this gave me an uncommon perspective of who we are and where we come from. It gave me an uncommon understanding of consciousness, the supernatural, and our God-given abilities because of that.

My reading also gave me an uncommon perspective on truth, and universal truth, something I feel is desperately needed in the life of every human being today. Knowing this, I decided to share this knowledge with the world through an idea composition, a book that would teach the truth about life from some of the great authors and personalities, from antiquity to modern times. Here in the 21st century, I believe the mindfulness movement and the world are ready for it.

A BEGINNING TO AN END

In this narrative before Chapter 1, I share an accounting of my life just before my 60th birthday. I walk the reader through my daily life and the mindset of a person on the edge of survival, trying to cope with “too much” of the ugly side humankind, and forced to deal with it daily. My profession, marriage, and the pressure of supporting a family in an unfair world, alone, with frail hope of a God that will be there for me, had pushed me to the point of no return, the desire to take my own life. I explain the events that lead up to this mindset and the torment that almost killed me.

If it were not for a lifelong belief in a loving God and knowledge of substance I have read throughout my life, I might not be here today. It is a story of hope with a good ending and the beginning of a new chapter in my life. It is also the end of a familiar part of me that is no longer needed. Time to turn the page.

Chapter 1: The Power of Living Energy

In this chapter, I explain my mindset as I recover from a life changing event. I share details about my life at that time and what happened as I began moving forward again. I want the reader to understand that what happened was a result of my ability to “change my world with just my mind.” The reader is then introduced to the concept of “Living Energy” and the significance it played in my situation.

I use the phrase *living energy* as a general way to describe the many levels of consciousness that are a part of each and every one of us. It is our inner being, our soul, who we really are. It has the ability to control atomic structure and we have the ability to control it. This is the first lesson in *LIFE KNOWLEDGE 101* – understanding the concept of consciousness, something we call God.

Chapter 2: Truth, Opinion, and Your Belief System

In this chapter, we review the definition of truth and opinion as described by the dictionary. My effort here is to create a clear understanding of what truth is versus opinion. Listing three types of truth - individual truth, historical truth, and universal truth - I explain the differences between them and how to identify one from another. The distinction between individual truths (which are really just opinion) that do not apply to everyone and universal truth, that which applies to all, needs to be clear in one’s mind. In addition, historical truths that are factual need to be separated from those that are not based in fact (just opinions). When applied to the power of thought and your belief system, it is important to recognize the contrast.

Using examples, I explain how believing something to be true about yourself, based on opinions by others that are actually not true, can have serious consequences in a person’s life. Furthermore, I explain the destructive nature of accepting something as truth, when in reality it is just opinion, or an opinion/lie presented in a deceptive manner. Understanding truth is important to building a healthy belief system, as this will become the foundation for your life. The message here is not to be swayed by something that solely agrees with your individual rational, but is without merit.

Chapter 3: Universal Truth and The Power of Knowing

In this short chapter, we focus on universal truth and the power of knowing - which is just another word for faith. I begin the chapter by explaining to the reader that this is not a religious writing. Although many of the words and references may sound religious, they are, in fact, descriptions of spirituality which do not have to be explained in religious terms.

I take the reader back to the time of Jesus and explain the core meaning of universal truth and how that gives power to the act of knowing. Understanding these concepts removes doubt and creates confidence in one's life. It clarifies the idea of "faith" referred to throughout the ages and adds credence to the phrase: "As thy faith is, so be it unto thee."

Chapter 4: The God Concept and Ego

In this chapter, I address the question: "Is there a God?" and get real about the conversation. There is simply too much scientific information available from the intellectual community defining what we know about consciousness to continue old beliefs of a "fire and brimstone" God and a Devil running around with a pitchfork. We need to bring this conversation into the 21st century and begin talking about God as the consciousness we have learned about through knowledge of substance without the attachment of religious dogma.

Understanding the concept of God (All That Is) as consciousness and understanding that there are many levels to this consciousness, the Ego can then be explained as simply that lowest level of consciousness between the physical world and All That Is. This makes it easier for the reader to understand Ego as an entity, and talk about it with a simple dialogue explaining various characteristics and functions of its behavior. Using this approach facilitates explaining the duality of our existence between human beings and the spirit world.

Chapter 5: Learning, Growth and The Power of Truth

In this chapter, we get into the subject of learning beyond the basics, the formal or informal education that every child goes through to be educated enough not to be illiterate. Here, the reader is introduced to the idea of learning *knowledge of substance* and the realization that there is knowledge out there they have not yet learned which is important to their understanding of life

and the abilities they possess. This knowledge will create real growth for them as human beings, ultimately leading to a happier, healthier, and more successful life.

Most of the human race does not yet understand that spiritual ignorance is at the heart of so many of our problems. Learning about consciousness (spirituality), knowledge of substance, and the fact that one's life matters is a worthy goal. That cannot be done sitting around watching TV, playing video games, and hating on people simply because they are different.

People struggle for years before realizing that they have a purpose in life. Teaching youth the truth about our existence gives them the opportunity to live a richer more fulfilling life.

LIFEKNOWLEDGE 101 is what they need to learn just that.

Chapter 6: The World Within and the World Without

I use this chapter to establish my credibility for writing about truth and the power of thought. I explain why I consider this my "field of study," and the time and effort I have put into learning about body, mind, and soul as a complete subject.

Introducing the concept of a world within and a world without, I share knowledge about the duality of our existence through the soul and body – the spirit and the beast – and define what constitutes the world within and the world without. To support the concept of a world within and without, I share quotes from other authors and continue defining the ego's role in the life of a human being. I explain the relationship the ego has with both the world within and the world without, and how this relationship affects one another.

I end the chapter by explaining the world within and world without through the Universal law of cause and effect. Using terminology found in the field of psychology that people study in school, I use the analogy of our world within and our subconscious mind to explain the cause for things that happen, and the analogy of our world without and our conscious mind to define the effects of how things happen.

Chapter 7: Faith, Science, and Universal Law

In this chapter, I share information about Universal Laws such as the Law of Energy, Law of Cause and Effect, Law of Karma, and the Law of Attraction. These laws are absolute. They differ from man-made laws which can be broken or ignored altogether without repercussion if

you are not caught. Because there are many of them, I discuss the concept in brief, highlighting certain laws that people may be aware of. In general, most people are not aware that these laws exist.

This leads into a discussion of science and faith, two sides of the same coin. Science has always been the standard people look to for support when trying to understand something new to them. I want the reader to know that everything they are now reading is supported by science, so they can have faith in their ability to apply this knowledge and see results.

Chapter 8: The Law of Attraction

In this short chapter, because of its popularity, I expand my discussion on a Universal Law mentioned in the last chapter – the Law of Attraction. The popularity of this law has made it a subject for many writers, as such I do not go into great detail here. My intent is to highlight some of the ideas associated with this law, share knowledge from another author and his well-known book, and share my experiences applying the Law of Attraction. It's at this point I start to focus on the phrase: "Thought plus feeling equals manifestation," as it is an underlying theme in my book regarding the power of thought.

Chapter 9: The Art of Thinking, Right & Wrong

In this chapter I make a convincing case that thinking is something that needs to be learned. And that this goes beyond what is learned in grades K-12. To support this idea, I share information and statistics about mental illness in the U.S. and worldwide. Mental illness is a result of not learning how to think correctly. Unfortunately, outside of being told by our parents to "think positive," the results of thinking good and bad thoughts are never really explained. The importance of thinking correctly is never really discussed because their parents are not even aware of it. To most of the world it's *just thinking* and not something that needs to be guarded and controlled.

As a general teaching method in *LIFE KNOWLEDGE 101 – Truth and the Power Of Thought*, the essence of learning something, quite often, is knowing what not to do. In that vein, I define destructive thinking (what not to do) as anger, hatred, and "don't like." The opposite of this would be constructive, or right thinking. I use this chapter to explain the "big picture" of

right and wrong thinking. More detailed information is presented in the following chapters. I also introduce the reader to the book, *The Four Agreements*, by Don Miguel Ruiz. I consider it knowledge of substance and a good way to learn that you are often the cause of your own anger and dislike.

Chapter 10: Mind and Focused Thought

In this chapter, I begin a detail explanation of how to achieve right thinking and the benefits of it. I expand on the idea that people can create through the power of thought, but that it cannot be accomplished by “just thinking.” The potential to create through mind starts with the brain and the ability to focus on something for a period of time. With that understanding, I introduce the element of Attention or Concentration. I share an example of focus in action that most people will relate to and give the reader an exercise to help cultivate the power of attention. While *focus* and *attention* are not something new to people, learning how to use these two fundamental skills together to achieve something they desire is.

Chapter 11: Develop and Control the Power of Thought

In this chapter, we get into details about thinking and developing the mind culture necessary to harness the power of thought. I explain how a person’s mind and ego are built from childhood without *free thinking* (thoughts not controlled by their parents) and how that process created the person they know today. I offer them a choice to be that or overcome conditioning from their past. The reader is asked to examine the existing conditions of their life and what they would like their life to be like. I make the statement: “Your existing conditions have NO bearing upon what you can achieve in life. TRUTH!” This statement is supported by citing well-known “Rags to Riches” stories.

With this understanding, I share knowledge of substance from the book, *Master Key System*, by Charles Haanel. There are three specific aspects of thought – Form, Quality, and Vitality - that I detail for the reader to distinguish the power of thought from “just thinking.” Applying action to what has been learned so far, I explain credible techniques for developing this mind culture like Visualization, the power of Words and Language, and the use of Affirmations. I finish this chapter with a teaser for the next one...Heart ♥

Chapter 12: Thoughts, Feelings, and Emotions

In this chapter, we take a look at emotions and feelings and how they affect your thoughts to create your life – past, present, and future. Thought is scientifically explained as vibrational frequency that can vary from low to higher frequency depending on the emotion expressed. A correlation between constructive thought and higher frequencies, and destructive thought with lower frequencies, and how that works to create positive and negative results in one's life is made clear. A further explanation of how emotion is the energy, or the catalyst, that transforms thought is explained through the phrase, "Thought plus feeling equals manifestation," as taught by Maxwell Maltz in his ground-breaking book *Psycho-Cybernetics*.

The relationship between thoughts and feelings is so important to understand that I share what intellectual minds and thinkers from the fields of theology, philosophy, medicine, psychology, and neuroscience have to say about it, from antiquity to modern times. I then isolate one emotion I feel is most important to talk about in detail...Fear. After sharing some knowledge about fear, doubt, and worry, I end the chapter with an explanation of how to use thoughts and feelings in a typical meditation from Dr. Joe Dispenza.

Chapter 13: Change, Awareness, and Finding the Real You

This is the longest and probably most important chapter in the book. It is meant to explain the process of change relative to the world within and world without. First, I share how a person's sense of self is created throughout their childhood, mostly by their ego, without any real control over how it happens. Influence from parents, family, friends, teachers, and others they look up to - until they become free thinkers (an age when parental control is no longer dominant) - has created their personality. At this point, they may or may not like what they see. Often, this creates a desire for some type of change in a person's life, but for many, it creates anxiety about their future.

I continue the discussion by explaining that by the time they become free thinkers, they are living life mostly through their ego. This is natural since most likely never been taught anything about their world within, and the inner self. Learning this simple fact is what I define as "finding the real you." I share details about living life from the inside out - through their soul, as

opposed to their ego. I also talk about the four aspects of human existence – intellectual, physical, emotional, spiritual - and what it means to become awake and aware.

Using the concept of “changing your world with just your mind,” I end the chapter with examples of how to accomplish this. I explain the things a person can and cannot do with the power of thought, and provide various thought processes a person can employ to help facilitate change. Finally, I reaffirm that we ALL have the ability to create the change we want to see in our life, but you have to be willing to work at it.

Chapter 14: Secrets to Real Power and Building A Better You

In this short chapter, I share a concept called “tricks of the trade” which I have used all my life as a maker and creator. When learning to do any activity that requires your total involvement, over a period of time a person discovers certain techniques or actions that allow them to perform that activity exceptionally well. Learning to be proficient at the power of thought is no different. Understanding the concept of chakra’s, gratitude, prayer & meditation, and the power of a smile are all powerful tools to achieving success at anything.

Chapter 15: The Truth About Our Ancient Ancestry – Storytelling, Legend & Myths

In this chapter, we take a look at the “Big Picture” of evolution that human beings have experienced throughout history from a slightly different, albeit truthful, perspective. I say this because mainstream thinking seems to require some sort of written proof “beyond a shadow of a doubt” before it can be accepted as truth. Even a photographic image of something, because of its ability to be re-touched, is not convincing to anyone.

The way society has evolved, the spoken word, even from credible people, is not considered truth even if thoroughly scrutinized. However, Aborigines, indigenous people, and various cultures from antiquity to modern times tell truthful stories about their past and present experiences without necessarily writing them down. A perfect example is the UFO experience all over the world. This has been going on for thousands of years and people are still saying, “I don’t believe in UFOs”...really!

LIFE KNOWLEDGE 101 – Truth and the Power Of Thought explains the truth about how this planet, and the human species in particular, has been influenced by people (some of whom

look very much like us) from other worlds. When you account for the ancient ruins left all over the world, ancient scriptures and “the writing on the wall” left by ancient cultures, and truthful stories (maybe slightly dramatized by time) told by indigenous and credible people, there is more than enough evidence to accept the conclusions I reveal in my book as truth.

Chapter 16: Healthy Living: Mind, Body, and Relations

In this chapter, we examine how to achieve healthy living for your mind, body, and relationships with other people. Since we now know that the overall health of a person is based on the interdependent mind and body relationship, I explain several aspects of how the power of thought affects a person’s mental and physical health – both good and bad. Understanding what a healthy diet is, based on global research and what is necessary for healthy cell structure within the body and how our “Vital Energy” affects this, is paramount to good physical health.

While having good physical health as described contributes to good mental health, our relationships with people are just as important. It’s not discussed much in the health care industry, both medical and psychological, but your relationships with other people, specifically through anger, hatred, and the “don’t like” attitude, have a negative impact on both mental and physical health. Modern science is proving this knowledge; all that’s left is to teach it.

Chapter 17: Success, Happiness, and Your Future

In this chapter, the reader is asked to consider what success and being happy means to them and how to be sure that becomes a part of their future. I analyze the “don’t like” syndrome and explain how this has been affecting their life since they first learned this behavior during childhood. I touch on the fact that this behavior often leads to hatred and unhappiness. Sharing knowledge of substance from Don Miguel Ruiz’s popular book, *The Four Agreements*, we explain to the reader that most of the time they are “doing it to themselves.” Once you stop disliking people for the wrong reasons, you yourself will become a better person with a much brighter future.

I use this opportunity to share knowledge of substance from Dale Carnegie and his incredible book, *How To Win Friends & Influence People*. His outline called “In A Nutshell” is self-explanatory and will teach the reader that they have much to learn about understanding

people, their relations with people, and themselves. This is surely the best path to success and a happy future.

Chapter 18: Truth About Human Nature

In this chapter, we explore the human condition and the truth about human behavior that is not often openly discussed because of the painful reality it presents – some of which is just accepted as “that’s just how it is” when it doesn’t have to be. Turning a *blind* eye to pain and suffering (as many people do because it is not in their own backyard) will not solve the problems we have created for ourselves. Ultimately, we are all one people, we share these issues with each other, collectively, and we all need to be responsible for fixing them. Some of the issues that are discussed in this chapter are as follows:

- 1) Children unintentionally learning bad behavior from their parents.
- 2) The “Terrible Teens” and what’s missing in teaching the youth of our world.
- 3) What men need to learn about children and family to become better fathers and husbands.
- 4) The tragedy of fatherless children and the toll it takes on human suffering.
- 5) The love relationship between men and women, marriage, and divorce.

I wrote this chapter because these are things we need to talk about as a loving race of human beings, not a race of human beings hell bent on destroying each other. Once this becomes an open dialogue, people will find and share solutions with other people and they, in turn, will do the same. We will learn how to become better people. The truth is we do care about each other, and that’s the point I wish to make.

Chapter 19: The Spirit and the Beast

In this chapter, I sum up the duality of our existence with an overview of the spirit and the beast. Before a person can understand the concept of “oneness,” they need to become familiar with the duality of their life and spirituality in general. It is here that I share knowledge of substance about reincarnation, and the legitimacy of those who study this little-known phenomenon.

I close with some thoughts about being human and making mistakes, having good character, and taking care of those in need. I tie this into the fact that we are evolving into a kinder, gentler people on the threshold of meeting people from other worlds. We have learned

how to become civilized but forgotten the importance of how to treat other people. If we are to get along with people from other worlds, we should practice getting along with each other first.

AN END TO A BEGINNING

As a closing narrative, I share a little about the changes that are going on in my personal life and the incredible change that the world is going through with COVID-19. I somewhat chronicle the events of the pandemic that has paralyzed the world, shutting down the economies of every country while killing millions in its wake. This global disaster is like something out of a movie script. I reflect on knowledge from the book by Jane Roberts, *Seth Speaks*, and a forecast by Seth of a “Second Coming” of sorts. In this section of the book, there is mention of a paradigm shift in the human psyche that will happen as humankind continues on its evolutionary path. We are destined to become a kinder, gentler people, and I believe the pandemic is the impetus for that change.

Finally, as the events of 2020 unfold, including natural disasters caused by Global Warming, the problems of social injustice brought about by racism fueling the Black Lives Matter movement, and the separation of people everywhere as a result of government policies, power hungry politicians, and good old-fashioned greed, it appears as though the world is in a serious crisis. However, sometimes you have to have something taken away from you, or lose something cherished, before you can appreciate something loved. Look around you; that is happening everywhere. The cry for change has never been greater. This is not a movie script; it’s our destiny - and it is before us now.