

Compiler's Note:

Welcome! This booklet is the context for the readings of my **Auragraphs, Natural Law Oracle Deck and Talismans, as well as Natural Law Spiritual Counseling**. I base all of my work with others on Natural Law Principles. Occasionally, I will site page numbers of items within this booklet for you to use. The rest of the booklet is designed to give you access to knowledge that if widely known and practiced would change the course of the lives of the people of Earth forever.

In this edition, I have added books to the Recommended Reading section on p.45 that regard Trauma and trauma-response, as well as Internal Family Systems Therapy.

Blessings!

Joanna

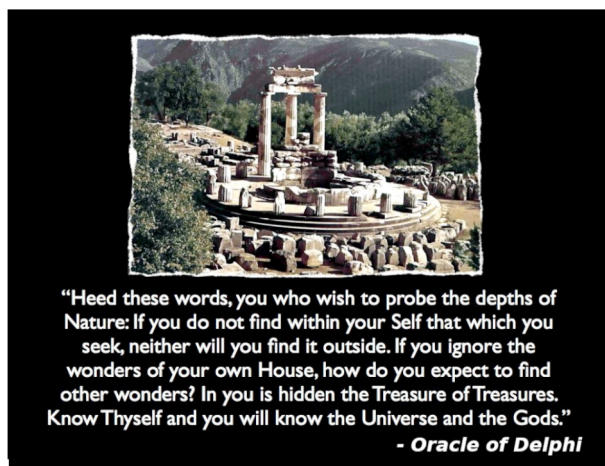
<https://intuitiveart.net/> and <https://joannawhitney.weebly.com/>

Introduction

This booklet is compiled of various sources and cannot be copyrighted. I am constantly upgrading it right now so you might want to check back for updates. It is based upon the work of **Mark Passio, Michael Gleason, & Emmet Fox, and excerpted from *The Kybalion, Natural Law Thesis* by Michael Gleason & the first edition of the book, *Alcoholics Anonymous, Four-Point Conings* by Theresa Crabtree** and my own writings. It is the Ancient Spiritual Knowledge of Natural Law (Spiritual Law, Moral Law) upon which all religions find a common denominator. I offer here **access** to the surface of a core understanding of the self (Microcosm) and the world (Macrocosm), through the lens of Natural Law Principles. It would be impossible to fully understand my work without access to this knowledge which has been scrubbed from society over the last 200 hundred years. **This booklet only scratches the surface for the purpose of the reading. If you are truly interested in learning Natural Law, I recommend what I did; put your own house in order by making reparations for past mistakes, which I can be a guide, getting to the root of any Trauma from your own past and study the work of Mark Passio, in the Source Material section of this booklet. His information will give you a complete understanding of yourself and the world and what is happening right now in 2021, through the lens of Natural Law Principles. Also, study the Kybalion and Hermeticism.**

Table of Contents

	Page
The Context of Your Reading: Natural Law..... The Auragraph, The Microcosm (You)	3
God, The Creator.....	4
Shadow Work.....	4
Prayer and Meditation with Simple Instructions.....	4
Natural Law.....	6
Brain Structure.....	8
Principles of Natural Law.....	12
Natural Law Transgressions..... - Satanism (Selfishness, Self-Contentedness)	18
How to Realign Yourself With Natural Law.....	18
The Macrocosm (The World).....	24
The Great Work.....	37
The Common Law Remedy - The great fraud perpetrated on humanity, the birth certificate, your strawman, etc	44
Recommended Books & Source Material..... - The 7-day Mental Diet, by Emmet Fox (Mentalism)..... - Natural Law Oracle Deck..... - In-depth Directions for Personal Inventory..... - Receiving Assistance from Nature Spirits..... - The Golden Key, by Emmet Fox..... - A Brief Application of the Natural Law Principles on the Mental Plane.....	45 Appendix A Appendix B Appendix C Appendix D Appendix E Appendix F



The Context of Your Reading: Natural Law

The purpose of the Auragraph is to show you a psychic snapshot of where you are at – and how you are out of alignment with Natural Law (Spiritual Principles) so that you can make changes to make your life easier – and help you to understand yourself as a human animal here on Earth. The Natural Law Oracle reading focuses and enhances the Auragraph and can stand on it's own. The purpose of the Talisman is to take the essence of that reading and help you to align your subconscious mind with that of your Higher Mind.

The Auragraph is read through symbolism, which is based on Natural Law: The Law of Gender; The Feminine and Masculine Principles in the placement of objects on the page in the Drawing and the objects themselves, the setting, as it corresponds to the Brain. The symbolic images themselves and what they refer to in Nature and in the microcosm and reflected in the macrocosm; The Law of Mentalism, Correspondence, Cause and Effect, Vibration, Rhythm, Polarity, & Care and through Clairvoyant and Clairaudient information that comes to me while I am drawing and meditating.

I pause, pray and ask God, the Creator, what the Querant needs to know, and then I begin drawing and listening.

The Natural Law Oracle © 2022 Joanna G. Whitney

contains 36 Cards; The 8 Natural Laws, and cards regarding higher knowledge and the mundane
See Appendix B for entire Oracle Deck. I draw several cards – between 3 and 9, to focus the reading and to understand the message of the drawing more acutely.

Lastly, I make a visual talisman from a positive statement of intention which comes to me out of the drawing and reading, or interactively with the Querant. This talisman is a spiritual aid which speaks to the subconscious mind, as a symbol. The subconscious speaks through symbolism. The Querant is given activation instructions for the talisman.

We usually come to request a spiritual reading or healing out of a desire for understanding of some part of our lives that we can't quite figure out ourselves. We want certain conditions to be present for both ourselves and our species as a whole, and perhaps for all species on the earth; such as happiness, health, peace, freedom, etc. These are all conditions we desire and work toward but do we ever achieve them holistically? **These conditions are not inherent.** When we discover that they are not, and that there are specific requirements of us with regards to our spiritual aspirations, our thoughts, our emotions, and most definitely, our actions, to obtain these conditions, then it appears that either we have no idea what the requirements are of us or we are not necessarily being honest about wanting them.

We must live a certain way, by certain Laws in order to obtain these conditions. And when we don't, we will not have them. It seems too hard, in this world of distractions... but for many of us, we would be willing to make the effort if we only knew what to do.

This is what **the Real Law of Attraction** is about; the conditions that we say we want do not automatically manifest by thinking of them, meditating on them, visualizing them, making vision boards about them, saying mantras, praying for them, or just having a feeling about them. There are certain requirements of us, a change in our thoughts, emotions and actions for obtaining those conditions.

Many of us have trauma in our history which colors our spirits, thoughts, emotions and actions making it seemingly impossible for us just to "change our behavior" to produce those conditions. This is where a relationship with the Creator, combined with Natural Law, provides a way to remedy even the worst trauma. If we will clean up your side of the street, and pray, God, through Natural Law, will meet you where you are.

First, what do I mean by God, the Creator and why do I use (Him) as a pronoun?

You choose your own experience of God. Surely you have had spiritual experiences in the past? Just contemplating Nature is a Spiritual experience- use that- or if you have a religion- use that. It is the God of your understanding that you would need to align yourself with and if you don't have one, simply get on your knees and pray to the Unseen for help. **Then immediately look for the answer to your prayers in the next few minutes, hours & days that follow.** Look in signs and seeming coincidence- co-incidence is 2 incidents which overlap, - that's the Spiritual Force responding to your request...it is really that simple. Ask for (Him) to reveal (Himself) to you. Why (Him)? It's the best I can do with my limited language. The Mother Earth, Gaia is Feminine and the Creator, God, Spirit is Masculine, under the Law of Gender. So I say (Him)- but you can say whatever you like.

Trauma requires Shadow Work

What is Shadow Work?

Everything is made of energy: Light. The earth, the sun, all sentient beings, all objects that are not sentient. When an object blocks the light, it creates a "Shadow".

The lower the frequency of energy, the more "solid" it appears and the more solid creates a darker shadow when struck with light from the other side. Take a rock and a balloon – a rock creates a dark black shadow, while a balloon, which is transparent, creates a transparent shadow. The higher the frequency of the energy, there is either no shadow, or a more transparent shadow. Low frequency energy equals a solid which equals a solid dark shadow, when blasted with light from the opposite side.

The term Shadow Work is an allegorical statement regarding Light and "enlightenment" vs. Dark "shadows"; meaning that the egoic nature of low frequency actions which are simply repeated over and over, are stuck and never change because of unresolved ideas and issues that continue to play out over a long period of time, causing harm to the being who has the shadow and to other beings who are in relationship to it.

Shadow Work is the toil by which a conscious being investigates to bring the low frequency energy to high frequency to eliminate the Shadow and bring about a state of "enlightenment".

How To Find Your Shadow Work?

A simple Introduction to Meditation and Prayer

The solution is that you let God, through Natural law, be the Director of your life, then things will go much better for you, because you will always know what to do because you will be guided by a Power greater than you that has your best interest in mind for the Highest Good of all concerned.

A good place to start would be meditation and prayer. Start with a few minutes of silent meditation in the morning and at night - and increase it as you can. You can count backward from 25 and try to see the numbers in your head- this will block other thoughts from coming in. The purpose of meditation is to get out of the ego self and into the observer self so that you are no longer attached to ideas that you believe are real... and you can get into the silence - this does take practice. Yoga can help with this as well. Breathing into your stuck points in your body while doing a stretch can help you find mental silence.

Prayer on the other hand is for throughout the day - and it requires practice to become a working part of your life - Asking at each point when you set out to do something - what is God's Will in this situation?

Pausing and waiting and then looking for the answer in signs or intuition, chance meetings or things that come from outside you to start with ... You can do this with minutia as well as big decisions. Practice at the grocery store when standing in front of the bread isle – there are so many choices - God, what kind of bread should I buy? and then pause and wait to see which bread seems right. It takes practice. The finite mind is not going to want to give up it's status as the ruler - so it might be confusing and frustrating but the more you practice the more it will become a working part of the mind...

Acknowledging these miracles - by writing them down - makes them more and more believable - not something to be brushed off as "coincidence" - or not even noticed -

In addition, during this "crisis" we are in - you could pray for a simple way you could be helpful to others - and for the ability to let go of the results - you do not know what is best for others - but you can be helpful to them in some way -

This will get you out of yourself and let the Higher Power have a chance to work out your life for you - so that you will know what to do when you need to know it...

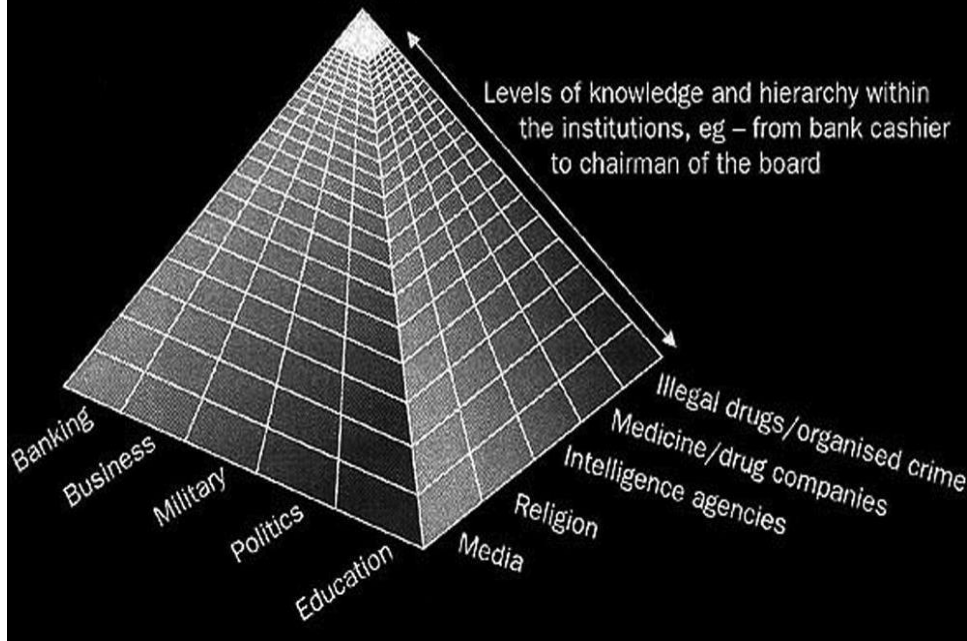
We need to know certain things. Knowledge that will ultimately lead us to positive action, which is required. Specifically, the knowledge of the requirements to obtaining the conditions we say we want. This knowledge is present, and has been occulted, but has been unearthed and revealed. It is simply up to each of us, to take the spiritual steps being offered and using an ancient methodology, a form of Hermetic Alchemy, to apply these tools to our lives and to get back into alignment with Natural Law. If at that point this knowledge continues to be willfully ignored, the manifestation of the desired conditions will be impossible. That is exactly what this booklet is about: **What is the knowledge we must obtain and what are the actions we must perform, daily, individually and as a species in order to get back into alignment with Natural Law.**

In case you are unaware of what a state of alignment would look like; as humans, our thoughts, our emotions and our actions would be equal. We would not have anxiety, fear or confusion, except only occasionally. We would raise our children up – meaning that parents would pay attention to their children and instill in them knowledge and experience to help them navigate any situation. We would be stewards of this planet with our focus on loving co-existence with our fellow sentient beings and the Earth.

Occult Knowledge

This knowledge is 'Occulted,' meaning it is 'Hidden.' Derived from the Latin adjective 'Occultus' which means 'Concealed / Hidden from sight,' which is in turn derived from the Latin verb 'Occultare' which means 'to Keep secret / to Conceal.' Just like in English, the word 'Ocular' means 'Related to the eye / Related to sight,' which is derived from the Latin noun 'Oculus' meaning 'Eye.'

HIDDEN KNOWLEDGE



Occult knowledge is certain information that has been 'hidden from the eye' for a specific reason. Occult knowledge constitutes both the knowledge of human consciousness and how it operates, and the knowledge of Natural Law, the unseen universal spiritual laws which govern the consequences of human behavior. In the ancient mystery traditions and occult schools, these concepts are known as the two 'Arcana' which translates to 'Secret' in both Latin and Greek ('Arcanum (μυστικό)' in Greek).

The Lesser (Minor) Arcana: Secret knowledge of the microcosm. – Deals with individual units of consciousness; the human psyche. → How it operates, where our motivations come from etc. ('lesser' does not mean it is less important, but simply that it's 'smaller')

The Greater (Major) Arcana: Secret knowledge of the macrocosm. – Understanding of the large (universal) laws of Nature that govern the macrocosm. → **Natural Law.**

Natural Law

The word 'Natural' is derived from the Egyptian word 'Neter (Ntr)' which translates to 'Spirit / God' and the suffix '-al,' which, just as in English, means: 'Related to / Of / Having come from.' It can be readily seen that the word 'Natural' (Neter + -al) means 'Related to- or, having come from Spirit / God.'

Natural Law is Spiritual Law.

Natural Law is universal spiritual laws which govern the consequences of behavior for intelligent species; meaning beings that are capable of coming to an understanding of Self / Consciousness, and also capable of understanding the objective difference between harmful and non-harmful behavior towards themselves and other beings.

- Natural: Inherent / Having a basis in Nature, reality, and Truth / Not made or caused by humankind.
- Law: An existing condition which is both binding and immutable (cannot be changed).

Within the human population such knowledge isn't commonly known because it has been deliberately hidden in order to create and maintain a power differential between those who know that information, and those who are ignorant of it.

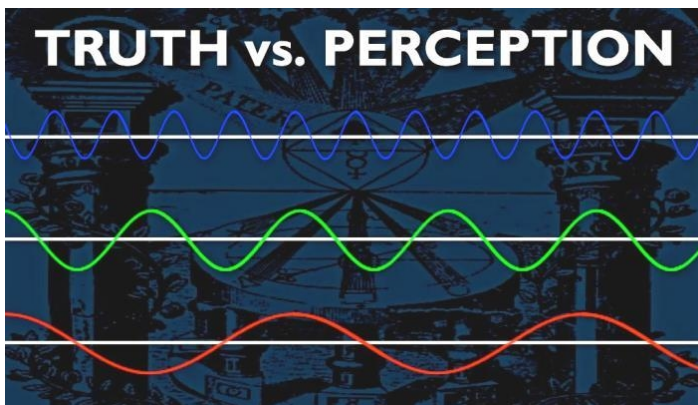
The knowledge of Natural Law and its operations constitute some of the most deeply occulted information on Earth, which the *powers that be* seek to keep hidden from the people, because

the understanding of this information would level the playing field and put an end to the currently operating systems of control.

Problem Solving

There are a few main steps to solving a problem.

1. Recognize that there is a problem to begin with.
2. Recognize that symptoms are merely effects of underlying causes. Instead of treating symptoms, we must make an accurate diagnosis of the cause(s) of the problem. (Diagnosis: from the Greek preposition 'Dia- (δια)' meaning 'Through / By way of,' and the Greek noun 'Gnosis (γνῶσις)' which means 'Knowledge.' The term 'Diagnosis' etymologically means 'By way of knowledge') And in doing so, we will come to an understanding of what cause has put certain symptoms into effect.
3. Through the knowledge acquired via accurate diagnosis, take the required action(s)



necessary to rectify the causal factors which led to the manifestation of the problem.

Truth is objective.

All that Truth is, is all that has happened in the past, and that which is happening at the present moment. That which is, and that which has been.

Your truth and my truth is actually our **perception** which is based on our experiences, emotions, fears, and knowledge, and therefore

is subjective. In the picture, imagine the white lines which do not waver to be Truth, and every colored line to be the perception of an individual. Their ability to perceive what has occurred, and what is occurring, can be referred to as consciousness (a being's ability to recognize patterns and meaning inside, and around themselves); which can be either accurate, or inaccurate. In case of a low frequency vibration (red line), the wavelength will be longer, and the wave won't frequently hit the white line.

In case of a high frequency vibration (blue line), the wavelength will be a lot shorter, and the wave hits the white line a lot more frequently. The higher the frequency of a person's consciousness is, the more their wave of perception hits the line of Truth.

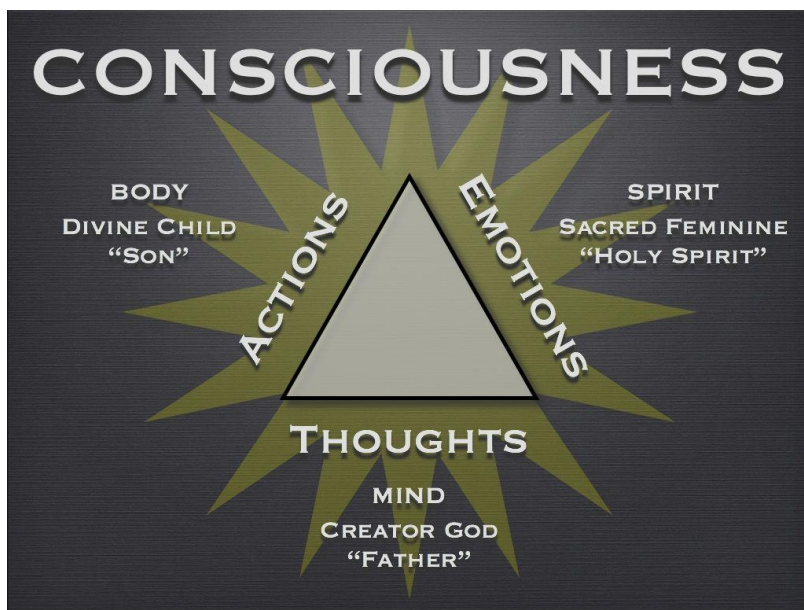
Discovery vs. Belief

Natural law is capable of being discovered, understood, and harmonized with; unlike religion, which asks to believe, accept as is, and do without question.

We could try to understand the way Natural Law works as we understand the law of gravity, and therefore we wouldn't walk over the edge of a cliff. The law of gravity does not require our belief to be in effect; and neither does Natural Law.

Belief is completely irrelevant when it comes to the existence and operation of all Laws of Physical Nature, such as gravity, inertia, momentum, thermodynamics, and electromagnetism. Similar to such other phenomena of Nature, the workings of Spiritual Natural Law don't require belief in order to be operational, discovered, and known.

Consciousness: The ability of a being to accurately perceive Truth, being that which has happened, and that which is happening.



Expressions of Consciousness: The abilities we have, to make ourselves known to any other being around us. These expressions are:

- **Thoughts:** Creative Intuitive force
- **Emotions:** Internal expression
- **Actions:** Result of thought and emotion being expressed into the physical realm.

As in all major religious traditions, this represents the **'Holy Trinity'**: The Father Creator (thoughts & Intuition), impregnates the sacred feminine - Holy Spirit (Emotions), and from that union, a male child is born "Son" Therefore the 'Savior' of

humanity will be **Action**. Mere faith will not do it. **Faith without Works is Dead.**

Brain Structure and Behavior

Brain health plays a critical role in human behavior, so it's extremely important for people to become familiar with the brain's basic structure and functions. The three main complexes that comprise the human brain are:

- **The R-Complex (Reptilian Brain):**

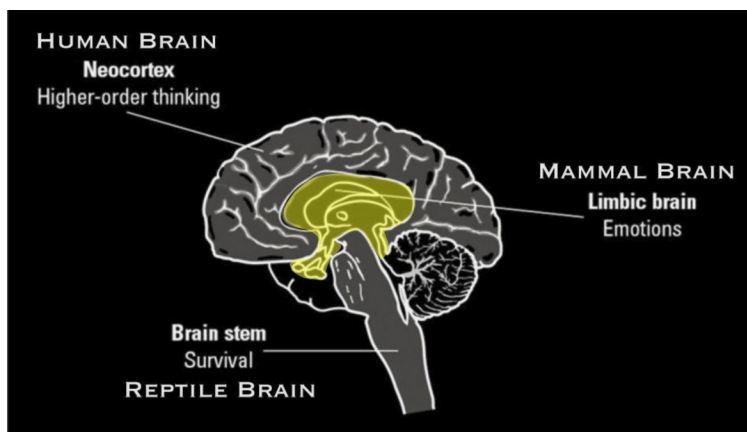
Basic survival functions

- **The Limbic system (Mammalian Brain):** Human emotion

- **The Neocortex (Human Brain):**

Higher thought functions and consciousness

- The R-Complex becomes active when we are in 'fight-or-flight' mode; when survival is at stake. This part of the brain also controls basic motor skills and respiration. It is comprised of the brain-stem and the cerebellum. It is the lowest conscious part of the brain, meaning it is not a "thinking" part of the brain, merely a part of the brain that reacts to stimulus.
- The Limbic system, also referred to as the 'mid-brain,' makes it possible for us to feel in our physical realm. It does this by releasing neuropeptides into the bloodstream via different glands that comprise the limbic system, for example: the pineal gland, the thalamus, hypothalamus, pituitary gland etc. It is the part of our brain which makes all human emotions possible. If this particular part of the brain does not function properly you would not be able to experience a normal range of human emotions. This is partially what psychopathy is; with psychopaths this part of the brain does not function properly. This could be due to some form of birth disorder, or from chronic conditions in somebody's life which have 'numbed' this particular part of the brain. This is secondary psychopathy, which often can be recovered from.



- The Neocortex is structurally the highest part of the brain, and evolutionary the newest part of the brain. The word 'Neo' derives from the Greek adjective 'Néos (νέος)' which means 'New.' It's where all the electrochemical activity that comprise

our human 'modes of thought' take place; that which we consider the things in thought that make us human, and separate us from the animal kingdom. By higher thought functions is meant for example: logic, intuition, creativity etc. It is basically the outer layer of the brain's gray matter. So as far as evolutionary development of the human brain goes, it is the newest part of our brain structure. The two hemispheres of the brain are bilaterally symmetrical, meaning they are able to be divided into approximate mirrored images of each other along the mid-line. The two separate halves generally control different functions of the brain. The left, intellectual part of the brain (masculine): logic, analytical thought, math etc. And the right, intuitive part of the brain (feminine): creativity, intuition, compassion etc.

When there is a healthy balance between the two hemispheres of the brain, that's when real consciousness, and pattern recognition is developed. As well as true morality, and ethical consideration.

Intellect is not the same as intelligence. Intellect is left brain understanding; while intelligence is holistic understanding, with the right brain included in the process.

The word 'Intelligence' is made up of 'Intelli + Gence.' The 'Intelli' part derives from 'Intellect,' and 'Gence' comes from the Latin verb 'Gignere' which means 'to Generate / to Create / to Bring forth.' So, intellect + creativity / logic + compassion etc., that is real intelligence, holistic intelligence. Sadly, most people in our society are not holistically intelligent; they're usually in some form of either left- or right brain imbalance. If the left brain becomes chronically dominant, the R-Complex will take over executive function of the brain, and the person will become ruled by selfishness and base desires. They usually develop a personality based on domination and control. If the right brain becomes chronically dominant, the Limbic System takes over executive function of the brain, and the person will become ruled by their own emotions. They usually develop a personality based on submissiveness and naiveté.

And then there is Trauma. All of us have suffered Trauma, especially in the age of COVID-19, but many of us also have buried childhood trauma which has caused certain types of brain damage which goes somewhat unnoticed in our lives. I strongly recommend that a thorough investigation be done into this aspect, by reading The Body Keeps The Score, by Bessel Van Der Kolk, MD. This book is available on Libgen.is. Trauma changes everything.

MENTAL SCHISM

INTELLECT (Masculine)

Can lead to:

Rigid Skepticism
Scientism
Atheism
Solipsism
Moral Relativism
Social Darwinism
Eugenics
Authoritarianism

if this part of the
brain is chronically
dominant.

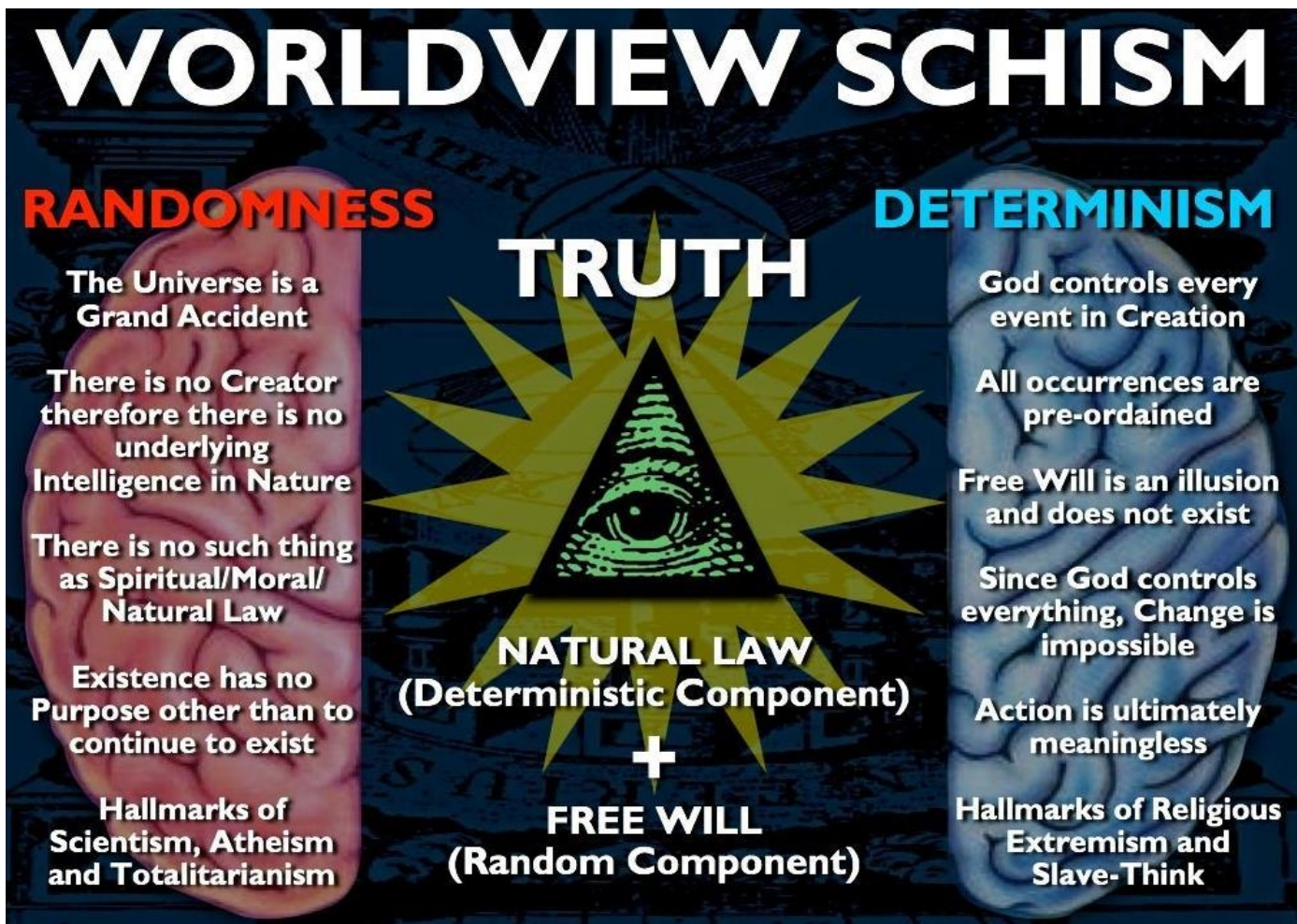


INTUITION (Feminine)

Can lead to:

Naiveté
Blind Belief
Religious Extremism
Solipsism
Unworthiness
Self-Loathing
Order-Follower
Willing Slave

if this part of the
brain is chronically
dominant.



Human Nature

Human nature is neither inherently good, nor bad. Instead, we should consider the operating conditions, and the environment in which human beings exist, that influence their behavior to a great extent; thus, creating the current human condition.

What is the nature of a computer? – To compute information; which is neither good or bad. Human nature is to take in information, process it, and output the behavior. Much like a computer, human beings are programmable.

Similar to a computer, if a human being has a “bad” “file-system format” (conditions during a child’s formative years), a “bad” “operating system” (culture / environment), and “bad” “software programs” (erroneous, rigid, and dogmatic beliefs), their “output” (behavior) onto the “screen” (life) will also be “bad” . Therefore, these people will contribute to deteriorating conditions on a mass scale, for themselves, and all other beings around them.

The behavior of a human being will largely depend upon his or her programming; the quality of the information taken in by them, which enables them to process and create efficiently.

Garbage in → Garbage out / Quality in → Quality out

Knowledge (or lack thereof):

Available information – This constitutes potential knowledge that may be generated, processed, understood, and acted upon by individuals.

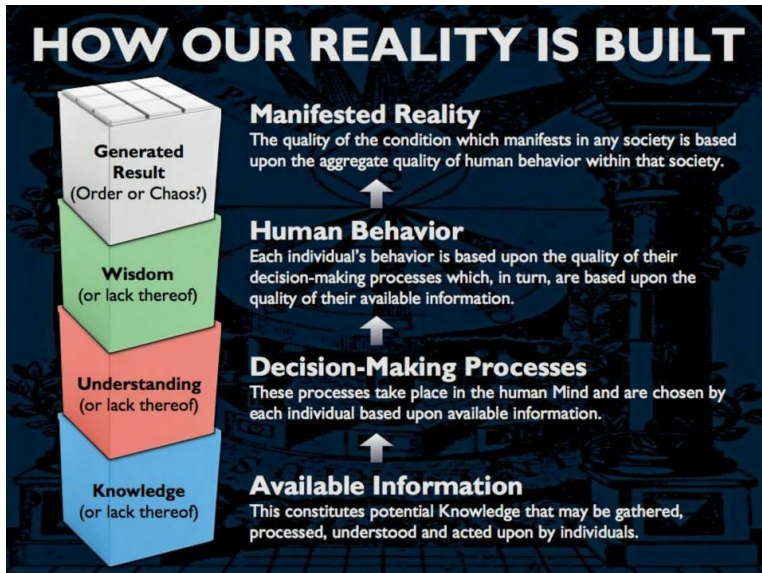
↓

Understanding (or lack thereof):

Decision-making process – These processes take place in the mind and are chosen by each individual based upon available information.

↓

Wisdom (or lack thereof):



Human behavior – Each individual's behavior is based upon the quality of their decision-making processes, which are based upon the quality of their available information. Wisdom is not the same as knowledge or understanding. Wisdom is either action, or inaction, always. It is knowledge and understanding which has been applied. "Knowledge is knowing a tomato is a fruit, wisdom is not putting it in a fruit salad." – Miles Kington, English journalist

Generated Result (order or chaos):

Manifested reality – The quality of the condition which manifests in any society is based upon the aggregate quality of human

behavior within that society.

Principles of Natural Law

The word 'Principle' is derived from the Latin noun 'Principia' which means 'First / Foremost / Leading / Most necessary.' In other words, that which is most important.

Natural law is expressed through seven basic underlying principles, **plus an eighth** 'lost' principle which binds the other seven together. These principles constitute a 'master key' through which universal wisdom is unveiled.

These are the Eight Principles of Natural Law:

1. **Mentalism:** The All is mind; The Universe is mental.
2. **Correspondence:** As above, so below; As within, so without.
3. **Vibration:** Nothing is stationary, everything vibrates, has it's frequency, giving off light or sound.
4. **Polarity:** Everything comes in pairs, and has its polar opposite.
5. **Rhythm:** All is ebb and flow; action -reaction, advance-recoil, evolution-involution, order-chaos
6. **Cause and Effect:** Everything happens according to Natural Law.
The Law of Behavioral Consequence is embedded in this Law.
7. **Gender:** Animate or inanimate, everything has its male and female properties.
8. **Care:** The Lost Principle.

These are also known as the 'Hermetic Principles,' derived from the name of the Greek God: Hermes (Ερμής) Trismegistus, who was called the 'Messenger of the Gods.'

1. **Mentalism** → All is mind; the universe is mental. Thoughts lead to the manifestation of all things and events in Creation. Thoughts create our state of existence and the quality of our experience here on

Earth. Therefore, be responsible for everything you create, by being responsible for everything you think.

2. **Correspondence** → That which is above is like to that which is below, that which is below is like to that which is above. That which is within is like to that which is without. That which is without is like to that which is within. The macrocosm (the totality) and the microcosm (the individual units of consciousness which comprise the whole) are reflections of each other. The Universe is self-similar across all scales.

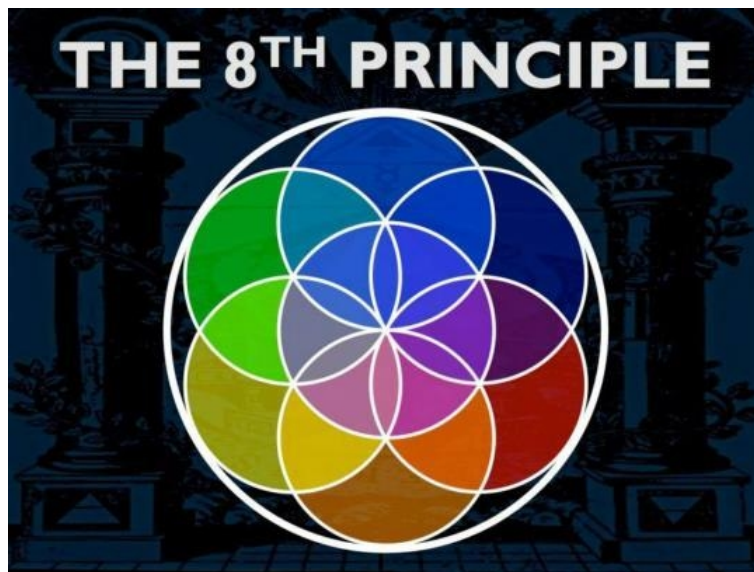
3. **Vibration** → Nothing rests, everything moves. At the most fundamental level, the Universe and everything that comprises it is pure vibratory energy manifesting itself in different ways. The Universe has no 'solidity' as such; the Universe is 'holographic.' Matter is merely energy in a state of vibration. The denser the Matter, the lower the vibrational frequency.

4. **Polarity** → Everything is dual, everything has poles. Everything has its opposite. Opposites are identical in nature, but different in degree (e.g. hot and cold are seemingly opposites, while all that cold truly is, is the absence of heat energy). At some level of reality, all things that seem contradictory may be reconciled.

5. **Rhythm** → Everything flows; out and in, in and out. Everything has its tides. All things rise and fall. The pendulum swing manifests in everything. The measure of the swing to the right, is the measure of the swing to the left. Rhythm compensates.

6. **Cause and Effect** → Every cause has its effect, and every effect has its cause. Everything happens according to law. Chance is but a name for Law not recognized. There are many planes of causation, but nothing escapes Law. There is no free will to ignore Law without consequence; that is the limit of free will. This is why Natural Law is also sometimes referred to as consequentialism.

7. **Gender** → Gender is in everything, everything has its masculine and feminine properties; gender manifests on all planes. While every person has a biological sex, psychologically both qualities exist simultaneously in everyone, and everything.



The seven principles are represented here by these seven circles that form the Seed of Life, which are encapsulated by an 8th circle, which holds all the others together.

8. **Care** (the 8th 'lost' principle) → This principle encapsulates all seven other principles; if you look at the seven circles that form the seed of life, the eighth added circle forms the outer shell. Without this shell present and intact, the creative (generative) essence of the seed will be lost. Care (not compassion) is whatever you give attention to, and help to grow. This does not mean you should not care about, or

ignore any negative things in the world because you think that will feed into it and give power to it; if that happens only ignorance is being fed into it. By ignoring the negative, you are ensuring that more of it will occur. Instead, see it for what it is and pray about it. Give it attention through prayer.

The lost principle is the dynamic of care; that which you actually care enough about to do, to spend your time on, to pay attention to, and to manifest into reality. What we care about on a day-to-day basis acts as the driving force of our thoughts, emotions and actions. What we as conscious beings need to develop are prayerful heart, mind, and guts, in that order. We must care enough to know, and then act

accordingly to that understood knowledge, and we must pray about what we know infusing it with spiritual energy, pray that our emotions be transmuted into neutrality, and pray that our actions be guided by the Creator. All must be in place to gain unity consciousness; unifying thoughts, emotions, and actions. Therefore, care can be seen as the ultimate generator of the quality of our experience of life. Hence the eighth principle is also known as the generative principle. True care is created in our hearts, the 'pump' that causes our blood to flow through our body, in many ancient traditions they spoke of the 'life force' being in the blood. (See the Double Slit experiment in which science proves that the observer participates and changes the outcome of the observed)

As important as the brain is, the heart is ultimately generating the experience. Because what we care about becomes what we think about, and therefore, how we behave. That which we care enough about to put our will behind is ultimately what gets created in our world. The reason the world is in the state it's in, is because most people do not care enough (even if they say they want things to be different) to change it through their behavior, aligning behavior with Natural Law.

The 8th Principle, Care, is from the Heart, where the Creator lives within sentient beings . The 8th Principle fulfills the Law through Prayer.



The Two Spiritual Currencies

There are two 'Spiritual Currencies': time and attention. This analogy can be seen very readily in the sayings 'spending time' and 'paying attention.' Whatever information or endeavors we put our time and attention toward, we end up getting something in return for that investment. This return could come in the form of knowledge, understanding, skills, or expertise. However, this only happens if we invest our spiritual currencies wisely. We should seek to improve the quality of our attention by directing it towards information that is capable of improving both our own lives, as well as the human condition as a whole.

Such an effort would constitute a valuable investment of our time. Ask yourself more frequently the questions: "What am I spending my time on? What am I paying attention to?" And most importantly, "What kind of quality am I getting in return for these investments of my spiritual currencies?"

Natural Law also known as...

Natural Law has had many different names in many different traditions throughout the world

in different times in history.

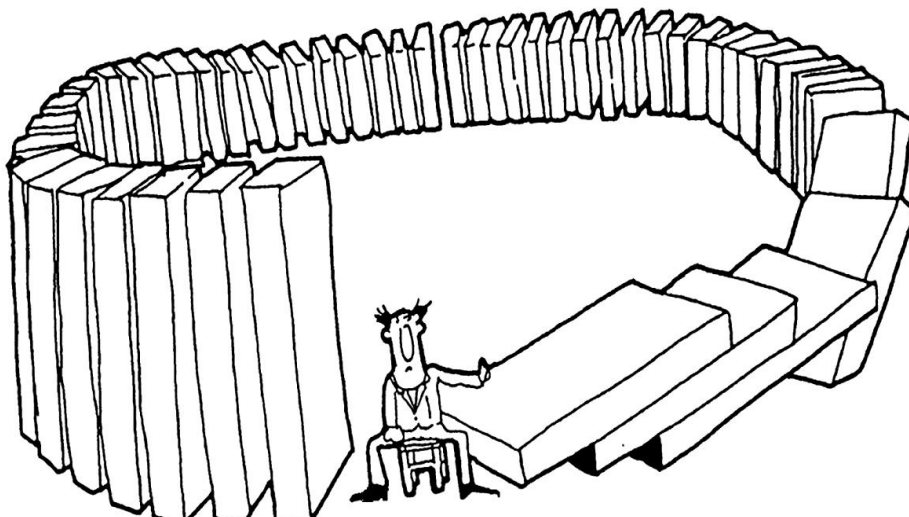
Some examples are:

Law of Cause and Effect:

– "Effect invariably follows cause."

– "For every action, there exists an equal and opposing reaction."

Law of Attraction:



- “The energy you emit is the energy you attract.”
- “Energy flows where attention goes.”
- “As you think, feel, and act – so you shall be.”

Karmic Law or Moral Law:

- “You reap what you sow.”

Golden Rule:

- “Do not do to others as you would prefer not to have done onto you.”
- “Treat others how you want to be treated.”
- “Do unto others how you would want others to do unto you.”

Natural Law Expressions Chart (how it works)

These expressions are the recognizable workings of Natural Law in human life that manifest through five basic expressions, which each have a positive and a negative aspect; giving us a total of ten overall Natural Law expressions, which are all explained in detail on the following pages.

NATURAL LAW EXPRESSIONS		
Expression	Positive	Negative
Generative Polarity (What We Use To Create)	LOVE (Consciousness)	FEAR (Unconsciousness)
Initiating Expression (How It Starts)	KNOWLEDGE (Acceptance of Truth)	IGNORANCE (Refusal of Truth)
Internal Expression (What Happens Inside Us)	SOVEREIGNTY (Internal Monarchy)	CONFUSION (Internal Anarchy)
External Expression (What Happens In Society)	FREEDOM (External Anarchy)	CONTROL (External Monarchy)
Manifestation (The Result We Create)	ORDER (Manifested Good)	CHAOS (Manifested Evil)

1. + **The positive aspect of the Generative Polarity is ‘Love.’** In regard to Natural Law, love should be seen as the expansive force for consciousness. Love is the force which helps us become open to Truth, and expand our awareness.

- **The negative aspect of the generative polarity is ‘Fear.’** In regard to Natural Law, fear should be seen as the contractive force for consciousness. Fear is the force which influences us to become closed to

Truth, and the force which ultimately shuts down our awareness. The only thing to fear is fear itself.

2. + **The positive aspect of the Initiating Expression is ‘Knowledge,’ or the acceptance of Truth.** Knowledge positively influences our decision-making processes in every area of our lives.

- **The negative aspect of the initiating expression is ‘Ignorance,’ or the refusal of Truth.**

Ignorance negatively influences the quality of our lives because it negatively influences our decision-making processes in every area of our lives. It is important to remember that ignorance should be distinguished from nescience. Nescience means not knowing something because necessary information is not present, or unattainable. Ignorance, on the other hand, means not knowing something even though necessary information is present, because that information has been willfully refused or disregarded. “If a nation expects to be ignorant and free, in a state of civilization, it expects what never was and never will be.” – Thomas Jefferson, 3rd president of the U.S.A.

“The only good is knowledge, and the only evil is ignorance.” – Socrates, Greek philosopher

3. + **The positive aspect of the Internal Expression is ‘Sovereignty,’ or what is also referred to as ‘Internal Monarchy’ (one ruler within).** The word monarchy is made up of the prefix ‘Mon-’ derived from the Greek adverb ‘Mons (μόνα)’ which means ‘One/ Single / Alone’ and the Greek noun ‘Archon (αρχων)’ which means ‘Master / Lord / Ruler.’ Therefore, monarchy means ‘One Ruler.’ As a state of consciousness, sovereignty means that one has unified the three aspects of their consciousness, in the way that there is no contradiction between one’s thoughts, emotions, and actions. The word ‘Sovereign’ is derived from the Latin adverb ‘Super’ which means ‘Above / Beyond’ (In classical Latin the ‘V’ character represented a ‘U,’ hence the letter ‘W’ is called a ‘double U.’ The “V-sound” didn’t phonetically exist in classical Latin, instead the ‘V’ was represented by the letters ‘P’ or ‘B’). The second half stems from the word ‘Regnum’ which means ‘Reign / Rulership / (externally imposed) Control / Kingship.’ Thus, the word ‘Sovereign’ means: ‘One who is above the rulership or control of another.’ Therefore, the word sovereign means ‘not a slave.’ Being sovereign means being a monarch (Mon-: ‘One’ / Archon: ‘Ruler’), a single ruler who rules only the ‘kingdom of self.’ Sovereignty is a state of being in which one controls one’s own thoughts, emotions, and actions, and by bringing them into Unity / Non-Contradiction / Non-Duality, attains mastery of one’s own consciousness. Self-Control = Self-Mastery = Self-Ownership

- **The negative aspect of the internal expression is ‘Confusion,’ or what is also referred to as ‘Internal Chaos’(no ruler within).** Confusion is the state of mind in which the being is ruled by fear and ignorance. Confusion can be seen as internal opposition, in such a way that one’s thoughts, emotions, and actions are in perpetual contradiction with one another; the three are not in alignment. As we think is not how we truly feel, and is not how we act, and there is no prayer. There is complete contradiction and separation when there is no unity amongst these three aspects of our consciousness.

4. + **The positive aspect of the External Expression is ‘Freedom,’ or what is also referred to as ‘External Anarchy’ (no external ruler).** True freedom for all beings should be seen as the ultimate goal of spiritual development. And such a state can only manifest as a result of human society’s adherence to Natural Law.

- **The negative aspect of the external expression is ‘Control,’ or what is referred to as External Monarchy (one external ruler).** For example, the concentration of illusory power by a king, or by institutions like government. Externally imposed control is the pathway to all forms of evil and destruction. It results when a society lives in direct opposition to Natural Law.

5. + **The positive Manifestation is ‘Order,’ or manifested goodness.** Order represents everything we truly want to manifest. Order results only when there is balance and justice; which can only be present when Truth has been accepted, and our behavior has been brought into harmony with Natural Law.

- **The negative manifestation is ‘Chaos,’ or manifested evil.** Chaos is the exact opposite of what we truly want to manifest. Chaos occurs when there is imbalance and injustice, which results whenever there is ignorance of Truth, and behavior which is in opposition to Natural Law.

All five expressions of Natural Law are unilateral, meaning they do not cross over into one another. Therefore, there is no way we could accept Truth and develop knowledge, and then end up in a state of confusion. Just as we cannot go from ignorance to sovereignty. The Natural Law expressions simply don’t work that way. If we keep waiting on an external savior, we are going to be waiting in our chains forever. Even Christ Himself proclaimed that the knowledge of Truth would be the only pathway to true freedom. Until we take in the light, we will never dispel the darkness. The light being

knowledge of Truth; which is what ‘light’ has always symbolized and represented in the Bible, and in numerous other ancient mystery traditions.

“The light shines in the darkness, and the darkness can never extinguish it.” – John 1:5

Right & Rights vs. Wrong & Satanism

The concepts ‘Right’ and ‘Wrong’ are diametric opposites of one another. Right and wrong do not merely exist as concepts in the human mind. Anybody who believes that is engaged in selfishness and self-centeredness (Satanism), whether they are aware of it or not. Explained in a way that’s completely unambiguous; if you believe that there is no real difference between right and wrong, and that this concept isn’t inherent in Nature, you are accepting a Satanic belief. This is because the second tenet of Satanism is the concept of moral relativism (left brain imbalance).

There are four main tenets-, also referred to as the ‘pillars’ of Satanism:

1. **Self-preservation** is the highest aspiration: If they must step on others to save themselves, so be it.
2. **Moral relativism:** To Satanists there is no such thing as the objective difference between right and wrong behavior. They consider ‘right’ to be what is ‘good for me’ and ‘wrong’ what is ‘bad for me.’ And that they themselves can make up the difference between the two, based on their own personal likes and preferences.
3. **Social Darwinism:** A ruling class delegates itself the right control and direct the masses, because they believe they know better than the rest of humanity.
4. **Eugenics:** A social ideology advocating the promotion of higher rates of sexual reproduction for people with traits and characteristics desired by its proponents, in this case Satanists, and reduced rates of sexual reproduction, or even sterilization for those with undesired traits and characteristics. The word is derived from the Greek adjective ‘Eugenes (εὐγενής)’ which means ‘Well-born / of Good stock / of Noble race.’ Which is in turn derived from the Greek adjective ‘Eu- (εὖ-)’ which means

‘Good / Well,’ and the Greek noun ‘Genos (γένος)’ which means ‘Birth / Race / Stock.’ It also includes killing off large groups of people who are not considered necessary.

Morality is not about right versus left, it’s about right versus wrong. A deep understanding of morality, and the principles concerning the distinction between right and wrong behavior, lies at the very heart of Natural Law.

Just as in ancient Rome the word ‘Liber’ meant ‘Book’ (Library), and ‘Free’ (Liberty) simultaneously. The word ‘Right’ means ‘Correct’ and ‘Moral’ simultaneously, as does

RIGHT	WRONG
Correct <i>Based in Truth</i>	Incorrect <i>Not based in Truth</i>
Moral <i>In Harmony with Natural Law</i>	Immoral <i>In Opposition to Natural Law</i>
Actions based in it do not result in harm to other sentient beings	Actions based in it result in harm to other sentient beings

‘Wrong’ mean ‘Incorrect’ and ‘Immoral’ simultaneously. So, in the sense of what you ‘have a right to do,’ what is a right? – Any action in which you are correct and moral in doing so. Every single person has the same rights as the next; not one person has any more rights than another, nor any less rights, at

any place, at any time. Knowing Rights are most easily understood when they are considered through ‘Apophatic Inquiry.’ This process helps us to understand what a right actually is, by understanding which actions are not rights because they cause harm to other beings. The word ‘Apophasis’ is derived from the Greek noun ‘Apophanai (ἀπόφασις)’ which means ‘to Speak off.’ Which is a method of logical, deductive reasoning, that is employed when given a limited set of possibilities, in which we gain knowledge about something by excluding the known negatives, or by setting the logical inconsistencies to the side. In other words, describing what something is, by explaining what it is not.

Natural Law Transgressions

Resulting from Satanic (selfish, self-centered) beliefs and fear.

Harmful Actions:

- **Murder / Assault** – Ending a life without the right to do so. If a being is killed in the act of somebody defending themselves, it is not murder. Under no possible circumstance does the “right to murder” or the “right to assault” exist. However, the right to defend oneself through physical force exists at all times.
- **Rape** – Coercing the free will of another being, and making them sexually associate with whom they wish not to.
- **Theft** – Taking what somebody else has created or acquired through lawful means, which is their property for as long as they are using it and being responsible for it. You have no right to just take something that does not belong to you.
- **Trespass** – Every being has the right to set aside a (reasonably sized) space for themselves. And invading this area without permission or consent would be invading their privacy and their personal space, while taking away their security in the process.
- **Coercion** – Forcing another being through threat of violence to have their will comply with yours, whether they wish that to be the case or not. Making somebody do something against their will is not a right. Although this is already a short and seemingly simple list, all these transgressions can ultimately be narrowed down to just one wrong-doing: **Theft**.

A simple way to get back into alignment with Natural Law: You can read the directions for this inventory process excerpted in Appendix C.

I am going to make the assertion that everyone on earth could benefit from taking this personal inventory. As within, so without. What you see going on on earth is a reflection of what is going on within each and every one of us. Yes. As none of us have really been taught these principles and as the media has been going out of it’s way to teach us Satanism increasingly, we all have made transgressions to Natural Law.

Have you ever broken a promise? Broken someone’s heart? Borrowed something and not returned it? Not paid off a debt to another individual? Taken something that did not belong to you? Faked an orgasm? Read someone’s text message or journal without permission? Been violent in the heat of anger? Have you ever, in trying to get your way, not given someone all the information? Have you committed any crimes and gotten away with them?

Think back to childhood. If you went back through your life in increments of time – 0 ► 10, 11 ► 20, 21 ► 30, 31 ► 40, etc...

Do you use credit cards, for example? – that is “spending your future” – Does credit exist in Nature? How about social media? How have you behaved on there? Have you ever been mean-spirited, or bullying on Facebook? Could Facebook happen in Nature? Do you have credit card debt? And yet – credit cards are a part of society so deeply ingrained that if you don’t have one and you don’t have a credit score, you are frowned upon by your peers. And yet credit does not exist in Nature. Do you respond to peer pressure?

This list refers to other beings rather than just humans, making us question how we treat animals and every thing on earth and the Earth Herself - Gaia. What makes us believe we have that right to do the things we do? And we have to be thoughtful, for example of the things we buy – where was it made? How was it made? What is it made of? Can items really be “thrown away”? Do we do things out of convenience that cause harm? Are there things that we have always known that we do by rote that cause harm?

Do you use items that contain Palm Oil for example? Do you know the devastation caused by Palm Oil? Do you even look at the ingredients of what you buy before you buy it? Are you familiar with the cruelty in the food industry? The clothing industry? How down jackets are made? How sheepskin boots are made? What about science? Is it really ok to use animals in the laboratory?

There are personal consequences that fall upon us for violating these spiritual principles – that’s why I want to know what they are so that I can modify my life style to be in accordance with them.

What about the dark agenda being perpetrated upon us through media “kill or be killed – the law of Nature”. Is that really the law of Nature? That is Darwinian evolutionary ideology - “survival of the fittest”, but is that really true? Not necessarily. In a wolf pack, for example, when an elderly wolf is sick, the pack puts it at the front of the pack and guards it with the whole pack. Darwin is way off in a lot of respects but has fostered a great fear in us, of Nature, which is unfounded. Nature is where we come from.

This process is very effective at getting to the core of the matter, rooting out all the behaviors, and getting the job done, mainly because it is between you and God and another person is only there to receive it as a mirror. Doing it in this list format works with your left and right brain to get to the Truth: what actually happened and what you actually did. Do each number as a list, in column format next to each other. Put the 4th column on the back of the last page of the person, institution or principle or on a separate piece of paper.

For the 3rd column, you can go a little more in-depth if you like and write down how each aspect of self was affected: How is *my belief about who I am* affected? How is my *emotional security and my job, home, money* affected? How is what *I want* affected? How are my *friends and family* affected? How are my *relations with men or women* affected? How is my *pride: belief about who I am in the eyes of others*

affected? Yet this is not a psychological exercise. It is spiritual, so you are not really looking for patterns so much as you are trying to feel yourself in situations.

For the 4th column, you can answer these questions:

Where was I selfish? – what did I want from this situation? Where was I dishonest – how did I lie by omission or commission – How was I coercive? – or was I just “playing God” meaning that I thought I knew how things should go? Did I steal something? Did I cause physical harm? Did I trespass? Rape? Look over the list of Natural Law transgressions.

Where was I self-seeking? – what did I do to get what I wanted? How did I manipulate? Pout? Out-right lie or cheat?

Where was I frightened? What was I afraid I was going to lose or not get?

Very important, If the resentment is regarding childhood abuse then you were not selfish as the child – it is the adult who uses the past trauma for sympathy or as a way to protect themselves against vulnerability and intimacy, or as an excuse to abuse others, that is selfish.

Be specific and write in complete sentences with a writing implement, not the computer. There is a heart mind hand connection that does not happen on the computer.

So, it would be one person per page. A list of the people and then 1 person per page in columns. The first 3 columns on one side of the page; the person, a column of what they did and a 3rd column of what was affected. It can go on for pages and pages. PRAY. Then the 4th column on the back of the last page – where you state what you did to them or others with regards to this resentment. They must be entirely left out of the 4th column. If you get confused, I am happy to help you with this process.

- | | | | | |
|--|--|---|--|---|
| 1. Write down all the people you are mad at

with a pen or pencil on paper.

Institutions?
Schools, the government, etc
Principles?
Honesty, the 10 commandments, principles you could not live up to? | 2. Next to each name, write down all the things that person did to you in detailed complete sentences. Include how it made you feel. | 3. Next to that write down aspects of self that are affected by these angers: self-esteem? Security? Ambitions? Personal relationships? Sex relationships? Pride? | Pray: God I realize that perhaps this person is spiritually sick, though I do not like their symptoms or the way these disturb me, they are spiritually sick like I am, God please help me show this person the same tolerance, compassion and patience that I would cheerfully grant a sick friend. | 4 Now, write down all the things you did to them, using the Spiritual Principles transgressions as a guide. If you did not do anything to them, make sure that you have not done what you are mad at them for doing, to someone else. Be honest and thorough. The |
|--|--|---|--|---|

Show me how I may be helpful to this person, please save me from being angry, Thy Will Be Done.	Universe knows what you have done, and balanced the books a long time ago, by making your life hard, so not writing something down will only be you short-changing yourself. Where were you selfish, dishonest, self- seeking and afraid?
--	---

Next. Look at your FEARS: example: Fear of being alone: What is the exact nature of this fear – what will happen if you are alone? What have you done behind this fear to keep yourself from feeling it?

Say this prayer: **God please remove my fear and direct my attention to what you would have me be.**

Now look at your sex conduct and conduct over the years past.

Make a list of all the people you have had sex with (who are not on the resentment list) and ask yourself these questions:

Where was I selfish, dishonest, or inconsiderate? Who did I hurt? Did we unjustifiably arouse jealousy, suspicion or bitterness? Where were we at fault, what should we have done instead?

Next look at your conduct towards people that you have no resentment in connection with, that you were mean to or harmed. Include all sentient beings. *Write it out.*

Next, read this whole inventory to somebody – someone sworn to secrecy – like a priest, or social worker or your friend – someone who will be unaffected by the contents.

After reading it to someone, take an hour to review the whole thing and make sure that you have not left anything out.

Reflect with God that you are getting to know Him better. At night, after having read the personal inventory, get down on your knees before bed and ask God to make you willing to remove all the defects of character that you discovered in this process.

Say a prayer like this **“My Creator, I am now willing that You should have all of me, good and bad. I pray that You now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows. Grant me strength, as I go out from here, to do Your bidding. Amen.”**

Next, look over the list and write down all the people in and around the situations that might have been affected by your behavior. You could put each individual person from the whole inventory and all the new people on individual index cards so you can see each one as an individual person. Write down the harms you caused specifically. How much money did you steal exactly? Meditate on each person and put them into piles: Yes, Maybe, Never that you are willing to repair the damage to. Put the sexual relations ones on the bottom.

Use a script similar to this when approaching people you have harmed:

I have been doing some work of a spiritual nature and I need to make matters right with you, can we get together face to face and talk, in a public place?

When together: Be vague, don't reharmed them with specifics unless they already know.

I was selfish, dishonest, and inconsiderate regarding

How did that make you feel? Shut up and listen.

Did I leave anything out? Shut up and listen.

What can I do to make it right? Write it down and do it. If you owe money, make a plan that you can afford to pay it back, but pay it all back. If they tell you they do not want the money, ask them where you can donate it. It's not your money. Or donate it somewhere that is a selfless act – give food to a homeless person. Talking negatively about other people is gossip and that is a harm, but you don't tell someone you gossiped about them, you tell the people you gossiped to.

Be extra careful with sex conduct not to have sex with the person after making your declaration of fault – you will have created a space of intimacy that might make you feel lovey – don't fall for it – this person is no longer someone that you can be with unless they are your current partner.

Do not be specific about who you cheated on them with, if you cheated – just admit that you cheated if you think they know. If they don't know, then this may be a burden you must carry. Every situation is different. Pray about it to know what to do. You are setting them free, not absolving your guilt. If you ask them if there is anything you left out, this is the time when they can state that situation to you.

If children are involved, you might have to be completely honest. Every situation is different.

You must be very careful not to cause more harm when making reparations and also not to harm others who were involved- for example if you got A's in college by having sex relations with your professors you can't make the amends if it will harm the professor to do so. Just don't do that again. Don't use people.

Pay back the money you owe, time you stole at work. Apologize to the people you broke promises to and keep the promises. Make restitution for crimes you committed that you were not caught for – balance the books with the people you have harmed.

Make sure that as you do this, you are not causing any harm to the people currently in your life. For example, if you owe money, make sure that paying it back does not cut in to the money you need to

support your family, etc. As you begin to do this, your life will begin to get back in alignment with Natural Law and things will get better for you.

After you have cleaned up the mistakes from the past, continue to keep your side of the street clean – through daily and nightly review to make sure that you are not transgressing any Natural Law principles... with each interaction with others, pause and make sure you are not causing harm... and things in your life will become magical because your Spiritual Channel will be open and clear and you will be in alignment with Nature, God, Spirit. Your psychic abilities will be strengthened and heightened.

Next carry this into the world through unselfish constructive action.

Help others for fun and for free. The person in front of you is the one you help.

But be careful not to try to help people the way you want them to be helped – and try to help them in a way that really helps them. Teach them to fish rather than giving them fish. Prayerfully ask God how to help the person in front of you. Inventory your motives in trying to help them. It takes a while for old habits of manipulation to die, in some cases. (Appendix C provides the background material for this personal inventory process and therefore some very valuable experience and communication)

Every harmful action that a person is capable of taking is a form of theft; some form of property is always being stolen when a wrong-doing is committed.

- **Life is a form of property.**
- **Rights are a form of property.**
- **Freedom is a form of property.**
- **A person's own body is a form of property.**
- **Children are the property of their parents until their brains are completely formed (18-21).**

A living being or their property must have been harmed or damaged in order for a violation of Natural Law, or a wrong-doing to have taken place. Any action which does not cause such harm to other sentient beings is a right. – No victim, no crime. This is the fundamental crux of Natural Law; what is right behavior, and what is wrong behavior. There is no such thing as the delegation of a wrong-doing. In other words, if a specific action is not a right for any individual, then that action cannot be “delegated,” “granted,” or “licensed” to any other individual, or group of individuals, and suddenly be called a right. That action forever remains wrong under Natural Law.

Rights can't be granted to human beings by other human beings, because rights don't come from human beings; everybody is born with the exact same rights. Natural Law (the difference between right and wrong behavior) always holds true regardless of a population's belief systems (culture). This means that it doesn't matter how many people agree that a wrong action can be turned into a right action, or that a right action can be turned into a wrong action. Such things can never be done in reality. People can only believe they can claim such reversals and that this will in some way make it so.

Unfortunately, at this moment in time most people do erroneously believe that it is morally possible for some groups of people to create and delegate “rights” which do not exist, or to take away rights which do exist.

When in doubt as to whether an action is, or is not in harmony with Natural Law, visualize the scenario of a world with only two people. If the behavior is a right or a wrong in that instance, it shall forever remain a right or a wrong in any size population; regardless of how

many people may believe otherwise. So, if the action is a right for one person to do toward another, it shall always remain a right. And if the action is a wrong for one person to do toward another, it shall always remain a wrong, regardless of the number of people involved.

Additional Ways to Raise Your Vibration

1. **Gratitude** – acknowledging what you are grateful for throughout the day or in a nightly review
2. **Selfless Service** – give your service that you want to be paid for, away for free – or do other acts of service – the more you give the more you get. Mimicking Nature – give with no thought of reward. Give with no agenda for the outcome for the other person. Be helpful to your neighbor or family members. Ask God how you can be helpful to others and **keep it a secret**.
3. **Affirmations and Positive Thoughts** – Florence Scovel Shinn, a late 1800s New Thought writer, for example, wrote many wonderful positive affirmations that you can repeat over and over until you believe them in your heart. She wrote a book called *The Power of The Spoken Word*.
4. **Walking Outside in Nature** – hug trees and talk to animals, grasses and birds.
5. **Yoga**
6. **Eat living food** – eat more living food than dead food – get rid of the cruelty factor in the food you take in.
7. **Eradicate Negative Thoughts** – Emmet Fox 7-day Mental Diet: Appendix A.
8. **Keep that cell phone away from your head** – use the speaker phone, but not bluetooth wires in your ears. Put it on airplane mode at night and turn off your wifi at night.
9. **Look at yourself in relationship to the World**. What can you do to be the change?

The Macrocosm: The World

For example, let's examine Taxation for what is really is, without euphemizing. Taxation is the claim that a group of people who call themselves 'government' have been given or delegated the "right" to (forcibly) confiscate an arbitrarily chosen percentage of the product of another individual's labor (a form of property), whether or not that person agrees to share that product voluntarily (coercion is involved). Taxation is enforced by the threat of theft (seizing property that is rightfully a person's possession), the threat of imprisonment (taking away the physical freedom of movement), or even the threat of violence (behavior resulting in bodily harm) if those from whom the product is being seized attempt to resist the confiscation. This practice is always "justified" by those who claim that such practices are necessary and required to uphold the common good. The word 'Justified' etymologically derives from the Latin words 'Jus / Juris' which mean 'Right / Law,' and the Latin verb 'Facere' which means 'to Create / to Make.' Therefore, 'to Justify' etymologically means 'to Create right / to Create law.'

If we define the concept of slavery as: the involuntary confiscation of 100% of the product of labor of another human being, we can clearly see that there is no percentage to which we could lower this number (other than 0%) that would no longer constitute slavery. Many people try to justify this by saying this money is used for different services. However, we aren't able to refuse most of these "services." Imagine, you have a computer at home; one day a computer technician knocks on your door and tells you: "I am now your computer technician, and you are not allowed to refuse my services." Immediately the right to choose (free will) has been taken away. Then he tells you "Whether you want or don't want my technician services, I'm going to need \$300,- every year, I'll come over every two months to collect my money. I do not care if you are happy with my service or not, and if you refuse to

pay me, I will take your computer.” Does it seem like the computer is truly yours, if you are living under that kind of coercion? Or does it seem more like a violent criminal telling you: “I am going to steal your possessions if you don’t give me what I say you should.” That sounds more like a form of extortion or duress, and that is what all forms of taxation fall under; duress. If we are being completely honest with ourselves, taxation is merely a euphemism for theft, violence, and slavery; these are the three practices on which it is actually based. Since no individual anywhere on Earth has the right to claim ownership of the product of another’s labor, such behavior can never be delegated to a group of people, and called a “right.” **Therefore, all forms of taxation are always wrong according to Natural Law.**

Another important example of something to examine for what it actually truly is, is Prohibition. Whether regarding drugs or junk-food, ingesting anything harmful into the body is strongly opposed, hopefully for obvious reasons; purification of the body is an important part of purification of the mind. It is crucial to recognize that anyone should be allowed to put anything inside their body, **or refuse to put anything inside their body (as with the current “vaccine” agenda)**, because they own their body. If an individual, for whatever reason, wants to ingest any given substance they always have the right to do so; or they can not ingest something they do not want to ingest **because their body is their property**. People easily tend to over think this concept when confronted with the question whether their body is theirs or not. They often pause and ask themselves questions like: “Am I going to own my body forever? I’m going to die someday, does that mean I don’t own it now?” This is a complete over-mystification of the concept. All sensible humans recognize that they will die someday, and that their consciousness will then leave their bodies. Does that mean they don’t own their body right now? Your consciousness inhabits (lives- / exists inside) your body, which is one of the specific reasons you own your body, the other is that you are using your body right now. – Specifically, because your conscious inhabits your body, and you are using it as the vehicle for the expression of your consciousness; your body is yours. Continuing on the topic of prohibition or forced vaccination, it is the claim that a group of people who call themselves ‘government’ have been given the “right” to prevent others from putting or force others into putting any given substance into their own bodies, and if those people refuse to comply with those terms, they will be fined or imprisoned or locked out of society. It should be self-evident that since an individual’s body is their own property, that individual always maintains the natural right to decide what will or will not be put into their own property. In this instance, their own body.

Society, on the other hand, has gone from simply being a group of people living in a geographical area, with some common agreements on how to live together peacefully, to an entirely other hidden and fraudulent system, which I encourage everyone to investigate for themselves, and I will provide links to that in the Source Material section.

Imagine another person telling you that you aren’t allowed to put your jacket into your car or that you must put your jacket in your car, or that you can’t put a certain piece of furniture inside your home or that you must. Why is it that most people would not accept that, but do accept this concept regarding their own body? –

Because people can’t seem to separate the act of imbibing the substance, and the action that someone may subsequently take, which are two different things. A person may have some drinks, and get drunk if they wish to; but if that person goes out on the street afterwards and starts beating somebody up for no reason, they obviously have no right to do that. However, an individual maintains the right to go drinking, or use cocaine, or even inject heroine into their arm. They obviously aren’t good ideas, but every individual has the right to do so if they please; as long as their subsequent behavior isn’t immoral and wrong. And yet, now in this very world we are living in, many people think that although people should not have this right they must accept a “vaccination” with unknown

contents for an unproven nebulous illness and most people are even policing each other into wearing any old piece of cloth over their faces which are proven to not work at all for keeping out anything except oxygen. Even people who have medical conditions which make breathing impaired as the result of wearing a face covering are not being considered by their fellows.

People are still fully accountable for the actions they take, that's what personal responsibility is. The two separate acts of a person having the right to put or not to put whatever they want into or onto, their own body, and still being personally responsible for whatever he or she may do with their body afterwards, need to be clearly delineated, and separated from each other. Understanding this, we can easily see that the claim of "right" to dictate what will or will not be put into or onto the body of another person amounts to a claim of ownership upon the other person's body.

Imagine somebody telling you that you aren't allowed to eat carrots or drink orange juice or that

FORCE	VIOLENCE
The capacity to do work or cause physical change; energy, strength, active power	The <u>immoral initiation</u> of physical power to coerce, compel or restrain
Action which is in Harmony with Morality and Natural Law because it <u>does not violate</u> others' Rights	<u>Coercive</u> action which is in Opposition to Morality and Natural Law because it involves the <u>violation</u> of others' Rights
Action which one <u>ALWAYS</u> possesses the Right to take (includes defense against Violence)	Action which one <u>NEVER</u> possesses the Right to take

you must eat carrots or you must drink orange juice, for example. **The claim of ownership upon another person's body is slavery.** Therefore, prohibition is merely a euphemism for slavery, backed by violence, regardless of the justifications made by those who claim such practices are necessary to uphold the common good. Since no individual anywhere on Earth has the right to claim the ownership of another

person's body, such behavior can never be delegated to a group, and called a right. **Therefore, all forms of prohibition and command are always wrong according to Natural Law.**

What we normally think of as property, such as possessions and real estate, are no longer even owned, if you look at the documentation closely. As a result of corruption and non-attention paid, we no longer own our property or our homes, as per the Deeds and Titles.

Lastly, we will examine **Licenses and Permits**, keep in mind to also visualize the same scenario with only two people as was mentioned before. In that sense, most people can readily see that no single person, or group of people is able to legitimately make these claims towards another person; regarding taxation, prohibition, licenses and permits. We have gotten to the point where most people actually believe that certain groups of people have created rights for themselves that other people don't have. Licenses and permits are claims that a group of people who call themselves 'government' have been given the "right" to prevent other people from exercising specific behaviors, even if such behaviors cause no harm to others, or their property. Unless those people petition (definition of petition: "a formally drawn request, that is addressed to a person or group of persons in authority or power, soliciting some favor, right, mercy, or other benefit."), or pay the government for permission (where the word 'permit' is derived from) to be allowed to exercise those behaviors. This amounts to the claim that rights are merely privileges that may be granted or taken away by government at any time, based upon the people in government's preference or discretion. Remembering that the definition of a right is: 'any action which does not cause harm to another sentient being or their property.' It can be readily seen that there is no such thing as the "right" to stop someone from exercising a right, since

rights cause no harm. The claim over the rights of another person is called slavery, regardless of the justification made by those who claim such practices are necessary to uphold the common good. Since no individual anywhere on Earth has the right to claim the ownership of another person's rights, such behavior can never be delegated to a group, and called a right. **Therefore, all forms of licensing and permits are always wrong according to Natural Law.**

Force vs. Violence

Force and violence are often spoken about as if they are one and the same, and used interchangeably. While in fact, they are actually diametrically opposed, polar opposites.

Force:

“The capacity to do work or cause physical change.” → For any change to be created in the physical world in any capacity, physical force must be applied. There is nothing you can do to change something in the physical world, that doesn't require force. The words you are reading right now were typed out by hand using physical force. Force is the capacity to perform physical work; physical change. **“Action which is in harmony with morality and Natural Law because it does not violate others' rights.”**

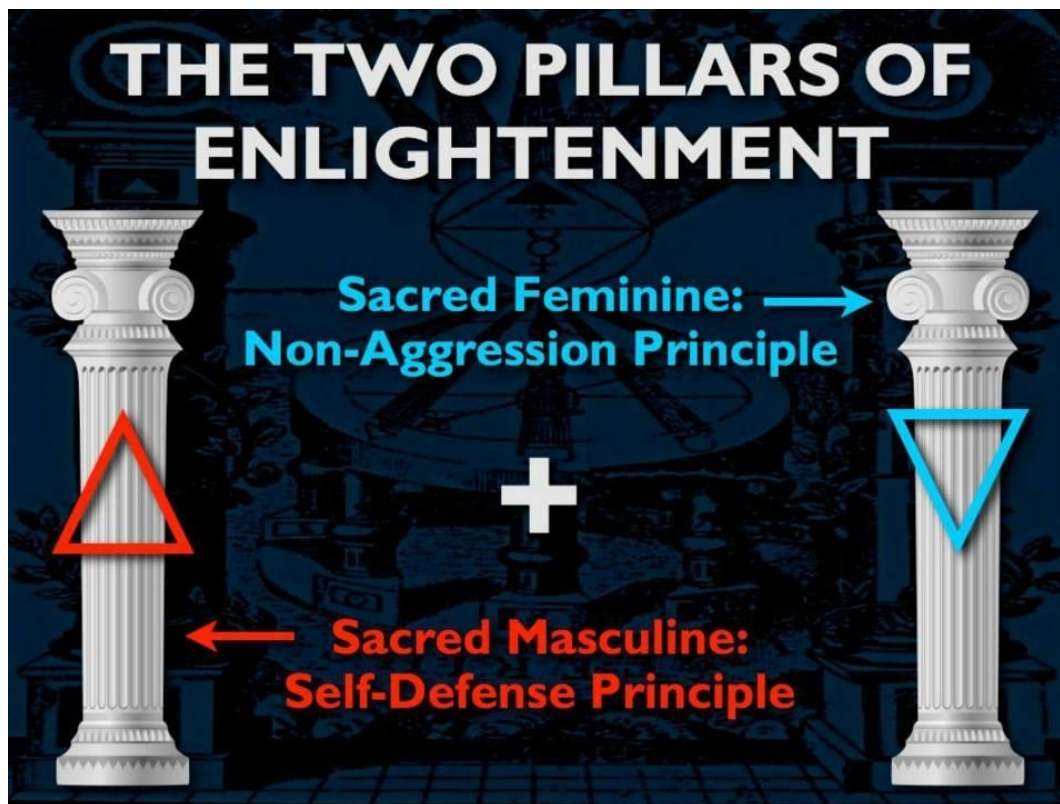
→ As soon as a person steps over that line, and uses initiation of force for coercive reasons or applications, that is what makes it violence instead of force. Force itself is not the same as violence.

“Action which one always possesses the right to take (includes defense against violence)” → When you are approached with violence you reserve the right to use physical force defensively against such an assault.

Violence:

“The immoral initiation of physical power to coerce, compel or restrain” → Initiation is the key-word here (definition of ‘Initiate’: to Begin / to Introduce / to Start). Nobody ever has the right to enact violence; because violence is always starting the conflict. In short, the immoral initiation of force is violence. What often happens in elementary schools when two students get into a physical altercation, the teachers usually tend to say: “It doesn't matter who started it.” While that is one of the absolute most critically important things that matters. **The person that struck first, is the person that conducted violence, they initiated the immoral use of physical force.**

“Coercive action which is in opposition to morality and Natural Law because it involves the violation of others' rights” → This is exactly why it is called violence; it violates the rights of other people. The act of violating rights is what violence is, it's derived from the same root word, the Latin verb ‘Violare,’ which means ‘to Treat with violence or dishonor. “Action which one never possesses the right to take” → There exists no such thing as the right to commit violence. However, one always reserves the right to use force in a defensive capacity, up to, and including deadly force.



The Two Pillars of Enlightenment

The first pillar of enlightenment is the 'Sacred Feminine principle,' also called the 'Non-Aggression principle.' This principle states: do not engage in violence. In other words, do not immorally initiate non-rightful use of physical force to coerce, constrain, or compel the rightful behavior or free will choice of another sentient being.

The second pillar of enlightenment is the 'Sacred Masculine principle,' also called the 'Self-Defense principle.' This principle states: sentient beings have the inherent right to use force to defend themselves and others from violence conducted against them. **There is no such thing as an enlightened being that doesn't fully grasp both of these principles.**

Ownership

The main reason our species continues to experience a systematic and growing loss of freedom is because we collectively do not deeply understand ownership, and we continue to commit and condone theft. To own something means that, regarding that thing, an individual maintains:

- Rightful possession (acquired without doing somebody else harm)
- Control of usage
- Maintaining personal responsibility

Natural Law can be essentially reduced to a single spiritual law: **Don't Steal.** That's all. We have to collectively understand that all rights are property rights. Stop taking the property of other beings, and stop condoning the taking of property of other beings.

Conscience

Most people don't seem to think of conscience as knowledge, while that is exactly what it truly is. It isn't behavior, it isn't action; it's knowledge. The word 'Conscience' is derived from the Latin prefix 'Con-' which means 'Together /With' and the Latin verb 'Scire' which means 'to Know / to Understand.' So, the two combined mean 'to Know together.' Therefore, conscience is common sense, quite literally. All of us together must come to an understanding of the definitive knowledge of the objective difference between right and wrong behavior according to Natural Law.

Exercise of Conscience (Action):

The exercise of conscience is the free will choice of right action over wrong action; once the definitive knowledge of the objective difference between right and wrong according to natural law has been acquired and integrated into the being. We must acquire that knowledge first, come to an understanding of it, and finally we act either in accordance with it, or in disharmony with it. If we act in accordance with it, that is called the exercise of conscience.

The Law of Freedom

The law of freedom states: *Freedom and Morality are directly proportional. As Morality increases, Freedom increases. As Morality declines, Freedom declines.*

Another way of stating this law would be to say that the presence of Truth and Morality in the lives of people in any given society, is inversely proportional to the presence of tyranny and slavery in that society. **The more knowledge of Truth and Morality there is, the less tyranny and slavery there will be within that society.** True freedom can never exist in a society that embraces

moral relativism, the idea that there is no inherent and objective difference between right and wrong, so humanity may arbitrarily “create” or “decide” right and wrong for themselves.

Natural Law vs. Man’s Law (government)

Natural Law	Man’s law
Based Upon Principles & Truth (Inherent To Creation)	Based Upon Dogmatic Beliefs (Constructs Of Mind)
Harmonized with, due to Knowledge & Understanding	Complied with, due to Fear of Punishment
Universal; exists and applies anywhere in the Universe regardless of location	Differs with location based upon the whim of legislators (Moral Relativism)
Eternal and Immutable; exists and applies for as long as the Universe exists, and cannot be changed	Changes with time based upon the whim of legislators (Moral Relativism)

Natural Law:

“Based upon principles & Truth. (Inherent to creation)” → Things that are inherent to creation are not made or caused by humankind.

“Harmonized with, due to knowledge &

understanding. (or rejected, due to ignorance or contradicting beliefs)” → Natural law isn’t something that’s based on a person’s compliance, because a person has to fear the “punishment” of not understanding it. If you don’t understand it, and don’t live according to it, the result or consequence will be inescapable. If you behave a certain way, there are certain consequences. And if you change your behavior, you’ll change the consequential results.

“Universal; exists and applies anywhere in the universe regardless of location.” → There is no place you can go in the physical universe where Natural Law doesn’t apply.

“Eternal and immutable; exists and applies for as long as the Universe exists, and cannot be changed.” → Natural law is immutable because it cannot be changed by any action that any being in the universe is capable of taking.

Man’s Law (government):

“Based upon dogmatic beliefs. (Constructs of mind)” → These beliefs can be seen as “programs” operating in the human mind.

“Complied with due to fear of punishment.” → Fear is usually the only reason people ever comply with the law of man; and fear is an extremely low state of consciousness.

“Differs with location based upon the whim of legislators. (Moral relativism)” → For example, prohibition; you are “allowed” to smoke marijuana in certain states in the U.S.A. but could be jailed for doing the exact same thing in other states.

“Changes with time based upon the whim of legislators. (Moral relativism)” → To use prohibition and command as an example again; from 1920 until 1933, it was made illegal to possess, and to consume alcohol in the United States of America. Before 1920 it was legal, and after 1933 it was made legal again, all because of what some politicians wrote on pieces of paper. For man’s law this means; if a particular man-made law is in harmony with Natural Law, then it follows logically that it is redundant, since it is stating a Truth that is pre-existing and inherent in Nature. Therefore, the writing down of that concept and calling it a law, is both unnecessary and irrelevant: Like the Constitution of the United States of America.

If a particular man-made law is in opposition to Natural Law, then it follows logically that it is both false (incorrect) and immoral (harmful to others), or in other words, wrong. Because if it isn’t based in Natural Law it means that it is causing somebody harm by taking something that belongs to them, whether it’s a right, or any physical possession. Therefore, it can never be legitimately binding upon anyone. Somebody can’t write down a wrong-doing and tell you that it is morally binding upon you, while literally stating that even though it causes harm, you must obey this rule. In light of Natural Law, man’s “law” is always unnecessary and irrelevant.

Equality (under Natural Law)

Everyone has the exact same rights. Nobody has any more or any less rights than anyone else. Since rights are not created by humanity, and since they are the birth-right of humanity, gifted to us by the Creator of the Universe. Not a single person or group of people is capable of “granting” or “gifting” rights to anyone else, nor is any person capable of revoking rights from anyone else.

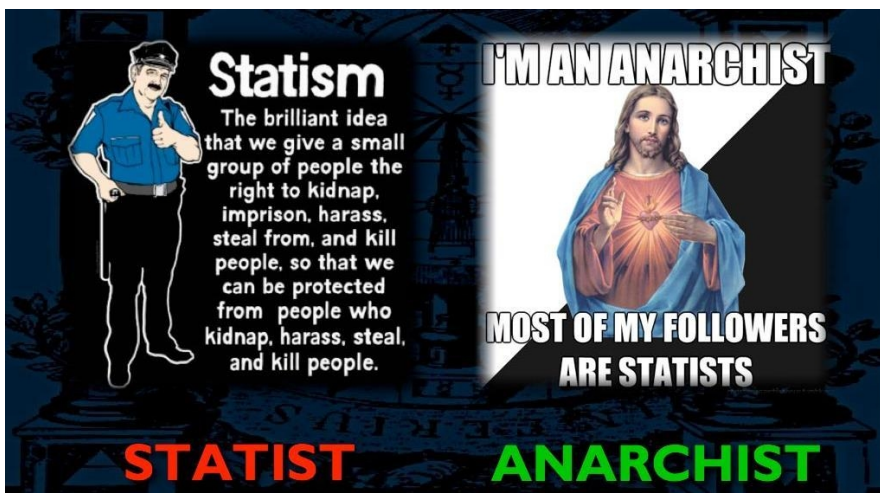
“Government is nothing but men acting in concert. The morality and value of government, like any other association of men, will be no greater and no less than the morality and value of the men comprising it. Since government is nothing but men, its inherent authority to act is in no way greater or different than the authority to act of individuals in isolation. Government has no ‘magic powers’ or ‘authority’ not possessed by private individuals. Let he who asserts that government may do that which the individual may not assume the onus of proof and demonstrate his contention.” – Chris Lyspooner, Ludwig von Mises Institute

The word ‘Government’ is derived from the Latin verb ‘Gubernare’ which means ‘to Control / to Rule / to Direct.’ (just as was shown earlier with the etymological breakdown of the word ‘Sovereign,’ there is no “V sound” in classical Latin. This can be readily seen in the name of the ceremony for electing a governor; they are called ‘Gubernatorial elections.’) The second part of the word ‘Government’ is derived from the Latin noun ‘Mens’ which means ‘Mind.’ Therefore, put together the word ‘Govern-ment’ etymologically means ‘Mind control.’ The etymological origin of the English suffix ‘-ment’ is often debated, yet it is quite clear that those who created the English language deliberately chose ‘Mens’ the Latin word for ‘Mind,’ to mean ‘the State of-’ or ‘the Condition of-,’ in direct keeping with the first Hermetic principle; the principle of mentalism. Which demonstrates that in

order for any particular event, circumstance, state or condition to exist in our current manifested reality (the plane of effects), it must first have existed in the mind (the plane of causality).

Government is based on the illusory concept called 'Authority.' People that believe certain other people are authorities, means they believe that those individuals have rights that other people do not. Mainly, the rights to command, compel, coerce and constrain. Authority is based upon an equally illusory concept called 'Jurisdiction.' The word 'Jurisdiction' is derived from the Latin noun 'Jus / Juris' which means 'Right / Law,' and the Latin verb 'Dictere' which means 'to Speak / to Say.' Thus, the word 'Jurisdiction' literally means 'to Say what the law is.' In other words, to "make up" or to "decide" what the law is. "Authority" is an illusion of a diseased psyche, based entirely in violence and built upon the false belief that some people are "masters" who have the moral right to issue commands, and that other people have a moral obligation to obey those commands. Simply put; slavery.

The belief in the legitimacy of "authority" is the belief in the legitimacy of slavery. Ultimately, "authority" is the idea that man can become God, and through jurisdiction, dictate the law, and dictate what is right and wrong. The concept of government and the concept of authority are forms of (false) religion, yet most people fail to see it that way. The word 'Religion' is derived from the Latin verb 'Religare' which means 'to Tie back / to Hold back / to Thwart from forward progress / to Bind.' A false religion is a system of control based in unchallenged, dogmatic belief which holds back the progress of consciousness. We should stop trying to make our religion Truth, and start making Truth our religion.



The One True Divide

There is only one true divide that separates humanity into two distinct types of individuals. The criterion for this divide is whether or not a person believes in "authority," and therefore believes that there is legitimacy to slavery. That is the only divide which truly separates us.

Statism vs. Anarchy

Statism:

A Statist is a person who erroneously believes that there is such a thing as "authority" vested in certain people, giving them the "right" to rule over others. This "authority" means that certain people, who call themselves 'government,' have the moral right to issue commands to those whom they rule (those under their jurisdiction), and that their subjects (slaves) have a "moral obligation" to obey the arbitrary dictates (laws) set by their "masters." Most simply put, a statist is someone who believes in the legitimacy of slavery.

Anarchy:

Conversely, an Anarchist is a person that knows there could never be legitimacy to "authority" or "government" because those terms are simply euphemisms for violence and slavery, which are always immoral and in opposition to Natural Law. The word 'Anarchy' is derived from the Greek prefix 'An- (αν-)' which means 'Without / the Absence of' and the Greek noun 'Archon (αρχων)' which

means 'Master / Ruler.' **Anarchy does not mean 'Without rules' – it literally means 'Without rulers / Without masters.'** The only permanent rules that are in place, are the ones of Natural Law.

No Masters = No Slaves

It seems self-evident that anarchy is the true meaning of freedom, and yet when you ask a person what anarchy means (to them), and what they associate it with, the answer will most likely be: rioting, looting and destroying other people's property, in one word; chaos. Which is literally the exact opposite of what anarchy truly is.



The Fear of Chaos

Chaos shouldn't be viewed as something to be feared, it should rather be viewed as a teacher. Definitely a harsh teacher, but a teacher nonetheless. It teaches us through the apophatic process, what not to do.

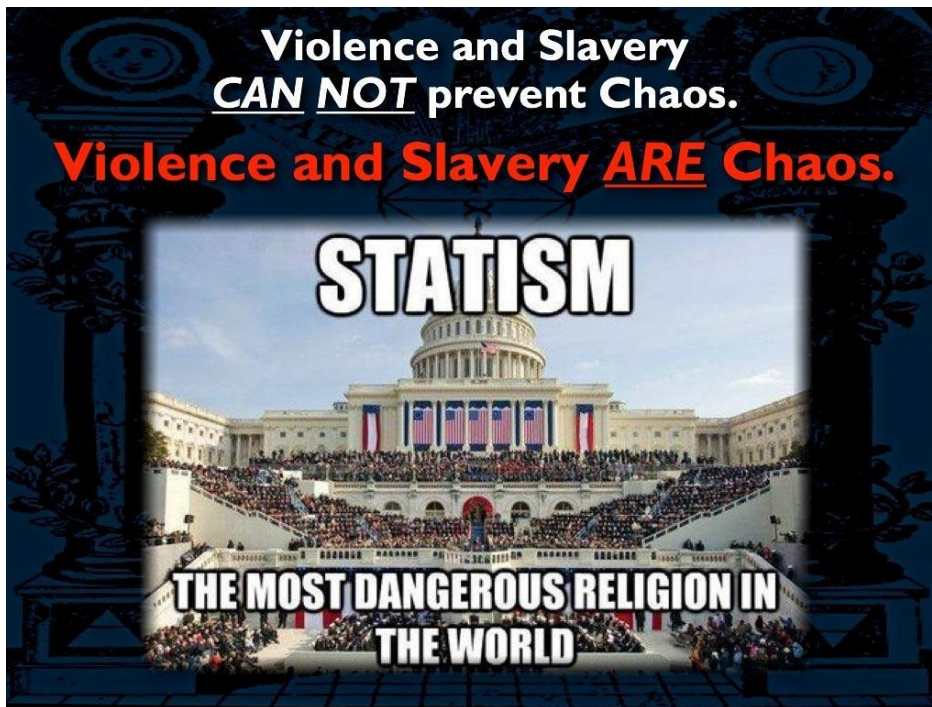
What you see pictured to the left is obviously a bad idea and you probably shouldn't do that; if your desire is not to burn your hand up to the point of blistering and your skin coming off. However, if you don't care about that happening, then by all means, keep your hand right

on that burner. But if you wish not to get burned, there are certain requirements for obtaining that condition. That means you can't keep your hand on something that is extremely hot, or Natural Law will take over and burn your hand.

In our current human condition it seems that a lot of people would say they do not want to be burned, yet simultaneously, they insist: "No, I want to put my hand on the burner while the range is switched on, and NOT be burned!" But obviously, it doesn't work that way. If you don't want to be burned, your hand can't be kept there while the stove is on; if you don't want self-inflicted suffering and chaos in your life, you've got to align your behavior to Natural Law. Which means you've got to know the objective difference between right and wrong behavior, and through free will choice deliberately choose right action over wrong action. And only then, will you not get burnt. True freedom includes infinite possibility, which, by definition, includes the possibility of chaos. This possibility must be embraced without fear if we are to be truly free. For real freedom to exist, we must accept that in the physical world there are risks, and there could be dangers. There will always be the possibility of something unexpected happening, something going wrong, or someone getting hurt; but if you are living in that state of fear, you are living in a very low state of consciousness. Fear ultimately leads to chaos. The fear of chaos itself can only get you more chaos, because it is based in fear (see 'Natural Law expressions' chart). The fear of the possibility of chaos is the fear of true freedom. This can also symbolically be seen as the "death" of the imagination. Imagination is the powerful ability of the

human mind to envision a different state or condition than the one that is already manifested.

Imagination must be present in order to create a different state of existence than the one currently being experienced. This is because, according to the Law of Mentalism, for a different state to manifest in the physical world (Plane of Effects), it must first exist within the mind (Plane of Causality). If the imagination is stifled or destroyed, creating any positive change to our state of existence



becomes completely impossible. Through their fear of the possibility of chaos (true freedom), most people advocate the legitimacy and continuance of “authority” and government, and are therefore actually advocating the legitimacy and continuance of violence and slavery. Those who believe that “authority” is necessary and that it must continue, have been duped into believing that human slavery is necessary and must continue in order to prevent chaos. **Violence and slavery cannot prevent**

chaos; violence and slavery are chaos.

Order-Followers

Order-followers are the people that keep the currently existent system of slavery in place; not the ruling class, not the political “leaders” or “masters,” and not the so-called “elite.” The people that keep the current slavery system in place, are the people who willfully follow orders.

Mask-wearers are the New Order-Followers! Are you wearing a mask? You are bringing in the New World Order!

This can be a difficult Truth to learn, and to accept for a lot of people. Following orders means doing what you are told to do, without judging for yourself whether or not the action you are being ordered to carry out is right or wrong behavior. If an individual is following orders, that individual can impossibly be exercising conscience, because by definition, exercising conscience means that one is willfully choosing for themselves right action over wrong action. Following orders should never be seen as a virtue of any kind; if you are acting based solely on what someone has told you to do, there is no morality found in that whatsoever. There is no such thing as morally following orders, the two terms are contradictory.

Therefore, “I was just following orders” is never a valid excuse or justification for immoral, harmful behavior. This sorry attempt to give up personal responsibility should never be accepted as a valid excuse for such behavior.

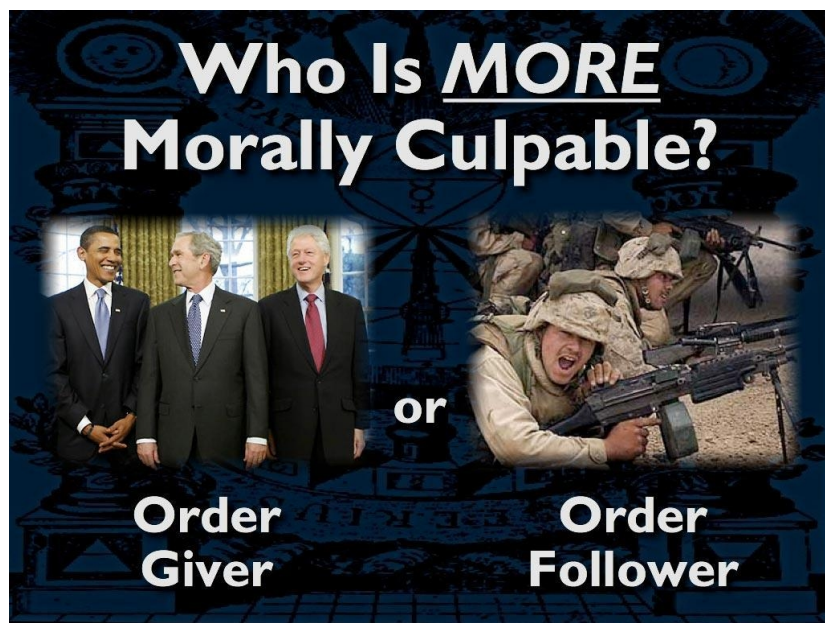
The order-follower tries to abdicate their personal responsibility for their actions and pretend the blame lies with the order giver; which is an obvious lie (to themselves, mainly). They could look you dead in the eye and say “I’m not responsible for that. I just did it; but I’m not the person who’s responsible for it, because I was acting on orders from somebody else.” It’s astonishing that they somehow truly seem to believe that statement can be regarded as true, in any way. Sadly, many people nowadays believe that there is legitimacy to this criminal behavior because a group of people calling themselves ‘government’ have somehow been imbued and gifted with such “rights.” The people in government believe they have rights that others don’t; but what’s even worse is that the people who are actually affected by their immoral behavior, they believe it too.

“You assist an evil system most effectively by obeying its orders and decrees. An evil system never deserves such allegiance. Allegiance to it means partaking of the evil. A good person will resist an evil system with his or her whole soul.”

– Mahatma Gandhi, per-eminent leader of the Indian Independence Movement

Moral Culpability

Moral culpability is the determination of who is ultimately at fault, or deserving of blame for the commission of actions which resulted in harm or loss to others. The word ‘Culpable’ means ‘at Fault / Deserving of blame,’ it is derived from the Latin noun ‘Culpa’ which means ‘Fault / Blame.’ The people that act out a certain behavior and cause harm, loss, chaos or trauma to others



always carry blame. Who actually carried out the Holocaust in Germany? – The people that followed the orders to do so; therefore, order-followers is the answer. And they are always in the form of police or military; this is why a totalitarian state is referred to as a ‘Police State.’ Because they are the people ultimately responsible for bringing that condition into manifestation through their behavior. The order giver (president / mayor / judge etc.) makes a command, the order-follower obeys without question, and through their behavior make that condition a reality; that’s why it’s called a police state.

Because every police state that has ever existed, has always been created by police following orders. Because they don’t want to think for themselves, they don’t want the personal responsibility and they don’t want to truly know the difference between right and wrong for themselves, like a responsible adult person would.

Note that the term ‘MORE’ is underlined and capitalized in the above picture; the order givers are also morally culpable, that is not the question. The question is “Who is MORE morally culpable?” The answer is always the order-follower, at any time, in any place.



The people on the left aren't the actual cause of what happened on the picture in the middle; all they did was sign some pieces of paper, and told the people on the right: "Go and bomb/shoot/kill these people" and they said "Yes, sir" and went right ahead and committed whatever wrong-doings they were commanded, without questioning at all if what they were ordered to carry out is right or wrong behavior.

The order-follower always bears more moral culpability than the order-giver, because the order-follower is the one who actually performed the action, and in taking such action, brought the resulting harm into physical manifestation. Order-following is the pathway to every form of evil and chaos in our world. Again, it should never be seen as a virtue by anyone who considers themselves a moral person. Order-followers have ultimately been personally responsible and morally culpable for every form of slavery and every single totalitarian regime that has ever existed.

Responsibility vs. Abdication

Responsibility (the ability to respond): An individual's personal responsibility to choose right action over wrong action for themselves is always their own. One can only (falsely) claim that they are abdicating personal responsibility for such choice to someone else, it can never actually be done in reality. It's merely a claim when an order-follower says, "I am not personally responsible, because this person told me to do it" and what it actually truly is, is just a lie. **More simply put, every individual is always responsible for their own actions. This is Natural Law.**

"Accept responsibility for yourself and your actions, thoughts, and words. You alone make choices. You alone are answerable to the consequences of your behavior. The feeble excuse that your boss required it, or the establishment expected it, holds no Truth or justification."

– David Icke, English Author

Lots of people erroneously believe that they can hand over their **Natural Law right to defend themselves** to another individual, or entity. In making such a false claim, they have attempted to abdicate a responsibility which always belongs to them, and can't be wholly given away.

"Those who would give up essential liberty to purchase a little temporary safety, deserve

neither, and will lose both.” – Benjamin Franklin, one of the Founding Fathers of the U.S.A.

Self-Loathing vs. Self-Respect

People who don't want to take responsibility and become adult human beings are in the psychological condition of 'Self-Loathing.' What this means is, they hate themselves; nobody who wants to perpetuate slavery can possibly love themselves. Self-loathing is the underlying psychological condition that causes people to attempt to abdicate their own personal responsibility to exercise conscience, and fall into patterns of order-following and justification. Just as it is not possible for an order-follower to truly be exercising conscience; it is also not possible for an order-follower to truly love themselves. These states cannot exist simultaneously, for they are contradictory psychological conditions. Self-loathing is created when an earlier trauma has been buried in the subconscious mind, instead of being confronted, dealt with, and healed. Such trauma could form feelings of inadequacy; whether they are real, suggested, or simply imagined. A mind-set as such is a psychological prison, and yet, people suffering from self-loathing usually are afraid or ignorant of how to find true freedom; 'they are in the cage, and they love being in the cage.' The only kind of people that have no desire for real freedom, are people in the psychological state of self-loathing, that do not love themselves.

Self-respect heals self-loathing; it is about introspection (observation or examination of one's own conscious thoughts and emotional state). The word 'Respect' is derived from the Latin prefix 'Re-' which means 'Again' and the Latin verb 'Spectare' which means 'to Look at.' – 'To take another look at oneself,' is where true respect starts. You cannot give somebody something that you don't already own yourself. If you don't have \$10,- in your pocket you could impossibly give it to someone else. You must obtain it first, before you can give it away. Therefore, nobody can give respect to anybody else unless they first developed it inwardly. Self-respect must come first, which is why people in the state of self-loathing don't respect anybody, least of all themselves. Only self-respect can heal self-loathing, and therefore help put an order-follower on the path to exercising conscience. Self-respect comes from taking self-respecting actions toward other people and other sentient beings.



The Lost Word

The lost word is a concept which represents a state of consciousness that has been largely "lost" to the majority of people. In order to speak the lost word, a person must work upon themselves in order to achieve a state of equilibrium (balance) between the left and right brain hemispheres. In such a state of balanced consciousness, the individual has come to know the self (microcosm), as well as the working operations of Natural Law, and thus others; the World (macrocosm), and in doing so has come to understand the objective difference between right and wrong behavior: 'Light (Knowledge)' and 'Darkness (Ignorance).' In the balanced state of consciousness generated through the knowledge of Natural Law, a person is finally able to speak **the lost word, which is: 'No.'** It is considered the word of all power in Esoteric practices. When we say NO to those who claim to be our owners, those who claim that they will decide which rights we have or do not have, only then do we stop externalizing our power to anyone outside of ourselves and in doing so, reclaim all of our rights (all of our property).

Very few people in our world have the **knowledge, care, and courage** that is required to do this. That is why this powerful word is considered to be “lost.”

“Know your Rights.” – The reason you have to know what the difference between right and wrong is, and therefore know what rights you have and which you do not have, is because those who don’t know, won’t say no (to somebody who claims to be their owner).

Teaching Natural Law to Others a.k.a. the Great Work

Education is the only solution, knowledge is the solution; and the propagation of that knowledge is ‘Education,’ which means ‘to Lead out from.’ – The Latin verb ‘Educere’ means ‘to Take-



/ to Draw- / to Lead out from.’ Leading a person out of darkness (ignorance) is what a real teacher does. Rather than “pushing” a person out of that darkness, the teacher will go first and show that person the way, and if he or she feels it is the accurate path, that person can follow the same discovery process. However, it must be a repeatable process; as was

mentioned earlier, Natural Law isn’t a religion or a belief system, it is a science.

Shift Happens?

A ‘Quantum Shift’ in human consciousness is required for humanity to become free of its self-imposed state of slavery. Unfortunately, this great change is not an automatic process, nor is it guaranteed to happen at all. Anybody that thinks that’s the case is very naïve, overly positive, and in some form of right-brain imbalance. Whether or not this shift will occur mainly relies on the human will to learn the Truth, prayer and the teaching of it to others. This involves enormous effort, dedication, and persistence. We cannot give up.

There is a saying in Alchemy that has been referred to as the ‘catchphrase of the alchemical tradition’ the saying goes: ‘Labore et constantia’ which means ‘Work and constancy.’ Constant effort is going to be required to get this boulder up the mountain, and in the condition in which humanity finds itself today it will most likely go kicking and screaming. Teaching Natural Law to others is not an easy task, it usually isn’t fun, and we’re definitely not going to get it done in a day. Therefore, we are going to have to continually work hard on this matter, or the quantum shift simply will not happen at all.

A Quantum Shift Has Requirements:

The word quantum is derived from the (same) Latin noun ‘Quantum’ which means ‘Amount.’ In order to tip the scales of Truth and justice back into balance, a certain amount of people actually need to be doing The Great Work of helping other people to receive this knowledge of Natural Law. Simply put, higher amounts of people are required. Individual behavioral choices, either based in harmony or

in opposition to Natural Law, combine in energy and effect, and, in the aggregate, influence the quality of the manifested shared human experience; we collectively create our shared experience. This dynamic acts as a perfect expression of the principle of correspondence: “As above, so below; as within, so without” which is decisively contrary to the “New age” view. In order for a quantum shift to happen, once again, higher numbers are required.

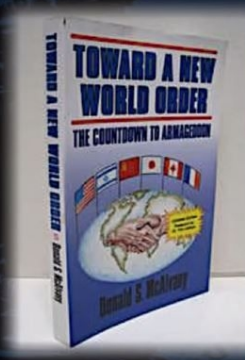
The Great Work

The Great Work can only be performed after one has already realized the Truth regarding Natural Law, and brought oneself (one’s own actions) into alignment with it. From that moment on, the teaching of The Great Work can begin; for once that has been done, there is no more internal contradiction or opposition within that person. From there on out, you can legitimately start teaching it to other people because you know it deeply enough, and have truly aligned your behavior to it. The Great Work is what comes next.

The Great Work is the arduous task of influencing other people to go through that same process of positive change, that you yourself have gone through. It is to help them realize that in supporting and condoning the legitimacy of “authority” and “government (man’s law),” they have actually been supporting and condoning the legitimacy of slavery. And that they were immoral for having done so; convincing a person of that is hard work. Because people usually don’t want to hear this, they want what they think is true, to be true. In short, what The Great Work comes down to is to get people to abandon their (false) religions. The false and dogmatic beliefs which hold back the progress of consciousness by impeding the reception of knowledge of Natural Law.

The Swiss psychotherapist Carl Gustav Jung described The Great Work beautifully; *“One does not become enlightened by imagining figures of light, but by making the darkness conscious. The latter procedure, however, is disagreeable, and therefore, not popular.”* The True Great Work is to become a teacher of Natural Law; and as the old saying goes ‘many hands make light work.’

“Educate and inform the whole mass of the people. That is the only sure reliance for the preservation of our liberty.” – Thomas Jefferson, 3rd President of the U.S.A.



What Is The TRUE GREAT WORK?

“In every declining civilization there is a small remnant of people who adhere to the Right against the Wrong; who recognize the difference between Good and Evil and who will take an active stand for the former and against the latter; who can still think and discern, and who will courageously take a stand against the political, social, moral, and spiritual decay of their day.”

– Donald S. McAlvaney

“The words that are attributed to Jesus Christ in the Gospel of Matthew: “Do not suppose that I have come to bring peace to the Earth. I did not come to bring peace, but a sword. For I have come to turn a man against his father, a daughter against her mother, a daughter-in-law against her mother-in-law. A man’s enemies will be the members of his own household. Anyone who loves his father or mother more than me is not worthy of me. Anyone who loves his son or daughter more than me is not

worthy of me. And anyone who does not take his cross and follow me is not worthy of me. Whoever finds his life will lose it, and whoever loses his life for my sake will find it.” – Jesus Christ (Matthew 10:34-39)

Imagine that these words were in some way “spoken” by the Truth instead of Jesus Christ. It’s telling you that there will be people in your own family who will not align themselves with right over wrong behavior, they will continue to choose, and to advocate violence and slavery. These are not people you want to continue to align yourself with, if you have truly made an effort to explain what is really taking place. “Do not let your hearts be troubled. You believe in God (Creator of the universe); believe also in me (Truth). My Father’s house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. You know the way to the place where I am going.” Thomas said to him, “Lord, we don’t know where you are going, so how can we know the way?” Jesus answered, “I am the way and the Truth and the life. No one comes to the Father except through me. If you really know me, you will know my Father as well. From now on, you do know Him and have seen Him.” Philip said, “Lord, show us the Father and that will be enough for us.” Jesus answered: “Don’t you know me, Philip, even after I have been among you such a long time? Anyone who has seen me has seen the Father. How can you say, ‘Show us the Father’? Don’t you believe that I am in the Father, and that the Father is in me? The words I say to you I do not speak on my own authority. Rather, it is the Father, living in me, who is doing his work. Believe me when I say that I am in the Father and the Father is in me; or at least believe on the evidence of the works themselves. Very truly I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father. And I will do whatever you ask in my name, so that the Father may be glorified in the Son. You may ask me for anything in my name, and I will do it.”

– excerpt from the Bible (John 14:1-14)

What will this battle really be against?

The personal “battle” that must take place will be against the inner demons which exist in the psyche of humankind, namely:

- **Egos hardened into negative “knowledge”**
- **Emotional mind control**
- **Fear of true freedom**

• **Negative “knowledge”:** The greatest enemy may not be ignorance, but rather the illusion of knowledge. When a person dismisses information simply because they think they already know it, or think it isn’t important. Not only are they not at the starting point for Truth discovery; because they are already attached to information that isn’t true. They are put in a negative starting position because they must first unlearn the information they have been conditioned to believe, to even get to the actual starting point. This happens when a person is in left-brain imbalance.

• **Emotional mind control:** “If it’s unpleasant, I don’t want to hear it, I don’t want to see it, and I certainly don’t want to tell others about it! I’ll just ignore it, and it will go away.” What happens when you would do that with, for example, an illness, or any other problem? It doesn’t tend to get better, it only gets worse. Another form of emotional mind control is when a person dismisses information



solely because that person dislikes the way the information is being presented, or delivered to them. You cannot determine the veracity of informational content based on how it makes you feel, doing so is a logical fallacy; you cannot “think” with the emotions. While emotions are also extremely important (our “compass” for morality), you can’t thoroughly analyze and conclude what’s true based only on how something makes you feel. If you are told a lie in a sweet, pleasant and soothing voice, it’s

still a lie. If you are told a Truth in an abrasive, harsh and scratchy voice, it is still Truth.

“Truth is belligerent. Truth is, by its very nature, at war with the forces of falsehood and deceit.” – Bertolt Brecht, German Poet

- **Fear of true freedom:** Where does the fear of true freedom come from? From the refusal to own personal responsibility (symptom of the problem). ↑ Self-loathing due to lack of self-respect (heart of the problem): What kind of people want to live in perpetual refusal to their personal responsibility, because they have nested traumatic issues that have led to self-loathing and lack of self-respect? – Young children. People that are psychologically, emotionally, and spiritually immature; they haven’t grown up. Therefore, they don’t accept personal responsibility, something that is regarded a hallmark of true adulthood and maturity. This is due to a trauma they have undergone, that has led to self-loathing, and the lack of self-respect.

Until we start to figure out the causal factors of the other manifesting psychological conditions listed above, we are merely dealing with the symptoms, not the root of the problem. If a child doesn’t like themselves, and they feel they are “not good enough” or “not worthy,” all these imagined feelings of inadequacy, and self-loathing. Those are usually the factors that cause their refusal to grow up, and their refusal to take personal responsibility for their actions during adulthood. What specific type of childhood trauma has this child, most likely, gone through?

↑ Abandonment issues (root of the problem): The human species is suffering from very deep-seated parental abandonment issues, that lie at the very core of our global psychological condition; the human condition. Until we deal with that deeply nested psychological trauma, we aren’t dealing with the actual root cause of the problem, and we won’t get any closer to solving it.



What Will be Required on the Part of Those Performing the Great Work?

- Knowledge of the real enemy
- Service to Truth
- Courage and persistence
- Practical real-world skills
- **Knowledge of the real enemy:**
The real enemy is the ignorant masses. There are people that say: “The Illuminati enslaves humanity.” Which is not at all the case; humanity enslaves the real Illuminati (the ‘Illuminated (enlightened)’ ones). If that term is to be used for anyone, it makes more sense to apply it to actual teachers of Natural Law, the people that know and understand

what is written about in this thesis are the real “Illuminati.” – They are the real “enlightened” ones; the ones with the light, the ones with the knowledge of Natural Law.

Humanity is enslaving itself, and also the true Illuminati: the teachers that are actually living under the conditions of slavery because they are here with the ignorant masses. It almost seems as if people prefer to think: “we’re powerless victims, there is no choice involved here, this is something that is just being done to us.” While free will is always in existence, and it’s a matter of changing one’s thoughts, prayers and therefore changing one’s choices. And that is our own personal responsibility which can never be given away. Once more, you are always responsible for your own actions.

• **Service to Truth:** Truth can never be destroyed. But humanity can definitely be destroyed, if we refuse to act in service to Truth as its defenders. There are people that think Truth doesn’t need to be defended, which is absolute nonsense. Truth needs to be defended for at all times and places, because the attack on it is never-ending and non-stop. If we do not come to defend Truth; the voice of unTruth and deception rules the day, and the voice of Truth will not be heard. Since the Truth doesn’t have its own voice in our physical domain, we must act as its mediums and literally be its voice. It is definitely possible for us to co-create a positive outcome, but this can only be accomplished if we care enough to learn the Truth ourselves, and **then develop the courage** to speak it to other people.

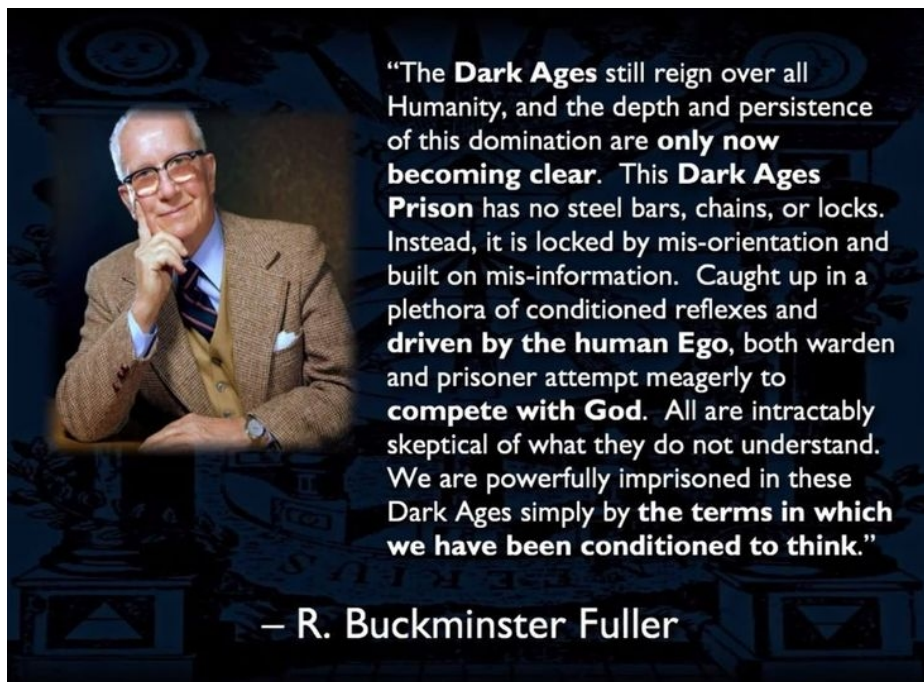
“If you love wealth greater than liberty, the tranquility of servitude greater than the animating contest for freedom, go home from us in peace. We seek not your counsel, nor your arms. Crouch down and lick the hand that feeds you. May your chains set lightly upon you, and may posterity forget you were our countrymen.”

– Samuel Adams, one of the Founding Fathers of the U.S.A.

• **Persistence:** We are the vehicles by which Truth operates in our world. Therefore, it is our shared responsibility at this time to help to awaken others by continuously speaking the Truth, even if we feel burdened by this task, even if we feel that nobody is listening, and even if it makes all people involved feel uncomfortable. Nobody ever said that the Truth is going to make you feel warm and fuzzy inside; the Truth can be horrible, and yet it needs to be embraced as a lover.

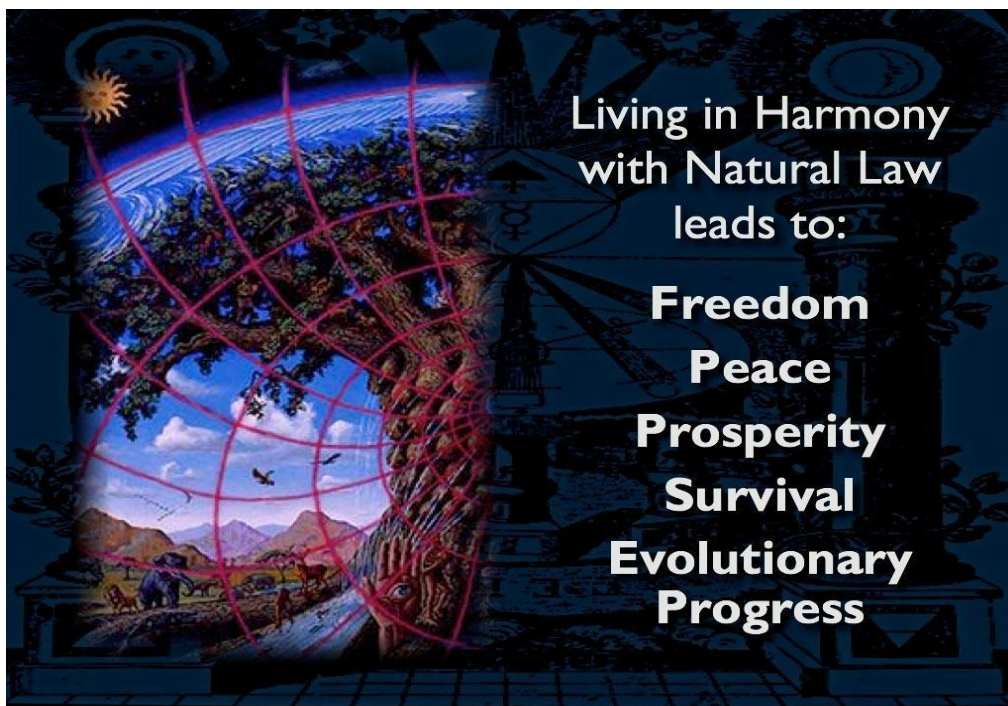
“There are only two mistakes one can ever make on the path to Truth; not starting, and not going all the way.” – Buddha, Religious leader

At the Crossroads



The conditioning of our thoughts is what has kept us in this prison, and only now are some people beginning to see the actual depth of it. We are living in ‘Post-Apocalyptic’ times, in the literal sense of the word. The word ‘Apocalypse’ is derived from the Greek prefix ‘Apo- (απο)’ which means ‘Away from / Off / Removed from’ and the Greek verb ‘Calyptein (καλυπτειν)’ which means ‘to Cover / to Conceal,’ hence the word apocalypse literally means ‘to Reveal’ or ‘to Take out of hiding.’ Therefore, the apocalypse simply means the

revealing of Truth. The veil has already been lifted, and the Truth about what has been, and still is



going on here on Earth is already out there, and available for most people to find. We have to make, what has been called ‘The Cosmic Apology.’ The word ‘Apology’ is made up of the Greek prefix ‘Apo- (απο)’ which means ‘Away from / Off / Removed from’ and the Greek noun ‘Logos (λόγος)’ which means ‘Word.’ Hence apology literally means ‘to Go away from the word’ (to take back something you said),

or ‘to Give back the word.’ If a person says something they didn’t really mean, or something they want to retract, they apologize; they are “moving away from” what they have said. The Greek noun ‘Logos’

is derived from the Greek verb ‘Lego (λέγω)’ which means ‘to Speak / to Say’ (this is where the English word ‘Lexicon’ comes from). The Latin noun ‘Lex /Legis (Law)’ is also derived from this same Greek verb. God, not man, is the author (authority) of law; the one who brought the law into existence. Humanity’s work is to learn to listen to God’s word, which is, Natural Law, spiritual law, moral law, God’s law; and to align its behavior to that law. Humanity must make this cosmic apology by giving the word (authorship of law) back to God, and collectively aligning its behavior with Natural Law. This is accomplished when we open our minds and hearts to Truth, and when we start saying the lost word ‘No’ to evil. What you will eventually do with this knowledge is entirely in your hands.



Conclusion

Which of the two will we choose? There is no answer to that question yet. Each individual has to make that decision for themselves, and that will eventually be expressed in the aggregate.

“A free people claim their rights as derived from the laws of Nature, and not as the gift of their magistrates.” –

Thomas Jefferson, 3rd President of the U.S.A.

“The natural liberty of man is to be free from any superior power on Earth, and not to be under the will or legislative authority of man, but only to have the law of Nature for his rule.”

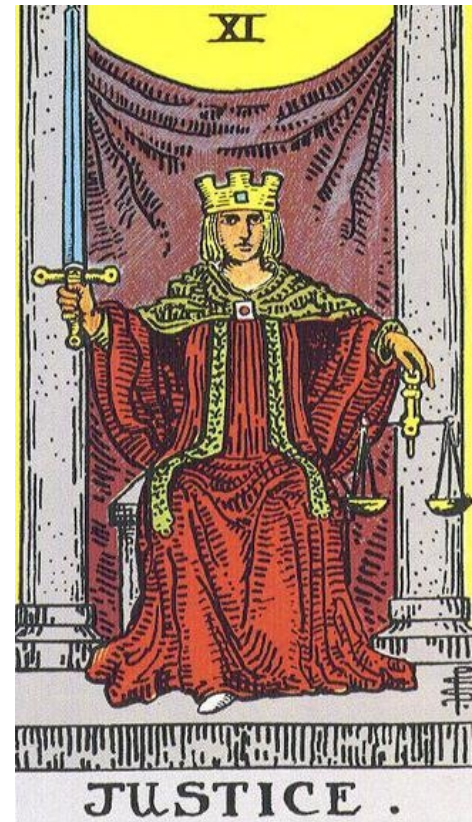
– **John Locke**, English philosopher

“Nature, to be commanded, must first be obeyed.” – **Francis Bacon**, former Attorney General and Lord Chancellor of England

If we want the forces of Nature on our side we must learn, and adhere to, the principles of Natural Law. If we do not align our behavior to it, Nature will not stand with us, it will continuously stand against us, and that will create more strife and suffering in our lives.

“There is a law that man should love his neighbor as himself. In a few hundred years it should be as natural to mankind as breathing, or the upright gait. But if he does not learn it, he must perish.” – **Alfred Adler**, Austrian Psychologist

This process should be able to be done a lot faster than a few hundred years; if we accept the key which has the power to unlock all the locks, and all the doors, to all the “mental cages,” when we make the decision to climb the “ladder of consciousness” through an act of our own free will choice, prayer and effort. Because for most it won’t be an easy process; it involves a lot of deep introspective work. However, if we do this work, we can step out of the prisons we have imposed upon ourselves, by balancing the sacred feminine and sacred masculine forces within each one of us. And by recognizing our own inherent sovereignty, and recognizing there isn’t, and never has been any legitimacy to slavery, control, authority or any other form of external rulership of human beings as subjects. The tarot card pictured here was also shown at the beginning of this thesis. There is a deep connection to be understood about the tarot tradition and other mystery traditions regarding knowledge of Natural Law. Specifically, the deeply interwoven relationship to the Middle-Eastern Kabbalistic tradition. This tarot card is known as the Justice Card (Justice: based on the Latin word ‘Jus’ meaning ‘Right or Law’) This card represents balance between the two pillars of Enlightenment (Feminine / Masculine), Holding the sword of Truth in the right hand, and the scales of justice perfectly balanced in the left hand. It represents sovereignty, alignment with Truth, and the manifestation of order, which can only happen when we align our behaviors to the principles of Natural Law.



If we let go of the habits that are holding us back and break the mental chains of bondage, we can create a world that is based on freedom. It may be a difficult journey, but it can definitely be done. And If we all choose to do so, we’re going to see advances and creations beyond what we have ever experienced here on Earth. The world will look so drastically different if we go down that middle path to Truth, order, and justice; the understanding, and applying of Natural Law. The changes we will experience are going to be so positive, and so transformative that we can barely even imagine what the world will look like on the other side of that work. It is up to each and every one of us, personally, to take on that responsibility and go down that path for ourselves; should we hope to ever reach that point.

The Common Law Remedy:

Another aspect of Natural Law is described in the Common Law Remedy which is based upon the Old Testament from which is derived our legal system in our ancient past. Black’s Law Dictionary up to the 5th Edition describes incidences from the Old Testament. This is how people of the days of old in all Commonwealth countries settled their differences. This information has been occulted. The paragraphs discussing licenses and permits above begin to reveal a tremendous fraud which has been perpetrated upon the world over the last 150 years in violation of free men and women’s common law rights. I am not going to go into this in detail here, only to say that there are many books and websites available and I will provide a link to a page on my website where I site many of those websites and books if you would like to learn about this situation further. In the present time, many people are resorting to this Common Law Remedy to fight the vaccine agenda. I put a few links to get you started in the Source Material.

Recommended Books & Source Material

Anarchism:

The Most Dangerous Superstition – Larken Rose

<https://www.youtube.com/user/LarkenRose/videos>

Authority:

Obedience to Authority – Stanley Milgram

Common Law Remedy (a few sites):

solutionsempowerment.com (Australia) use a vpn or you will receive a warning from your server

youarelaw.org (Oregon)

americanstatesassembly.com (Alaska, with groups throughout the USA)

awarriorcalls.com/ (Canada)

Education:

The Trivium, <https://youtu.be/iWVnRCCrtU8>

Electromagnetic Frequencies Linked to Pandemics in History (5G)

The Invisible Rainbow – Arthur Firstenburg

Freedom:

The End of All Evil – Jeremy Locke

Hermetic Principles:

The Kybalion – The Three Initiates

The Kybalion, A New Interpretation, Doreen Virtue

<http://www.kybalion.org/>

Hermeticism and Alchemy <https://youtu.be/ZJZFeIPoswY>

Manipulation:

Mass Control: Engineering Human Consciousness – Jim Keith

Occult Knowledge:

The Secret Teachings of All Ages – Manly P. Hall

Green Language: The Language of the Birds: <https://youtu.be/oqlsJFhF-dE> Mark Passio on Green Language

The Hidden Way Across The Threshold, J.C. Street

Politics:

None Dare Call It Conspiracy – Gary Allen

Shadow Work & Trauma:

Alcoholics Anonymous 1st, 2nd, or 3rd Edition only, hard-copy: ebay; online version anonpress.org,

Rosicrucian Cosmo Conception, Max Heindel

Self-Therapy by Jay Early, PhD. (available free on Libgen.is) or on Ebay

The Body Keeps The Score, by Bessel Van Der Kolk, MD (available free on Libgen.is) or on Ebay

Understanding Our Slavery – Etienne de la Boetie2

Toward a New World Order – Donald S. McAlvany

Most of these books can be found in pdf file format for free on the internet. But please consider buying a physical copy, or making a donation to the authors for their work.

And please consider doing the same for **Mark Passio**, as this booklet is based much on a single presentation of his; <https://youtu.be/ASUHN3gNxWo> Mark Passio's **Natural Law Seminar at Yale University**. and a thesis by Michael Gleason on that presentation. All of Mark Passio's other presentations are vital as well, podcasts 1-196, in order. They can all be found on his website www.WhatOnEarthIsHappening.com, where he also does a weekly video-podcast on topics related to Natural Law, and many other subjects of importance to achieving human freedom.

Natural law is a set of universal, objective, eternal, non-man-made, binding and immutable conditions which govern the consequences of behaviors of beings with the capacity for understanding the difference between harmful and non-harmful actions.

The understanding of Natural Law is centered upon bringing one's own conscience into alignment with objective morality. This means definitively knowing which behaviors are rights; because they do not cause harm to other sentient beings, and which behaviors are wrongs because they do cause harm to other sentient beings.

Living in harmony with Natural Law means exercising conscience, and willfully choosing morally right behavior over morally wrong behavior, once the difference between the two is clearly understood.

When people begin to live in harmony with Natural Law in the aggregate, and are therefore moral, they become and remain free. When people live in opposition to Natural Law, and are therefore immoral, they become and remain enslaved. If you want to come to a proper understanding of what Natural Law is exactly, and how it works in the world around you. If you wonder how it came to be that relatively small groups of people calling themselves governments control the lives of billions of people worldwide.

If you want to definitively know the difference between right and wrong behavior, and make a positive change in your own life and the lives of the people around you, this will be of interest to you.

Appendix A:

The 7 Day Mental Diet By Emmet Fox

This pamphlet is in Public Domain

Dr. Emmet Fox, July 30, 1886- August 13, 1951



Dr. Emmet Fox was a new thought teacher, author, healer and minister. His aim in life was to encourage all people, within and without the church, to know God and develop their God-like attributes. He said, "when that happens your life becomes simple, richer and infinitely more worthwhile." He taught and encouraged millions of people around the globe with his golden keys of health, inner peace and success books and pamphlets.

The subject of diet is one of the foremost topics of the present day in public interest. Newspapers and magazines teem with articles on the subject. The counters of the bookshops are filled with volumes unfolding the mysteries of proteins, starches, vitamins, and so forth. The whole world is food-conscious. Experts on the subject are saying that physically you become the thing that you eat — that your whole body is really composed of the food that you have eaten in the past. What you eat today, they say, will be in your bloodstream after the lapse of so many hours, and it is your bloodstream that builds all the tissues composing your body — and there you are.

Of course, no sensible person has any quarrel with all this. It is perfectly true, as far as it goes, and the only surprising thing is that it has taken the world so long to find it out; but in this article I am going to deal with the subject of dieting at a level that is infinitely more profound and far-reaching in its effects.

I refer of course to “mental” dieting. The most important of all factors in your life is the mental diet on which you live. It is the food which you furnish to your mind that determines the whole character of your life. It is the thoughts you allow yourself to think, the subjects that you allow your mind to dwell upon, which make you and your surroundings what they are.

As thy days, so shall thy strength be. Everything in your life today — the state of your body, whether healthy or sick, the state of your fortune, whether prosperous or impoverished, the state of your home, whether happy or the reverse, the present condition of every phase of your life in fact — is entirely conditioned by the thoughts and feelings which you have entertained in the past, by the habitual tone of your past thinking. And the condition of your life tomorrow, and next week, and next year, will be entirely conditioned by the thoughts and feelings which you choose to entertain from now onwards.

In other words, you choose your life, that is to say, you choose all the conditions of your life, when you choose the thoughts upon which you allow your mind to dwell. Thought is the real causative force in life, and there is no other. You cannot have one kind of mind and another kind of environment. This means that you cannot change your environment while leaving your mind unchanged, nor — and this is the supreme key to life and the reason for this article — can you change your mind without your environment changing too.

This then is the real key to life: if you change your mind your conditions must change too. Your body must change, your daily work or other activities must change; your home must change; the color-tone of your whole life must change, for whether you be habitually happy and cheerful, or low-spirited and fearful, depends entirely on the quality of the mental food upon which you diet yourself. Please be very clear about this. If you change your mind your conditions must change too.

We are transformed by the renewing of our minds.

So now you will see that your mental diet is really the most important thing in your whole life. This may be called the Great Cosmic Law, and its truth is seen to be perfectly obvious when once it is clearly stated in this way.

In fact, I do not know of any thoughtful person who denies its essential truth. The practical difficulty in applying it, however, arises from the fact that our thoughts are so close to us that it is difficult, without a little practice, to stand back as it were and look at them objectively. Yet that is just what you must learn to do. You must train yourself to choose the subject of your thinking at any given time, and also to choose the emotional tone, or what we call the mood that colors it. Yes, you can choose your moods. Indeed, if you could not you would have no real control over your life at all. Moods habitually entertained produce the characteristic disposition of the person concerned, and it is his disposition that finally makes or mars a person's happiness. You cannot be healthy; you cannot be happy; you cannot be prosperous; if you have a bad disposition. If you are sulky, or surly, or cynical, or depressed, or superior, or frightened half out of your wits, your life cannot possibly be worth living. Unless you are determined to cultivate a good disposition, you may as well give up all hope of getting anything worthwhile out of life, and it is kinder to tell you very plainly that this is the case. If you are not determined to start in now and carefully select all day the kind of thoughts that you are going to think, you may as well give up all hope of shaping your life into the kind of thing that you want it to be, because this is the only way.

In short, if you want to make your life happy and worth while, which is what God wishes you to make it, you must begin immediately' to train yourself in the habit of thought selection and thought control. This will be exceedingly difficult for the first few days, but if you persevere you will find that it will become rapidly easier, and it is actually the most interesting experiment that you could possibly make. In fact, this thought control is the most thrillingly interesting hobby that anyone could take up. You will be amazed at the interesting things that you will learn about yourself, and you will get results almost from the beginning.

Now many people knowing this truth, make sporadic efforts from time to time to control their thoughts, but the thought stream being so close, as I have pointed out, and the impacts from outside so constant and varied, they do not make very much progress. That is not the way to work. Your only chance is definitely to form a new habit of thought which will carry you through when you are preoccupied or off your guard as well as when you are consciously attending to the business. This new thought habit must be definitely acquired, and the foundation of it can be laid within a few days, and the way to do it is this: Make up your mind to devote one week solely to the task of building a new habit of thought, and during that week let everything in life be unimportant as compared with that.

If you will do so, then that week will be the most significant week in your whole life. It will literally be the turning' point for you. If you will do so, it is safe to say that your whole life will change for the better. In fact, nothing can possibly remain the same. This does not simply mean that you will be able to face your present difficulties in a better spirit; it means that the difficulties will go. This is the scientific way to

Alter Your Life, and being in accordance with the Great Law it cannot fail. Now do you realize that by working in this way you do not have to change conditions. What happens is that you apply the Law, and then the conditions change spontaneously. You cannot change conditions directly — you have often tried to do so and failed — but go on the SEVEN DAY MENTAL DIET and conditions must change for you. This then is your prescription. For seven days you must not allow yourself to dwell for a single moment on any kind of negative thought. You must watch yourself for a whole week as a cat watches a mouse, and you must not under any pretense allow your mind to dwell on any thought that is not positive, constructive, optimistic, kind. This discipline will be so strenuous that you could not

maintain it consciously for much more than a week, but I do not ask you to do so. A week will be enough, because by that time the habit of positive thinking will begin to be established. Some extraordinary changes for the better will have come into your life, encouraging you enormously, and then the future will take care of itself. The new way of life will be so attractive and so much easier than the old way that you will find your mentality aligning itself almost automatically. But the seven days are going to be strenuous'. I would not have you enter upon this without counting the cost. Mere physical fasting would be child's play in comparison, even if you have a very good appetite. The most exhausting form of army gymnastics, combined with thirty-mile route marches, would be mild in comparison with this undertaking. But it is only for one week in your life, and it will definitely alter everything for the better. For the rest of your life here, for all eternity in fact, things will be utterly different and inconceivably better than if you had not carried through this undertaking.

Do not start it lightly. Think about it for a day or two before you begin. Then start in, and the grace of God go with you. You may start it any day in the week, and at any time in the day, first thing in the morning, or after breakfast, or after lunch, it does not matter, but once you do start you must go right through for the seven days. That is essential. The whole idea is to have seven days of unbroken mental discipline in order to get the mind definitely bent in a new direction once and for all. If you make a false start, or even if you go on well for two or three days and then for any reason "fall off" the diet, the thing to do is to drop the scheme altogether for several days, and then to start again afresh. There must be no jumping on and off, as it were. You remember that Rip Van Winkle in the play would take a solemn vow of teetotalism, and then promptly accept a drink from the first neighbor who offered him one, saying calmly: "I won't count this one. Well, on the SEVEN DAY MENTAL DIET this sort of thing simply will not do. You must positively count every lapse, and whether you do or not, Nature will. Where there is a lapse you must go off the diet altogether and then start again. Now, in order, if possible, to forestall difficulties, I will consider them in a little detail.

First of all, what do I mean by negative thinking? Well, a negative thought is any thought of failure, disappointment, or trouble; any thought of criticism, or spite, or jealousy, or condemnation of others, or self-condemnation; any thought of sickness or accident; or, in short, any kind of limitation or pessimistic thinking. Any thought that is not positive and constructive in character, whether it concerns you yourself or anyone else, is a negative thought. Do not bother too much about the question of classification, however; in practice you will never have any trouble in knowing whether a given thought is positive or negative. Even if your brain tries to deceive you, your heart will whisper the truth.

Second, you must be quite clear that what this scheme calls for is that you shall not entertain, or dwell upon negative things. Note this carefully. It is not the thoughts that come to you that matter, but only such of them as you choose to entertain and dwell upon. It does not matter what thoughts may come to you provided you do not entertain them. It is the entertaining or dwelling upon them that matters. Of course, many negative thoughts 'will come to you all day long. Some of them will just drift into your mind of their own accord seemingly, and these come to you out of the race mind. Other negative thoughts will be given to you by other people, either in conversation or by their conduct, or you will hear disagreeable news perhaps by letter or telephone, or you will see crimes and disasters announced in the newspaper headings. These things, however, do not matter as long as you do not entertain them. In fact, it is these very things that provide the discipline that is going to transform you during this epoch-making week. The thing to do is, directly when the negative thought presents itself — turn it out. Turn away from the newspaper; turn out the thought of the unkind letter, or stupid remark, or what not.

When the negative thought floats into your mind, immediately turn it out and think of something else. Best of all, think of God as explained in *The Golden Key (another pamphlet by*

Emmet Fox, available free online or on Amazon, eBay, etc) A perfect analogy is furnished by the case of a man who is sitting by an open fire when a red-hot cinder flies out and falls on his sleeve. If he knocks that cinder off at once, without a moment's delay to think about it, no harm is done. But if he allows it to rest on him for a single moment, under any pretense, the mischief is done, and it will be a troublesome task to repair that sleeve. So it is with a negative thought. Now what of those negative thoughts and conditions which it is impossible to avoid at the point where you are today? What of the ordinary troubles that you will have to meet in the office or at home?

The answer is, that such things (negative experiences or conditions) will not affect your diet provided that you do not accept them, by fearing them, by believing them, by being indignant or sad about them, or by giving them any power at all. Any negative condition that duty compels you to handle will not affect your diet. Go to the office, or meet the cares at home, without allowing them to affect you. (None of these things move me), and all will be well.

Suppose that you are lunching with a friend who talks negatively — do not try to shut him up or otherwise snub him. Let him talk, but do not accept what he says, and your diet will not be affected. Suppose that on coming home you are greeted with a lot of negative conversation — do not preach a sermon, but simply do not accept it. It is your mental consent, remember, that constitutes your diet. Suppose you witness an accident or an act of injustice let us say — instead of reacting with pity or indignation, refuse to accept the appearance at its face value; do anything that you can to right matters, give it the right thought, and let it go at that. You will still be on the diet.







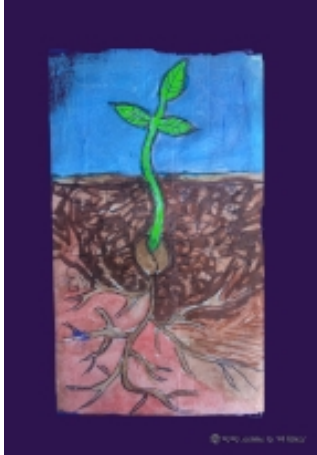
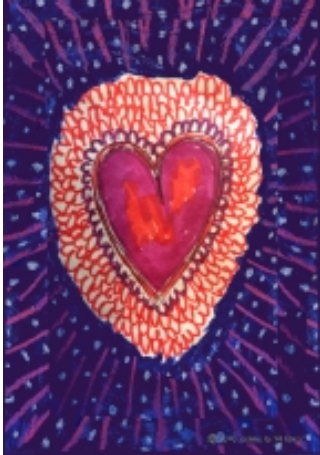




Of course, it will be very helpful if you can take steps to avoid meeting during this week anyone who seems particularly likely to arouse the devil in you. People who get on your nerves, or rub you up the wrong way, or bore you, are better avoided while you are on the diet; but if it is not possible to avoid them, then you must take a little extra discipline — that is all.


Suppose that you have a particularly trying ordeal before you next week. Well, if you have enough spiritual understanding you will know how to meet that in the spiritual way; but, for our present purpose, I think I would wait and start the diet as soon as the ordeal is over. As I said before, do not take up the diet lightly, but think it over well first. In closing, I want to tell you that people often find that the starting of this diet seems to stir up all sorts of difficulties. It seems as though everything begins to go wrong at once. This may be disconcerting, but it is really a good sign. It means that things are moving; and is not that the very object we have in view? Suppose your whole world seems to rock on its foundations. Hold on steadily, let it rock, and when the rocking is over, the picture will have reassembled itself into something much nearer to your heart's desire.







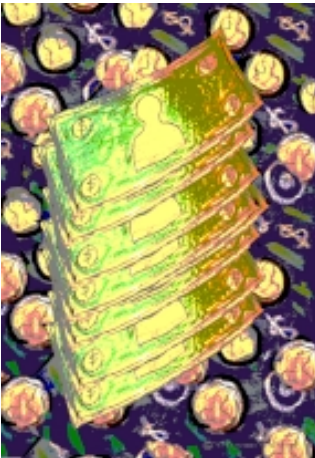





The above point is vitally important and rather subtle. Do you not see that the very dwelling upon these difficulties is in itself a negative thought which has probably thrown you off the diet? The remedy is not, of course, to deny that your world is rocking in appearance, but to refuse to take the appearance for the reality. Judge not according to appearances but judge righteous judgment.

A closing word of caution: Do not tell anyone else that you are on the diet, or that you intend to go on it. Keep this tremendous project strictly to yourself. Remember that your soul should be the Secret Place of the Most High. When you have come through the seven days successfully, and secured your demonstration, allow a reasonable time to elapse to establish the new mentality, and then tell the story to anyone else who you think is likely to be helped by it. And, finally, remember that nothing said or done by anyone else can possibly throw you off the diet. Only your own reaction to the other person's conduct can do that.

Appendix B: Natural Law Oracle Deck © 2022 Joanna G. Whitney

			
The All: Mentalism	Correspondence	Vibration	Polarity
			
Rhythm	Cause & Effect	Gender	Care (Love)
			
God: Spirit of the Law	The Golden Rule	Mother Earth: Gaia	Spirituality

			
Loyalty	Openness	Courage	Freedom
			
Spring	Summer	Fall	Winter
			
Intuition	Intimacy	Crossroads	Wild Heart

			
Calling	Community	Knowledge	Spiritual Burden
			
Security	Self-Will	Man's Law	Obstacle
			
Communication	Secrets	Bad Habits	Confusion

Appendix C

Directions for Steps 4-11, which are excerpted here, from the First Edition, Alcoholics Anonymous p.64-84, in the public domain:

Next we launched out on a course of vigorous action, the first step of which is a personal housecleaning, which many of us had never attempted. Though our decision was a vital and crucial step, it could have little permanent effect unless at once followed by a strenuous effort to face, and to be rid of, the things in ourselves which had been blocking us. Our liquor was but a symptom. So we had to get down to causes and conditions.

Therefore, we started upon a personal inventory. *This was Step Four.* A business which takes no regular inventory usually goes broke. Taking a commercial inventory is a fact-finding and a fact-facing process. It is an effort to discover the truth about the stock-in-trade. One object is to disclose damaged or unsalable goods, to get rid of them promptly and without regret. If the owner of the business is to be successful, he cannot fool himself about values.

We did exactly the same thing with our lives. We took stock honestly. First, we searched out the flaws in our make-up which caused our failure. Being convinced that self, manifested in various ways, was what had defeated us, we considered its common manifestations.

Resentment is the "number one" offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically. In dealing with resentments, we set them on paper. We listed people, institutions or principles with whom we were angry. We asked ourselves why we were angry. In most cases it was found that our self-esteem, our pocketbooks, our ambitions, our personal relationships (including sex) were hurt or threatened. So we were sore. We were "burned up."

On our grudge list we set opposite each name our injuries. Was it our self-esteem, our security, our ambitions, our personal, or sex relations, which had been interfered with? We were usually as definite as this example:

<i>I'm resentful at:</i>	<i>The Cause</i>	<i>Affects my:</i>
Mr. Brown	His attention to my wife. Told my wife of my mistress. Brown may get my job at the office.	Sex relations. Self-esteem (fear) Sex relations. Self-esteem (fear) Security. Self-esteem (fear)
Mrs. Jones	She's a nut—she snubbed me. She committed her husband for drinking. He's my friend. She's a gossip.	Personal relationship. Self-esteem (fear)
My employer	Unreasonable—Unjust — Overbearing — Threatens to fire me for drinking and padding my expense account.	Self-esteem (fear) Security.
My wife	Misunderstands and nags. Likes Brown. Wants house put in her name.	Pride—Personal sex relations— Security (fear)

We went back through our lives. Nothing counted but thoroughness and honesty. When we were finished we considered it carefully. The first thing apparent was that this world and its people were often quite wrong. To conclude that others were wrong was as far as most of us ever got. The usual outcome was that people continued to wrong us and we stayed sore. Sometimes it was remorse and then we were sore at ourselves. But the more we fought and tried to have our own way, the worse matters got. As in war, the victor only *seemed* to win. Our moments of triumph were short-lived.

It is plain that a life which includes deep resentment leads only to futility and unhappiness. To the precise extent that we permit these, do we squander the hours that might have been worth while. But with the alcoholic, whose hope is the maintenance and growth of a spiritual experience, this business of resentment is infinitely grave. We found that it is fatal. For when harboring such feelings we shut ourselves off from the sunlight of the Spirit. The insanity of alcohol returns and we drink again. And with us, to drink is to die.

If we were to live, we had to be free of anger. The grouch and the brainstorm were not for us. They may be the dubious luxury of normal men, but for alcoholics these things are poison

We turned back to the list, for it held the key to the future. We were prepared to look at it from an entirely different angle. We began to see that the world and its people really dominated us. In that

state, the wrong-doing of others, fancied or real, had power to actually kill. How could we escape? We saw that these resentments must be mastered, but how? We could not wish them away any more than alcohol.

This was our course: We realized that the people who wronged us were perhaps spiritually sick.

Though we did not like their symptoms and the way these disturbed us, they, like ourselves, were sick too. We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend. When a person offended we said to ourselves, "This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done."

We avoid retaliation or argument. We wouldn't treat sick people that way. If we do, we destroy our chance of being helpful. We cannot be helpful to all people, but at least God will show us how to take a kindly and tolerant view of each and every one.

Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? Though a situation had not been entirely our fault, we tried to disregard the other person involved entirely. Where were we to blame? The inventory was ours, not the other man's. When we saw our faults we listed them. We placed them before us in black and white. We admitted our wrongs honestly and were willing to set these matters straight.

Notice that the word "fear" is bracketed alongside the difficulties with Mr. Brown, Mrs. Jones, the employer, and the wife. This short word somehow touches about every aspect of our lives. It was an evil and corroding thread; the fabric of our existence was shot through with it. It set in motion trains of circumstances which brought us misfortune we felt we didn't deserve. But did not we, ourselves, set the ball rolling? Sometimes we think fear ought to be classed with stealing. It seems to cause more trouble.

We reviewed our fears thoroughly. We put them on paper, even though we had no resentment in connection with them. We asked ourselves why we had them. Wasn't it because self-reliance failed us? Self-reliance was good as far as it went, but it didn't go far enough. Some of us once had great self-confidence, but it didn't fully solve the fear problem, or any other. When it made us cocky, it was worse.

Perhaps there is a better way - we think so. For we are now on a different basis; the basis of trusting and relying upon God. We trust infinite God rather than our finite selves. We are in the world to play the role He assigns. Just to the extent that we do as we think He would have us, and humbly rely on Him, does He enable us to match calamity with serenity.

We never apologize to anyone for depending upon our Creator. We can laugh at those who think spirituality the way of weakness. Paradoxically, it is the way of strength. The verdict of the ages is that faith means courage. All men of faith have courage. They trust their God. We never apologize for God. Instead we let Him demonstrate, through us, what He can do. We ask Him to remove our fear and direct our attention to what He would have us be. At once, we commence to outgrow fear.

Now about sex. Many of us needed an overhauling there. But above all, we tried to be sensible on this question. It's so easy to get way off the track. Here we find human opinions running to extremes - absurd extremes, perhaps. One set of voices cry that sex is a lust of our lower nature, a base necessity

of procreation.

Then we have the voices who cry for sex and more sex; who bewail the institution of marriage; who think that most of the troubles of the race are traceable to sex causes. They think we do not have enough of it, or that it isn't the right kind. They see its significance everywhere. One school would allow man no flavor for his fare and the other would have us all on a straight pepper diet. We want to stay out of this controversy. We do not want to be the arbiter of anyone's sex conduct. We all have sex problems. We'd hardly be human if we didn't. What can we do about them?

We reviewed our own conduct over the years past. Where had we been selfish, dishonest, or inconsiderate? Whom had we hurt? Did we unjustifiably arouse jealousy, suspicion or bitterness? Where were we at fault, what should we have done instead? We got this all down on paper and looked at it.

In this way we tried to shape a sane and sound ideal for our future sex life. We subjected each relation to this test - was it selfish or not? We asked God to mold our ideals and help us to live up to them. We remembered always that our sex powers were God-given and therefore good, neither to be used lightly or selfishly nor to be despised and loathed.

Whatever our ideal turns out to be, we must be willing to grow toward it. We must be willing to make amends where we have done harm, provided that we do not bring about still more harm in so doing. In other words, we treat sex as we would any other problem. In meditation, we ask God what we should do about each specific matter. The right answer will come, if we want it. God alone can judge our sex situation. Counsel with persons is often desirable, but we let God be the final judge. We realize that some people are as fanatical about sex as others are loose. We avoid hysterical thinking or advice.

Suppose we fall short of the chosen ideal and stumble? Does this mean we are going to get drunk? Some people tell us so. But this is only a half-truth. It depends on us and on our motives. If we are sorry for what we have done, and have the honest desire to let God take us to better things, we believe we will be forgiven and will have learned our lesson. If we are not sorry, and our conduct continues to harm others, we are quite sure to drink. We are not theorizing. These are facts out of our experience.

To sum up about sex: We earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing. If sex is very troublesome, we throw ourselves the harder into helping others. We think of their needs and work for them. This takes us out of ourselves. It quiets the imperious urge, when to yield would mean heartache.

If we have been thorough about our personal inventory, we have written down a lot. We have listed and analyzed our resentments. We have begun to comprehend their futility and their fatality. We have commenced to see their terrible destructiveness. We have begun to learn tolerance, patience and good will toward all men, even our enemies, for we look on them as sick people. We have listed the people we have hurt by our conduct, and are willing to straighten out the past if we can.

In this book you read again and again that faith did for us what we could not do for ourselves. We hope you are convinced now that God can remove whatever self-will has blocked you off from Him. If you have already made a decision, and an inventory of your grosser handicaps, you have made

a good beginning. That being so you have swallowed and digested some big chunks of truth about yourself.

Having made our personal inventory, what shall we do about it? We have been trying to get a new attitude, a new relationship with our Creator, and to discover the obstacles in our path. We have admitted certain defects; we have ascertained in a rough way what the trouble is; we have put our finger on the weak items in our personal inventory. Now these are about to be cast out. This requires action on our part, which, when completed, will mean that we have admitted to God, to ourselves, and to another human being, the exact nature of our defects. This brings us to *the Fifth Step* in the program of recovery mentioned in the preceding chapter.

This is perhaps difficult - especially discussing our defects with another person. We think we have done well enough in admitting these things to ourselves. There is doubt about that. In actual practice, we usually find a solitary self-appraisal insufficient. Many of us thought it necessary to go much further. We will be more reconciled to discussing ourselves with another person when we see good reasons why we should do so. The best reason first: If we skip this vital step, we may not overcome drinking. Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they got drunk. Having persevered with the rest of the program, they wondered why they fell. We think the reason is that they never completed their housecleaning. They took inventory all right, but hung on to some of the worst items in stock. They only *thought* they had lost their egoism and fear; they only *thought* they had humbled themselves. But they had not learned enough of humility, fearlessness and honesty, in the sense we find it necessary, until they told someone else *all* their life story.

More than most people, the alcoholic leads a double life. He is very much the actor. To the outer world he presents his stage character. This is the one he likes his fellows to see. He wants to enjoy a certain reputation, but knows in his heart he doesn't deserve it.

The inconsistency is made worse by the things he does on his sprees. Coming to his senses, he is revolted at certain episodes he vaguely remembers. These memories are a nightmare. He trembles to think someone might have observed him. As fast as he can, he pushes these memories far inside himself. He hopes they will never see the light of day. He is under constant fear and tension - that makes for more drinking.

Psychologists are inclined to agree with us. We have spent thousands of dollars for examinations. We know but few instances where we have given these doctors a fair break. We have seldom told them the whole truth nor have we followed their advice. Unwilling to be honest with these sympathetic men, we were honest with no one else. Small wonder many in the medical profession have a low opinion of alcoholics and their chance for recovery!

We must be entirely honest with somebody if we expect to live long or happily in this world. Rightly and naturally, we think well before we choose the person or persons with whom to take this intimate and confidential step. Those of us belonging to a religious denomination which requires confession must, and of course, will want to go to the properly appointed authority whose duty it is to receive it.

Though we have no religious connection, we may still do well to talk with someone ordained by an established religion. We often find such a person quick to see and understand our problem. Of course, we sometimes encounter people who do not understand alcoholics.

If we cannot or would rather not do this, we search our acquaintance for a close-mouthed, understanding friend. Perhaps our doctor or psychologist will be the person. It may be one of our own family, but we cannot disclose anything to our wives or our parents which will hurt them and make them unhappy. We have no right to save our own skin at another person's expense. Such parts of our story we tell to someone who will understand, yet be unaffected. The rule is we must be hard on ourself, but always considerate of others.

Notwithstanding the great necessity for discussing ourselves with someone, it may be one is so situated that there is no suitable person available. If that is so, this step may be postponed, only, however, if we hold ourselves in complete readiness to go through with it at the first opportunity. We say this because we are very anxious that we talk to the right person. It is important that he be able to keep a confidence; that he fully understand and approve what we are driving at; that he will not try to change our plan. But we must not use this as a mere excuse to postpone.

When we decide who is to hear our story, we waste no time. We have a written inventory and we are prepared for a long talk. We explain to our partner what we are about to do and why we have to do it. He should realize that we are engaged upon a life-and-death errand. Most people approached in this way will be glad to help; they will be honored by our confidence.

We pocket our pride and go to it, illuminating every twist of character, every dark cranny of the past. Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe.

Returning home we find a place where we can be quiet for an hour, carefully reviewing what we have done. We thank God from the bottom of our heart that we know Him better. Taking this book down from our shelf we turn to the page which contains the twelve steps. Carefully reading the first five proposals we ask if we have omitted anything, for we are building an arch through which we shall walk a free man at last. Is our work solid so far? Are the stones properly in place? Have we skimmed on the cement put into the foundation? Have we tried to make mortar without sand?

If we can answer to our satisfaction, we then look at *Step Six*. We have emphasized willingness as being indispensable. Are we now ready to let God remove from us all the things which we have admitted are objectionable? Can He now take them all - every one? If we still cling to something we will not let go, we ask God to help us be willing.

When ready, we say something like this: "My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen." We have then completed *Step Seven*.

Now we need more action, without which we find that "Faith without works is dead." Let's look at *Steps Eight and Nine*. We have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory. We subjected ourselves to a drastic self-appraisal. Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes. Remember it was agreed at the beginning *we would go to any lengths for victory over alcohol*.

Probably there are still some misgivings. As we look over the list of business acquaintances and friends we have hurt, we may feel diffident about going to some of them on a spiritual basis. Let us be reassured. To some people we need not, and probably should not emphasize the spiritual feature on our first approach.

We might prejudice them. At the moment we are trying to put our lives in order. But this is not an end in itself. Our real purpose is to fit ourselves to be of maximum service to God and the people about us. It is seldom wise to approach an individual, who still smarts from our injustice to him, and announce that we have gone religious. In the prize ring, this would be called leading with the chin. Why lay ourselves open to being branded fanatics or religious bores? We may kill a future opportunity to carry a beneficial message. But our man is sure to be impressed with a sincere desire to set right the wrong. He is going to be more interested in a demonstration of good will than in our talk of spiritual discoveries.

We don't use this as an excuse for shying away from the subject of God. When it will serve any good purpose, we are willing to announce our convictions with tact and common sense. The question of how to approach the man we hated will arise. It may be he has done us more harm than we have done him and, though we may have acquired a better attitude toward him, we are still not too keen about admitting our faults. Nevertheless, with a person we dislike, we take the bit in our teeth. It is harder to go to an enemy than to a friend, but we find it much more beneficial to us. We go to him in a helpful and forgiving spirit, confessing our former ill feeling and expressing our regret.

Under no condition do we criticize such a person or argue. Simply we tell him that we will never get over drinking until we have done our utmost to straighten out the past. We are there to sweep off our side of the street, realizing that nothing worth while

can be accomplished until we do so, never trying to tell him what he should do. His faults are not discussed. We stick to our own. If our manner is calm, frank, and open, we will be gratified with the result.

In nine cases out of ten the unexpected happens. Sometimes the man we are calling upon admits his own fault, so feuds of years' standing melt away in an hour. Rarely do we fail to make satisfactory progress. Our former enemies sometimes praise what we are doing and wish us well. Occasionally, they will offer assistance. It should not matter, however, if someone does throw us out of his office. We have made our demonstration, done our part. It's water over the dam.

Most alcoholics owe money. We do not dodge our creditors. Telling them what we are trying to do, we make no bones about our drinking; they usually know it anyway, whether we think so or not.

Nor are we afraid of disclosing our alcoholism on the theory it may cause financial harm. Approached in this way, the most ruthless creditor will sometimes surprise us. Arranging the best deal we can we let these people know we are sorry. Our drinking has made us slow to pay. We must lose our fear of creditors no matter how far we have to go, for we are liable to drink if we are afraid to face them.

Perhaps we have committed a criminal offense which might land us in jail if it were known to the authorities. We may be short in our accounts and unable to make good. We have already admitted this in confidence to another person, but we are sure we would be imprisoned or lose our job if it were known. Maybe it's only a petty offense such as padding the expense account. Most of us have done that sort of thing.

Maybe we are divorced, and have remarried but haven't kept up the alimony to number one. She is indignant about it, and has a warrant out for our arrest. That's a common form of trouble too.

Although these reparations take innumerable forms, there are some general principles which we find guiding. Reminding ourselves that we have decided to go to any lengths to find a spiritual experience, we ask that we be given strength and direction to do the right thing, no matter what the personal consequences may be. We may lose our position or reputation or face jail, but we are willing. We have to be. We must not shrink at anything.

Usually, however, other people are involved. Therefore, we are not to be the hasty and foolish martyr who would needlessly sacrifice others to save himself from the alcoholic pit. A man we know had remarried. Because of resentment and drinking, he had not paid alimony to his first wife. She was furious. She went to court and got an order for his arrest. He had commenced our way of life, had secured a position, and was getting his head above water. It would have been impressive heroics if he had walked up to the Judge and said, "Here I am."

We thought he ought to be willing to do that if necessary, but if he were in jail he could provide nothing for either family. We suggested he write his first wife admitting his faults and asking forgiveness. He did, and also sent a small amount of money. He told her what he would try to do in the future. He said he was perfectly willing to go to jail if she insisted. Of course she did not, and the whole situation has long since been adjusted.

Before taking drastic action which might implicate other people we secure their consent. If we have obtained permission, have consulted with others, asked God to help and the drastic step is indicated we must not shrink.

This brings to mind a story about one of our friends. While drinking, he accepted a sum of money from a bitterly-hated business rival, giving him no receipt for it. He subsequently denied having received the money and used the incident as a basis for discrediting the man. He thus used his own wrong-doing as a means of destroying the reputation of another. In fact, his rival was ruined.

He felt that he had done a wrong he could not possibly make right. If he opened that old affair, he was afraid it would destroy the reputation of his partner, disgrace his family and take away his means of livelihood. What right had he to involve those dependent upon him? How could he possibly make a public statement exonerating his rival?

After consulting with his wife and partner he came to the conclusion that it was better to take those risks than to stand before his Creator guilty of such ruinous slander. He saw that he had to place the outcome in God's hands or he would soon start drinking again, and all would be lost anyhow. He attended church for the first time in many years. After the sermon, he quietly got up and made an explanation. His action met wide-spread approval, and today he is one of the most trusted citizens of his town. This all happened years ago.

The chances are that we have domestic troubles. Perhaps we are mixed up with women in a fashion we wouldn't care to have advertised. We doubt if, in this respect, alcoholics are fundamentally much worse than other people. But drinking does complicate sex relations in the home. After a few years with an alcoholic, a wife gets worn out, resentful and uncommunicative. How could she be anything else? The husband begins to feel lonely, sorry for himself. He commences to look around in the night clubs, or their equivalent, for something besides liquor. Perhaps he is having a secret and exciting affair with "the girl who understands." In fairness we must say that she may understand, but what are we going to do about a thing like that? A man so involved often feels very remorseful at times, especially if he is married to a loyal and courageous girl who has literally gone through hell for him.

Whatever the situation, we usually have to do something about it. If we are sure our wife does not know, should we tell her? Not always, we think. If she knows in a general way that we have been wild, should we tell her in detail? Undoubtedly we should admit our fault. She may insist on knowing all the particulars. She will want to know who the woman is and where she is. We feel we ought to say to her that we have no right to involve another person. We are sorry for what we have done and, God willing, it shall not be repeated. More than that we cannot do; we have no right to go further. Though there may be justifiable exceptions, and though we wish to lay down no rule of any sort, we have often found this the best course to take.

Our design for living is not a one-way street. It is as good for the wife as for the husband. If we can forget, so can she. It is better, however, that one does not needlessly name a person upon whom she can vent jealousy.

Perhaps there are some cases where the utmost frankness is demanded. No outsider can appraise such an intimate situation. It may be that both will decide that the way of good sense and loving kindness is to let by-gones be by-gones. Each might pray about it, having the other one's happiness uppermost in mind. Keep it always in sight that we are dealing with that most terrible human emotion-jealousy. Good generalship may decide that the problem be attacked on the flank rather than risk a face-to-face combat.

If we have no such complication, there is plenty we should do at home. Sometimes we hear an alcoholic say that the only thing he needs to do is to keep sober. Certainly he must keep sober, for there will be no home if he doesn't. But he is yet a long way from making good to the wife or parents whom for years he has so shockingly treated. Passing all understanding is the patience mothers and wives have had with alcoholics. Had this not been so, many of us would have no homes today, would perhaps be dead.

The alcoholic is like a tornado roaring his way through the lives of others. Hearts are broken.

Sweet relationships are dead. Affections have been uprooted. Selfish and inconsiderate habits have kept the home in turmoil. We feel a man is unthinking when he says that sobriety is enough. He is like the farmer who came up out of his cyclone cellar to find his home ruined. To his wife, he remarked, "Don't see anything the matter here, Ma. Ain't it grand the wind stopped blowin'?"

Yes, there is a long period of reconstruction ahead. We must take the lead. A remorseful mumbling that we are sorry won't fill the bill at all. We ought to sit down with the family and frankly analyze the past as we now see it, being very careful not to criticize them. Their defects may be glaring, but the chances are that our own actions are partly responsible. So we clean house with the family, asking each morning in meditation that our Creator show us the way of patience, tolerance, kindness and love.

The spiritual life is not a theory. *We have to live it.* Unless one's family expresses a desire to live upon spiritual principles we think we ought not to urge them. We should not talk incessantly to them about spiritual matters. They will change in time. Our behavior will convince them more than our words. We must remember that ten or twenty years of drunkenness would make a skeptic out of anyone.

There may be some wrongs we can never fully right. We don't worry about them if we can honestly say to ourselves that we would right them if we could. Some people cannot be seen - we send them an honest letter. And there may be a valid reason for postponement in some cases. But we don't delay if it can be avoided. We should be sensible, tactful, considerate and humble without being servile or scraping. As God's people we stand on our feet; we don't crawl before anyone.

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us - sometimes quickly, sometimes slowly. They will always materialize if we work for them.

This thought brings us to *Step Ten*, which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past. We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code.

And we have ceased fighting anything or anyone - even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality - safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition.

It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God's will into all of our activities. "How can I best serve Thee - Thy will (not mine) be done." These are thoughts which must go with us constantly. We can exercise our will power along this line all we wish. It is the proper use of the will.

Much has already been said about receiving strength, inspiration, and direction from Him who has all knowledge and power. If we have carefully followed directions, we have begun to sense the flow of His Spirit into us. To some extent we have become God-conscious. We have begun to develop this vital sixth sense. But we must go further and that means more action.

Step Eleven suggests prayer and meditation. We shouldn't be shy on this matter of prayer. Better men than we are using it constantly. It works, if we have the proper attitude and work at it. It would be easy to be vague about this matter. Yet, we believe we can make some definite and valuable suggestions.

When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest or afraid? Do we owe an apology? Have we kept something to ourselves which should be discussed with another person at once? Were we kind and loving toward all? What could we have done better? Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life? But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others. After making our review we ask God's forgiveness and inquire what corrective measures should be taken.

On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives.

In thinking about our day we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while.

What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind. Being still inexperienced and having just made conscious contact with God, it is not probable that we are going to be inspired at all times. We might pay for this presumption in all sorts of absurd actions and ideas. Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely upon it.

We usually conclude the period of meditation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems. We ask especially for freedom from self-will, and are careful to make no request for ourselves only. We may ask for ourselves, however, if others will be helped. We are careful never to pray for our own selfish ends. Many of us have wasted a lot of time doing that and it doesn't work. You can easily see why.

If circumstances warrant, we ask our wives or friends to join us in morning meditation. If we belong to a religious denomination which requires a definite morning devotion, we attend to that also. If not members of religious bodies, we sometimes select and memorize a few set prayers which emphasize the principles we have been discussing. There are many helpful books also. Suggestions about these may be obtained from one's priest, minister, or rabbi. Be quick to see where religious people are right. Make use of what they offer.

As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day "Thy will be done." We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.

It works - it really does.

We alcoholics are undisciplined. So we let God discipline us in the simple way we have just outlined. But this is not all. There is action and more action. "Faith without works is dead."

APPENDIX D

Four Point Coning Sessions by Theresa Crabtree www.theresacrabtree.com

TABLE OF CONTENTS

Introduction	4
What is a Four Point Coning Session?	5
Four Levels of Nature Intelligence	
The Higher Self	6
Devic Realm	6
Pan / Nature Spirits	7
White Brotherhood	7
Opening a Four-Point Coning Session	8
The Coning Session	9
Closing the Coning Session	11
Coning Session Tips	12
The Medical Assistance Program (MAP)	13
Opening the MAP Session	14
Closing the MAP Session	14
Garden Coning Session	15

INTRODUCTION

This booklet is dedicated to anyone seeking to consciously communicate with Beings residing in other Realms. This includes angels, ascended masters, personal guides, loved ones who have passed onto the “Other Side” and nature spirits such as fairies and elves. The information presented is in no way comprehensive. My goal is to introduce you to the possibility of communicating with Beings on the “Other Side” and hope that the Coning Processes will help lead you to this reality. The Veils between dimensions are becoming thinner. It is easier now than ever before on earth to connect with those residing in the other Realms. Dependent on your skill level, past experiences and belief codes, the path to connecting with those on the "Other Side" will be different for each person.

When you choose to make a connection with one Spirit, you need not use the Coning Session described herein. This process is designed for times when you would like to call in a team. However, this

information may give you ideas on how to communicate with your Guides and other Spirit Beings. There are a myriad of ways to consciously connect with Beings in other Realms. Try various methods, follow your intuition and trust what you hear "in your head" for it may be a communication from a source outside our Realm of be-ing.

Some tips I have learned along the way

Be-ings on the Other Side cannot help unless we ask for their assistance. To do otherwise would interfere with the Law of Free Will. When I need help, I invite Heavenly Helpers and the Overlighting Deva of whatever project I am working on to co-create with me.

Keep in mind that to connect with you, Heavenly Helpers have to lower their vibrational frequency to match yours. Thus, the more you increase your frequency, the clearer your connection will be. It is very similar to tuning your radio dial to match the frequency of the desired radio station, you will only hear static until the frequencies come within range.

Quiet your mind while concentrating on memories of happy moments and well up feelings of love and gratitude to help increase your frequency. Connections are especially heightened when the brain is in a theta state, such as during meditation, when drowsy upon awakening and when drifting off to sleep.

Clarity increases when the body is hydrated and concerns of the day are set aside. High energy "live" foods (raw, unprocessed, fresh, organic) can also increase your vibrational level. Limit Coning Sessions to an hour, to prevent brain and physical drain which could result in skewed results.

Enjoy the journey, Theresa Crabtree

Four Point Coning Session www.theresacrabtree.com

WHAT IS A FOUR POINT CONING SESSION?

Coning Sessions were named and developed by Machaelle Small Wright and are detailed in her book, The Co-creative White Brotherhood Medical Assistance Program. The term "coning" refers to the spiral of balanced energy created during these Sessions which are cone shaped.

A Four Point Coning Session is a specific process of communication which is always initiated by a human who invites a conference call with specific members of Be-ings from different Realms. Four levels of Nature Intelligence are activated during the Session: the Higher Self of the person calling the Coning Session, at least one member of the White Brotherhood, Pan and the Devic Realm. You may invite any number of participants within each of these levels but would be advised to invite only those necessary for the occasion. During Coning Sessions, you are working with the co-creators of our world and those overseeing its evolution. This group includes a countless number of Beings including, but not limited to: saints, ascended masters, devas, nature spirits and entities that have never incarnated on earth. These Beings are timeless, formless and able to assist on all levels.

They welcome your desire to work co-creatively with them on a conscious level. However, because of free will, they wait patiently for you to ask for their assistance. They cannot foretell the future, or do anything that will take you from the Path you chose before you incarnated. That is against the Laws of this universe. However, when asked, they can offer suggestions about choices to make that are most likely to bring the outcome you desire.

Know that they are very literal, especially those who have never incarnated on earth. They may not understand idioms you use and there can be areas of misunderstanding. Also, they are not mind readers; they tune into strong emotions, stated intentions and work closely with your personal Guides.

Coning Sessions can be used in a myriad of situations for problem-solving, spiritual guidance, health issues and advice. You can call on these Heavenly Helpers for assistance and information on any topic. They have an expanded vision of what is happening on earth and many of them love to share the areas of expertise they acquired on earth and in their "heavenly" creation schools.

Be clear in what you want. Be sure you ask only one question at a time. Always ask for what is in your highest good and the highest good of all involved. Ask for whatever happens to come gracefully, for there is always more than one solution to a problem. For example, if I want to receive \$10,000, I would rather it be a gift than an insurance reimbursement for an accident I had!

Whenever you want to enlist the help of Be-ings on the Other Side, you can simply call them in. However, you don't want just any entity to show up because there are some ornery and downright evil Be-ings that gain pleasure from creating havoc. I have learned to call in the assistance of my Higher Self and guardian angel, who is always nearby, to help protect me and allow in only those Be-ings who are of the Light and will help along my chosen Path. You can surround yourself with a golden light of protection, ask your angels to protect you or whatever method feels appropriate for you. This may include a ceremony with songs, prayers, sage, incense, candles, gemstones, etc. As you connect more often, you will develop the ability to call in certain guides you trust and have a regular conversation, even if you can't see or hear them. To be able to do this at any moment is a worthy goal to attain.

The Coning Session is a powerful communication tool. View Coning Sessions as a business meeting, treating them the same as if you were in a meeting with a group of human professionals. Following a specific routine each time will assist with clear communication. This means setting a time to meet, showing up in an emotionally balanced state, fed and hydrated with your phone turned off and choosing a time and space to avoid any distractions. Properly ending the Session is also an important step. In time, you will create a close relationship and increased communication with these loving Be-ings.

FOUR LEVELS OF NATURE INTELLIGENCE

“Nature Intelligence operates in a state of being and constantly within present time. It simply knows if something is in balance, if it is out of balance, and what is needed for it to achieve balance. - Machaelle Small Wright

HIGHER SELF

The Higher Self is your direct connection with God/Source. Within your Higher Self are all the evolutionary patterns and plans for you personally. Your Higher Self is part of these Sessions to insure that your best interests are represented and that the processes and energy dynamics of the form do not violate your timing or balance and that all adjustments are in alignment with your soul purpose, evolution and in harmony with the divine plan. When including other humans in the Coning Session, ask that person's Higher Self for permission before beginning any work. If in agreement, then invite their Higher Self to attend the Coning Session.

DEVAS

The word “Deva” in Sanskrit, means the “shining ones.” Devas are a hierarchical order of Beings that oversee almost every aspect of creation. They are omnipresent and exist in a reality connected with but not part of our own. They interact and have mutual energetic impact with us every day. The Devic Kingdom is immense and contains countless numbers. They have been responsible for creating and maintaining the blueprints for all natural forces, forms, laws and processes including solar, planetary and interplanetary. They created the architectural patterns that maintain order, organization, and vitality. Before anything comes into existence on a physical Realm, such as Earth, it is first created and tested in the Realm where the Devas reside.

Nothing can exist in this world of form without the direct supervision of a Deva and a Devic plan behind it. Their input is included as part of every Session because they are directly able to adjust the Devic plan associated with any work being done. They also insure that all work is balanced and in accordance with the natural laws of the physical dimension. The Devic realm is organized like a large corporation, each operating within their own specialties. Generally, there is one Overlighting Deva that oversees a specific team. For example, there are thousands of specialized Healing Devas with an Overlighting Deva of each specific form of emotional healing, physical healing, or energy healing like the Overlighting Deva of Psychotherapy, Massage, or Reiki.

PAN

Pan is the universal Overseer of Nature Spirits, such as elves, fairies and gnomes. His role is to create balance in Nature in the physical realm. Call on him for any aspect of planning, especially when related to Nature and Mother Earth.

WHITE BROTHERHOOD

The name “White Brotherhood” was coined centuries ago by humans who were working with them. “White” is used to signify all the rays of the light spectrum. “Brotherhood” is used to signify not only the family of all people but also the family of all life. Also called the Brotherhood of Light, this large group of highly evolved souls are dedicated to assisting the evolutionary process of moving universal reality, principles, laws and patterns through all planes and levels of form. A general link with the White Brotherhood assures that the evolutionary dynamic in the coning is aligned with the intent and direction of the new Aquarian shift. You do not need to invite several members, just those necessary for the intention of the current Coning Session. Often, only one representative needs to be in attendance.

OPENING A FOUR POINT CONING SESSION

Before opening a Coning Session, get into a relaxed and emotionally balanced state of being. Choose a place and time when you will not be interrupted. The Coning Session is designed to be a group meeting. You do not need to call a Session if you are asking the assistance of one or two Beings. For example, when I get stuck with a computer problem, I take a few breaths, get centered, tell my Higher Self what skills I need and ask for someone who can assist me to "come in" whether it is a hardware or software specialist.

Anything that is in physical form on earth was first created in the Devic Realm; those co-creators are available to help 24/7. If you want to have a weekly meeting with a group of your Guides, you can set aside a regular meeting time. Throughout the week, log any questions that arise in a notebook. This can be especially helpful when you are involved in long-term projects, such as gardening or your daily walk through life.

Machaelle Wright called these Sessions “4-Point Conings” because she called in four levels of Nature Intelligence to be in attendance: the Higher Self of the person calling in the Session, appropriate members of the White Brotherhood, Pan, who oversees the Nature Spirits and the Overlighting Deva of the issue you are calling the Session about.

In the beginning, limit your Sessions to a few minutes until you get adjusted to the energy. It can be physically and mentally draining to be in Coning Sessions for long periods of time. Before beginning the Session, hydrate by drinking at least one full glass of water. With dowsing tools, notebook, pen, water, and nuts and seeds to keep your energy high for longer Sessions, you are ready to open the conference call.

The following are guidelines you can use to set up a basic Four-Point Coning Session. In the MAP portion below, you will find more specific guidelines for health-related issues. Visit the Gardening with Nature Spirits page at: <http://theresacrabtree.wordpress.com> for the free eBook that has a detailed outline for Coning Sessions related to gardening.

RELAX

Start by taking several deep breaths to get into a relaxed state of being. Let go of the concerns of the day. Well up feelings of love and gratitude. When ready, state out loud: “I wish to open a Coning Session.”

CONNECT

Next, make a connection with each member, waiting about 10 seconds after each invitation. In the beginning, I used my pendulum, asking it to swing until the connection was made. Other times, I used kinesiology, as suggested by Machaelle Wright. Now, I feel when the connection is made, which is generally a shudder through my body, goose pimples or a “knowingness.” For more information on dowsing methods and tools, visit the Dowsing page at: <http://theresacrabtree.wordpress.com>

Sample dialogue to use when opening a Coning Session For continuity, it is recommended to open each Session in a similar manner, calling in the four Nature Intelligence representatives in the same order beginning with your Higher Self, the Brotherhood of Light, Pan and finally, the Overlighting Deva of the specific project under discussion.

“I would like to open a Coning Session.” Wait 10 seconds. During this time, take a few deep breaths and well up a feeling of love in your heart. Then with a pendulum, kinesiology or sense of “knowing,” wait until you feel ready to begin.

“I would like to open a stronger connection with my Higher Self (your connection to God/Source).” Wait 10 seconds. Test for the connection and thank him/her for coming. “I call in the Overlighting Deva of _____ (Name the topic the Coning Session will be about: gardening, relationships, computers, etc.).” Wait 10 seconds. Test for the connection and thank him/her for coming.

“I call in Pan (the overseer of maintaining balance in Nature).” Wait 10 seconds. Test for the connection and thank him for coming. “I call in a representative of the Brotherhood of Light.”

Wait 10 seconds. Test for the connection and thank him/her for coming. Do not get caught up with gender related words (him/her), for in many Realms, there is no differentiation between male and female, even though their energy may have a masculine or feminine feel to it.

Next, state the intention of the Coning and invite those in attendance to invoke any other Be-ings they feel should be at the meeting. Remember they cannot read your mind, so be specific and focused on just one issue you would like assistance with. Avoid bringing up a myriad of unrelated subjects during a Coning Session. It is better to have several Sessions, one for each topic. If you need help with your automobile, mental health and computer, wouldn’t you set up three appointments, each with the appropriate specialists?

THE CONING SESSION

Using your notes, begin to ask questions. I usually speak out loud which creates an assurance of clearer communication. Human's thoughts tend to wander and I have found that at times the Guides were answering my first question, however, by the time the answer came through, my mind had already wandered elsewhere.

Stay focused on one topic at a time. Clearly state the problem. Ask questions in a format that can easily be answered with a "yes," "no" or "need more information" response. If you are asking for a specific solution, ask what steps will most likely help you to attain your goals. Set your parameters, including what is for your highest good and for the highest good of all involved, gracefully. You can also set other practical parameters such as cost, size, effort, within certain time constraints, etc.

When questions involve geographic issues, I either have a detailed map handy or create a rudimentary map. Using either a pendulum or my finger tip, I can locate the exact location the Spirit Guides are showing me. You can also break this map into grids or sections such as inches, yards, acres, states, countries or whatever is appropriate for your question.

Once you have finished asking questions, ask those in attendance if they have any other input. Then ask if there are any questions you did not ask that they would like to address. Remember, Spirit Guides cannot foretell the future, however they can make good predictions based on your past experiences and the way you generally approach a situation.

Therefore, asking where would be the best place to live or move to might produce many answers or none. It might be best for you to not move, you may have a series of moves coming along in quick succession or there may be plans that need to be set in motion before it is time for you to move. If in alignment with your overall Path, your Guides may be waiting for you to state the parameters of what you want to experience during the next stage in your life.

For instance, during one of my moves, I knew it was short-term until it was time for me to move to Arizona. My Guides made it clear that my temporary home would be near Anna Maria Island in Florida. I wrote a list of what I would like to experience which included a quiet location, within an easy bike ride to the beach and a deep bathtub with a slanted back. Once my list was finished, I collected information on rentals in the area. In a quiet moment, I asked (rather strongly because there were hundreds of rental possibilities) for guidance on which of these rental places was in my highest good. Immediately, I was "shown" which apartment was available by "seeing" it on one of the brochures. In this case,

I set my parameters, followed my intuition, gulped down a few fears and was rewarded with a beautiful apartment where I spent 14 months in transition until I had a clear "calling" to go to Sedona, Arizona.

Unknown to me at the time, many things were being set in place to set the stage before it was time for me to move to Sedona. That included learning how to wait and how to connect more clearly with my Guides. There is such a thing as Divine timing, which often requires patience. If something doesn't feel quite right, ask for clarity during the Coning Session or during your regular prayer time.

CLOSING THE CONING SESSION

It is very important to formally close the Session and disconnect from the Nature Intelligence representatives that have attended. First, it's just plain rude if you don't. Would you host a conference without formally ending the meeting and leaving without saying "thank you" or "good-bye?"

Closing the Session is also important because you have set up an energy link with each member. Without cutting this connection, your energy can be drained. If you find yourself unduly tired within the next 48 hours, it could be that you forgot to formally close the Session. Don't be overly concerned if you forget because the link will slowly dissipate on its own.

Sample dialogue to use when closing a Coning Session To close a Coning Session, it is recommended to disconnect in the backwards order that you called the representatives in. This way it is less likely to forget anyone and continuity in the communication helps with clarity.

"I thank the members of the Brotherhood of Light for your assistance. I ask to disconnect at this time." Wait 10 seconds, then verify that the disconnection was made.

"I thank the Pan for your assistance. I ask to disconnect at this time." Wait 10 seconds, then verify that the disconnection was made.

"I thank the Overlighting Deva and representatives for your assistance. I ask to disconnect at this time." Wait 10 seconds, then verify with a pendulum, kinesiology or your intuition that the disconnection was made.

"I thank my Higher Self for your assistance and wish to resume a normal connection at this time." Wait 10 seconds, then verify that the disconnection was made.

During these Sessions, there is an enormous amount of energy exchange. Be sure to drink at least one full glass of water afterwards. If you are craving sweets or feeling hungry, eat some protein, which is what your body requires to rebalance.

Then act on the advice you were given. If any answers or suggestions don't "feel right," you have the free will choice whether or not to follow through. If you need clarity on any topic, make a note to ask more questions during your next Coning Session or prayer time.

CONING SESSION TIPS

For more information on Coning Sessions, read Machaelle Small Wright's books:

Co-Creative Science and Perelandra Garden Workbook II: Co-Creative Energy Processes for Gardening,

Agriculture and Life. This book has a chapter that is especially important when working in conings other than a Healing Coning.

ENERGY DRAIN?

Pay attention to your energy level throughout the Coning. If you feel muddled, distracted, overly tired or dehydrated, tell the participants what is happening and that you would like to convene at another time. Then properly close the Session. If you are not used to connecting with energies in this manner, you may want to start with “getting to know you” Sessions, limited to 10-15 minutes. Gradually increase your time to no more than an hour. If you find yourself drained or have a case of the “munchies” after Sessions, this could be a result of protein drain on your body. To offset this problem, drink water and munch on nuts and seeds during your Sessions.

Limit who you invite to the Coning. Pan and the Brotherhood of Light will call in any specialists. Calling in a myriad of Be-ings can create confusion and a huge energy drain on you. When you are calling a Coning Session on behalf of someone else, first ask your Higher Self and the Higher Self of the individual if this is appropriate. If you get an affirmative answer, then during the Coning, invite their Higher Self, always asking for the highest good of all be done, gracefully.

NEED A BREAK

If you need a break during the Session, tell the team that you need to take a break. I am talking about 15 minutes to an hour, not a few days! After you finish your break, announce that the break is over. You may feel a shift in the intensity of the energy when you end the break and when you resume the Coning. For breaks over an hour, it is best to close the Session and then re-open it when you are ready to resume.

STICK TO ONE TOPIC

Generally, if you wish to have more than one topic, then finish the first topic, formally close it and then re-open a new Coning Session. If you are asking a variety of questions on one topic, such as gardening, this is considered to be one topic.

WHEN TO USE A CONING SESSION

Coning Sessions can be used for any kind of problem-solving, health issues for yourself or others, gardening, automotive problems, anything! If you desire the advice of only one specialist, such as an etheric computer geek, a formal Coning is not necessary, just carry on like you would if the computer specialist was sitting next to you.

Coning Sessions are not designed to be used for mundane questions, such as “What should I make for dinner tonight?” They are also not appropriate for predictive questions. These topics are best discussed with your Higher Self and specific Spirit Guides.

Remember that all things in physical form were created in the Devic Realms first and there were specialists on the “Other Side” that were a part of it. Those are the ones to “call in” for assistance. The more you trust the Process (and the voices in your head), the more successful you will be at working with these loving Be-ings.

THE MEDICAL ASSISTANCE PROGRAM (MAP)

“The MAP program is an example of the White Brotherhood and Nature working together for our benefit within an organized framework. The keystone of MAP is the Coning Session. It is set up to assure perfect balance between nature, the White Brotherhood and you. The prototype of the medical MAP Coning may be used for any project or situation in which you would like good, balanced input and assistance.” -- Machaelle Small Wright

Machaelle Small Wright began consciously working with the White Brotherhood in 1982, although she was aware of their presence in 1980. She developed the Medical Assistance Program (MAP) in 1990 which is detailed in her book, *MAP: The Co-creative White Brotherhood Medical Assistance Program*. If you intend to use Coning Sessions for medical purposes, I highly recommend purchasing the latest edition. As the title of her book implies, the Medical Assistance Program is a co-creative medical session with members of the White Brotherhood, as well as the Overlighting Deva of healing, Pan who is the overseer of maintaining balance in Nature and the Higher Selves of you and/or the person you are calling the Session for. When you are calling a Session for another person, whether they are physically present or not, it is best to have their permission first and it is mandatory to have the permission of their Higher Self. Otherwise, you may be requesting something that is not for their highest good.

There is a protocol that should be followed to assist with clear communication. You are assigned a specific group of specialists, your MAP team, to call upon for whatever personal issue you wish to work on, whether it is of an emotional, mental, physical or spiritual nature. The first time you call a MAP Session, ask your Guides for a symbol or name to represent your personal MAP team. This name can be anything that is meaningful to you, and can be serious, sacred or silly. Use this symbol or name each time you invoke a MAP Session. This insures that your specific MAP representatives hear the call.

OPENING THE MAP SESSION

To begin the Process, choose a time and space where you will not be interrupted for about an hour. Be sure the temperature of the space is comfortable. You may have instrumental music playing in the background, if you prefer. Lie on your back in a comfortable position. Take several deep breaths until you feel relaxed. Then state out loud, “I am opening a MAP Coning Session.” Wait 10 seconds. “I would like to open a stronger connection with my Higher Self.” Wait 10 seconds. During this time, take a few deep breaths and well up feelings of love and gratitude for the blessings in your life. This will help increase your vibrational level. Then invite in your MAP Team, This is a select group of White Brotherhood members, a group of medical doctors and specialists who make up your specialized team. (They will call in other specialists, as needed.) Visualize the symbol or state the name you have selected for your personal team. Wait 10 seconds. Thank them for coming. Then state orally, “I call in the Overlighting Deva of Healing.” Wait 10 seconds. Thank him/her for coming. Then state, “I call in Pan.” Wait 10 seconds. Thank him for coming. Once your team has assembled, know that real Beings are present. Stay focused and talk to them as though you would a human team of medical personnel. Describe out loud your symptoms; be precise. For example, “I have a throbbing headache on the left

side of my temple and behind my left eye.” Resist the urge to self-diagnose. Allow 40-60 minutes for the Session, comfortably lying still and relaxed. Sometimes you may feel sensations as the MAP team works on you. Trust the Process. You may want to set a timer in case you fall asleep. When the session is complete, formally close the Session.

CLOSING THE MAP SESSION

When the Session is complete, formally close the Session and disconnect from the spirits that have attended. Be sure to thank your team and be in gratitude for their time and expertise. After all, they may have just saved you of a lot of money while performing their healing magic without the use of toxic substances. Closing the Session is also important because you have set up an energy link with each member. Without cutting this connection, your energy can be drained. If you find yourself unduly tired within the next 48 hours, it could be that you forgot to formally close the Session. Don’t despair if you forget to close the Session, the link will quickly dissipate on its own.

To close the Session, start with the last Being that you invited in, going in order backwards until you get to your Higher Self. Sample dialogue to use when closing a MAP Coning Session “I thank Pan and any other Nature Intelligence that were in attendance for your assistance. I ask to disconnect at this time.” Wait 10 seconds. Test to be sure the disconnection was made. “I thank the Overseeing Deva of Health and any other Devas present for your assistance and ask to disconnect at this time.” Wait 10 seconds. Test using a pendulum, kinesiology or your intuition to be sure the disconnection was made. “I thank all members of the MAP team that were in attendance. I ask to disconnect at this time.” Wait 10 seconds then verify the disconnection was made. “I thank my Higher Self for your assistance and wish to resume a normal connection at this time.” Wait 10 seconds. Test. After the Session, get up slowly in case you are dizzy.

Drink at least one glass of water and take it easy the rest of the day. You may wish to eat some nuts, seeds or other protein to help stabilize your energy. Drink plenty of water for the next day or so and rest as needed. If you feel a strong intuition to do something such as see a medical doctor, perform a specific exercise, rest or eat specific foods, follow through.

GARDEN CONING SESSION

Initially, Coning Sessions were used to focus on health issues. Years later, at her Center for Nature Research, Perelandra, in Virginia, Machaelle Small Wright further developed Coning Sessions as a means to communicate with Nature Intelligence for the express purpose of co-creating garden spaces. Since then, her work has evolved to include Coning Sessions for anything you can imagine and beyond.

It is useful to remember that gardens are not found in nature, they are exclusively human creations. Observe pristine places such as forests and meadows. You will not see straight rows of one species, man-made fertilizers and tilled soils. What you will find is Nature at work, always attempting to bring all into balance. Humans attempt to create balance with fertilizers, herbicides and pesticides; Nature

creates balance with microbes, insects and animals. All is well when left alone; this can be witnessed by areas once devastated by fire and other natural elements.

For specific information on how to garden using Coning Sessions, see my free eBook “Gardening with Nature Spirits” at: <http://theresacrabtree.wordpress.com/book-sales/>.

On that page, you will also find information on my paperback book, Feng Shui: Creating Places of Peace in the Home, Office and Garden, as well as other publications you may find of interest.

Remember that practice makes perfect,.

Enjoy in joy!

Theresa Crabtree

APPENDIX E:

The Golden Key by Emmet Fox (1886-1951) 1931

Scientific prayer will enable you to get yourself or anyone else, out of any difficulty. It is the golden key to harmony and happiness. To those who have no acquaintance with the mightiest power in existence, this may appear to be a rash claim, but it needs only a fair trial to prove that, without a shadow of doubt, it is a just one. You need take no one's word for it, and you should not. Simply try it for yourself. God is omnipotent, and we are God's image and likeness and have dominion over all things. This is the inspired teaching, and it is intended to be taken literally, at its face value. The ability to draw on this power is not the special prerogative of the mystic or the saint, as is so often supposed, or even of the highly trained practitioner. Everyone has this ability. Whoever you are, wherever you may be, the golden key to harmony is in your hand now. This is because in scientific prayer it is God who works, and not you, and so your particular limitations or weaknesses are of no account in the process. You are only the channel through which the divine action takes place, and your treatment will be just the getting of yourself out of the way.

Beginners often get startling results the first time, for all that is essential is to have an open mind and sufficient faith to try the experiment. Apart from that, you may hold any views on religion, or none. As for the actual method of working, like all fundamental things, it is simplicity itself. All you have to do is this:

Stop thinking about the difficulty, whatever it is, and think about God instead. This is the complete rule, and if only you will do this, the trouble, whatever it is, will disappear. It makes no difference what kind of trouble it is. It may be a big thing or a little thing: it may concern health, finance, a lawsuit, a quarrel, an accident, or anything else conceivable: but whatever it is, stop thinking about it and think of God instead—that is all you have to do.

It could not be simpler, could it? God could scarcely have made it simpler, and yet it never fails to work when given a fair trial. Do not try to form a picture of God, which is impossible. Work by rehearsing anything or every- thing that you know about God. God is wisdom, truth, inconceivable love. God is present every- where, has infinite power, knows everything, and so on. It matters not how well you may think you understand these things: go over them repeatedly.

But you must stop thinking of the trouble, whatever it is. The rule is, to think about God. If you are thinking about your difficulty, you are not thinking about God. To be continually glancing over your shoulder in order to see how matters are progressing is fatal, because it is thinking of the trouble, and you must think of God and nothing else. Your object is to drive the thought of the difficulty out of your consciousness, for a few moments at least, substituting for it the thought of God. This is the crux of the whole thing. If you can become so absorbed in this consideration of the spiritual world that you forget for a while about the difficulty, you will find that you are safely and comfortably out of your difficulty—that your demonstration is made. In order to "golden key" a troublesome person or a difficult situation, think. "Now I am going to 'golden key' John, or Mary. or that threatened danger": then

proceed to drive all thought of John, or Mary, or the danger out of your mind, replacing it with the thought of God.

By working in this way about a person, you are not seeking to influence his conduct in any way, except that you prevent him from injuring or annoying you, and you do him nothing but good. Thereafter, he is certain to be in some degree a better, wiser, and more spiritual person, just because you have "golden keyed" him. A pending lawsuit or other difficulty would probably fade out harmlessly without coming to a crisis, justice being done to all parties concerned.

If you find that you can do this very quickly, you may repeat the operation several times a day with intervals between. Be sure, however, each time you have done it, that you drop all thought of the matter until the next time. This is important. We have said that the golden key is simple, and so it is, but of course it is not always easy to turn. If you are very frightened or worried, at first it may be difficult to get your thoughts away from material things. But by constantly repeating a statement of absolute Truth, such as: There is no power but God; I am the child of God, filled and surrounded by the perfect peace of God; God is love; God is guiding me now; or, perhaps best and simplest of all: God is with me.

However mechanical or trite it may seem, you will soon find that the treatment has begun to "take," and that your mind is clearing. Do not struggle violently; be quiet, but insistent. Each time you find your attention wandering, switch it back to God.

Do not try to think in advance what the solution to your difficulty will be. This is called "outlining" and will only delay the demonstration. Leave the question of ways and means to God. You want to get out of your difficulty that is sufficient. You do your half, and God will never fail to do God's.

"Whoever calls on the name of the Lord shall be saved" (Acts 2:21). [Which means, when translated from religious language: Whoever understands how Consciousness works, and uses Its power with knowledge and confidence, will manifest his good. AD]

APPENDIX F:

A Brief summary of the Natural Laws, plus the lost Law of Care and How To Begin To Apply Them To
The Great Mental Plane

“While All is in THE ALL, it is equally true that THE ALL is in All. To him who truly understands this truth hath come great knowledge.”–The Kybalion

The first Law of Nature is that The ALL is mind – to fully comprehend this requires much meditation and practice. This Law is the basis of all we do here. What we do is we use our mind to bring about change in our reality. The most practical application of this principle when you combined it with **the Law of Correspondence which is the 2nd Law: As above so below, as within so without.** This is regarding 3 planes of existence, physical, mental and spiritual, as well as the microcosm and the macrocosm of each, which are all happening simultaneously.

If we have determined that the ALL is mind and we know that the above should mirror the below then that means that our own personal small mind is similar to that of the ALL: the Divine Mind – meaning that if ALL is created in the Divine Mind then we can create in our own personal mind.

There are 3 types of minds – the conscious, the subconscious, and the super-conscious. The Conscious – Left Brain, The Subconscious – Right Brain and the Super-conscious – Neocortex. The Masculine and the Feminine balanced supports Neo – (The Matrix). <https://youtu.be/AaDqNDLpZa8>

Knowledge and application of these 2 principles, Mentalism and Correspondence, is the basis of manifestation.

Now if we know that we can create with our mind then the first thing you should do is take good care of your thoughts because of course your mind is built upon your thoughts.

If you are inexperienced, if you have not meditated before, it might seem that you do not control your thoughts – that they basically appear – and are running like a squirrel-cage and in some ways that’s true – but it is up to you to accept their Truth or NOT. One thing you should start doing, everyday, and you will see remarkable results in a month or 2 your entire life will change if you do this:

Simply whenever a negative thought occurs “I am poor” “I can’t buy that because I have no money” “I am tired” “The weather is bad” any thoughts you do not wish to be true but feel are: Pray, asking God to remove the thought and say NO I do not accept this thought as true – see thoughts as something you can pick up or not pick up. Only pick up good thoughts purposefully and deliberately accept good thoughts. Embrace them and hug them to you. This refers to the 7-Day Mental Diet in the in Appendix A. Pater Amadaeus suggests doing the Mental Diet for 3-4 months.

If you continue this process for 3 or 4 months you will see vast changes. Once you have gained control of your thoughts, you can begin to command your own thoughts through prayer, affirmations, subliminal messages.

The 3rd Law is the Law of Vibration: “Nothing rests; everything moves; everything vibrates.”– The Kybalion.

On the Mental Plane, feeling is vibration – emotion – and it works perfectly with **the Law of Polarity, the 4th Law; “Everything is dual; everything has poles; everything has Its pair of opposites; like and unlike are the same; opposites are identical in nature, but different in degree; extremes meet; all truths are but half-truths; all paradoxes may be reconciled.”**–The Kybalion.

Knowing that love and hate are basically the same emotion at different ends of the scale and that emotions are vibration – we can raise the vibration to achieve these feelings:

PRAY to raise your vibration.

When you have a good thought – feel it deeply and locate it in your body – exaggerate the good – you can maintain this vibration. You can use prayer to help you to hold that thought **“God please help me to feel this good emotion deeply.” Or, state with this emotion “God loves me” breathing it deeply into your heart. If you can’t feel your heart, you can ask God to open your heart to be able to feel it and then increase that feeling.**

Another good exercise to do regarding vibration is to notice your emotions – good or bad. Notice where they are in your body. Are they in your heart? Are they in your stomach? And delve deeply into them so that if you are sad – feel more sad – increase the intensity of the sadness – just for a couple of moments – you can even ask God to protect you while you do this so that you don’t plummet into self-pity or depression – that you are simply trying to get to know yourself better, but also because eventually you will be able to use your will to change your feeling if you do this – first you start by increasing the emotion you are already having and eventually you will be able to change it to another emotion once you get hold of this practice. This is the Mental Transmutation.

When you are angry, the idea is that you don’t need to be angry – you are tuning to a vibration of anger – delve into it as it is – where in the body you feel it – eventually you can shift it.

Most people live at the mercy of **the Law of Rhythm, the 5th Law; “Everything flows out and in; everything has its tides; all things rise and fall; the pendulum-swing manifests in everything; the measure of the swing to the right, is the measure of the swing to the left; rhythm compensates.”– The Kybalion.**

One day - happy – next day, depressed, sometimes multiple times a day up and down by the hour, day, week or month with no idea what caused it or how to control it.

Focus on this principle when you are at the height of Joy - really embrace the Joy – accept it into yourself into your heart. Use meditation time to re-experience Joy for 20 minutes breathing it in to your heart and ignore and reject negative thoughts.

Also to work with the Law of Rhythm on the Physical Plane and the Mental Plane simultaneously by utilizing the Moon Phases - increase affirmation during the waxing moon and decrease during a waning moon. Why work against the Natural Laws? Go with the flow. The Law of Rhythm basically states what goes up must come down.

It is best to learn to rise above the Law of Rhythm and the Law of Polarity into a state of Neutrality. One way to do this, simply, is when you are tangled up in a downward spiral – call someone on the phone or talk to someone in person and answer these questions: Where am I being selfish? What do I want? Where am I being dishonest? Where am I afraid? Then ask God to remove it, if you have caused harm, make things right promptly, and then turn your thoughts to someone you can help and then help them, selflessly. The Golden Key, by Emmet Fox shows an in-depth way to do this.

Now, there is a difference between negative thoughts and knowing the Truth. We must know the Truth. We must be careful not to get addicted to the blow by blow of the negativity of what is going on in our world but we must also know what is going on in our world, while we also hold the positive vibration.

One way to do this is to Pray to God to be lead to the Truth about what is going on and then to pray to God and ask Him to take care of these situations, ask Him how you can be a part of the solution. Rest in your powerlessness over the seeming vastness of the things going on in the world while paradoxically knowing that what you are doing right now, by educating yourself about the Truth of what is going on in the world and raising your vibration to contain what is going on simultaneously, is in itself very powerful and helpful. Know that you will be given the strength and direction to take on these issues as they come up. Denying them because they are “negative” is not the solution. They are in the deep collective unconscious lodged deeply in your subconscious mind and denying them limits

your access to the Power that you want and need in your life. We are all connected so that which is done to one of us is done to all of us. When one suffers, all suffer. We must know the Truth.

The 6th is The Law of Cause and effect – “Every Cause has its Effect; every Effect has its cause; everything happens according to Law; Chance is but a name for Law not recognized; there are many planes of causation, but nothing escapes the Law.”–The Kybalion

When we know that the ALL is mind, as above so below, as withing so without, our mind resembles the great Divine ALL. The great Cause of things is the mind itself, through thoughts and intuition.

This principle allows that level of understanding in the previous exercise, that you will now start to be the cause of your own life. Tomorrow is caused today by subconscious messaging – seize control over thoughts because nothing is random and everything is created by your thoughts and the thoughts of other people – so be careful what you think about and what you watch in leisure time on tell-lie-vision. You are being programmed subliminally through music, movies and TV.

https://youtu.be/nU2ZFm7U_NI but there is a secret weapon, Prayer. It is not that Prayer acts outside the Law necessarily, however it brings in another element and raises you to a Higher Frequency. Prayer can raise you out of the duality and into the Oneness of The ALL.

Prayer is an admission of powerlessness which, because of the Law of Polarity, gives you access to all Power. If you have more than one person who understands this powerlessness praying with you, this quadruples the impact of the Power. 2 to the 2nd Power. 2^2 . And so on. Prayer will get you out of anything and into something else when you are sincere. Again using emotion is best. Rote prayer is simply repetition. God, as you understand God and all the Beings that are a part of God are there waiting for you to ask for Their help at all times and they will step in and help whenever you need. The thing is to not wait till the last second to ask because God is not only helping you. Yes if it's an emergency situation where you are suddenly thrown into a life and death situation – Pray – but if you know of an immanent threat, start praying right away so there is time for God to help you and everyone in and around the situation and then you don't feel forced to have to jump into a bad situation because it seems like there are very few choices because you waited to pray.

The 7th Law of Gender: “Gender is in everything; everything has its Masculine and Feminine Principles; Gender manifests on planes.”–The Kybalion.

This Law is very underrated but very important – it is how creation works. The feminine being the subconscious mind, the right brain. The masculine being the conscious mind, the left brain.

You must impregnate your subconscious mind. The feminine which receives everything which draws everything into it – sees what you hear - whatever thoughts are accepted, so be careful what you impregnate your subconscious mind with. All these principles work together to form one beautiful whole – creation and expanding and that's what we are doing here. To be one expanding in our own mind and through doing so we are creating what we desire.

Be careful what you feed the Feminine and be sure that with your Masculine mind you give enough power to the impregnate the feminine. The power is emotion. Many people say affirmations repetitively and think that is going to do the trick but you must say them with emotions to give vibration which is the life force energy and then will really deeply impregnate the subconscious. Take that Joy you practiced in the Law of Polarity exercise and really feel “I am loved” and the subconscious is impregnated with a powerful thought that through the power of Cause and Effect – later on will bring wonderful things.

Also, you must have patience. You must do these exercises every day until the thing manifests. Remember it takes 9 months to birth a human child. In addition it is vitally important to clean up the mistakes of your past so that your channel is not blocked by past mistakes and harms to others.

The Law of Gender is actually the most important and powerful of all the Laws in a certain way although it seems like it is the least important to many people. Because of the Law of Correspondence, the most important plane that the Law of Gender operates on is the Plane of the Subconscious mind. All we are doing is trying to impregnate the subconscious mind with the male energy of the will or The Will – whichever you prefer

The subconscious mind is by nature is female – the conscious mind is by nature, male.

We can use our conscious mind to impregnate our subconscious mind through Force, Will, prayer, visualization, imagination, subliminal messages, Rife Frequencies, etc because once your subconscious mind is impregnated by what you have WILLED into it – this is what people have issue with because they think repetition is sufficient – but there is no life force in that – no male energy – no power – but when you start polarizing yourself to certain emotions and bring those positive emotions into a heightened state and then think these statements then there is power, energy and force and then you can impregnate the subconscious mind. Whatever enters the subconscious mind eventually comes out.

So we want to take control of – our subconscious mind and only let things in that we want to come out. Everything is being absorbed by your subconscious whether you want it in not so be careful what you let into it and remember, big corporations and the media have been working on this for years – perfecting it. Notice for example the spinning circle that is on the computer and the TV all the time – this is a hypnotic circle designed to bring your subconscious into a state to receive whatever messages they are about to deliver to you.

The lost Law of Care – whatever you pay attention to, and what you spend time on is what you put your Life Force into and comes into your heart. This is discussed in more detail in the booklet.

This was compiled with the help from Pater Amadeus

<https://www.youtube.com/channel/UCxJH-RELn timer 0NJSjOivsyXw>

<https://www.bitchute.com/channel/itKRnh63pKKC/>

The Kybalion by the Three Initiates